GraceNo⁺es

THE MONTHLY NEWSLETTER OF GRACE From the Pastor



Pastor's Page

Some summer thoughts...

Devotions/Regular Readings from God's Word – Someone who loves

their family and its history pores over genealogical records, finds letters from their great-great grandmother and carefully transcribes them... Someone who loves to cook reads through cookbooks, buys a cooking magazine and carefully pages through the photos and descriptions, circling favorite recipes...Someone who loves baseball looks over the stats and standings of each game, the description of the last contest, the trades and transactions, maybe an article or book of the team's last championship season...Someone who has had some difficulties with their back, or has had a recent knee or hip surgery recognizes how important it is to regularly do the exercises and stretches, even when it is not the first thing the person *wants* to do, because the person knows it is good and necessary for getting through the rest of the day...

Summer is a great time to get into the rhythm and blessing (and discipline!) of regular Bible reading, devotions and prayer.

- Use the Christ in our Home Devotion Booklets available from church.
- Find a good daily devotional or Bible reading that can be delivered by email. Some suggestions:
 - * ELCA Daily Bible Reading (https://www.elca.org/Faith/ DailyBible)
 - Daily Grace from the Women of the ELCA (https:// www.womenoftheelca.org/blog/ category/daily-grace)
 - * Luther Seminary's God Pause (https://www.luthersem.edu/ godpause/)
 - * Center for Action and Contemplation's Daily Meditations (https:// cac.org/daily-meditations/)
- Or find the daily Bible Lectionary in your Bulletin each week, that allows you to read up to four readings per day. Or choose the gospel, or the Psalm, or an Epistle and find God's Word for you there.

Continued

Worship – Summer is often filled with Vacation, time away, maybe sporting event weekends. When you are away, don't forget Worship. There are often opportunities to attend a well-known Church in your area, a different denomination, or to find an ELCA Lutheran Church near where you vacation. Jill, the girls, and I – a couple of years ago when we visited Lily at the end of her summer term in Germany-went to worship in Leipzig, and heard God's Word shared through a J.S. Bach Cantata. And saw a full worship space at a summer worship service in Germany! God's Word and Sacrament gives Grace and direction to our lives no matter where we are!

God's Mission for Us at Grace – There are numerous opportunities to live out our faith this summer! Our Hiker Ministry – in its 18th Year! – has a number of volunteer openings, some requiring on a couple hours of time, and an opportunity to be a blessing to hikers coming off the trail for respite and a kind welcome. We have a **9:00 Clean-Up Day** at the very start of June – to spruce up Grace's bushes and yard. Come join in Fellowship and help to provide a welcoming presence in our neighborhood! We're thankful for our new Grace Council, which meets together for the first time this month. Prav for our Council and their leadership at Grace. Wednesday **Community Meals** continue to be a great opportunity for both fellowship and hospitality within our community! The meals in June involve both our regular Community attendees as well as our Hiker visitors. **Tower and Columbarium Repair** – Working with Insurance companies can have some slow going. At the same time, Architects, Engineers and Construction firms are being contacted, with the hopes that soon we will begin repairs and replacement of both Columbarium and Cross.

Confirmation – We completed this year's Confirmation focus on the Old Testament, and thankful for a current group of Confirmands: *Libby Caister*, *Reva Sloane Franklin*, and *Esme Hilker*. Congratulations to *Libby*, who has completed her third year, and will be Confirmed this Fall on Reformation Sunday!

Power in the Spirit – We have four Grace members attending this yearly learning, worship and fellowship event at Roanoke College sponsored by the Virginia Synod. Donna Gum, Pastor Paul, and William Proctor will be in attendance, with Donna in a planning leadership role for the event, and Lily Pingel will be a presenter for the Friday learning sessions, sharing her research into the ELCA as the whitest denomination in the U.S. See https://vasynod.org/event/summerpower-in-the-spirit/ for the event's theme and focus.

We are a Community of Servants Sharing in the Word and Work of Jesus. Even, or especially, during the Summer!





HIKER MINISTRY 2024: May 27 – June 22—For the 20th year, the Grace Hiker Ministry will again welcome Appalachian Trail Thru-Hikers stopping in Waynesboro for respite and refueling. We offer a place to clean-up and sleep overnight, snacks and breakfast foods, information, etc.

Overall planning and coordination continue to be provided by long-time members of Grace – Irma and Woody Graf. During the 4-weeks the ministry will be open, we also have coordinators from the community. Liaison with the ministry will be provided by Jean Morgan and Linda Meyer.

What we need:

People – a calendar for sign-ups will be in the back of the nave every week during May and will include the duties of each type of volunteer

- Overnight volunteers
- Check-in and check-out volunteers
- Small groups of members to provide a meal on Wednesday evenings

Donations

- Cereal
- Juices
- Bread
- Jam
- Peanut Butter
- Snacks
- Milk
- Fresh Fruit
- Ice Cream
- Home-Baked Goods (once we open)
- Self-Care Items: shampoo, body wash, skin moisturizer, razors, Band-Aids, etc.

Grace Church has a reputation up and down the AT for being a welcoming and safe space, and that depends on members coming down to help out and getting to know the hikers who are attempting to hike the 2,000+ miles from Georgia to Maine each year.

Questions or concerns? Contact Linda or Jean. We're happy to help you decide where your participation would help the most.



Woodworkers Crafting Crosses and Items for Worship - Look for Crosses that you will be able to order made out of the Redwood Tower Cross, that will be available in wall, mantle or Christmas ornament sizes, in the next few weeks. We're also working on Holy Communion tables for us up front



Are you a Thrivent Member? If so, please indicate you are a member on the sign-up sheet in the back. We are planning a Thrivent Fellowship time after worship this summer - all are invited! - where our local representative, Sarah A. Sunde, will help us understand the wonderful ways we can support Grace through "Choice Dollars," provide funds for "Action Projects," and otherwise be a blessing to Christ's Church with other planning and learning events! Look for a July date in the next week or two!



Communications - Do you like sharing information about Grace? Got some creativity to think outside the box? Do you like to write? Communication is such an important part of our daily life, as is making sure information stays current and fresh. If you'd like to help, please sign up on the sheet in the narthex.



Save the Date for this year's Rise Against Hunger Food Packing Event: We will be hosting our annual Rise Against hunger food packing event on Saturday, September 14 at Kate Collins Middle School in Waynesboro. Area Churches have been invited and we hope to collect enough funds to pack over 30,000 meals this year. Event setups will be from 8:30 am to 10:30 am and food packing will be from 10:30 am to 12:30 pm. More information will be coming as we get closer to the event date, so save the date.



Hiker Ministry/Community Meal-All Are Invited-

Wednesdays at 6:00 p.m. at Grace Fellowship Hall. Bring something to share if you are able or just bring yourself.



Food Pantry Collections: A huge thanks to everyone as you continue to bring food for the food bank box near the office. To date, we have collected over **4,293** pounds of food (we have made *forty-one deliveries*, eighteen to Main Street United Methodist, and twenty-three to Calvary United Methodist, Stuarts Draft). That's two tons+!



New Baptismal Boxes - For many years, Bobby Hull provided wooden Baptismal gift boxes to those who are being baptized into Christ's body, the Church, through Grace. The boxes contain space for books, the baptismal candle, baptismal medallion, and other remembrances of the day of Baptism. Now, Jack Eckstrom is sharing his woodworking talents by continuing to offer these boxes. Many thanks, Jack for sharing your gifts and talents!



Budget Barometer-April 2024

For the year, actual receipts are below budget and actual disbursements are below budget, resulting in a **deficit of \$2,411.38**

Comparison to Prior Year: Financial Barometer	Actual 2023	Actual 2024	Difference
Total Budget Receipts YTD	\$96,673	\$100,946	\$4,273
Total Budget Disbursed YTD	\$106,345	\$103,357	(\$2,988)
	(\$9,672)	(\$2,411)	

Finance Committee Report

In 2023, Grace finances suffered a \$23,000 deficit. Over \$17,000 of this deficit occurred in November and December. The Finance Committee and Congregation Council began working on ways to reverse this issue and get Grace back to a break even or surplus financial position by end of year 2024. At the end of April, we are at a deficit of \$2,411 compared to a deficit of \$9,672 at the end of April 2023.

Several congregation members have questioned how this happened. Did we spend more than we should have? Are people not meeting their pledge? Spending for 2023 was right at budget in spite of approximately \$5,000 of unexpected expenses that were incurred. Anticipated Pledge & Giving of Record totals came up almost \$22,000 short of budget. There are many reasons for this shortage – deaths, relocation, unanticipated changes in individual circumstances, etc.

The Finance Committee met to do an in-depth review of Grace's finances to provide recommendations to Council to address how to avoid a repeat of the deficit of 2023. The Finance Committee pledged to meet monthly to review the financial status and the status of initiatives to reduce expense or increase income.

At the April Round Table meeting, a brainstorming session was held to generate a list of income increasing or cost reducing ideas. Almost 60 ideas were generated at this meeting and the Finance Committee has organized and categorized these suggestions and passed this information to Council for their consideration.

The Finance Committee has pledged to do a better job of communicating with Council and the Congregation regarding Grace's financial status – good or bad. We hope that by bringing attention to the situation, we can work together to address it. Grace's congregation has always responded when needed, but cannot be expected to respond if they are not aware of the status. You can expect to see information in Grace Notes and perhaps a Temple Talk or two in the remainder of 2024. Look for our next update in the July Grace Notes.

The Finance Committee

Ron Almarode Chuck Goodrich Susan Myers Vivian Proctor Robin Crowder Jerry Kite Pastor Pingel

The art of listening & other reflections of a chaplain

By Mike Grundmann, contributor The Citizen, April 29, 2024

This is a minister who went from a troubled and dangerous workplace to one that seems a slice of heaven.

In December, Cynthia Long, 59, became lead chaplain at Sunnyside retirement home in Harrisonburg, serving 550 residents. She came from 12 years as chaplain at Western State Hospital in Staunton, whose patients could be former jail inmates or those with intellectual disabilities,



sometimes mixed together, with dwindling staff to meet safety protocols.

"It's the complete opposite on the continuum," she says. Many patients were homeless and arrived with drug and alcohol addiction in addition to mental illness.

She has many extra-curriculars: author of three books on grief, daily runner who did marathons, abstract painter, substitute Lutheran preacher and volunteer chaplain for the Waynesboro Police Department.

"It's my DNA," she says. "My father was the same way."

She somehow manages to "read a lot and go out with friends a lot for dinner."

Her career history is also packed: B.A. in religion and business from Eastern Mennonite University. Master of Divinity and Doctor of Ministry from Lutheran seminaries. Teaching the Sociology of Death and Dying at JMU. Founding the Shenandoah Valley Grief Center in Harrisonburg. Grief support specialist at Lutheran Family Services of Virginia (Waynesboro). Pastor at Glade Creek Lutheran Church in Blue Ridge, Virginia.

She thinks and acts on the principle that everything is community, whether it's the chaplaincy, her 32 years as a minister, her writing, her art, her running and even the therapy dogs at Sunnyside.

"They're my comic relief," she says, recalling the puppy who bit her nose twice. (Her dogs at home are Petra and Tabitha, both biblical names.)

Another core principle is the art of listening. A smart chaplain follows the 80-20 rule: 80% listening, 20% talking. It's called a "ministry of presence.

"When you're comfortable with yourself and comfortable with pain to sit with someone who's hurting, I'm OK with their pain, their fear."

She grew up in New Market. A rough initiation to pain and fear came when she was 24. It was 1989 and a tornado in Alabama left her best friend missing. Twenty-four hours later, the body was found.

"I just fell apart... The silver lining was, it helped shape me on how to minister in a grief situation. ... Not a day goes by that I don't think about death. It's part of life. I'm ready to accept it if it happens. The only caveat is, I don't want to suffer."

Among the do's and don'ts of grief counseling: "Don't tell someone, 'I know how you feel.' ... Don't say, 'God doesn't give you more than you can handle,' which is horrible. Or 'Be strong.' " *Continued* She wakes at 5:20 for her 45-minute commute from Waynesboro, listening to Christian music. She arrives at 7:30, enters the Sunnyside chapel for "a brief devotion, sing a hymn, read a psalm, maybe." She'll usually spend the day visiting several residents and doing the same when they're at Rockingham Memorial Hospital. She preaches every other week, first writing a sermon and creating a PowerPoint for hymn lyrics. She attends funerals and is on call for emergencies.

The hardest thing is "when residents are in the hospital and the family falls apart, because you want to take their pain away."

Likewise, "when people move in here, they're grieving their old home, job, even though they're happy to be here." Conversation may turn to declining health. "Instead of being angry or bitter, how can you live your best life?"

(In an aside, she notes that people mistakenly believe there's a waiting list for all three levels of care at Sunnyside. That applies only to the independent living units.)

"She has a healing touch," says resident Eleanor Price, 73. "She comes off the pulpit and greets you." If someone during a church service is shy, she'll ask them to pick a hymn, and when she surveyed all residents, she found they wanted more hymns, and made the adjustment. When Price returned from spinal surgery, "she walked me to my room, stayed there and prayed with me." They bonded, and now "we're always jokin' and kiddin' each other."

The people at Sunnyside are lucky to have her," says Bob Holley, a longtime pastoral colleague in South Carolina. "She has a very gifted ability to listen."

As a volunteer chaplain for the Waynesboro Police Department, she comforts families after a sudden death. She's on call some nights and weekends. She also goes on three-hour ride-alongs to allow officers to share or vent.

"Officers are very colorful and blunt with their language," she says. "They can be cynical or bitter at times. "People don't realize how much protocol they have to follow." They can do everything right and still be investigated. "They're entitled to their feelings."

"She has a good reputation around the department," says Capt. Alyssa Zullig. "If you need her, she'll be there."

Also in Waynesboro, she exhibits her abstract acrylics at the Shenandoah Valley Art Center.

Her previous job, as chaplain at Western State Hospital, showed her plenty of unmet needs. "When people have mental illness, life is completely different. Your identity, your sense of self, relationships, job, where you live. Every person coming to Western State are grieving some loss. How can you maximize quality of life?"

She served a population of about 245. Many had serious drug problems, whether using street drugs, including fentanyl, or failing to take their medications. Many came from jails and prisons.

"When there was an aggressive patient and not enough colleagues around to try and de-escalate," staffers could be "hit in the face, stomach, thrown against the wall, choking." Asked if stabbing was also a danger, she replies, "Some pretty ugly things I don't want to share."

Continued

Funding shortages and not enough nurses entering the field helped create a vicious cycle of understaffing.

"I sometimes had to ask nurses if it's safe to go into a room."

In October, she and some friends took a trip to India, the birthplace of Hinduism, Buddhism, Jainism and Sikhism. It was uplifting to see that "people of varied cultures and religions can live peacefully." She saw the contrast between "the poorest of the poor" and the wealthy. She witnessed a common death ritual in which the body is burned and the ashes poured into the Ganges River, considered a place of healing.

Looking back on her career, most rewarding "is when people tell you you made a difference in their life." Once, "Someone brought up some sermon I'd given 10 years before. Thank you, God, for giving me this position."

https://hburgcitizen.com/2024/04/29/the-art-of-listening-other-reflections-of-a-chaplain/



Genevieve Arneson 220 Adventure Trail Waynesboro, VA 22980

Maribeth Faivre Summit Square 501 Oak Avenue, Apt. 130 Waynesboro, VA 22980

Phyllis Kite Summit Square 501 Oak Avenue, Room 9 Waynesboro, VA 22980

Carolyn Shields Brightview 21 Woodlee Road, Apt. 331 Staunton, VA 24401 Nursing Home, Assisted Living and Homebound Members

LizAnn Binns The Legacy 1410a North Augusta Street Apartment 3027 Staunton, VA 24401

Sandra Hoy River Edge Rehabilitation and Nursing, Room 210 1221 Rosser Avenue Waynesboro, VA 22980

Glenn Myers 144 Patton Farm Road, Apt. E107 Stuarts Draft, VA 24477

Carol Varner Aviva (Brightview) 31 Woodlee Rd, Apt. 210 Staunton, VA 24401

Second Sunday After PentecostHiker MinistryHiker MinistryHiker MinistryHiker Ministry10:30 a.m. Service of Holy CommunionHiker Ministry10:00 a.m. Prayer Group8:30 a.m. Grace WalkersHiker Ministry10:30 a.m. Service of Holy CommunionEncircle (Conference Room)10:00 a.m. Prayer Group8:30 a.m. Grace Walkers11:00 a.m. Grace WalkersBlessing of the Quilts6:00 p.m. Yoga (Seminar Room)12:30 p.m. Bridge Club (Fellowship Hall)12:30 p.m. Bridge Club (Fellowship12:30 p.m. Bridge Club11:00 a.m. yoga (Seminar Bridge Club (Fellowship	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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10:30 a.m. Service of Holy Communion10:00 a.m. Encircle (Conference <i>Room</i>)10:00 a.m. Prayer Group8:30 a.m. Grace Walkers11:00 a.m. Yoga (Seminar Room)Blessing of the Quilts6:00 p.m. Yoga (Seminar Room)12:30 p.m. Bridge Club (Fellowship Hall)12:30 p.m. Bridge Club (Fellowship Hall)11:00 a.m. Yoga (Seminar Room)	Sunday After						
Quilters Hall) 3:30 p.m. COMMUNITY Vespers at United to the second sec	Pentecost 10:30 a.m. Service of Holy Communion Blessing of the Quilts First Sunday Fellowship— Quilters 3:30 p.m. Vespers at Summit		Encircle (Conference	Prayer Group Frayer Group 6:00 p.m. Yoga (Seminar Room) 6:00 p.m. Hiker and Community Meal (Fellowship Hall)	Grace Walkers GRACE WALKERS 12:30 p.m. Bridge Club (Fellowship	Closed	a.m. Yoga (Seminar

Stable States

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10	11	12	13	14	15
Third Sunday After	Hiker Ministry	Hiker Ministry	Hiker Ministry	Hiker Ministry	Hiker Ministry	11:00 a.m. Prayer
Pentecost 10:30 a.m. Service of Holy Communion	Warm Golf Tourn. W RM		10:00 a.m. Prayer Group	8:30 a.m. Grace Walkers GRACE WALKERS	Office Closed Today	Vigil for Racial Reconcil. (Constitution Park) 11:00 a.m. Yoga
	WAYNESBORD ÂREA REFUGE MINISTRY	4:00 p.m. Finance Committee	10:15 a.m. Encircle (Fellowship Hall)	12:30 p.m. Bridge Club (Fellowship Hall)		(Seminar Room)
	7:00 p.m. All God's Children Book Study (Conference Room)	(Conference Room)	6:00 p.m. Yoga (Seminar Room) 6:00 p.m. Hiker and Community Meal (Fellowship Hall)	5:30 p.m. Virginia Organizing (Fellowship Hall)		

			U		2024	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16	17	18	19	20	21	22
Fourth	Hiker	Hiker	Hiker	Hiker	Hiker	
Sunday After	Ministry	Ministry	Ministry	Ministry	Ministry	
Pentecost 10:30 a.m. Service of Holy Communion John Wertz, Preaching Pastor Pingel, Presiding			JUNETEENTH Office Closed Today	Nancy Dowdy– Vacation Carolyn Hite in Church Office	Office Closed Today	11:00 a.m. Yoga (Seminar Room)
Alappy FATHER'S Day		6:00 p.m. Executive Committee 7:00 p.m. Council (Conference Room and Zoom)	6:00 p.m. Yoga 6:00 p.m. Hiker and Community (Fellowship Hall) COMMUNITY DINNERS	8:30 a.m. Grace Walkers GRACE WALKERS 12:30 p.m. Bridge Club (Fellowship Hall)		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	29
Fifth Sunday After		Pastor— Vacation	Pastor— Vacation	Pastor— Vacation	Pastor— Vacation	Pastor— Vacation
Pentecost 10:30 a.m. Service of Holy Communion	7:00 p.m. All God's Children Book Study (Conference Room)	Pastor's	10:00 a.m. Prayer Group 6:00 p.m. Yoga 6:00 p.m. Community Dinner (Fellowship Hall) COMMUNITY	8:30 a.m. Grace Walkers GRACE WALKERS 12:30 p.m. Bridge Club (Fellowship Hall)	Office Closed Today	11:00 a.m. Yoga (Seminar Room)
30 Pastor— Vacation Sixth Sunday After Pentecost 10:30 a.m. Service of Holy Communion Pastor Mark Radecke Preaching and Presiding	1	2	3 10:00 a.m. Prayer Group 6:00 p.m. Yoga 6:00 p.m. Community Dinner (Fellowship Hall) COMMUNITY	4	5 Office Closed Today	6 11:00 a.m. Yoga (Seminar Room)



06/01	June Stíehl
06/05	E. G. Rankín

06/07 Brían Lundstrom

06/16 Mark Radecke

- 06/21 Gwen Kíte
- 06/22 Kara Beth Glover
- 06/29 Happy Denís

06/02 Susí	e Drískíll
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06/06 Jan McCombs

06/13 Sandy Knícely

06/20 Jessí Blosser

- 06/21 Libby Caister
- 06/26 Donna Yobs



- 06/04 Sharon Vorel
- 06/16 Sandra Hoy
- 06/19 Ryan Blosser
- 06/19 Jessí Blosser
- 06/20 Beth Ann Brady
- 06/22 Sylvía Almarode
- 06/26 Bobby Moyer
- 06/29 Karley Hull

- Birthdays
- 06/09 Zoey Mahoney
- 06/18 Ron Knícely
- 06/19 Corí Blosser
- 06/20 Marge Cloutier
- 06/21 Trotter Franklin
- 06/25 Malachí Doílan
- 06/26 Easton Carper
- 06/30 Raegen Van Bremen



June 2	June 9	June 16	June 23	June 30					
Second Sunday After Pentecost	Third Sunday After Pentecost	Fourth Sunday After Pentecost	Fifth Sunday After Pentecost	Sixth Sunday After Pentecost					
Preaching and Presiding									
Pastor Paul Pingel	Pastor Paul Pingel	Pastor John Wertz	Pastor Paul Pingel	Pastor Mark Radecke					
		Altar Flowers							
Nelsons	Goodrichs	Gail Johnson	Bumps	Pat Giesen					
	Altar Guild								
Jean Morgan	Susan Myers	Glen & Lisa Gray	Susan Myers	Jean Morgan					
Assisting Ministers									
Tami Radecke	Cathy Crowder	Ron Almarode	Linda Meyer	Robin Crowder					
Communion Assistants									
Carolyn Hite	Robin Crowder	Kathy Bump	Kathy Bump	Cathy Crowder					
Andrew Sell	Linda Meyer	Karen Walck	Lew Yobs	Tami Radecke					
	Council Person of the Week								
Allison Fink	Jerry Kite	Linda Meyer	Jean Morgan	Donna Yobs					
Offering Stewards									
Pat Brady	Pat Brady	Pat Brady	Pat Brady	Pat Brady					
David Proctor	Vivian Proctor			Jean Morgan					
Ushers									
Rick Bump	Pat Brady	Karen Walck	Ron Almarode	Fred Biggers					
Linda Meyer	Jean Morgan	Rew Walck	Lee Lynch	Andrew Sell					

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THE MONTHLY NEWSLETTER OF GRACE EVANGELICAL LUTHERAN CHURCH

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

LABEL



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youtube.com/ GraceEvangelicalLutheranChurchWaynesboro

gelcwaynesboro.org

Email: Grace.lc@comcast.net Telephone: 540.949.6171

Church Office Hours

Monday–Thursday: 8:00 a.m.-2:30 p.m. (Lunch 11:30 – 12:30 p.m.)

Church Staff

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Míke Myers Organíst Dírector of Musíc Email: mickhdking@aol.com

Nancy Dowdy Administrative Secretary Email: Grace.lc@comcast.net