

Messiah Memos

MESSIAH LUTHERAN CHURCH

Issue 4

May 2010



80 Years and Counting— The Celebration Continues

180 people gathered in Messiah's Commons on April 18 for a splendid celebration of the congregation's 80th anniversary. The event featured a luncheon organized by Ginger Brookins and prepared by Mag Donahoe, Julia Moomaw, and Maria Szarka, the same team responsible for the magnificent Shrove Fest dinner this past February.

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In the program that accompanied the luncheon Susan Westcott and Barbara Bartels were honored for noteworthy milestones in their long ministries to Messiah Church and School. Ms. Westcott, an ELCA Associate in Ministry, has taught in the Church's schools for 35+ years, most of them at Messiah. Mrs. Bartels has been Messiah's organizer for 45 years. Tributes to Mrs. Bartels from long-standing members of the Messiah Choir appear elsewhere in this newsletter. Some letters of appreciation from former students of Ms. Westcott were read at the luncheon.

Also recognized and honored at the event were Elaine Fritz and Irma Pugel, members of Messiah who attended the first service in 1929. They were seven or eight years old at the time. They recalled the congregation's origin in the work of a remarkable and energetic woman, Julia Schwackenwald, who gathered neighbors together to form a Sunday School, thereby laying the foundation of a future church. Most of the founding members lived in North Olmsted, near the intersection of Clague and Mastick Roads. Mrs. Pugel remembers Clague as an unpaved dirt track with farms on either side.

Those attending the lunch were invited to join Mrs. Fritz and Mrs. Pugel in recalling "significant saints," fellow members of the congregation who have been a particular blessing in the course of one's years at Messiah. Paper and pens were available at tables for written reflections. We received many. See later in this newsletter for some of them. More will be published in forthcoming issues, with all of them collected as part of permanent record for this anniversary year. We heartily encourage other members of the congregation to send in their tributes too. Address them to the church office, or if sending by email, to church@messiahfp.org.

The luncheon concluded with the opening of a time capsule that was assembled in 1979 to mark the 25th anniversary of Messiah Lutheran School. It was supposed to have been opened in 2004, but got waylaid, and was only recently discovered. Items included a copy of the Plain Dealer from 1979, a copy of the *Lutheran Book of Worship*, introduced to Messiah in 1978, and items prepared by the classes of Messiah School in the 1978/79 school year. Some of these will be on display in the school office area.

The event closed the common doxology, that great song of praise to God, Father, Son and Holy Spirit, for mercies beyond counting. May the praise continue at Messiah for many years to come.

From the Pastor—

Do you Tweet? Do you have a Facebook account? Is your primary means of communication (other than talking face-to-face, which apparently still has some advocates) Twitter, text-messaging, email, or something I've yet to stumble on? For many of you, these are, no doubt, familiar things; for others, they may be completely foreign.

I'll gladly confess that it took me quite a while to get with even the basic use of computers (I only gave up writing manuscripts on legal pads in longhand about eleven or twelve years ago). I was amazed at how different the process of writing on the computer is (I never mastered typing—maybe that's my problem) and discovered that it takes time to get used to the medium. And that's the difficulty I find with all the media available for person-to-person communication—becoming familiar and eventually adept at these various forms. But I'm getting there...if somewhat slowly.

What has opened up for me is the wonderful, seemingly limitless world of the internet. Like fire, it can be dangerous...like any literary medium, it can contain the delightful, the trashy, the wise, the foolish, and everything in-between. I've become a fan of more than a few websites that are intended for a Lutheran (and sometimes more generally Christian) audience.

While it's true that the mainstream media doesn't spend much time or effort on things Lutheran, it is true that through the miracle of the internet there are *hundreds* of sites of interest to Lutherans. May I encourage you—especially if you're wondering what's going on in 'the wonderful world of Lutherans'—to surf through some of the following:

Pastor Zip's Lutheran Web Links

www.pastorzip.org/lutheranlinx.html

This web site contains links to a multitude of Lutheran sites (ELCA, LCMS, WELS, etc.)...official, unofficial, copies of documents, advocacy groups...just about anything you could think of. A good place to start. Check out the official synod websites for the Evangelical Lutheran Church in America (our church body) as well as the ones for the Lutheran Church Missouri Synod and the Wisconsin Evangelical Synod. Each has a link to its respective magazine, all of which are worth a look.

Cyberbrethren www.cyberbrethren.com

Run by one of the head editors at Concordia Publishing House, this site publishes several interesting articles a week with a chance for feedback from readers. Highly recommended as a 'drop in once or twice a week' kind of site.

Weedon's Blog www.weedon.blogspot.com

Very well-done site featuring quotations from ancient, Reformation, and modern sources...plus observations by this very well spoken Illinois pastor. Recommended.

Pastoral Meanderings

www.pastoralmeanderings.blogspot.com

An LCMS pastor from Tennessee reflects on things theological (and then some). Recommended.

American Lutheran Publicity Bureau Forum Online

www.alpb.org/forum/index.php

A discussion site. Many 'threads' carry conversations about many topics related to Lutheran issues. Some are fascinating, others not so much...depends on what interests you. ELCA and LCMS concerns are discussed. When it's good, it's very good...And the parent site, www.alpb.org

which has interesting articles worth reading. Recommended

The Society of the Holy Trinity

www.societyholyltrinity.org

This is the inter-Lutheran Ministerium I belong to, dedicated to renewal among Lutherans in North America.

Crossings www.crossings.org

A group of clergy and laypeople dedicated to encouraging the 'art of distinguishing between God's Law and God's Gospel in the mission and ministry of the Church.' Pastor Burce is very involved in this organization.

The Journal of Lutheran Ethics www.elca.org/What-We-Believe/Social-Issues/Journal-of-Lutheran-Ethics.aspx

Logia www.logia.org

Two magazines that deal with a variety of topics. Well-worth reading.

Issues, Etc. www.issuesetc.org

Now here's a real interesting site. It's a radio show, broadcast on a pretty limited number of stations, but it can be accessed by clicking the 'listen' button and then the 'on demand' button. You'll see the offerings of this five-days-a-week Lutheran talk show. It used to air under the auspices of the LCMS, but was dumped abruptly a while back. Now they're an independent outfit, associated with what's called "Pirate Christian Radio" (a few of us old-timers remember the 'pirate' stations that broadcast rock music outside the 3-mile limit when England's BBC didn't offer enough of that genre). They call themselves conservative, confessional, Lutheran radio...and so they are. I find it informative, challenging, and worthwhile.

Like anything else, the internet can be too much of a good thing. But for the interested Lutheran, who would like to know about issues confronting the Church in these interesting times, the internet holds a wealth of information. If you do go 'surfing on the web,' let me know what you found out...I'm always interested in new sites.



Pastor Ramirez

Announcing “80 for 80”

A Thankoffering

in praise of God’s grace and mercy,
extended through Messiah, Fairview
Park since 1929



The Pastors and Council of Messiah Lutheran Church invite members and friends to join an act of special thanksgiving in the congregation’s 80th year.

We suggest the offering of a dollar for every year that the Lord has blessed those who gather here with his Word and Holy Spirit.

80 for 80. **Eighty dollars for eighty years.** Think of that as “**one share**” in the thanks we seek to offer.

We aim to gather **500 shares**, 500 being our average weekly attendance in this 80th year. In a congregation of 1500+ active members, can we do that? God grant it!*

This offering will underwrite Messiah’s “**Other Kingdom**” contribution to Christ’s work through other agencies and expressions of the church at large.**

To think and pray about:

- “Can I offer one share?”
 - “Can I offer two shares, or three?”
- “Can I join with someone else—a friend, a family member—to offer a share?”

* Received already: six shares. 494 to go.

**For example (*feel free to specify*): Spirit of Joy, North Ridgeville. Luther Memorial School. Lutheran Metropolitan Ministry. The Faith Mission Project. Building Hope in the City. Our Synod. Lutheran World Relief. A church-related school or seminary. Foreign missions. Other.

80 years and counting— Significant Saints

We begin a feature to be included in the next few issues of Memos. Here members of Messiah reflect on people—other than pastors or Messiah School teachers—who have been especially important to them as examples, mentors, friends and witnesses to Christ during their time at Messiah. Would you like to add a tribute or reflection of your own? Send it to the church office (church@messiahfp.org) for inclusion in the permanent record of our 80th anniversary celebration.

“Phil Bartels was my Sunday school teacher WAY back when – he kept things interesting for us – and he’s still interesting!” -- Written by Pam Sugrue

“Claire Heidmann was a gift from God to me. During a hard time in my life she calmly assured me that “God would provide”.” - Written by Kathy Neumann

“Robert Trapp for his wisdom, commitment to teaching and his presence at our church.” – Anonymous

“Lynette Luekens volunteered at Messiah School, befriended me when my family moved here when I was in the middle of my seventh grade year.” – Anonymous

“Brian Bacon for his willingness to continually share his awesome musical talents with joy.” – Anonymous

“Erv Pierstorf – I am impressed by this man and his dedication through all his years. He is a real inspiration to all who meet him.” – Anonymous

“Messiah is blessed to have Harriet Kraemer. Her beautiful smile, her encouragement, and her unending care of older people.” – Anonymous

“Richard Hansen so warmly welcomed us when we first came to Messiah. Richard’s willingness to serve in any capacity makes him a true servant with a servant’s heart.” – Anonymous

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Significant Saints

(continued from p. 3)

“Cherry Hammer is a true saint. Her deep faith and joy in Christ continues to be a real inspiration to me. She is gentle, kind, and caring.” –Anonymous

“Dottie Petri- despite the difference in our ages, she has been one of the best friends I’ve ever had. Her sense of humor is outstanding and her warmth and understanding has no match.” –Anonymous

“I chose Lanny Thieme because he was a positive role model for me and countless other adolescents for many years. I still see the effects of Lanny’s ministry everyday at Lutheran West. We truly are blessed to have a guy like Lanny at Messiah.”
– Michael Waugh

“Dianne McDonald’s quiet and humble dedication has been an inspiration to me. For years, she has worked behind the scenes in many ways to facilitate fellowship activities for our congregation, even when events in her life would have made it easy for her to truthfully say she was too busy.”
– Anonymous

“Don Braun does so much for us all at the church, much of it behind the scenes. His tireless effort helps Sunday morning Bible studies stay current, interesting, and running smoothly despite the never-ending ‘snafu’s’ that seem to occur. He is also instrumental in so many other phases of our church life here and he puts his whole heart in everything he does, and he never says ‘NO!’ I don’t think he ever sleeps! Always with a positive attitude, he reminds me that everything seems to work out, always!” –Anonymous

“Ruth King is one of the hardest working people I know. She is always there ready to roll her sleeves up and help with the task at hand, no matter how daunting the task. She is a person whom I have always been able to count on for everything, especially in a pinch and she’s always there. Many times, she just knows where help will be needed and asked me rather than waiting for a desperate call. She has been an angel for so many years for many of us.”
– Anonymous

“Trudy Gustke is always there, always cheerful, always friendly. Always there.” –Anonymous

News and Notes

Messiah to host Illinois youth: A 45-person youth mission team from Living Lord Lutheran Church in Bartlett, Illinois, will be working in the Greater Cleveland area during the week that begins on the last Sunday in June. They’ll be spending their nights at Messiah.

Ordination, July 25: Matthew Metevelis, a 2009 graduate of Luther Seminary, St. Paul, will be ordained at the 10 a.m. service at Messiah on July 25th. Bishop Stephen Talmage of the ELCA’s Grand Canyon Synod will preside at the ordination. Matt, one of three Messiah members who graduated from ELCA seminaries, is working as a hospice chaplain in Las Vegas, where he also serves part-time on the pastoral staff of Reformation Lutheran Church. He and wife Marissa were married last June.

Wedding date announced: The Rev. Timothy Holt, a son of Messiah who was ordained here this past February, will be married to Kaia Holmer on July 17 in Walnut Grove, Minnesota, where he serves a two-point parish. He invites our prayers.

Lutheran organization to disband: The Lutheran Communications Ministry (LCM), publisher of *The Lutheran Messenger*, will cease operations by the end of the current year. The decision was made at the annual meeting of member congregations on April 18. Printing costs, a sharp decline in advertising revenue, and a lack of interest on the part of member congregations were cited as the chief factors in the decision. *The Lutheran Messenger*, one of the longest-running Lutheran publications in the U.S., had just reached its 100th anniversary. Messiah’s Janice Snyder has been the editor for the past 20 years. Informal conversations are underway to explore the possibility of continuing the *Messenger* in some form beyond the demise of LCM.

Betsy Williams featured on Fairview Hospital Brochure: Betsy, who may be Fairview Hospital’s volunteer with the longest service to-date, is featured on the cover of their new volunteer brochure—Congratulations Betsy!



“Notes” From the Director of Music

Coming up – a special evening in the choir loft on Monday, May 3rd for participants in the **BUY AN**

ORGAN PIPE project...It'll start at 7 p.m. in the loft with an in depth explanation of how the organ works, how organists work it, how all those pipes are combined to produce the sounds you hear in services, demonstrations of what all those buttons and levers on the console actually do, and opportunities for you, yourself, to play the theme from the *Phantom of the Opera*. The unique digital recorder is just one step away from allowing Barb or me to “phone in” the service from a comfortable chair at home on Sunday mornings. What’s involved? Your contribution of \$40.00 toward the completion of Messiah’s Schlicker/Hemry pipe organ. This buys you a souvenir pipe to take home, literally; adds to the organ fund; is your entrée to this special evening with Tim Hemry and me, plus a some wine [my choice, so it’s probably a Shiraz – but there’ll be a white and some soft drinks, too] and light hors d’oeuvres to finish off the evening. You’ll gain an enhanced insight into the “King of Instruments” and help reduce the balance owing on the organ refurbishment.

The organ is done! Well, not exactly. Our initial proposal became modified in order to accommodate some necessary adjustments to the overall scheme. The great news is that we’re only \$5,500.00 away from completing the \$94,000.00 project. Planned for, but usurped by some unforeseen, yet fundamental needs were two projects totaling some \$6,500.00... one is the addition of a 4’ Spitz Prinzipal to the Positiv, and the other is the installation of a heat shield between the organ and the West Window. For eight months of the year, the organ bakes in the afternoon sun, making it out of tune with itself in a truly major way, and making it practically unusable for such

things as the Summer Monday evening services. The former is #2 on the list -- after early April’s heat wave, the latter is #1!

If you weren’t here at either the 9:00 or 11:00 Easter Service, you missed out on the most thrilling celebration of the Resurrection of Jesus Christ, which I have been privileged to experience. That’s directed to the faithful Saints of Messiah – To the members of Messiah Choir, you’re giving the Heavenly one a real run for its money!

Once again, get your reservations in soon for the Organ Evening on Monday, May 3rd. Call Liz or Lisa in the Church Office (440) 331-2405.

Our final Music for Tuesdays concert will feature Brian Bacon, with me at the piano, singing a Song Cycle by the remarkable British composer, Gerald Finzi: Earth and Air and Rain. Join us!

Yours in Christ,
David Gooding,
Director of Music Ministries

I/We _____

(names)

plan to attend the **Evening at the Organ**, on Monday, May 3 at 7 p.m. up in the choir loft. Enclosed is _____

(\$40/household)

Make checks payable to
Messiah Lutheran Church.



Please return to the church office by Friday, April 30.



From the Principal's Desk

As we turn the calendar to May, Messiah Lutheran School becomes a place of even greater activity, with many culminating events of our school year.

Below are some important events at which we invite you to join us:

Fri. Apr. 30 7:30 p.m., ***Are We There Yet? - Musical –Grades K-4***

Tue. May 11, 7:00 p.m., **School Choir Concert**

Thur. May 13, 9:05 a.m., **Ascension Chapel Service**

Sun. May 16, 2:00 p.m., **Confirmation**

Thur. May 20, 7:00 p.m., **School Band Concert**

Thur. June 3, 7:00 p.m., **8th Grade Graduation**

Fri. June 4, 11:15 a.m., **Closing Chapel Service**

Along with these events are many field trips and special events in the classrooms. It is an exciting time of year – a time in which we celebrate the completion of another school year, with every success and struggle it entailed.

We are truly blessed to have the opportunity for the education of our children at Messiah. On behalf of the students, parents, faculty, and staff of Messiah Lutheran School, I would like to thank you for your spiritual, emotional, and financial support of our school! You are a blessing to each and every one of us!

In Christ,
Kyle B. Chuhran,
Principal



Congratulations to Our Messiah School Music Students

On Saturday, March 27, eight 7th and 8th grade music students participated in the Solo and Ensemble Contest sponsored by the Ohio Music Education Association. The contest was held at North Ridgeville High School. There were 31 middle school/junior high schools participating in this contest and over 600 students performing. Our Messiah soloists and ensemble groups were outstanding! We had eight soloists and two ensembles.

Josh Clark, Clarinet Solo—Excellent
Jamie Fesko, Trombone Solo—Superior
Julia Heidler, Flute Solo—Superior
Ayana Henderson, Clarinet Solo—Superior
Meredith Kitzel, Flute Solo—Excellent
Emily Patton, Flute Solo—Excellent
Tessa Rosenberger, Flute Solo—Excellent
Nolan Zubin, Snare Drum Solo—Excellent

Ensembles

Flute Quartet—Emily Patton, Julia Heidler, Tessa Rosenberger, Meredith Kitzel—Excellent
Woodwind Trio—Emily Patton, Tessa Rosenberger, Ayana Henderson—Excellent

Our thanks to Mrs. Daley & Mrs. Bartels for accompanying the soloists at this contest. Their time and talent in helping each of these soloists during their practice time together and for the contest is very much appreciated.

Messiah Spring Choral Concert

The Messiah Choral Concert will take place on **Tuesday, May 11 at 7:00 p.m.** in the sanctuary. All four of the school choirs will be performing. Come early to insure seating in the sanctuary!

Messiah Spring Band Concert

The Spring Band Concert will be held on **Thursday, May 20th** in the Messiah Gymnasium. The concert will begin at **7:00 p.m.** The program will feature: The Beginning Band, Solos & Ensembles, Jazz Band, the Concert Band, and Grand Finale with the Combined Bands. Please join us for this festive event.

Children's Bible Study Pizza Night

6 – 7:30 p.m. at Messiah

Drop off your K-4th grade child for this FREE, fun-filled event. Each session features a Bible story and a special game or craft. These programs are on Wednesday nights – May 12, June 16 and August 11.



Vacation Bible School 2010

At Messiah, Monday—Friday, July 19-23

At Faith, Monday—Friday, June 28—July 2

Interested in helping out? Contact Julie Bacon at jbacon3@roadrunner.com

Messiah's Annual Trash to Treasure Sale

Coming June 10—12

Complete your spring cleaning, declutter those closets, basements and attics, and bring what you no longer want to the Messiah Gym for our annual rummage sale. Donations may be dropped off beginning Friday, June 5th. The sale is Thursday—Saturday, June 10-12. 9 a.m.—4 p.m. Donation slips will be available for tax purposes.

Right now we are looking for volunteers to help with the Trash to Treasure Sale. We also need volunteers to pick up and deliver to the church large/heavy items or items for those unable to transport things to the church. We additionally are looking for someone to oversee the Bake Sale, as well as Bake Sale helpers and bakers. Questions? Will you help? Please email Trudy Gustke at chi-camilmom@sbcglobal.net or call her at (440) 734-1629.



Mark your calendars and start cleaning out those closets!

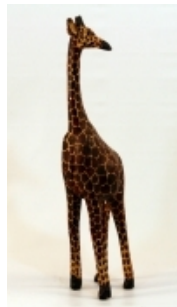


VILLAGE MARKETS OF AFRICA

A Fundraising Opportunity for
Messiah Lutheran Church
Do you have 5 hours a month to
volunteer for a project?

Over the past few weeks, Village Markets of Africa has featured a display kiosk in our atrium. Village Markets of Africa is a fair trade business developing Christian partnerships between concerned consumers in North America and artisan cooperatives of the Kenya Evangelical Lutheran Church, both working for global economic justice. One goal of Village Markets is to empower artisans to work their way out of poverty. Messiah overwhelmingly supported this kiosk with more than \$3,000 worth of sales this month.

Messiah has an opportunity to further this mission in our community by volunteering to staff the Village Markets of Africa kiosk in South Park Mall, Strongsville, beginning May 1, 2010. Jacob Schmalzle, owner and U.S. representative, who you may have met in the kiosk is managing this project. The kiosk will be open Thursday through Sunday, during regular mall hours on a weekly basis. We want to volunteer for two shifts daily from 10 am – 3:30 pm and 3:30 – 9:00 pm Thursday, Friday and Saturday, and 11 am – 2:30 pm and 2:30 – 6 pm on Sunday's. In return for our efforts, Messiah will earn a percentage of the sales.



Does this interest you? Anyone age 16 or older can help. Please contact Darlene Waugh for further details, 440-331-2405 or dwaugh@messiahfp.org.

Pierstorf College Loans

Lutheran students who need financial assistance and who will be enrolled full time in a four-year undergraduate program at any accredited college or university for the 2010-2011 school year, are encouraged to apply for this interest-free loan. For information, go to www.pierstorf.org. The 2010-2011 application is also available for downloading from this website. The deadline for all applications is Friday, May 28, 2010.



*Building Hope in the City
presents*
**Voices Worth Hearing
Art Worth Sharing**

A multimedia exhibit sharing the lived of refugee families living in Northeast Ohio

**June 18-20 in celebration of
World Refugee Day 2010**

Photo exhibit by award-winning photographers Steve Cagan, Donald Black Jr., and Gabriel Gonzalez. Video documentary by Emmy-winning producers Bob Becker and Luanne Bole-Becker.

Photo Exhibit at **Wall Eye Gallery**—
5304 Detroit Avenue

Tastes around the world at **Saigon Plaza**—
5400 Detroit Avenue

Video Documentary at **West Side Ecumenical
Ministry in the Reinberger Auditorium**—
5209 Detroit Avenue

For more information or to reserve an exhibition catalog, contact Luanne at (216) 281-HOPE or Luanne@buildinghopeinthecity.org



Planning Messiah School Graduation

It's hard to believe, but it's time to begin planning this year's Graduation Celebration.

Graduation Day is June 3 .

We plan a special day for our graduates beginning with breakfast, a BBQ picnic lunch and the evening ceremony and reception. Of course we are in need of help on that day.

Your involvement is really appreciated by the students and their families. Currently we are looking for help in the following areas: Bakers (for lunchtime dessert & for the reception); Set-up help/servers for lunch; Master Griller for lunchtime; Set up help for the reception (we begin about 9 am, break for the picnic and finish after); and help with clean-up.

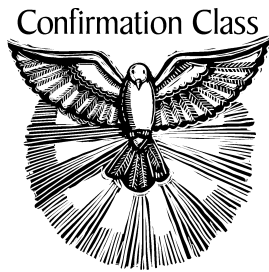
If you have any questions, or would like to be part of this very special day, please contact me at ginmark@zoominternet.net or (440) 823-9392.

Thanks,
Ginger Brookins

AED's Save Lives

Sudden cardiac arrest can occur anywhere, anytime. It does not discriminate. It could be you or it could be a loved one. Quick intervention is needed to save a life. AED's can be used by ordinary people. We have an AED here at Messiah which is now five years old. Praise God, we have never needed to use it. At this time, however, it needs to be serviced and updated. Now that we have another building, we also need to purchase a 2nd AED so we will have one in each building. Please consider donating toward a new AED and the updating of the current one. Thank you!





Confirmation

Sunday, May 16th 2:00 p.m.

The following youth of Messiah Lutheran Church will be confirmed in the promise and commitment of their baptism at a special service of Confirmation on Sunday, May 16th at 2:00 p.m.

Ricardo Ariel Bayness
 Kaitlyn Christine Beodray
 Megan Joy Blackburn
 Anna Christine Boor
 James Emerson Boothe, Jr.
 Janice Rose Chislow
 Isaiah Charles Chuhran
 Julie Alexandra Foltz
 Jacob William Gasiewski
 Kevin Michael Green
 David Riley Johns
 Peter John Koza
 David Calvin Lance
 Jacob Andrew McCaffrey
 Christopher Taylor Neumann
 Rebecca Marie Nunemaker
 Nathan Joseph Roman
 Sarah Elizabeth Rose
 Nickolas Francis Sivillo
 Forrest Alexander Stoddard
 Eric Timothy Szczepinski
 Emma Elaine Walker
 Henry Joseph Weber
 Hannah Lee Wetzel
 Danielle Kira Wolf
 Wesley Joseph Yeoman
 Nolan James Zubin

At Last, a Youth Worker Welcome, Kevin Williams

A long and careful search process has led to the appointment of Mr. Kevin Williams as Messiah's first part-time youth worker in over 15 years. Mr. Williams, a citizen of Jamaica, has been working for the past two years at Luther Memorial School and Building Hope in the City, where he presently holds another part-time position. He was installed in his new position at Messiah on April 18.

A graduate of Concordia College, Mequon, Wisconsin, Mr. Williams has served previously at a church in New York, and has also spent several summers on the staff at Camp Pioneer, Angola, New York, where Messiah's children attend confirmation camp.

The decision to fund a part-time youth ministry position was made at the annual voter's meeting last September. A hiring team, appointed by the church council's Education and Enrichment committee, spent several months refining a job description and seeking candidates. Mr. Williams was one of four people who ultimately applied and were interviewed for the position. Our thanks to team members Robert Stoddard, Linda Lewin, Sam Gmetro, Emily Ogilvy, and Bob Trapp for their care and diligence.

Mr. Williams' task is to spend an average of 20 hours per week on strengthening and developing youth ministry programs at Messiah, especially at the senior high level. Youth ministry teams are being formed to support and assist his work.

The last paid youth worker at Messiah was Ms. Sharon Regan, who was also the sixth grade teacher at Messiah School. Since her departure in 1993 youth ministry has been led by volunteers with a significant investment of time and energy by Administrative Manager Darlene Waugh.

We ask all members of the congregation to hold Kevin in prayer as he begins his work and ministry among us.

Messiah Senior Youth Page

Calling all Sr. High students, from Grades 8- 12 grades

An introductory meeting will be held in the Messiah School's Gym on **Thursday, May 6** at 6:30 pm. This is an opportunity for you to get to know Kevin Williams, participate in some fun and exciting activities. Pizza will be provided. If you plan on attending the meeting, please contact Kevin kwilliams@messiahfp.org or (347) 451-9892. From this meeting we plan to establish a Sr. High Youth Group that will meet on a regular basis.

Mother's Day Carnation & Stock Sale, May 8 & 9 Youth Summer Mission Trip Fundraising Opportunity

On Saturday and Sunday, May 8th & 9th, youth of Messiah will have a variety of carnations available for sale between services in the atrium. Show your appreciation to your mom, grandmother, aunt or special person in your life. The price for one carnation is \$2, two flowers are \$4.00 and 3 for \$5.00. All carnations come wrapped with bows and cards. Advance orders are not necessary. Profits help fund our summer mission trips to Santa Cruz Lutheran Church – Joliet, IL, Algonquin Provincial Park ~ Ontario, Canada and Camp Pioneer ~ Servant Event.

Also on May 8 & 9, buy Stock in Our Youth!

Help our youth raise additional money for their mission trips. Sponsor a youth for \$10. To show their appreciation they will present you with a stock certificate, pen, and later this summer you will receive a personalized postcard written to you by your sponsored student. The following youth are participating in these mission trips:

Santa Cruz Lutheran Church, Joliet, IL ~ June 12 - 17

Ages: 8th Grade – High School
Cost: (est.) \$200 – \$250

We are again joining in mission with Santa Cruz Lutheran Church this summer. Under the leadership of Pastor Keith Forni, our servant projects will include serving at a local food pantry, help with landscaping/cleanup at the Santa Cruz Church and offering an outreach street carnival to the neighborhood. We plan to enjoy a Joliet Jackhammers minor league baseball game one evening. This will be our seventh mission trip with Santa Cruz. Join us for an unforgettable experience. Questions: Trish Kvasnicka, 216-509-1469, or itrish@msn.com.

(Continued next column)

Youth participating in Joliet:

Katie Alai	Ali Paton
Jimmy Boothe	Greg Paton
Matthew Brookins	Jacob Pierse
Tim Coulter	Bethany Roman
Laura Flanagan	Nick Yeoman
Alex Hess	Jacob Zalac
Macie Kalinowski	Izaak Zrnich
Kevin Kvasnicka	Nolan Zubin
Derek Moomaw	

Adult leaders: Brad & Diane Paton, Trish Kvasnicka, Kevin Williams and Sue Zubin.

Algonquin Provincial Park, Ontario, Canada ~ July 18 - 24

Ages 8th grade – High School
Cost: (est.) \$500.00

Messiah is invited to join Prince of Peace Lutheran Church in Westlake for a 7 day wilderness canoe adventure on the water in one of North America's premier wilderness canoe destinations. Algonquin is a wilderness park. We will have a trip laid out that will take us to several lakes, over a number of portages, and we will sleep in tents each night. The camp sites are well maintained by the park. Passports are needed for this trip. Pr. Sherman Bishop has led many of these trips and invited us to join along. Questions: Darlene Waugh, 440-331-2405, or dwaugh@messiahfp.org.

Participating Youth:

Hannah Daley	Greg Paton
Jake Gasiewski	Matt Snyder
Sarah Gator	Nicole Swanson

Camp Pioneer ~ Servant Event ~ July 25 - 30

Ages: 8th Grade – High School
Cost: (est.) \$255.00 + transportation

Camp Pioneer annually offers this mission trip called "Seizing the City for Christ." Their brochure includes the following description: Be involved in projects that will train youth and young adults as leaders who will raise up regional service opportunities and ignite a passion in others to put faith into action, making *1 Peter 4:10*, a reality: "Each one should use whatever gift he has received to serve others faithfully, administering God's grace in its various forms. Contact Kevin Williams at 347-451-9892 or kwilliams@messiahfp.org."

Participating Youth:

Olivia Castro	McKenzie Coey	Kirsten Monson
Adult leader: Kevin Williams		



PARISH NURSE NEWS CHOLESTEROL

What is cholesterol? We hear a lot about it. **Cholesterol** is a soft, waxy substance found among the fats in the blood stream. The dictionary tells us that cholesterol is a white crystalline substance, found in animal tissues and various foods, that is normally made by the liver and is an important substance found in cell membranes. Its level in the bloodstream can influence changes in the body in different conditions, such as the development of blocked arteries and coronary artery disease.

Lipids are a broad group of organic compounds, including the fats, oils, waxes, sterols, and triglycerides that are insoluble in water but soluble in organic solvents, are oily to the touch, and together with carbohydrates and proteins constitute the principal structural material of living cells.

Triglycerides store fat and are used by the body to create energy and serve as building blocks for cells. While they come from the fats in foods, they are also made in the liver from carbohydrates and proteins. They are very important for the overall functioning of the body. They create energy and as building blocks for cells.

All of these substances are needed by the body, however too much of any of these can contribute to heart and vascular disease. Frequently these substances are grouped together and are referred to as "cholesterol."

It is important for us to control our cholesterol levels. Here is a list of strategies put out by the Cleveland Clinic. First, lose weight if you are overweight. Loosing weight will help to lower your cholesterol and raise your HDL (good cholesterol). Next is aerobic exercise. Check with your doctor before starting an exercise program if you have not been exercising. Begin slowly and work up to 30-40 minutes at least 5 times per week. Brisk walking is a good way to begin. If you experience any chest pain, skipping of the heart, shortness of breath, or lightheadedness see your doctor. Third, increase your fiber intake, especially soluble fiber which is found in fruits, legumes, root vegetables, oats, barley and flaxseed. Other foods that are excellent sources of fiber are blueberries, nectarines, raspberries, apples, apricots, figs, prunes, zucchini, cabbage, beans, peas, and lentils. Choose chicken, turkey, and fish and have it baked, broiled, or grilled. Try to limit red meat to once or twice a week. Include foods rich in omega-3 fatty acids in your diet. Fatty fish is a good source along with flaxseed. Soybeans can be substituted for some of the animal proteins. Limit fat to 30% of your total calories. Saturated fat which is from animals should account for no more than 7% of your total calories. Limit cholesterol to 200 mg per day.

I hope that you find some of these ideas useful.—*Nancy Mickan*

GOURMET PRAYER

By Priscilla Hinsch

"Be still and know that I am God." Psalm 46:10

As you read the following, imagine that God is speaking directly to you.

(Because HE is speaking to you always!)

Your Resolutions

Listen, listen, I am your Lord. Before Me there is none other. Just trust Me in everything. Help is here all the time. The difficult way is nearly over, but you have learnt in it lessons you could learn in no other way.

"The kingdom of heaven suffereth violence, and the violent take it by force." Wrest from

Me, by firm and simple trust and persistent prayer, the treasures of My Kingdom. Such wonderful things are coming to you, Joy –

Peace – Assurance – Security –

Health – Happiness – Laughter. Claim big, really big, things now. Remember, nothing is too big. Satisfy the longings of My Heart to give. Blessing, abundant blessing, on you both now and always. Peace.



Courage

I am here. Fear not. Can you really trust Me? I am a God of Power, as well as a Man of Love, so human, yet so divine. Just trust. I cannot, and I will not fail you. All is well. Courage. Many are praying for you both.

*From the book **God Calling** put together by A.J. Russell. Words of knowledge given by God to two of His believers.*

Young In Spirit

Monday, May 17

Come Learn about the Ministries of the Lutheran Home!

Pr. James Kulma from the Lutheran Home
will present.

Come at noon!

Remember to bring your lunch. Coffee, tea and dessert will be provided.

All 55+ are invited!

Appreciation for Barbara Bartels

I would like to express my appreciation for her 45 years of service as organist at Messiah Church. Each of us is called to be a servant of the servants of God, but few of us have dedicated our lives and talents so completely to that service for such a long period as you have. In addition to faithfully playing the organ, including all the preparation that requires, her service as a teacher in Messiah School for essentially her entire professional career is inspiring. I have enjoyed the honor of singing in the Congregation and Choir and playing trumpet while she played the organ for several years, and she was my daughter Joan's 4th Grade teacher when we first came to Messiah in 1993. I admire and respect her for her humble service more than I can say, and I'm certain that many people in our Congregation and especially Messiah Choir members join me in appreciating of Barb. Messiah Church and School have been extraordinarily blessed by Barbara Bartels' faithful service. —Don Braun

Barb Bartels is a special worker among us. For 45 years she has been so dedicated to playing the organ, that we take her for granted. One time, even when she was ill, she came with a bucket to be next to her bench, just in case. We know the wonderful music she makes, her skills to play difficult organ music, and her ability to ad lib when the service doesn't go as planned. She is dedicated to being available for funerals, weddings and special services. How many church services does that make? All of this she does without complaint and we, the balcony crowd in particular, applaud her and thank God that she shares the gifts she has been given. —Dorothy Lewis



Dear Members of Messiah,

I want to thank you for last Sunday's celebration and commemoration of Messiah's 80th Anniversary, Susan Westcott's 35th anniversary in the teaching ministry, and my 45th anniversary as organist at Messiah. Also, thank you for your generous gift, and for the many greetings and cards I received. I am so thankful to be the organist at a church that acknowledges the importance of music in the worship service. It's been a joy and a privilege to be able to practice and play on such a wonderful organ. It's hard to believe that I've been at Messiah for 45 years. God-willing, I hope to continue for a few more years.—In Christ's Service, Barbara Bartels

Thank You

I would like to thank everyone who generously donated candy, baskets and prizes for the Annual Easter Egg Hunt. With your kind support it was a wonderful day for the children.

Carol Moeller



FAMILY NEWS

Baptism

Colin Grant Pajer, son of Bryan & Kim Pajer, on April 11, 2010

Deceased

- ✠ Austin "Tex" Hamblin fell asleep in the Lord on March 22, 2010
- ✠ Sylvia Jallos fell asleep in the Lord on March 23, 2010

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Dated
Materials
Issue 4

May 2010

*Drawing in to Christ . . .
Building up in Christ . . .
Sending out for Christ . . .*

*To the glory of God,
through the strength
of the Spirit.*



In the Coming Weeks at Messiah Church

Confirmation

Sunday, May 16, 2:00 p.m.

The Ascension of Our Lord

Thursday, May 13, 9:10 a.m. & 7:00 p.m.

At the evening service, stay for wine and cheese

A Celebration of Pentecost

Sunday, May 23, 8:30 and 10:00 a.m.

Wear something red, the color of the Holy Spirit

Summer Worship Schedule Begins May 30

Memorial Day Weekend

Saturday, 5:30 p.m.; Sunday, 8:30 a.m. & 10 a.m.;

Monday, 7:00 p.m. (begins June 7)

Summer Nursery Schedule—The nursery will be open but not staffed for the 8:30 service. It will, however, be fully staffed for the 10 a.m. service.