



# Grace Evangelical Lutheran Church

"A community of servants sharing in the word and work of Jesus."



## Pastor's Page – February 2018

**The Season of Lent** – Lent begins on Valentine's Day, Wednesday, February 14<sup>th</sup>. See article elsewhere in this newsletter for schedule. Our focus is on the story of God's salvation recorded throughout the Old Testament that we use at the Easter Vigil worship services. Why these texts? Because they show us that in ways small and great, God has steadfastly shown God's **will** to rescue us from death, and give us a new way to **live**. We share this Season with our neighbors at Bethlehem, St. James and Zion. Take part in the **discipline of Lent**. In a sense, it is like other disciplines we know of – going to the gym even when it's cold out; watching what we eat, and saying no to fatty foods; putting money away into savings...it may not be a first choice for our Wednesday evenings, but what happens as a result will be a blessing far beyond what you and I might expect.

**Grace's 125<sup>th</sup> Anniversary Year** – 2018 marks the 125<sup>th</sup> year of Grace Lutheran Church! Our Anniversary Committee has great plans for the year – including **a) Inviting all current pastors whose call to ministry has roots in Grace to preach and worship with us this year.** So far three of the six pastors have committed to coming; *Jamie Lowden, Linda Motley, and Pat Nabers*; we expect and hope to have all six committed by the end of February. **b) In addition Bishop Bob Humphrey will preach at our Anniversary Sunday celebration on Sunday, November 18<sup>th</sup>.** What a blessing to have our current Bishop be a "son" of Grace in our special anniversary year! **c) Many other worship, fellowship, service and music plans are in the works: all paying attention to the importance of this Anniversary Year being a time NOT ONLY to look back on how God has blessed us, but to celebrate God's guidance in our present, and look forward to God's future for us!**

**The Baptismal Font, Lent, and our 125<sup>th</sup> Anniversary Year** – *In Holy Baptism, God frees us from sin and death and joins us to the death and resurrection of Jesus Christ.* Every time we baptize someone, we are reminded of the importance of our baptism. This Lent, we'll be moving the font back to the entrance of Grace's worship space. The font will be open with water to allow those who choose to do so to trace the sign of the cross on one's forehead, where each of us were marked on our baptismal day, to be reminded of who we are; children of God gathered together by God's Spirit to be Christ's Body in this world. The moving of the font is also a first step for us at Grace to consider a permanent move of the font to this part of the worship space, and the possibility of enlarging the font so accommodate more water. As we consider this focus on our life together, take part in the learning and discussion that will be available prior to making a final decision about the movement of the font.

**Downtown Pastor's Group** – For over two years now, and with some fits and starts, I've been taking part in a downtown gathering of pastors whose hope is to bridge gaps of race and denomination in order for us all to be better united as witnesses of God's desire to reconcile the world to God's self through Jesus Christ. Our initial meetings have been to get to know and trust one another better, as pastors. The purpose, however, has been for the same to happen across congregational lines as well. In the early part of this year, we will have a number of opportunities to begin to meet and work together to move this process forward in earnest, through Education, Worship and Service:

1. *Education:* First Baptist hosts a regular series called Faith in Film at The Wayne Theater. You (and all the downtown congregations) are invited to attend "Birth of a Nation" on Sunday, March 11<sup>th</sup> at 6pm.
2. *Worship:* On Ash Wednesday (Noon), Palm Sunday, and Good Friday, the congregations will have opportunities to worship together.
3. *Mission:* The week of March 19-25, we'll have an opportunity to serve together the final week of the WARM Cold Weather Shelter at Fishersville United Methodist Church. Look for a bulletin insert in your bulletin and info on Facebook and Website in the coming weeks.

God is at work in our congregation and in this community!

## Nurse's Health Corner

Great strides have been made in the last several years for the care of those with cardiovascular disease (CVD). Immediate action to enter emergency medical care continues to be the number one goal to save lives. Even 15 minutes can be the difference between death and disability, and returning to a fulfilling life. The second goal is primary and secondary prevention of the causes surrounding CVD and reducing these risk factors.

### **Goal #1: Immediate Action**

Two of the most common reasons of cardiovascular emergencies are heart attack and stroke. The cause for a heart attack or stroke is similar. Blood supply is interrupted, causing tissue death. Most often this is caused by a blood clot or *thrombus*. When a blood clot (thrombus) moves from one part of the body to another, it is called an *embolus*. When a clot blocks an artery to the heart, it is called a heart attack. When the clot blocks an artery to the brain, it is called a stroke. Symptoms of heart attack and stroke are different, as well as how they are treated. Symptoms must be recognized to activate emergency care.

A **heart attack** or *myocardial infarction* is a loss of blood to the heart muscle causing the heart tissue to start to die. The symptoms for a heart attack are:

- **Chest discomfort** in the center of the chest that lasts for more than a few minutes or that goes away and comes back (uncomfortable pressure, squeezing, fullness, or pain)
- **Discomfort in other areas of the upper body** (one or both arms, back, neck, jaw, or stomach)
- **Shortness of breath** (with or without chest discomfort)
- Other signs: **breaking out in a cold sweat, nausea, or lightheadedness**

Chest pain is the most common symptom; however, women are more likely to experience other common symptoms. The first 90 minutes after symptoms begin is critical. Persons suffering a heart attack are more likely to survive if blood flow is restored within the first 90 minutes. Every 10 minutes is associated with an increase in long term survival rates. Blood is most often restored through use of a technique called a cardiac catheterization where an interventional cardiologist enters the heart through an artery in the groin or wrist, with a small wire. Both are direct routes to the heart's arteries. The wire has a tool to remove the clot and deploy a wire stent to keep the cardiac blood vessel open. Blood is restored and the heart muscle stops dying.

A **Stroke** is a brain attack, also called a *Cerebral Vascular Accident (CVA)*, and is the sudden loss of brain tissue. The symptoms of a stroke are simplified by the acronym F.A.S.T.:

- **F – Face** – sudden facial droop or numbness
- **A – Arms** – sudden weakness or tingling/numbness (*paresthesia*) of one side of the body
- **S – Speech** – Sudden slurring or garbled speech or the inability to speak or understand speech
- **T – Time** – time to call 9-1-1

Other common symptoms are sudden **confusion, trouble seeing** in one or both eyes, **trouble walking or dizziness, loss of balance or coordination**, and a **severe headache** with no known cause. The first 3 hours after a stroke are critical. A drug called tissue plasminogen activator (tPA) that can break up the blood clot can be given during this time. The Federal Drug Association allows this drug to be given up to 4.5 hours. It is twice as effective in the first 90 minutes of a stroke versus given at 3 hours. Every 15 minutes sooner that tPA is given is associated with better outcomes and decreased disability.

- Obesity - the heart has to push through an extra mile of blood vessels for every pound of being overweight. Simply put, the less weight, the less the heart has to work.
- Diabetes – diabetes affects every vessel of the body especially the small vessels of the heart and the brain causing narrowing and hardening of the arteries.

## Goal #2: Reducing Risk Factors

Risk factors are the same for heart attack and stroke. Risk factors that cannot be controlled are:

- Age – every decade of life increases the chances of stroke and heart attack especially > 40
- Gender – men are more likely than women to die of a heart attack; however, women are more likely to have a stroke and die of a stroke
- Family History (of CVD) – genetics can increase the risk of heart attack and stroke
- Race – African descendants are most likely to have cardiovascular disease followed by Hispanics, Whites, and Asians
- Previous stroke or heart attack. Most people are aware that a healthy diet and proper exercise can lower risk factors. Some risk factors that can be controlled, even by medication if needed, are:
  - High Blood Pressure (BP) – a BP of less than 120 over less than 80 is shown to have less negative cardiovascular effects including *stenosis* (narrowing of the arteries) and *atherosclerosis* (hardening of the arteries)
  - Smoking – quitting smoking significantly decreases your risk of CVD. Smoking narrows and hardens the arteries much like high BP and allows fatty deposits to cling to the arteries. Medications and behavioral change programs can help with smoking cessation
  - High Cholesterol – high cholesterol in the blood forms fatty deposits that narrow the arteries and make it easier for clots to form on the artery walls. Medications can reduce cholesterol in the blood
  - Lack of regular physical activity – exercising 30-45 minutes a day has been shown to decrease blood pressure and cholesterol, and strengthen the heart muscle



## **Congregation Council Meeting February 20, 2018**

The Congregation Council will meet on Tuesday, February 20, at 7:00 p.m. in the Conference Room. Members of the congregation are always welcome to attend the meetings. If you would like to speak to Council, please contact Robin Crowder for time on the agenda.

### **Highlights of Congregation Council Meeting January 16, 2018**

Pastor's Report – Shared concern of the frenetic pace of activities during the Season of Advent. Expressed hope that in planning in 2018, more “down time” can be negotiated even as we Continue traditions that have meaning. Appreciated the service of Jean Franklin and Amber Bokelman who began Children's Church and contributed to Christmas Eve with the children singing at the morning and evening worship services. Will be serving another year on Virginia Synod Council and hopes to continue to share the many good things going on in this statewide expression of the church.

Kathy Johnson reported on the beginning of Emergency Planning for Grace. Bill Meicke and Bob Barrette will work with her. They are in the early stages of information gathering. Goals would be plans for an emergency in our church or the community. The committee will meet again soon and would welcome more members to serve with them.

Linda Meyer reported on plans for the Forwarding Faith Campaign of the Virginia Synod. She and Tyler Wertman will be Team Leaders. It will be held March 4 – 25.

Requests for new leadership have been made for the following positions: Stewardship, Council Secretary, Sunday School Superintendent, December Decorating, and the Financial Counting Team. It was suggested that this be put in the bulletin for those who might be interested in helping in those positions.

Pictures for the Photo directory will be taken March 13-15 by Life Touch. The hope is to have more than one email address per family.

# ANNUAL REPORT

## Annual Meeting

Congregation Council has set our annual meeting for February 11, 2018.

## Financial Barometer

| <b>FINANCIAL BAROMETER<br/>as of December 2017</b> | <b>YTD<br/>ACTUAL</b> | <b>YTD BUDGET</b> | <b>DIFFERENCE</b> |
|--|-----------------------|-------------------|-------------------|
| 1. Pledge /Giving of Record/Faith                  | \$294,485.14          | \$285,126         | \$9,359 .14       |
| 2. Total Budget Receipts                           | \$310,859.84          | \$300,508         | \$10,351.84       |
| 3. Total Budget Disbursements                      | \$292,031.54          | \$300,508         | -\$8,476.46       |

## Nursing Home and Assisted Living Members

|   |   |   |
|---|---|---|
| <p><b>Morris Elliott</b><br/>The Seasons, Room 115<br/>The Lodge at Old Trail<br/>330 Claremont Lane<br/>Crozet, VA 22932</p> | <p><b>Dot Gladwell</b><br/>Bridgewater Retirement<br/>Community<br/>202 North 2nd St., Room 216<br/>Bridgewater, VA 22812</p>         | <p><b>Frank Gum</b><br/>Augusta Nursing &amp; Rehab<br/>85 Crossroads Lane<br/>Fishersville, VA 22939</p> |
| <p><b>Shirley Krizovsky</b><br/>%White Birch Estates<br/>847 Oakwood Drive, R-#33<br/>Harrisonburg, VA 22801</p>              | <p><b>Janet Lunger</b><br/>501 Oak Avenue, AL-4<br/>Waynesboro, VA 22980</p>  | <p><b>Fred Meier</b><br/>1410 A North Augusta St.<br/>Apt. 3088<br/>Staunton, VA 24401</p>                |
|   | <p><b>Jennings Whitmer</b><br/>Bridgewater Retirement<br/>Community<br/>202 North 2nd St.,<br/>Room 216<br/>Bridgewater, VA 22812</p> |   |



## Thank You:

Dear Members of Grace,

Many thanks to Pastor Pingel for his pastoral care to mother. Thank you for your support to the Cape Family during this time of loss by your visits at the funeral home and attendance at the graveside service. Thanks for your visits to Dukie at Shenandoah Nursing and Rehab and to the men who moved some of her furniture to her residence. You truly showed grace to the family.

Charlie Cape  
Charles.d.cape2@gmail.com

## Quilting News

The quilters are back on schedule and will be quilting on Tuesdays from 9:30 – 11:30. Sewing is not required. Quilting for Lutheran World Relief is a great time for service and fellowship. It is a fun group and to illustrate how “fun” and “creative” the group can be, just read the responses to a Happy New Year’s Day email: *“Happy New Year to all the sew and sews. Are you needling us? Blest be the tie that binds Our hearts in Christian love;The fellowship of kindred minds Is like to that above. You all are keeping me in stitches!! SEW looking forward to seeing everyone next week! It SEAMS to me that you ladies are SEW funny that I find myself BOBBIN up and down with laughter. Just to PIN down my feelings. No, I’m not FABRICating! I COTTON to y’all!”* We meet in the Fellowship Hall at approximately 9:30. Some of us have been meeting in the church parking lot at 8:30 and walk the Greenway before quilting. You are welcome to join us for that as well. Not only do we share in fellowship of walking and quilting there is usually lunch at one of the local restaurants after quilting. If you would like more information, contact Gwen Kite at 910-0508.





# LENT

We all know times of anticipation, where there is much to prepare for before what we are anticipating comes to pass. An announced engagement for a wedding still means much to prepare for until the anticipated wedding day. As this is written, many people are anticipating the Super Bowl; but the teams playing the game have much preparation before the day comes.

Lent is our time of anticipation and preparation. It's more than fasting, or giving something up, or even a sense we should focus on Jesus' death. We know the story of Lent leads us to the cross - we must come to the cross in order to celebrate resurrection - and yet we come to the cross because we **anticipate** what God is going to do - bring new life to this world through the Son.

In the ancient Easter Vigil worship service, we gather to hear what God has already done to offer new life and salvation to the world - through creation, through Noah and his family, through the people of Israel freed from slavery in Egypt, through the prophets reminding us of the power of God's Word to give life over death. We'll share these stories over the five Wednesdays of Lent with our brothers and sisters at Bethlehem, St. James and Zion. We'll also have an opportunity to join with our downtown brothers and sisters to show our unity in Christ, and begin to show our community that our unity is more important than any differences we may have. See our schedule below, and take part in the anticipation of this Lenten Season!

***Schedule for Lent on Page 10***



# LENT

## **Wednesday, February 13, 2018**

5:00 p.m. Bethlehem Lutheran Church

Pancake Supper for Lent (Burning of the Palms)

## **Ash Wednesday will be celebrated February 14 as follows:**

10:00 a.m. Grace Evangelical Lutheran Church

Liturgy with Imposition of Ashes and Holy Communion

12:00 p.m. St. John Catholic Church

Liturgy with Imposition of Ashes

7:00 p.m. Grace Evangelical Lutheran Church

Liturgy with Imposition of Ashes and Holy Communion

## **Sunday, February 18, 2018**

10:00 a.m. Grace Evangelical Lutheran Church

First Sunday of Lent—Holy Communion

## **Wednesday, February 21, 2018**

6:00 p.m. Grace Evangelical Lutheran Church

Season of Lent Soup Supper

7:00 p.m.

Season of Lent Evening Prayer

## **Sunday, February 25, 2018**

10:00 a.m. Grace Evangelical Lutheran Church

Second Sunday of Lent—Holy Communion

## **Wednesday, February 28, 2018**

6:00 p.m. Bethlehem Lutheran Church

Season of Lent Soup Supper

7:00 p.m.

Season of Lent Evening Prayer

## **Sunday, March 4, 2018**

10:00 a.m. Grace Evangelical Lutheran Church

Third Sunday of Lent—Holy Communion

## **Wednesday, March 7, 2018**

6:00 p.m. Zion Lutheran Church

Season of Lent Soup Supper

7:00 p.m.

Season of Lent Evening Prayer

## **Sunday, March 11, 2018**

10:00 a.m. Grace Evangelical Lutheran Church

Fourth Sunday of Lent—Holy Communion

## **Wednesday, March 14, 2018**

6:00 p.m. Grace Evangelical Lutheran Church

Season of Lent Soup Supper

7:00 p.m.

Season of Lent Evening Prayer

## **Sunday, March 18, 2018**

10:00 a.m. Grace Evangelical Lutheran Church

Fifth Sunday of Lent—Holy Communion

## **Wednesday, March 21, 2018**

6:00 p.m. St. James Lutheran Church

Season of Lent Soup Supper

7:00 p.m.

Season of Lent Evening Prayer



# FEBRUARY BIRTHDAYS

|       |                   |
|-------|-------------------|
| 02/03 | Gavin Wade        |
| 02/04 | Becky Jones       |
| 02/05 | Karl Gerlitz      |
| 02/06 | Janet Lunger      |
| 02/06 | McGregor Long     |
| 02/07 | Donnie Kiblinger  |
| 02/07 | Jennifer Apesa    |
| 02/08 | Emily Jordan      |
| 02/08 | Ryan Lefevre      |
| 02/09 | Shirley Krizovsky |
| 02/10 | Irma Graf         |

|       |                  |
|-------|------------------|
| 02/13 | Dick Tomey       |
| 02/13 | Helen Moyer      |
| 02/17 | Carolyn Hite     |
| 02/17 | Justin McCloskey |
| 02/18 | Mike Trauscht    |
| 02/18 | Kayla Metcalf    |
| 02/19 | Tricia East      |
| 02/20 | Aiden Kohl       |
| 02/21 | Charles Efird    |
| 02/23 | Christine Day    |

|       |                |
|-------|----------------|
| 02/24 | Dawn Reid      |
| 02/26 | Carol Bowers   |
| 02/26 | Leslie Sweet   |
| 02/27 | Marcus Crowder |
| 02/27 | Beth Hochstein |
| 02/28 | Carol Varner   |
| 02/28 | Ed Driskill    |
| 02/28 | Robert Quickel |
| 02/28 | Kim Hull       |
| 02/29 | Pete Rufe      |



## FEBRUARY ANNIVERSARIES

| CELEBRATING WEDDING ANNIVERSARIES |          |
|-----------------------------------|----------|
| Carolyn & Robert Barrette         | 52 YEARS |
| Lindsey & Nathan Skelton          | 13 YEARS |



## BAPTISM Anniversary

|       |                   |
|-------|-------------------|
| 02/0? | Genevieve Arneson |
| 02/0? | Mickey Shook      |
| 02/06 | McGregor Long     |
| 02/07 | Torrey East       |
| 02/13 | Randolph Varner   |
| 02/14 | Sidney Jones      |
| 02/14 | Chloe Cawiezell   |
| 02/21 | Justin McCloskey  |
| 02/22 | Bryan Martinez/   |

# SUNDAY WORSHIP ASSISTANTS

|  |  |   |  |  |
|--|--|---|--|--|
| <p><b>February 4</b></p> <p><b>9:00 a.m.</b><br/><b>Sunday School</b></p> <p><b>10:00 a.m.</b><br/><b>5th Sunday After Epiphany</b></p> <p><b>Holy Communion</b><br/><i>Pastor Paul Pingel</i><br/><i>Preaching and Presiding</i></p>    | <p><b>Assistant Minister</b><br/>Cathy Crowder</p> <p><b>Communion Assistant</b><br/>Robin Crowder, Karla Rankin</p> <p><b>Altar Guild</b><br/>Anne Putnam</p> <p><b>Offering Stewards</b><br/>Marlene Shaw, Pat Brady</p> | <p><b>Ushers</b></p> <p>Ron Almarode<br/>Lee Lynch<br/>Joe Perkins<br/>Rick Bump</p>        | <p><b>Council Member of the Week</b><br/>Linda Meyer</p> <p><b>Greeters</b><br/>Cynthia Long<br/>Dale Diacont</p> <p><b>Altar Flowers</b><br/>Open</p> | <p><b>Nursery</b><br/>Karla Rankin</p> <p><b>Acolyte</b><br/>Brodie Franklin</p> <p><b>Cup Gatherer</b><br/>Anne Putnam</p>                    |
| <p><b>February 11</b></p> <p><b>9:00 a.m.</b><br/><b>Sunday School</b></p> <p><b>10:00 a.m.</b><br/><b>Transfiguration of Our Lord</b></p> <p><b>Holy Communion</b><br/><i>Pastor Paul Pingel</i><br/><i>Preaching and Presiding</i></p> | <p><b>Assistant Minister</b><br/>Linda Meyer</p> <p><b>Communion Assistant</b><br/>Bill Meicke</p> <p><b>Altar Guild</b><br/>TBD</p> <p><b>Offering Stewards</b><br/>Robin Crowder, Kate VanBremen</p>                     | <p><b>Ushers</b></p> <p>Jack Eckstrom<br/>Brad Keefer<br/>Dave Proctor<br/>Carrie Jones</p> | <p><b>Council Member of the Week</b><br/>Gordon Putnam</p> <p><b>Greeters</b><br/>TBD</p> <p><b>Altar Flowers</b><br/>Dick Tomey</p>                   | <p><b>Nursery</b><br/>Jean Morgan<br/>Susie Driskill</p> <p><b>Acolyte</b><br/>Hannah Pingel</p> <p><b>Cup Gatherer</b><br/>Donna Marshall</p> |
| <p><b>February 14</b></p> <p><b>10:00 a.m.</b><br/><b>And</b><br/><b>7:00 a.m.</b></p> <p><b>Ash Wednesday</b><br/><b>Holy Communion</b><br/><i>Pastor Paul Pingel</i><br/><i>Preaching and Presiding</i></p>                            | <p><b>Assistant Minister</b><br/>Donna Gum</p> <p><b>Communion Assistant</b><br/>Carrie Jones, Lily Pingel</p> <p><b>Altar Guild</b><br/>TBD</p> <p><b>Offering Stewards</b><br/>Pat Brady</p>                             | <p><b>Ushers</b></p> <p>TBD</p>   | <p><b>Council Member of the Week</b><br/>TBD</p> <p><b>Greeters</b><br/>TBD</p>  | <p><b>Nursery</b><br/>TBD</p> <p><b>Acolyte</b><br/>TBD</p> <p><b>Cup Gatherer</b><br/>TBD</p>   |
| <p><b>February 18</b></p> <p><b>9:00 A.M. Sunday School</b></p> <p><b>10:00 A.M.</b><br/><b>1st Sunday of Lent</b></p> <p><b>Holy Communion</b><br/><i>Pastor Paul Pingel</i><br/><i>Preaching and Presiding</i></p>                     | <p><b>Assistant Minister</b><br/>Karla Rankin</p> <p><b>Communion Assistant</b><br/>Marlene Shaw, E. G. Rankin</p> <p><b>Altar Guild</b><br/>TBD</p> <p><b>Offering Stewards</b><br/>Kate VanBremen, Pat Brady</p>         | <p><b>Ushers</b></p> <p>Bill Meicke<br/>Tom Carper<br/>Chris Carper<br/>Pat Brady</p>       | <p><b>Council Member of the Week</b><br/>Marlene Shaw</p> <p><b>Greeters</b><br/>TBD</p> <p><b>Altar Flowers</b><br/>Open</p>                          | <p><b>Nursery</b><br/>Jean and Tripp Franklin</p> <p><b>Acolyte</b><br/>Quinn Franklin</p> <p><b>Cup Gatherer</b><br/>Thea Franklin</p>        |
| <p><b>February 25</b></p> <p><b>9:00 A.M. Sunday School</b></p> <p><b>10:00 A.M.</b><br/><b>2nd Sunday of Lent</b></p> <p><b>Holy Communion</b><br/><i>Pastor Paul Pingel</i><br/><i>Preaching and Presiding</i></p>                     | <p><b>Assistant Minister</b><br/>Mike Trauscht</p> <p><b>Communion Assistant</b><br/>Robin Crowder, Cathy Crowder</p> <p><b>Altar Guild</b></p> <p><b>Offering Stewards</b><br/>Marlene Shaw, Robin Crowder</p>            | <p><b>Ushers</b></p> <p>Bob Moyer<br/>E. G. Rankin<br/>Fred Biggers<br/>Jerry Kite</p>      | <p><b>Council Member of the Week</b><br/>Kate VanBremen</p> <p><b>Greeters</b><br/>Joan &amp; Joe Ranzini</p> <p><b>Altar Flowers</b><br/>Open</p>     | <p><b>Nursery</b><br/>Lisa Gray</p> <p><b>Acolyte</b><br/>Kaitlyn Hull</p> <p><b>Cup Gatherer</b><br/>Karley Hull</p>                          |



# FEBRUARY 2017

| Sun  | Mon   | Tue  | Wed  | Thu  | Fri   | Sat       |
|--|---|--|--|--|---|-----------|
|  |   |  |  | <b>1</b><br>11:00 a.m. Pastor's Bible Study (Conference Room)<br>12:30 p.m. Bridge Club (Fellowship Hall)<br>7:00 p.m. Pastor's Bible Study (Conference Room)<br>7:00 p.m. VMA (Fellowship Hall)   | <b>2</b>  | <b>3</b>  |
| <b>4</b><br>5th Sunday After Epiphany<br>9:00 a.m. Sunday School<br>10:00 a.m. Holy Communion<br><b>Pastor Out of Town for Continuing Education</b>                            | <b>5</b><br><br><br><br><br><br><br><br><br><br><b>Pastor Out of Town</b>                         | <b>6</b><br>9:30 a.m. Quilting Group (Fellowship Hall)<br><br><b>Pastor Out of Town for Continuing Education</b>   | <b>7</b><br>9:00 a.m. WARM Executive Committee (Conference Room)<br>7:00 p.m. Hand Bell Choir<br>7:30 p.m. Worship Choir<br><b>Pastor Out of Town for Continuing Education</b>   | <b>8</b><br><b>NO BIBLE STUDY CLASSES</b><br>12:30 p.m. Bridge Club (Fellowship Hall)<br>7:00 p.m. VMA (Fellowship Hall)<br><b>Pastor Out of Town for Continuing Education</b>   | <b>9</b><br><br><br><br><br><br><br><br><br><br><b>Pastor Out of Town</b> | <b>10</b> |
| <b>11</b><br>Transfiguration of Our Lord<br>9:00 a.m. Sunday School<br>10:00 a.m. Holy Communion<br><b>ANNUAL MEETING</b><br><br><b>February Calendar Continued on Page 14</b> | <b>12</b><br><br><br><br><br><br><br><br><br><br>5:30—7:30 p.m. Emerg. Prep. Meeting (Conf. Room) | <b>13</b><br>9:30 a.m. Quilting Group (Fellowship Hall)<br>5:00 p.m. Pancake Supper for Lent—Bethlehem Lutheran<br>7:00 p.m. Round Table (Fellowship Hall) | <b>14</b><br><b>Ash Wednesday</b><br><b>Valentines Day</b><br>10:00 a.m. Liturgy with Imposition of Ashes and Holy Communion<br>12:00 p.m. Liturgy with Imposition of Ashes at St. John Catholic Church<br>3:00 p.m. WARM Board (Conference Room)<br>7:00 p.m. Liturgy with Imposition of Ashes and Holy Communion<br>7:00 p.m. Hand Bell Choir<br>7:30 p.m. Worship Choir | <b>15</b><br>8:30 a.m. New Comers Club (Fellowship Hall)<br>11:00 a.m. Pastor's Bible Study (Conference Room)<br>12:30 p.m. Bridge Club (Fellowship Hall)<br>7:00 p.m. Pastor's Bible Study (Conference Room)<br>7:00 p.m. VMA (Fellowship Hall) | <b>16</b>   | <b>17</b> |



# FEBRUARY 2017

| Sun   | Mon  | Tue  | Wed   | Thu   | Fri       | Sat       |   |   |   |   |   |   |   |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|---|--|--|---|---|-----------|-----------|---|---|---|---|---|---|---|--|--|--|--|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| <b>18</b><br>1st Sunday of Lent<br>9:00 a.m.<br>Sunday School<br>10:00 a.m.<br>Holy Communion | <b>19</b><br>6:00 p.m.<br>Kiwanis (Conf. Room) | <b>20</b><br>9:30 a.m.<br>Quilting Group (Fellowship Hall)<br>10:00 a.m.—3:30 p.m.<br>Lutheran Family Services (Conference Room)<br>7:00 p.m.<br>Council (Conference Room) | <b>21</b><br>11:00 a.m.<br>New Member Class (Seminar Room)<br>12:00—2:00 p.m.<br>VMA Jazz (Fellowship Hall)<br>3:00 p.m.<br>WARM Board (Conference Room)<br>6:00 P.M.<br>Season of Lent Soup Supper (Fellowship Hall)<br>7:00 p.m.<br>Lent Evening Prayer   | <b>22</b><br>11:00 a.m. Pastor's Bible Study (Conference Room)<br>12:30 p.m. Bridge Club (Fellowship Hall)<br>7:00 p.m. Pastor's Bible Study (Conference Room)<br>7:00 p.m. VMA (Fellowship Hall)   | <b>23</b> | <b>24</b> |   |   |   |   |   |   |   |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| <b>25</b><br>2nd Sunday of Lent<br>9:00 a.m.<br>Sunday School<br>10:00 a.m.<br>Holy Communion | <b>26</b>                                      | <b>27</b><br>9:30 a.m.<br>Quilting Group (Fellowship Hall)   | <b>28</b><br>11:00 a.m.<br>New Member Class (Seminar Room)<br>12:00—2:00 p.m.<br>VMA Jazz (Fellowship Hall)<br>1:00—3:00 p.m.<br>Endowment Committee (Conference Room)<br>6:00 p.m.<br>Season of Lent Soup Supper at Bethlehem Lutheran<br>7:00 p.m.<br>Lent Evening Prayer at Bethlehem Lutheran | <div style="border: 2px solid black; padding: 10px;"> <h2 style="text-align: center;">March 2018</h2> <table border="1" style="width: 100%; text-align: center;"> <thead> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> </tr> <tr> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> </tr> <tr> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> </tr> <tr> <td>18</td> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> </tr> <tr> <td>25</td> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td>31</td> </tr> </tbody> </table> </div> |           |           | S | M | T | W | T | F | S |  |  |  |  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| S   | M  | T  | W   | T   | F         | S         |   |   |   |   |   |   |   |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|   |  |  |   | 1   | 2         | 3         |   |   |   |   |   |   |   |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| 4   | 5  | 6  | 7   | 8   | 9         | 10        |   |   |   |   |   |   |   |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| 11  | 12   | 13   | 14  | 15  | 16        | 17        |   |   |   |   |   |   |   |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| 18  | 19   | 20   | 21  | 22  | 23        | 24        |   |   |   |   |   |   |   |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| 25  | 26   | 27   | 28  | 29  | 30        | 31        |   |   |   |   |   |   |   |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |



## Members of Grace, Ministers 2017-2018



### **Robin Crowder, President**

Linda Meyer (Vice President)

Peggy Marks (Secretary)

Jack Eckstrom, Judi Goodrich, Gwen Kite, Bill Meicke, Gordon Putnam,  
Marlene Shaw, Kate VanBremen, Tyler Wertman  
Lily Pingel (Youth)

Ron Almarode, Treasurer; Donna Marshall, Assistant Treasurer;  
Charles Goodrich and Mike Trauscht, Financial Secretary

Rev. Paul Pingel, Pastor

Mike Myers, Organist, Director of Music

Nancy Dowdy, Administrative Secretary

Office Hours: 8:30 a.m. -2:00 p.m. (lunch 12:00 p.m.—12:30 p.m.)

(540) 949-6171/949-0940 FAX

Email: [gracelc@cfw.com](mailto:gracelc@cfw.com)

Web: <http://gracewaynesboro.org>

Facebook: <https://www.facebook.com/gelc.elca>

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### **Grace Church Sunday School Teachers**

We are proud to announce our Sunday School Teachers for the 2017-2018 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<br>Sarah Beth Kite                                   |
| Gr.1-3                     | Lower Level | Jane Blosser<br>Sandy Johnson  |
| Gr 4-5                     | Lower Level | Jill Pingel<br>Jane Stein  |
| Gr.6-8<br><i>Catechism</i> | Lower Level | Pastor Pingel<br>Fred Biggers<br>Marlene Shaw<br>Robin Crowder (SUB) |
| Sr. High                   | Lower Level | Linda Meyer<br>Tyler Wertman   |
| Adult                      | Upper Level | Gordon Putnam  |

