



GRACE
LUTHERAN
CHURCH

GRACE NOTES

THE OFFICIAL NEWSLETTER OF
GRACE EVANGELICAL LUTHERAN CHURCH

Affiliated with the Evangelical Lutheran Church in America

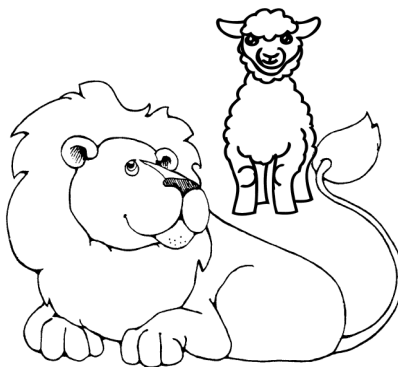
GRACE LUTHERAN'S MISSION STATEMENT

As disciples in Christ, we support our faith community, encourage spiritual growth in everyone, and serve all creation with Christ-like love.

We accomplish this by:

- ◆ *spreading God's Word*
- ◆ *building relationships*
- ◆ *serving the community*
- ◆ *reaching out to those in need*

March
2023



IN LIKE A
LION
OUT LIKE A
Lamb

In this Issue...

PAGE 2...FROM THE PASTOR

PAGE 3...LENTEN SCHEDULE

PAGE 4...FROM THE CANTOR

PAGE 5...FOOD PANTRY

PAGE 6... EASTER BASKETS

PAGE 7... FLOWERS

PAGE 8-9...CHRISTIAN EDUCATION

PAGE 10...SERVING THE ASSEMBLY

PAGE 11...COUNCIL/MUSIC PROGRAM

PAGE 12-13...CALENDAR

PAGE 14-15...WELCA

PAGE 16-17...STEWARDSHIP STORY

PAGE 18...WORLD DAY OF PRAYER

PAGE 19-20...YOUR HEALTH NEWS

PAGE 20...WARMING SHELTER MEAL

PAGE 21...STEPHEN MINISTRY/ PRAYER

PAGE 22...BIRTHDAYS/THANK YOU'S

PAGE 23...EASTER INVITE

FROM THE PASTOR

It seems like about every other time I went back to my childhood home, mom would tell me about some other relative who I had never before heard of in. I started to wonder just how expansive our family tree was, and if it ever had an end. (Could she have been related to Ed Munyer, and his coffee table talks? You can ask Marianne about those.)

One of the things I have learned from the Church over the years is that our collective family tree (the communion of saints) is without end. I have sung it as well, sometimes with these lyrics:

Every face (all my relatives)
Every race (all my relatives)
Every place (all my relatives)

from "ALL MY RELATIVES" Words and Music by Larry Olson & Karol Baer,
from To Be Alive[©] 1991 Dakota Road Music.

Our Central Southern Illinois Synod (CSIS) has structured Lutheran relatives in synods in Madagascar, and Upstate New York. I met some of the latter for the first time early last month for a joint synod colloquium. "Being Church Together: a second look at *Human Sexuality: Gift & Trust*" was lead by Bishop John Roth and Bishop Lee Miller. The distinctive views congregations can accept of denying or embracing persons LGBTQ+ were reiterated. One perspective celebrates LGBTQ+ persons as part of the community of faith. The other perspective says it is wrong. (I cannot imagine being told I do not fully belong to the community of faith because of who God created me to be.) I understand that the ELCA may be discussing this more. As that happens, Bishop Roth made the case for the value of 'disagreeing well.' Pastor Greg Busboom (St. John's Lutheran Church) pondered what 'disagreeing well' might look like in a congregation. It's a good question.

A quote in the colloquium that caught my attention, brothers and sisters in Christ, was offered by Bishop Miller as he shared with us the words of Dr. James Baldwin,

"We can disagree and still love each other
unless

your disagreement is rooted in
my oppression

and denial of my humanity and right to exist."

For Jesus' sake, may people of Grace "love each other" and support the humanity and existence of our oppressed siblings, no matter their race, creed, or gender identity.



with Grace,
Pastor Krieger

Lenten Wednesdays... dinner at 6:00 pm followed by worship at 6:30 pm. There is a sign up in the fellowship hall for Wednesday Lenten weekly dinners. Sign up for either a soup or sandwich or both.

LOOKING AHEAD: HOLY WEEK SCHEDULE

**April 2, 2023 PALM SUNDAY:
THE PASSION OF OUR LORD 9:15 am at Grace**

**WEDNESDAY April 5, 2023
Food Basket Packing and Delivery**

**April 6, 2023 MAUNDY THURSDAY
6:00—6:30 pm Zoom with First Presbyterian
7:00 pm In-person at First Presbyterian**

**April 7, 2023 GOOD FRIDAY
Noontime Cross Walk Downtown
7:00 pm at Grace with First Presbyterian**

**April 8, 2023 HOLY SATURDAY: EASTER VIGIL
7:00 pm at Grace with First Presbyterian**

**April 9, 2023 EASTER SUNDAY:
THE RESURRECTION OF OUR LORD 9:15 am at Grace**



During Worship Sunday morning we remain vigilant as safety is our top priority and that is the reason that the middle section of the narthex has been blocked off. The termite damage done just under that section of the sanctuary is substantial and the support beam in the crawl space is laying on a main water pipe. So as not to add to the damage, we are closing off the section just above there until repairs can be done. All doors are accessible but the isles down the side are the access to the pews. Greeters and ushers will be on either side at the 7th street doors and the ramp door is completely accessible. We hope this is just for a short time and we thank you for your continued care for our building and for each other.

Many times at Grace we have begun our Lenten journey with a procession around the church, singing the Great Litany, an extensive list of petitions, emphasizing our reliance on God. Our winding movement through the space reminds us of both the journey of the Hebrew people after their release from enslavement (40 years), and Jesus' journey through the desert, being tempted by the devil (40 days), and ultimately Jesus' journey to the cross.

For the very practical reason of needed repairs of the narthex floor (repairs on an old building are a journey of their own!), we cannot physically do the procession. Instead, we will sing a hymn which reminds us of many of the same things as we enter Lent.

"Bless Now, O God, the Journey" (*Evangelical Lutheran Worship* #326) was written by Sylvia G. Dunstan, an ordained minister in the United Church of Canada in the 20th century. We sing it to a sturdy Welsh tune known as LLANGLOFFAN.

Bless now, O God, the journey that all your people make,
the path through noise and silence, the way of give and take.
The trail is found in desert and winds* the mountain round,
then leads beside still waters, the road where faith is found.
(* as in "winding path")

Bless sojourners and pilgrims who share this winding way;
your hope burns through the terrors, your love sustains the day.
We yearn for holy freedom while often we are bound;
together we are seeking the road where faith is found.

Divine eternal lover, you meet us on the road.
We wait for land of promise where milk and honey flow,
but waiting not for places, you meet us all around.
Our covenant is written on roads, as faith is found.

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May God indeed bless our journey together through this Lent, and throughout our lives. JB

March 12th we spring AHEAD.

Set your clock one hour ahead before bed Saturday night.



FOOD PANTRY REPORT

As Christ fed the multitudes, the mission of the Historical Grace Lutheran Church Food Pantry is to feed the hungry.

Support for the Food Pantry was very strong in January with donations including \$2,985 from St. John's Lutheran Church, a \$2,000 gift in memory of Mike Filter, \$1,035 from Peace Lutheran Church, \$1,000 from First Presbyterian Church, \$660 from the Beta Club at Franklin Middle School, \$243 as the third donation we've received from last year's Church World Service CROP Walk, \$128 from Grace WELCA, and ... \$3,831 from the generous members of Grace.

On the expense side, we were able to save thanks to the significant donations of food we received from numerous sources over the holiday season. All told, we enjoyed a rare monthly surplus of about \$4,600, which left us with an account balance of \$55,906 at the end of January. This is a very welcome and good start financially to 2023, but we know we will again be challenged as the year goes on to keep pace with increasing client numbers and high food prices.

In January we served 659 households, a 30 percent increase over the 504 households served in January 2022. We may see even bigger numbers in the coming months as enhanced food stamp benefits that were implemented at the start of the pandemic expire at the end of February.

As we kick off 2023, we're focused on three priorities: 1) maintaining our ability to provide all clients with milk, bread and eggs and provide the homeless with customized bags of foods, 2) increasing our fundraising in the community, especially from local businesses, and 3) expanding our pool of volunteers. On this last point, we have great crews who do the packing and related tasks inside, but we continue to struggle with having enough volunteers who can do the literal heavy lifting of boxes and bags (up to 20-30 pounds in some cases) and deliver items up the outside stairwell to clients.

Doug McFarlan, Director



vs.



PLEASE BE AWARE... As we care for our building and for God's creation, that we recognize what is recycling and what is garbage at the receptacles. THEY ARE CLEARLY MARKED. Thank you.

Easter Food Baskets

Thanks again to all who helped in the past with holiday food baskets. Hard to believe, but it is time to think about Easter Holiday Food Baskets. District 186 has their spring break early this year. That means the baskets need to be out nearer to Easter, the last week of Lent. We will pack and distribute the baskets **Wednesday April 5**. Talk to Randy Heidorn for distribution or setup help. Also, consider making a donation to cover the cost of the baskets. We split the cost with Peace Lutheran as well as St. John's based on the number of baskets we use. Grace gives away about 90 baskets at roughly \$50/basket. Thank you to all who have helped in the past and those who will help again this time.



HELP MAKE SOME FAMILIES EASTER SPECIAL!

If you would like to sponsor a basket or half a basket to honor someone or remember someone who is no longer on their earthly journey, please fill out the form below, tear or cut it out and bring or mail it to Grace. We will print your name and the name(s) of those you honor in the May Grace Notes. Thank you for helping with this special ministry. Your gift will also be recorded on your giving statement.

Easter Basket Honorary or Memorial

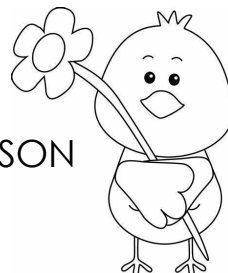
Your Name: _____

Phone: _____

Person(s) Name(s) to honor or remember:

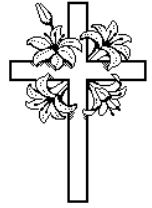
Amount of gift: _____

BE GOOD TO PEOPLE FOR NO REASON



EASTER GARDEN OF FLOWERS

Those wishing to make donations to the annual Easter Garden of Flowers are asked to do so by filling out the form below. Donations may be given in memory or honor of loved ones (please circle one.) A list of donors and those being remembered by the gifts will be included in the Easter bulletins. Gifts of all sizes are welcomed however a suggested dollar amount is at least \$10.00. Thank you!



I/we would like to help defray the cost of decorating for the ***Easter Spring Garden.***

Name: _____

Amount Enclosed: _____

In Memory/Honor (please be brief) of: _____

Flowers will decorate the sanctuary April 9 & 16
Please turn in no later than Palm Sunday, April 2



A FEW WEEKS AFTER EASTER and CHRISTMAS WE DELIVER THE PLANTS THAT WERE IN THE CHANCEL TO SOME OF OUR MEMBERS.

WE NEED A VOLUNTEER TO EITHER DO THESE TASKS OR RECRUIT PEOPLE TO DO THEM and oversee that everything is done.

THE TASKS ARE: DECIDING WHO WILL GET THE PLANTS, ARRANGE TO HAVE LABELS PRINTED SHOWING NAMES and addresses and placing the labels on worship bulletins, on the Sunday the plants are delivered place the bulletins on the communion rail for members to select the people to whom they will deliver the plants, after all the selections are made move remaining plants to fellowship hall. Please call Charlotte, 217 546-5573, with questions or to volunteer.



THE CHOSEN GRACE FORUM

10:30-11:30AM SUNDAYS | 2023

EVANGELISM



Who do you say that I am?

True to his character, Peter is the one to speak up and say what he had come to believe (even if it was a partial awareness from his wildest hopes),
"You are the Messiah, the Son of the living God." ~ Matthew 16:16

Paul's letters, the Epistles, and the Gospels each reveal something to their original readers, and to us, of who Jesus is. The Chosen series strives to blend these together into a faithful expression of who its producers have discovered Jesus to be in their lives - and so they witness to the world.

MARCH 19

Writing about what we know of Jesus (not just collecting data, but what we know in our hearts).

MARCH 26

Sharing with one another what we have written about what we believe about Jesus.

APRIL 2-9

Holy Week

Grace Forum resumes April 16

Christian Education News

Join us each week - All are welcome!
LIFE-LONG LEARNING...Sunday School and Grace Forum
regularly meets each week on Sunday morning for Education
hour beginning at 10:30am.

For anyone that has not been able to join us on a regular basis, know that we would love to share Sunday School any Sunday that you can, even if it is once in a while, once a month, whatever works for you!

We will not have Sunday School April 9 for Easter.

CONFIRMATION CLASSES

Confirmation class continue every other week March 5, 19, and April 2 and 16, 30 from 11:30am-12:30 pm.

BROWN BAG BIBLE STUDY

BROWN BAG BIBLE STUDY via ZOOM is held each Thursday at 12:10 pm. Come join us and bring a lunch.



WORD IN SEASON devotionals are available at the church office, at the back of the sanctuary or please let Kim know if you would like to pick one up or have one mailed to you.

TAKE THE TIME TO WRITE A NOTE TO SOMEONE
AND TELL THEM HOW MUCH YOU LOVE THEM

Serving the Assembly in March

March 5

Greeters: Mary Jo Anderson & Kim Gietl
 Ushers: Chris & Mary Schofield
 Reader: Pat Casper
 Communion Asst.: Sara Oehlert
 Altar Guild: Deb Smith

March 12

Greeter: Pat Ekle & Jean Scherer
 Ushers: Kim & Pam Schlicht
 Reader: Jack Wheaton
 Communion Asst.: Randy Heidorn
 Altar Guild: Debbie Rigg

March 19

Greeter: Laurie Farrell & Pat Casper
 Ushers: Frank Beckman & Paul Derlitzki
 Reader: Mary Schofield
 Communion Asst.: Diana Weyhenmeyer
 Altar Guild: Kim Gietl

March 26

Greeters: Mark & Cindy Anderson
 Ushers: Mark Anderson & Amelie Janssen
 Reader: Cindy Anderson
 Communion Asst.: Chuck Weyhenmeyer
 Altar Guild: Deb Smith



LENTEN WORSHIP

Weekly Attendance	Date	YouTube	Facebook
Epiphany 3	1/22/2023	In-person 81	
Epiphany3	1/22/2023	24	70
Epiphany 4	1/29/2023	In-person 55	
Epiphany 4	1/29/2023	25	66
Epiphany5	2/5/2023	In-person 77	
Epiphany 5	2/5/2023	21	49
Epiphany 6	2/12/2023	In-person 72	
Epiphany 6	2/12/2023	45	84
Transfiguration	2/19/2023	In-person 84	
Transfiguration	2/19/2023	123	54

COUNCIL HIGHLIGHTS

Grace Lutheran Church council will hold it's regular meeting February 28 at 6:30 pm. At that time we will come together to decide whom will represent committees and how the Council will be structured this year.

The installation of the council members will take place March 19.

Please welcome these congregants as your representatives on the church council. Feel free to contact them with your questions or concerns.

REMINDER: Committee chairs and/or secretaries please stop at the work room every week so that you can sign off on transactions vouchers and checks. Thank you for giving your time.

Financials 2023

January 2023

\$23,375 Income
\$31,947 Expense
Deficit (\$8,572)

January 2022

\$23,375 Income
\$31,947 Expense
Deficit (\$8,572)

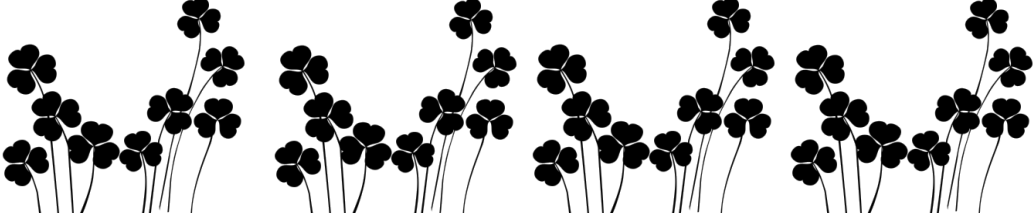



Music Program


Please join us for an afternoon of music at Grace **on Saturday, March 18th**, starting at 2:00 pm. We will host a fundraising recital featuring Emma Bachman, who will perform a variety of classical and opera songs. Emma frequently sings at Grace with our Chancel Choir. JB George will accompany Emma.

Emma was recently accepted to the exclusive OperArezzo program in Italy, where she'll be studying and performing opera this summer. Earning the top spots in nearly every show she's been in since middle school; she will be graduating soon from Western Illinois University with a bachelor's in vocal performance, then continuing to this program before moving into her master's program. Emma will spend her summer studying with renowned artists in Arezzo, the birthplace of modern music notation, and close to Florence, the cradle of the Italian Renaissance. The entire program culminates in a performance of opera scenes at the Teatro Petrarca (inaugurated on April 21, 1833, with a performance of Anna Bolena by Gaetano Donizetti) on the final Friday, June 16, 2023, for the community and any friends or family who would like to attend. Any funds raised will go towards supporting her in this journey. Thanks in advance for your support!

March

Sun	Mon	Tue
		
<p>5 9:15 am Worship including Bold Women's Day 10:30 am Education Hour 11:30 am Confirmation</p>	<p>6 <i>11:00-1:00 Food Pantry</i></p>	<p>7 9:30 am Staff Meeting <i>11:00-1:00 Food Pantry</i> 2:00 pm Stewardship 6:30 pm Twisted Stitches</p>
<p>12 9:15 am Worship <i>10:30 am Education Hour</i></p> <p><i>Spring forward</i></p>	<p>13 <i>11:00-1:00 Food Pantry</i></p>	<p>14 9:30 am Staff Meeting 10:30 am Property <i>11:00-1:00 Food Pantry</i> 1:30 pm Jan C. at Concordia Village 6:00 pm Evangelism</p>
<p>19 Blood Pressure check 9:15 am Worship with Installation of Council 10:30 am Education Hour 11:30 am Confirmation</p>	<p>20 <i>11:00-1:00 Food Pantry</i></p> <p></p>	<p>21 9:30 am Staff Meeting <i>11:00-1:00 Food Pantry</i> 12:00 noon Admin & Finance 6:00 pm Ruth Circle</p>
<p>26 9:15 am Worship 10:30 am Education Hour Butter braid deadline</p>	<p>27 <i>11:00-1:00 Food Pantry</i></p>	<p>28 9:30 am Staff Meeting <i>11:00-1:00 Food Pantry</i> 6:30 pm Church Council</p>

2023

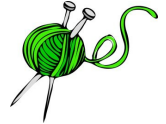
Wed	Thu	Fri	Sat
1 12:30 pm Faith/Grace Circle 5:00 pm Lenten supper 6:30 pm Lenten Worship 7:00 pm Choir practice	2 <i>11:00-1:00 Food Pantry</i> Overflow Shelter Meal 12:10 pm Brown Bag Bible Study 1:15 pm Choir practice	3 <i>World Day of Prayer via ZOOM</i>	4
8 3:30 pm Community Ministry 5:00 pm Lenten supper 6:30 pm Lenten Worship 7:00 pm Choir practice	9 <i>11:00-1:00 Food Pantry</i> 12:10 pm Brown Bag Bible Study 1:15 pm Choir practice 6:00 pm SAS	10	11 <i>Spring forward</i> <i>One hour</i>
15 9:00 am Kitchen cleanup 5:00 pm Lenten supper 6:30 pm Lenten Worship 7:00 pm Choir practice	16 <i>11:00-1:00 Food Pantry</i> 12:10 pm Brown Bag Bible Study 1:15 pm Choir practice 5:30 pm Grace Place Task Force	17  <i>Pastor Krieger gone -----></i>	18 2:00 pm Emma B. recital
22 5:00 pm Lenten supper 6:30 pm Lenten Worship 7:00 pm Choir practice	23 <i>11:00-1:00 Food Pantry</i> 12:10 pm Brown Bag Bible Study 1:15 pm Choir practice	24 Grace Notes <i>Pastor Krieger gone -----></i>	25 CSIS Assembly
29 5:00 pm Lenten supper 6:30 pm Lenten Worship 7:00 pm Choir practice	30 <i>11:00-1:00 Food Pantry</i> 12:10 pm Brown Bag Bible Study 1:15 pm Choir practice	31 2:00—5:30 pm Butter braid pick up <i>Pastor Krieger gone -----></i>	1

ALL WOMEN of Grace are welcome at the Women's Circle meetings and other WELCA events.

Please note the following things happening in March...

March 1 12:30 pm Faith Grace Circle at Grace

March 7 6:30 pm: TWISTED STITCHERS... is a group of ladies that get together the first Tuesday evening of the and have an evening of fellowship and stitching crafts (knitting, crochet, cross-stich, quilting or anything else).



March 21 Ruth Circle 6:00 pm at Grace

Butter braids... Deadline Sunday, March 26

Date to pick up at church:

Friday, March 31, 2:00–5:30pm and Sunday, April 2, 9:00–11:00am.

How to order: there is an order form on the white board in the fellowship hall or contact Kim or Harold Janssen at docwho1@comcast.net or 217-753-0338. If you would like to have an order form to take to your office or neighborhood, please contact Jean Scherer at j.d.scherer2@gmail.com.

Butter braids \$14... apple, strawberry cream cheese, cinnamon, cherry, raspberry, cream cheese. Caramel rolls \$14

Cookies \$15... (40 pre-portioned frozen balls. They do not all have to be baked at the same time) triple chocolate, white chunk macadamia nut, chocolate chip, peanut butter, snickerdoodle.

Pizzas \$16... (two 11" pizzas of the same kind) four cheese, ultimate pepperoni, meat lovers, meat with vegetables, bbq chicken

Volunteers needed... Friday, March 31, 1:45–5:45 pm or part of that time, to help pass out butter braids to people in cars or at the food pantry window.

BOLD WOMEN'S DAY MARCH 5, 2023

Bold Women's Day, as stated on the WELCA.com web page, celebrates all Lutheran women who have acted or are acting boldly on their faith in Jesus Christ. Grace Lutheran Church's Bold Woman for 2023 is **Sara Oehlert**. Sara has been a member of Grace Lutheran for 45 years. Sara has been a widow for 10 years. Sara and her husband raised all 4 of their children at Grace Lutheran.

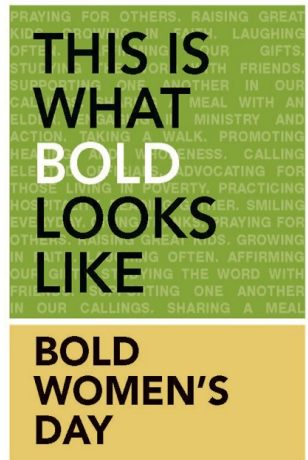
Sara has been a Sunday school teacher and served as Sunday School Superintendent in the past. She is currently a member of Ruth Circle and an active member of the WELCA Unit of Grace Lutheran Church. Sara sings in the church choir and is a member of the church's bell choir. Sara was instrumental in starting our Stephen Ministry program at Grace. She also takes care of Grace Lutheran's prayer ministry. As if that is not enough, Sara also serves on the Evangelism Committee at Grace Lutheran. Sara is always there when help is needed.

In addition to all of her activities at Grace, Sara is a volunteer at Memorial Hospital in the infusion unit. She has also been a hospice volunteer also at Memorial. Sara volunteers for 2 months every year at the YMCA of the Rockies in Estes Park, Colorado helping families in the Craft and Design Center. An extra benefit of this is that when not doing her volunteer work she spends time enjoying the beautiful countryside and visiting with her family in the area.

Sara also volunteers for Everytown for Gun Safety/Moms Demand Action for Gun Sense. This group is working to raise awareness about the consequences of gun violence and to keep guns out of the hands of criminals. This is another way that shows how Sara cares for and tries to help all people.

In her spare time, Sara has lots of opportunities to travel as she has 11 grandchildren who live in New York, Colorado, Chicago and Springfield. Some of the activities Sara enjoys are: walking/hiking, knitting/crocheting, reading and of course traveling.

Grace Lutheran Church is so blessed to be a part of Sara's busy life. She is a great example of what a Bold Woman is – always willing to help and support their congregations and the committee they live.



Stewardship Stories...

James Lewis, like our ancestors Abram & Sarai before us, is blessed to be a blessing.

"I'm glad the Lord sent me there [Grace]." You see, James' niece had died, and it crushed his heart; he was down. Our facilities steward (a.k.a. custodian) Aaron Von Holten could see it and offered the invitation to James to talk to our pastor; maybe it could help. So continued the Spirit's work in the building up of the kingdom at Grace.

After earning his Associates Degree from John A. Logan College in Carterville, James studied at SIU-C earning his Degree in Elementary/Special Education. In Carbondale, James was the supervising teacher with Head Start, taught Elementary, and Jr. High. James lead a re-education program at Murphysboro (where he was born, and graduated from high school), and then taught in Catholic and public schools in St. Louis; all totaled 38 years. The only reason James came back home from St. Louis during those latter years was to take care of his father, and then his mother, when they needed his care, and until they died.

James' work with youth extended beyond schools. Liberty Street Missionary Baptist Church in Murphysboro was not only the community of faith where James was baptized, but also where he would teach and be superintendent of Sunday School, and where he was recognized in Licensed Baptist Ministry (1968) and Ordained (1971). His twenty-five years of ordained ministry included a focus of evangelizing with youth, something he had an appreciation for, having been mentored by the older people he hung around, learned from, building a foundation in his life. It is a calling his brother Edgar would follow him in, and to this day, the pastor serving Liberty Street says she is there in no small part because of the foundation James laid in her life.

Where did this deep faith come from? God worked through James' parents and grandparents (and had plenty of time to do it... James' parents lived into their 90s, and both of James' great-grandmothers lived to the ages of 104 and 110!). His parents and grandparents always said he was different; they saw something deeper in him. And you know they were paying attention, because James was the seventh of eighteen children (half of whom have died, James taking care of three of them). James spent a lot of time with older people: cutting wood, getting coal, mowing lawns. Just *"keep livin'"* James' mom would always say, and you'll see what we see in you.

Her love set deep in his heart, like this: *"there's nothing a person can do,"* James says, *"to make me hate them. I learned from my mother to forgive, and give love, not hate."*

During our interview, while James reflected on the difference Grace Lutheran Church has made in his life, he blessed our shared space with holy song from time to time, breaking into a chorus that gave words to what he was thinking – another way James has shared his faith with Grace in worship. James says, *"Grace – God – has blessed me, and makes me want to bless (give, sacrifice for, give joy to) others. I can see great things being done [at Grace]."* He went on to say, *"Grace is doing, in my opinion, what the Bible says, more than any other church I've been in. Never been in a church so caring. And I know it's genuine... 'cause you don't have to."* Evangelizing is still inspired in James as he says, *"Going to Grace makes you want to go out and serve and give someone a smile."*

James reflected, *"God has been so good to me."* This coming from a child of God who has had to say goodbye too soon to half of his siblings, who has known the battles of bone cancer, has suffered a broken neck in an auto accident, has endured the challenges of not having a house, and who's heart decided a pacemaker would make it so much easier to do it's job. More seriousness could not be in his eyes when he says, *"I just keep sayin', thank you, thank you, thank you."* Reminds me of the first words James began our interview with: *"I'm thankful for life."*

We of Grace Lutheran Church give thanks to be blessed by he who has been blessed.

March 2023 storyteller
Pastor Krieger

Monthly nuggets from the Stewardship Committee

With this issue of *Grace Notes* we would like to restate our policy of strict **confidentiality** in our work. The only one who puts names with various amounts of giving is our Administrative Assistant, Kim Gietl. The committee and Pastor may know "how much," but not "who".

If you have any questions about this or any other matter for our committee, please contact the church office or Mary Plymire at 217-303-6907. You may also email her at ggramma1939@gmail.com. We would love to hear from you.





Church Women United invites you to the World Day of Prayer

March 3rd: World Day of Prayer 2023 is a worldwide, ecumenical movement of Christian women of many traditions who come together to observe a common day of prayer each year, and who, in many countries, have a continuing relationship in prayer and service.

- ♥ It is initiated and carried out by women in more than 170 countries and regions.
- ♥ It is symbolized by an annual day of celebration observed on the first Friday in March to which all people are welcome.
- ♥ It brings women of different races, cultures and traditions together in fellowship, understanding and action throughout the year.
- ♥ Through World Day of Prayer, women affirm that prayer and action are inseparable and have immeasurable influence in the world.

Zoom Program:

Date & Time: March 3, 2023

1:00 PM Central Time

Scripture: *Ephesians 1:15-19*

[https://us02web.zoom.us/j/83710008806?](https://us02web.zoom.us/j/83710008806?pwd=KzdPczZhRlp5eDB1Y2dhWkFYQmw4UT09)

[pwd=KzdPczZhRlp5eDB1Y2dhWkFYQmw4UT09](https://us02web.zoom.us/j/83710008806?pwd=KzdPczZhRlp5eDB1Y2dhWkFYQmw4UT09)

Meeting ID: 837 1000 8806

Passcode: 694661

+13126266799 US (Chicago) One tap mobile+13092053325

MEMBERS HOMEBOUND/LIMITED MOBILITY

DIXIE ALVIES
DOROTHY BAHRE
GLENDA BOWLES
GEORGIANN

BREDEHOFT
GLORIA GAGNON
ELEANOR SAKRIS
BONNIE

SCHATTSCHNEIDER
ANN SCHLICHT
CRYSTAL SHADID



YOUR HEALTH NEWS

Parish Nurse...Diana Weyhenmeyer

March is Colorectal Cancer Month and the American Cancer Society recommends screening start at age 45. They lowered the age from 50 because they found younger people were getting colon cancer. This can be a genetic test you can do at home and send in to be analyzed, a stool for occult blood test that can also be done at home. A colonoscopy is recommended every 10 years unless you are like me and high risk. My mother had colon cancer and that puts me at high risk. I have had a colonoscopy every 5 years since age 60. (I started screening late because I couldn't get past the prep. That is the hardest part of the entire procedure is taking the prep for it. Procedure is easy because you are asleep. They have made the prep much easier now than years ago.) A flexible sigmoidoscopy which only looks at the last part of the colon can be done every 5 years for screening purposes. A CT colonography can also be done every 5 years. This visualizes the colon by CT scan.

People who are in good health and with a life expectancy of more than 10 years should continue regular colorectal cancer screening through the age of 75. For people ages 76 through 85, the decision to be screened should be based on a person's preferences, life expectancy, overall health, and prior screening history. People over 85 should no longer get colorectal cancer screening. My dad had his first screening at age 90 when his hemorrhoids were bleeding. There are exceptions to every rule.

People at increased or high risk of colorectal cancer might need to start colorectal cancer screening before age 45, be screened more often, and/or get specific tests. This includes people with:

- A strong family history of colorectal cancer or certain types of polyps
- A personal history of colorectal cancer or certain types of polyps
- A personal history of inflammatory bowel disease (ulcerative colitis or Crohn's disease)
- A known family history of a hereditary colorectal cancer syndrome such as familial adenomatous polyposis (FAP) or Lynch syndrome (also known as hereditary non-polyposis colon cancer or HNPCC)
- A personal history of radiation to the abdomen (belly) or pelvic area to treat a prior cancer

Continued on Page 20



Parish Nurse Continued..

It is much easier to treat a stage 1 or 2 colon cancer than stage 3 or 4.

Many lifestyle-related factors have been linked to colorectal cancer. In fact, the links between diet, weight, and exercise and colorectal cancer risk are some of the strongest for any type of cancer.

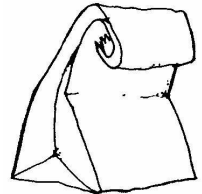
Diets high in red meat, charcoaled cooked meats, a body low in vitamin D are risk factors for colon cancer. Following a healthy eating pattern that includes plenty of fruits, vegetables, and whole grains, and that limits or avoids red and processed meats and sugary drinks probably lowers risk.

In Christ's Love, Diana

Providing Meals for the Winter Overflow Shelter March 2, 2023

The Community Ministry Committee is still asking for your help with donations of food to help provide a bagged dinner and breakfast for 70 people at the Springfield Winter Overflow Shelter. We are asking for donations of bottles of water (approximately 140),

Cookies for 70 people for dinner (baked or store bought), fruit cups for dinner (70), individual chip bags (70), individual apple sauce cups (70). Please bring them to church by February 26 so we have time for shopping for what items we need. We will be making sandwiches and bagging the dinner and breakfast meals that morning at 9:30 am. They have requested the bagged meals to make it easier for staff to give out and are more flexible. Thank you as always for your generosity towards our neighbors in need! If you have questions, please call Jean Scherer 217-725-0301.



"LORD, KEEP YOUR ARM AROUND MY SHOULDER and
YOUR HAND OVER MY MOUTH. AMEN."



Therefore encourage one another and build up each other, as indeed you are doing.... Encourage the faint and help the weak. —1 Thessalonians 5:11, 14b

See the people telling their stories, and many others, at stephenministries.org.

Just a reminder...you are not alone. Your Stephen Ministers are available. Stephen Ministry equips a team of lay caregivers to provide one-on-one, Christ centered care to people experiencing life difficulties. To contact us, ask Pastor Krieger, contact the church office, or contact any Stephen Minister; Cindy Anderson, Jan Conrady, Lindsey Clemons, Susan LeMasters, Jim Hobbs, Sara

Oehlert and Charlotte Blumle. Your contact is confidential, whether or not you decide to accept our services.

Pick up a confidential request to meet with a Stephen Minister in the box on the wall in the Fellowship Hall, near the main stairway door. Place it in a plain envelope back in the that box. Stephen Ministry is available in our congregation! We are here to help!



PRAYERS OF GRACE MINISTRY

Pray in the spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere.” Ephesians 6:18 (NLT)

If you are in need of prayer or if you would like to join the Prayer Chain please call the church office (217-522-3965) or email Kim Gietl k.gietl15@yahoo.com or Sara Oehlert soehlert@aol.com We also have been listing those in need in the bulletins each week. If you have a need or know someone who does please let us know.



March Birthdays

March 2	Page Fullriede Parker Stults Erica Cummings	March 16	Denise Behl Megan Nation Tom Poston
March 3	Kristen Edwards	March 17	Michael Carnduff Kathy Myers
March 4	Katie Klint	March 20	Mark Anderson Colin Brockmeyer
March 5	Michael DiGiovanna	March 22	Kase Kepler
March 6	Bill Moran	March 23	Nancy Bahre
March 7	Evie Monahan	March 24	Patti Christell
March 8	Thomas George Theron Strike	March 25	Heidi Lowery
March 11	Allison Klint	March 27	Sarah Jakowsky Eleanor Sakris
March 15	Dennis Little Gracie McCormick Crystal Schmidt	March 29	Shelby Butler
		March 31	Joelle Jones



*HAPPY BIRTHDAY and GOD'S
BLESSINGS TO YOU!*

Thank You's

- Thank you to the kids and adults that came and packed the hygiene kits for our neighbors and all who brought soup for the Grace Food Pantry. We bagged 68 full kits and collected 142 cans of soup. Thank you for caring for others through grace!
- Thanks for the bouquet that Sally Erickson delivered to me. It is beautiful, and I appreciate it very much. To God be the glory.
Leora Harry

Evangelism Easter Encouragement

Why am I in church on Easter? It's true we enjoy the beauty of the flowers, the music, and hearing good news, but most of all we want to be together with our church family to thank Jesus - to thank Jesus for giving his life for ours, forgiving our sin, and to thank God for Jesus' resurrection - the promise that we have eternal life with them!

When you are talking with your unchurched family and friends in-person or online, tell them you will be at Grace Lutheran Church for 9:15 am Easter worship, and invite them to come with you. If you mail Easter cards, tell people why you would love to share Easter Sunday with them.

As you talk with people on Easter and the days thereafter, share with them what was meaningful to you, be it the music and lyrics, words preached or read or prayed, or best of all - something you hear a child say. Share your faith in God's promise of forgiveness, love and eternal life with everyone!

from your Evangelism Committee

and submitted by Charlotte Blumle and Pastor Krieger



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Check out our website!

Scan this code or navigate to <https://www.gracelutheran-springfield.org>

**Grace Food Pantry hours: Mon, Tues, Thu
11:00 am-1:00 pm**

PHONE 217-522-3965

www.gracelutheran-springfield.org



ELCA

OUR STAFF

PASTOR

Rev. Tom Krieger

CANTOR

J.B. George

ADMINISTRATIVE ASSISTANT

Kim Gietl

CHURCH CUSTODIAN

Aaron VonHolten

PARISH NURSE

Diana Weyhenmeyer