# GRACENOTES

THE MONTHLY NEWSLETTER OF GRACE EVANGELICAL LUTHERAN CHURCH

## From the Pastor

By Paul H. Pingel



#### Pastor's Page

This year, our Confirmation Class – seven strong! – will be studying the Small Catechism this year, which

contains what Martin Luther says are basic things everyone should know about their faith: The Ten Commandments, the Creed, the Lord's Prayer, and the importance of the Sacraments: Holy Baptism and Holy Communion. Luther concludes with some suggestions of prayer; before and after meals, in the morning and at bedtime. Luther did not invent the Catechism, but re-arranged it in a powerful way: he started with the Ten Commandments, not because it was most important,

but because it's the Law. Law is important, but if our way to God was by keeping the Law, the Ten Commandments, none of us would succeed. Luther himself tried to come to God in this way, but discovered again and again that he fell short. Something else was needed: the Grace of God, which is why Luther continues with the Creed, about Father, Son and Holy Spirit, and how we discover again and again – through the Father's providing, through the Son's redemption, through the Spirit's guiding – how much God loves us, and sets us on the path of life, not death. And if that's not enough, God shows us his Grace and love and forgiveness and guidance in the Sacraments of Holy Baptism and Holy Communion.

(Continued on page 2)

If you haven't looked at your own Small Catechism in days, weeks, months, years...maybe since you were confirmed!...take another look.

- Take a look at how magnificently Luther shows each commandment not only as a Law of what <u>not</u> to do, but how God's Grace shows us the POSSIBILITIES of LIFE in each commandment.
- Take a look at how in a few short sentences, Luther makes us aware of just how wonderfully our lives are made new and blessed each day lived in God's Grace and love and care – Father, Son and Holy Spirit.
- Take a look at how clearly Luther makes known the importance of Holy Baptism and Holy Communion FOR YOU!! How deeply God desires a life that really is life for you.
- And Take a look at the prayers
   Luther provides so that our days
   are filled simply with prayer,
   asking God to walk with us in our
   lives, and remembering how
   important it is to remember God with-us in all that we do.

If you can't find yours, bring a dollar this Sunday, and pick one up. Or find the catechism you grew up with. Instead of time on Instagram or Facebook, ESPN, or your favorite magazine or book -try just a couple of minutes each day - and spend some time with our Confirmands (re)discovering the basics of Faith, and our Lutheran confession of God's Grace. It's our congregation's name! GRACE Evangelical Lutheran Church. And you'll discover how deeply God's undeserved love (the definition of GRACE) holds up your life and mine.

(Continued on page 3)

#### **Prayer of Thomas A Kempis**

Thomas a Kempis lived in the 1400's, and died about 12 years prior to Martin Luther's birth. This prayer was a part of a devotion book I've used for years. The world we live in today is, in the words of a Grace member "on edge." There are so many things to be uncertain about: the divisions in our nation and its politics, the social trends, the changes in our way of life, which are often bewildering, the speed at which we have taught ourselves to live, "aided" by our technologies; to say nothing about Creation itself, and the realities of weather swings, massive forest fires, rising tides, disappearing glaciers and increases in flooding. And then there are our own struggles and worries that compound the situation. And so we go to the Source of Life to know the way forward. Here is a prayer Thomas A Kempis prayed 550 years ago, that I hope you will use to find peace and confidence in each day:

My Lord Jesus, I beseech you, do not be far from me, but come quickly and help me, for vain thoughts have risen in my heart and worldly fears have troubled me sorely. How shall I break them down? How shall I go unhurt without your help? "I shall go before you," says our Lord; "I shall drive away the pride of your heart; then shall I set open to you the gates of spiritual knowledge and show you the privacy of my secrets."

O Lord, do as you say, and then all wicked imaginings shall flee away from me. Truly, this is my hope and my only comfort – to fly to you in every trouble, to trust steadfastly in you, to call inwardly upon you, and to abide patiently in your coming, and your heavenly consolations which, I trust, will come quickly to me.

Amen!

Add this to the two or three minutes you spend in God's Word, as we've talked about this summer; look at your bulletin each week for a daily lectionary of scripture readings.

# Highlights of Congregation Council Meeting August 20, 2019

Pastor told of attending a pilot project of the Virginia Synod focused on sexism – the experience of women both as pastors and within the church. They used an ELCA resource "Our Stories, Our Voices – Sexism in Church and Society" and more importantly the voices of female colleagues in the ministry. Also, a group of 17 people from Grace are studying the book "White Fragility – Why it's so Hard for White People to Talk About Racism". In both studies, we became more AWARE of how Unaware we are about the experience of women and people of color. The Grace group's discussion, including from the perspective of our faith, has been of great benefit, even though often not easy.

What a blessing it was to say an earthly good-bye to one of God's children, Jimmy Binns. What a joy to celebrate a man of faith, a person open to others, both at Grace and in the community. The choir did a wonderful job of "singing Jimmy home" and we were reminded of a gracious God whose Spirit made Jimmy a blessing to us all. Thanks be to God.

After learning and planning about grants and topics for a Sabbatical Leave, pastor feels that at this time, he would prefer a month-long Retreat and Study. Gordon Putnam and Robin Crowder are heading up the Stewardship Committee along with Kathy Johnson and Linda Meyer. They are planning a Stewardship and a Parking Lot Paving campaign in the near future.

An Emergency Preparedness Class is being scheduled for September 5 at 7:00 p.m.

A group of local churches are planning a Safety and Security meeting on October 26 at 8:00 p.m. at The Church on the Hill in Fishersville.

Respectfully submitted, Deloris Wertman

## Parking Lot, Pledges and Prayers

As many of you know, over the last several months, members of the church council, Pastor, and the Property Committee have been discussing the need to resurface, restripe, and increase the number of handicap parking needed for our members. Believe it or not, we do not think the parking lot has been resurfaced for 60+ years!!! How can that be? It is due mainly to the hard work of our members, over the years - they have patched, tarred, prayed, and made some minor repairs. Their work has allowed us to make our parking lot serve this congregation for the life of our building. A typical parking lot is good for about 20 years and we have far exceeded that statistic.

Let's be honest – resurfacing a parking lot is not like renovating a pipe organ, or the chapel, or fellowship hall, something we see that enhances our worship experience and life together. It is not the most glamorous of projects, kind of like replacing windows or HVAC systems – we don't necessarily think about them or focus on them, but we know when we do not have them or they break. Being good stewards of our building and property has been important to the life of our congregation. A new parking lot will provide our members, visitors, and guests that use our building, a welcoming experience to Grace Evangelical Lutheran Church.

We anticipate the cost of this project to be approximately \$48,000+ dollars. As we begin our Stewardship AND Capital Campaign to expand our handicap parking, resurface the parking lot and driveway, provide some much needed landscaping, and restripe the parking lot, we need your help. The \$48,000 price may seem like a large number; and yet, even before we begin this Campaign, Grace Council has made an advance pledge of \$14,940, which already puts us over 30% toward our goal! We ask each of you to consider and make a pledge over a three-year period to support our Parking Lot Campaign.

You'll notice the title of this Year's campaign is Parking, Pledges, and Prayer. We're combining the Parking Lot Campaign with our yearly Stewardship Campaign. You'll hear Temple Talks all through the month of September to help us remember that the Parking Lot is really only one part of our larger call: to be a *Community of Servants Sharing in the Word and Work of Jesus*. This also needs our pledge of resources and time. So, support the Parking Lot, yes! As well as our witness and ministry to the community and one another through the 2020 Budget for Grace. And PRAY to our Lord God, in thanksgiving for a generous heart (II Corinthians 8:10-12), who in Jesus Christ has so richly blessed us with one another, with the Grace property and building that is important to our life together, and for all the blessings God has given us to be a blessing to our community and world in our witness to God's Good News! That's this year's Parking Lot, Pledges, and Prayer Campaign!

Your Stewardship Team:

Robin Crowder, Kathy Johnson, Linda Meyer, and Gordon Patnam

# **September Calendar of Events**

September Calculation Events						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12th Sunday After Pentecost 10:00 a.m. Holy Communion	Church Office Closed	6:00 p.m. LEARN (Library & History Room) 7:00 p.m. Mutual Ministry	BOOK STUDY 6:30 p.m. Grace Book Study (Seminar Room) 7:00 p.m. Handbells 7:30 p.m. Worship Choir	8:30 a.m. Grace Walkers  12:30 p.m. Bridge Club (Fellowship)  10:30 p.m. Emergency Preparedness Workshop (Fellowship)	6	Rise Against Hunger (KCMS)
8 13thSunday After Pentecost 9:00 a.m. Sunday School 9:30 a.m. Worship Choir 10:00 a.m. Holy Communion Children's Church	9	9:30 a.m. Quilting Group  6:00 p.m. LEARN (Library & History Room)	6:30 p.m. Grace Book Study (Seminar Room) 7:00 p.m. Handbells 7:30 p.m. Worship Choir	8:30 a.m. Grace Walkers  12:30 p.m. Bridge Club (Fellowship)	13	14
15 14th Sunday After Pentecost  9:00 a.m. Sunday School 9:30 a.m. Worship Choir 10:00 a.m. Holy Communion	16 Nancy Dowdy -Vacation Carolyn Hite  6:00 p.m. Kiwanis (Conference Room)	Nancy Dowdy  -Vacation Carolyn Hite  9:30 a.m. Quilting Group  6:00 p.m. LEARN (Library & History Room)  7:00 p.m. Council (Conference)	Nancy Dowdy — Vacation Carolyn Hite  BOOK STUDY  6:30 p.m. Grace Book Study (Seminar Room)  7:00 p.m. Handbells  7:30 p.m. Worship Choir	Nancy Dowdy -Vacation Carolyn Hite  8:30 a.m. Newcomers (Fellowship)  8:30 a.m. Grace Walkers  12:30 p.m. Bridge Club (Fellowship)	20 Nancy Dowdy -Vacation Gwen Kite  ACTS (Fellowship)	ACTS (Fellowship)

# **September Calendar of Events**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22 15th Sunday	23	24	25	26	27	28
After Pentecost  9:00 a.m. Sunday School 9:30 a.m. Worship Choir  10:00 a.m. Holy Communion		9:30 a.m. Quilting Group  6:00 p.m. LEARN (Library & History Room)  7:00 p.m. Communications Meeting (History Room)	4:00 p.m. WARM BOD (Conference Room)  BOOK STUDY 6:30 p.m. Grace Book Study (Seminar Room)  7:00 p.m. Handbells 7:30 p.m. Worship Choir	8:30 a.m. Grace Walkers  12:30 p.m. Bridge Club (Fellowship Hall)		
29 16th Sunday After Pentecost  9:00 a.m. Sunday School 9:30 a.m. Worship Choir  10:00 a.m. Holy Communion	30	QUILTING GROUP  9:30 a.m. Quilting Group	2 BOOK	WALKING CLUB  8:30 a.m. Grace Walkers	4	5
Noon Blessing of the Animals (Coyner Springs)  2:00 p.m. Crop Walk (Riverview Park)		<b>6:00 p.m.</b> LEARN (Library & History Room)	6:30 p.m. Grace Book Study (Seminar Room)  7:00 p.m. Handbells  7:30 p.m. Worship Choir	12:30 p.m. Bridge Club (Fellowship Hall)		

# **Worship Assistants**

September 1	September 8	September 15	September 22	September 29
Preaching &	Preaching &	Preaching &	Preaching &	Preaching &
Presiding	Presiding	Presiding	Presiding	Presiding
Pastor Paul Pingel	Pastor Paul Pingel	Pastor Paul Pingel	Pastor Paul Pingel	Pastor Paul Pingel
Assisting	Assisting	Assisting	Assisting	Assisting
Minister	Minister	Minister	Minister	Minister
Tripp Franklin	Donna Gum	Mike Trauscht	Robert Shaw	Linda Meyer
Communion	Communion	Communion	Communion	Communion
Assistants	Assistants	Assistants	Assistants	Assistants
Brodie Franklin	Carrie Jones	Hannah Pingel	Bill Meicke	Tripp Franklin
Karla Rankin	Jerry Kite	Kathy Bump	Marlene Shaw	Brodie Franklin
Ushers	Ushers	Ushers	Ushers	Ushers
Jack Eckstrom	Bill Meicke	Bob Mover	Marge Cloutier	Ron Knicely
Carrie Jones	Pat Brady	Fred Biggers	Linda Meyer	Dwight Moomaw
Brad Keefer	Chris Carper	Jerry Kite	Jean Morgan	Robert Shaw
David Proctor	Tom Carper	E. G. Rankin	Marlene Shaw	Troport blian
		Zachary Rankin		
Offering	Offering	Offering	Offering	Offering
Stewards	Stewards	Stewards	Stewards	Stewards
Pat Brady	Sharon Lynch	Ernestine Moomaw	Pat Brady	Sharon Lynch
Bob Shumate	Kate Van Bremen	Eleanor Sampson	Bob Shumate	Kate Van Bremen
Analas	Analas	*	A 14 -	Analas
Acolyte	<b>Acolyte</b> Thea Franklin	Acolyte	Acolyte Brodie Franklin	Acolyte
	Thea Franklin	Karley Hull	brodie Franklin	Quinn Franklin
Cup Gatherer	Cup Gatherer	Cup Gatherer	Cup Gatherer	Cup Gatherer
Donna Marshall	Sara Kite	Donna Marshall	Jean Morgan	Thea Franklin
Altar Guild	Altar Guild	Altar Guild	Altar Guild	Altar Guild
TBD	TBD	Anne & Gordon	Kathy Meicke	Anne & Gordon
		Putnam	, , , , , , , , , , , , , , , , , , , ,	Putnam
Altar Flowers	Altar Flowers	Altar Flowers	Altar Flowers	Altar Flowers
Open	Jean Morgan	Martin Family	Martin Family	Brad and Wilda
Open	00411 11018411	in a contract of the contract	21242 (222 2 42222)	Keefer
Nursery	Nursery	Nursery	Nursery	Nursery
Kim Hull	Sarah Kite	Susie Driskill	Lisa Gray	Jill Pingel
Jane Stein	Deloris Wertman	Jean Morgan	Eleanor Sampson	Ŭ
Council	Council	Council	Council	Council
Member	Member	Member	Member	Member
of the Week/	of the Week/	of the Week/	of the Week/	of the Week/
Sunday School	Sunday School	Sunday School	Sunday School	Sunday School
Support	Support	Support	Support	Support
Linda Meyer	Jerry Kite	Carrie Jones	Kathryn Johnson	Gail Johnson

### **Odds and Ends**



Rise Against Hunger Fall Packing Event—

On Saturday September 7<sup>th</sup> from 10 am to 12 noon, Grace will host a Rise Against Hunger event with other INST HUNGER Lutheran Churches in the Valley, St. John's Catholic Church and other area churches. The event will be in

support of the Virginia Synod "God's Work Our Hands" day of service. This year's event will be held at Kate Collins Middle School cafeteria (1625 Ivy Street) in Waynesboro. Our goal is to pack over 21,000 meals in two hours. The packing event has a number of work stations including both sitting and standing tasks. Whether you are six or ninety-six, you can be a part! There is a signup sheet in the back of the Church. Please contact Jerry or Gwen Kite for questions about the event. Remember to bring your hat to wear when we are packing the food.



City-Wide Ecumenical Animal Blessing: City-wide Ecumenical Animal Blessing: Mark your calendars for Sunday, № September 29, 12:00-2:00 p.m. for our first ever city-wide Blessing of the Animals service. This will take place at Covner Springs Park and will include vendors, pet adoption agencies, a blessing service, and more. It is being planned by Grace and St.

John's Episcopal churches and will be co-sponsored by Grace, St. John's Episcopal, St. John the Evangelist Catholic, and PetSmart Charities.

Be sure to come early to the event so that you can make it to the CROP Walk on time; our aim is that families can do both events (and perhaps 4 legged family members can join the CROP Walk too). If you would like to help with this ministry event please contact Sarah Beth Kite or Linda Meyer or call the church office.

During the month of September, there will be a collection of pet foods that we will take to the Blessing event and will then divide among the agencies represented at the event. A bin will be a the back of the sanctuary each week to receive your donations of pet food. Thank you for participating in this collection! Be sure to come early to the Ecumenical Animal Blessing event so that you can make it to the CROP Walk on time, which starts at 2:00 p.m.; our aim is that families can do both events (and perhaps 4 legged family members can join the CROP Walk too). If you would like to help with this ministry event please contact Sarah Beth Kite or Linda Meyer or call the church office.

#### **Odds and Ends**

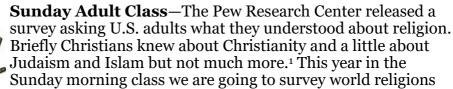


CROP Walk —The annual Crop Walk will be held at Ridgeview Park on Sunday, September 29. The walk starts at 2:00 with opening program around 1:30. Packets can be picked up from Sarah Kite starting

Sunday, September 8. Please plan to walk or sponsor a walker to help alleviate hunger. Funds support local and world hunger programs.



Children's Church, Confirmation and Sunday School school begin September 8!



and what they believe.

We will start by asking the questions, "What is religion?" "What are the world religions?" Then we will take a closer look at Buddhism, Islam, Chinese religions, Hinduism, and Judaism. Along the way we may learn a little about our own faith.

The resource text will be Families of Faith, An Introduction to World Religions for Christians by Paul Varo Martinson, Fortress Press.

https://www.pewforum.org/2019/07/23/what-americans-know-aboutreligion/#fn-31798-1



At 7 p.m. on Saturday September 28th Salem Lutheran will be doing something it has never done before: host a **U2charist**. A what??? For all those familiar with the music of the Irish rock band U2, this is essentially what it says it is - a Eucharist with U2 music. Unfortunately, the actual band will not be in

attendance - but their music and message will be.

Think of it as a multimedia rock concert meets Eucharist. The result is a new way of being together, worshipping together, and proclaiming the Gospel. Much of U2's music expresses a concern for social justice in the world. Our offering on the 28th will go toward the ELCA fund for world hunger. All are welcome, dress is casual, and dancing in the aisles is encouraged.

#### **Odds and Ends**



**Emergency Preparedness Workshop at Grace!** With all the news in our area about the 50th Anniversary of Hurricane Camille, and the dangers of this Hurricane

Season, Grace's Emergency Preparedness sub-committee would like to invite you to a fun night of information and practical advice, from Rebecca Joyce of the Central Shenandoah Planning District, an expert in Emergency Preparedness. The date is Thursday, September 12th at 7:00 p.m., in the Fellowship Hall. We'll have refreshments to enjoy as well as lots of good, practical information about staying safe in your home - Hurricane or not!



August 15, 2019

Grace Evangelical Lutheran Church 500 S Wayne Ave Waynesboro, VA 22980-4836

Dear Congregants,

Thank you for your donation to our organization. Our goal is to provide simple, decent, affordable houses for low income families in our community; with this gift we can continue our mission. We sincerely thank you for investing in our community. Please contact us if you believe any of the information in this letter is inaccurate.

This letter serves as your receipt. Please retain for your records.

Date of Gift: June 7, 2019 Gift Amount: \$10,000

Sincerely,

Lance Barton

**Executive Director** 

Staunton-Augusta-Waynesboro Habitat for Humanity

PO Box 3188 Staunton, VA 24402-3188

Office (540) 886-1944 Mobile (540) 280-5240

No goods or services were provided by the charity for this donation. All contributions are tax deductible to the extent allowable by law. We are a public charity and registered as a 501(c) 3 non-profit organization, EIN 54-1648901 HFHI Partner ID: 1458-7066.

#### Attention: All Women of the Southern Valley Conference

# **Fall Gathering**

Come and bring a friend...

Join all the women of the Southern Valley Conference for a time of worship, fellowship, and celebration as we come together for our annual Fall Gathering!

When: Sunday, October 6, 2019

2:00 registration -

program begins promptly at 2:30

Where: Grace Evangelical Lutheran Church

500 South Wayne Avenue, Waynesboro, VA

Program: Enjoying God's Gifts of Nature —

**Blue Ridge Parkway** 

We are blessed in our area with many places and ways to enjoy and celebrate God's creation. This program will focus on one of those natural resources and will be presented by an Interpretative Ranger and a representative of the Friends of the Blue Ridge Parkway (a partnering group with the park). The Ranger will tell us about the uniqueness of the Park and all it has to offer. The Friends of the Parkway will discuss how they partner with the Park to help protect, promote, and enhance it. There will be a basket available for donations to help with the projects of the Friends of the Parkway.

Offering: VSWO

**Duties:** Name Tags — Christ

Registration — St. James

Ushers — Salem

All units should bring finger foods to share for refreshments.

Drinks and paper products will be provided.



# **September Birthdays**

9/4	Alex Skelton	9/8	Katie Morrison	9/8	Kristen Spooner
9/10	Antoinette Eckstrom	9/10	Sydney Rankin	9/11	Karl Stein
9/11	Jennifer Trippeer	9/14	Anne Barnes	9/14	Brad Keefer
9/15	Jackie Walter	9/16	Jane Stein	9/17	Cathy Crowder
9/17	Hannah Lundstrom	9/18	Gary Morrison	9/21	Fred Biggers
9/22	Sharon Parmer	9/22	Tom Sheaffer	9/24	Linda Tomey
9/28	Greg Ranzini	9/29	Torrey East	9/29	Imogene Hull
9/30	Zach Rankin				

# **September Baptisms**

9/?	Alvin Jackson	9/?	Bill Lucas	9/?	Tammy Wertman
9/4	Carol Wolf	9/6	Tyler Wertman	9/8	Gail Johnson
9/9	Haden Morris	9/11	Bob Garber	9/12	Joelle Miller
9/23	Kasey Goble	9/24	Carol Knemoller	9/26	Dawn Reid
9/26	Linda Quickel	9/27	Chris Rufe	9/30	Diane Lundstrom

# Nursing Home, Assisted Living and Homebound Members

Genevieve Arneson 220 Adventure Trail Waynesboro, VA 22980	Mary Bertelson Summit Square 501 Oak Ave., Apt. 400 Waynesboro, VA 22980	LizAnn Binns The Legacy 1410 A N. Augusta St. Apt. 2026 Staunton, VA 24401
Jean Brower Oak Manor 8 Rainbow Lane Waynesboro, VA 22980	Morris Elliott Brookdale Hillsmere Lane Staunton, VA 24401	<b>Maribeth Faivre</b> Summit Square 501 Oak Avenue Waynesboro, VA 22980
Phyllis Kite 57 Skyline Avenue Stuarts Draft, VA 24477	Bob and Carol Knemoller Summit Square 501 Oak Ave., Apt. 316 Waynesboro, VA 22980	Shirley Krizovsky White Birch Estates 847 Oakwood Dr., Room 33 Harrisonburg, VA 22801
Janet Lunger Summit Square 501 Oak Avenue Waynesboro, VA 22980	Polly McKinley The Legacy 1410 A N. Augusta St. Apt. 2029 Staunton, VA 24401	Glen & Flossie Myers  104 Patton Farm Road  Apartment 361  Stuarts Draft, VA 24477
	Pete Rufe Summit Square Healthcare 501 Oak Avenue Waynesboro, VA 22980	

# **Financial Barometer**

Financial Barometer	YTD Actual	YTD Budget	Difference
1. Pledge/Giving of Record/Faith	\$173,976	\$170,879	\$3,097
2. Total Budget Receipts	\$178,577	\$176,167	\$2,410
3. Total Budget Disbursements	\$166,920	\$177,020	-\$10,100



# Members of Grace Ministers



## Linda Meyer, President

Gordon Putnam, Vice President
Deloris Wertman, Secretary
Ron Almarode, Treasurer
Charles Goodrich, Financial Secretary

#### **Council Members**

Zach Bandy, Holly Carper, Pete Giesen, Kim Hull, Gail Johnson, Kathryn Johnson, Carrie Jones, Jerry Kite, Rudolph Yobs

# **Grace Church Sunday School Teachers**

CLASS	LOCATION	TEACHERS	
Pre-K-K	Lower Level	Sarah Beth Kite, Deloris Wertman	
Grades 1-3	Lower Level	Amy Warren, Jane Blosser	
Grades 4-5	Lower Level	Jill Pingel, Jane Stein	
Grades 6-8 Catechism	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



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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