

Grace Lutheran Church
is a caring community
of disciples, proclaiming
the good news of
Jesus Christ.

Grace Notes

April 2018

Alleluia! He is risen!
He is risen, indeed! Alleluia

The stone has been rolled away and the tomb is empty. What do we believe? Do we feel in our hearts that Jesus lives or do we believe that the body was stolen for religious and political reasons? For me, Jesus lives. The power of His Spirit overwhelms me and fills my heart. I have needed the healing and forgiveness of the Spirit too much in my life to doubt the Spirit's presence. My own lifelong struggle with depression was transformed into the blessings of love and forgiveness and listening. Those gifts reach so deeply into who I am, that I am awed at the strange power and imagination of our Father to be able to use my pain to create me and bless me. When I feel the Father working in my life through His Son and by the power of His Spirit, I know that the waves of power that were released by the crucifixion have reached to us today. We can know the resurrection of Jesus through faith and love. He is risen! Alleluia!

The second meeting on five practices of the early Church will be held on Saturday, April 14th at 10am. Together we will worship and celebrate the affirmation of our baptisms. After the affirmation of baptism service, we will talk about the meaning of baptism, what it signifies about us and our community, and how we can live out the gifts of our baptism more fully. We are collecting quarters to help sponsor our participation in a Synod quilt. We have put together our piece of the quilt, but we need to raise a collection to send along with the quilt square. Bring extra quarters to church and drop them in the tube near the entrance of the church. Your contribution is appreciated

One of our greatest gifts is to visit and heal people. At the prompting of Debbie Kangas, I want to look into ways we can visit and bring healing to our sisters and brothers. I am now beginning work on a healing service, which would be a great gift to offer the Copper Country. Also, if you know of people in need, do not be afraid to put them in contact with me. I am happy to sit with anyone who is in need of a friend.

As always, I am here for you and want to hear from you. Drop by my office, grab me after church or stop me at Walmart... I look forward to talking with you.

With faith and hope and love,
Micah



Kiitos Paljon



A *HUGE* thank you to Jim Tronti for being such a faithful worker here at Grace Lutheran Church. He's always ready to clear the snow from our sidewalks.

Birthdays

Steve Kneebone 1	Patience Griggs 3	Bill Mannisto 5
Kristin Rundman 8	Riley Anderson 9	Kayla Semmens 15
Vinny Kaster 18	Kiera Sweeney 19	Kai Krzmarich 20
Chris Davis 24	Louis Raffaelli 24	Rebecca Frost 27
Jeanine Baillod 28	Pam Long 28	Ralph Tapani 29

Anniversaries

Paul & Katie Bridgers 6	Dave & Tammy Harju 10
Chris & Marianne Bohjanen 17	Steve & Melissa Nicholas 18

GRADUATION CARDS

Graduation cards are now available for purchase by donation. All greeting cards are located in the library. Your donation will help our Christian education for the youth here at Grace Lutheran.

Notes from the office

Would you like to start receiving a weekly devotion from the church office on Mondays? Please send Katie your name and email address.

Newsletter items are due in the office the last week of the month.

Please save your Econo receipts and return them to a box in the library. Grace receives 1% of the total receipts.

If we do not have your birthday or anniversary, please let us know.

Quilters

Wednesday,
April 3 & 18

Knit, Pray, Crochet

Every Tuesday,
1:00pm
All are welcome.



**From The Foot Up Exercise
Resumes on April 10th at 10:30
(every Tuesday for six weeks)**

Short info on Tai Chi by Hilary Sproule.

Tai chi is a slow graceful exercise developed 700 years ago by Chinese families. It was passed down from generation to generation and was kept secret among the families until the 1800s when it was taught to the Chinese army and eventually the public as a combination of meditation and martial arts. In the late sixties, tai chi took root in the US and has been promoted as a health exercise for people of all ages and physical abilities. There are five styles that have developed from the original Chinese families, and the Yang Style is the most widely practiced form.

The adapted Fundamentals Form that is offered at Grace is a simplified and systematic approach for mastering the basic movements and principles of Tai Chi. The class teaches important mind/body components of Tai Chi practice and provides an opportunity for motor learning of basic moves that prepare one to complete a short flowing dance form based on the traditional Yang style lineage of tai chi. The participants can apply this movement and mind/body training in their daily life to improve their health, physical abilities and overall well-being.

This exercise form has been well researched and there is much evidence to support its value to people of all ages but especially seniors. Specifically, Tai Chi has been found to improve postural alignment, sensory awareness, muscle strength, flexibility, coordination and balance. It is also found to reduce stress levels and enhance the body's immune responses. Regular practice has been found to lower blood pressure and promote emotional well-being.

It is fun to learn and practice Tai Chi. No equipment is required, and participants can quickly learn the sequences so that they can establish a daily practice of their own that would take no longer than 10 -15 minutes, a small investment for the many benefits of Tai Chi.

**April
Worship Text**

Sunday, April 1

Mark 16:1-8

The resurrection
is announced

Sunday, April 8

John 20:19-31

Beholding the wounds
of the Risen Christ

Sunday, April 15

Luke 24:36b-48

Eating with the
Risen Christ

Sunday, April 22

John 10:11-18

Christ the shepherd

Sunday, April 29

John 15:1-8

Christ the vine



Lutheran Dictionary

by: Walter Lieder
Concordia Publishing House
Saint Louis, Missouri

Ascension Day: The Thursday (fortieth day after Easter) commemorating our Lord's ascension into heaven. (Acts 1:3)

Council: A gathering of churchmen to consider matters of doctrine of morals. The first Nicene Council (A.D.325) condemned the Arian heresy; the Council of Trent (1545-1563) formulated most of the present Roman Catholic doctrines.

Good Works: What a child of God does, speaks, or thinks in faith, according to the Ten Commandments, for the glory of God and the benefit of his neighbor.

Penance: In the Roman Catholic Church, a "sacrament" consisting in contrition, confession to a priest, satisfaction ("doing penance," or suffering something in satisfaction for sin) by the penitent, and absolution dispensed by the priest.

If you would like to sponsor a fellowship, to help raise money for a special fund, or to help someone in need you need to contact a member of the stewardship committee. See Janet Kokko, Pam Long, Dave Aro or Katie Bridgers.

Please join us for
Special fellowship on
Sunday, April 15. We will
be helping Holli Stimac's
family as they lost their
home in a fire. A basket
will be there for donations.
Thanks!



Birthday and Anniversary Fellowship on the 1st Sunday of the Month

We are in need of volunteers to make a large cake (or cupcakes) for fellowship.
We have a large pan for you to use if needed.
You would not be obligated to serve or clean up.

If you'd like to make a cake,
please sign up in the narthex. Thank you!



Grace
Lutheran is a
member
of the
Evangelical
Lutheran
Church
in America.

Pastoral Care and Visits

If you need pastoral care or
would like to schedule
a visit, please
call Vicar Micah
at 906-281-9558.
You may also email
Vicar Micah at
vicar@gracesoutherange.com

Our Hearts to Their Homes

Nancy Harris at home
Susan Koskela at home
Delores Paavola at home
Elaine Aro at Gardenview
Eleanor Maki at the Bluffs
Jan Mikkola at the Bluffs
Amanda Mountjoy at home
Laurel Johnson at Lighthouse
Bill & Sandra Mannisto at home

Gentle Reminder

The office and financial staff do not work on
Sunday mornings. Thanks for respecting their
worship time with their families.

Service Workers for April

	April 1	April 8	April 15	April 22	April 29
Counters	C. Wightman K. Johnson	P. Long J. Baillod	K. Johnson M. Bohjanen	C. Davis H. Aro	C. Stimac K. Brigers
Fellowship	None	None	Birthday Fellowship	Fellowship for Holli Stimac family	Potluck
Ushers	Chris Bohjanen Pam Long	Dave Aro Heather Aro		Bridgers Family	Stimac Family
Acolyte & Bell Ringer	Youth	Youth	Youth	Youth	Youth
Communion Assistant	Cara Wightman	Pam Long	Jeanine Baillod		Tom Stimac
Reader	Pam Long	Jeanine Baillod	Chris Davis	Carolyn Rundman	Cheryl Stimac
Sunday School	No S.S	Chris DeForge	Heather Aro	Janet Kokko	Chris DeForge

**Thank you for supplying an
Easter lily or a spring flower**

Don and Sally Rule with Keith Raffaelli
in memory of Roxanne, MaryAnn and Robert Raffaelli.

Bridgers Family
in memory of and honor of their parents and grandparents.

Janet Kokko
in memory of Jacob and Irene Kokko and Mary Erbetta.

Joe and Chris DeForge
in memory of Roy & Lila Lystila and Theresa DeForge

Chris Davis
in memory of Wally and Jean Davis and Bert and Arlene Krogh.

Karl & Carolyn Rundman
in memory of their parents.

March Council Highlights

A discussion was held about sending a letter to inactive members, Jan Maierle and Vicar Micah will draft a letter and present it to the council in April.

The Nominating Committee added Dave Aro as a Synod delegate and Chris Davis as a Conference Delegate. Joe will contact a number of people to fill the vacancies on the Audit and Nominating Committees.

The Synod Assembly Quilt Square was decorated by Gloria and Katie following the decorations given. It represents our giving of quarters to World Hunger. Using our mission Statement Vicar Micah wrote up the Story of Grace. All approved of their work. The story will be put on the square and sent to the synod.

We agreed to lease the parsonage for another year while the renters are building.

Janet made a motion that we accept Micah and his daughter Lilia and Annette Mattfolk as new members. Joe seconded the motion and all approved.

We will start sending 40 of the 100 inserts to First Lutheran via Micah. Laurie will bill them accordingly. They come in bundles of 100, so both churches will save money by sharing.

Micah and Pam will talk to Bill Binroth from "Let's Eat" about the issues at hand.

Due to how the Portico Benefits Service works, Laurie had to change Micah's compensation. The amount that Grace and First contributes hasn't changed. Joe made a motion to accept the new distribution of Micah's compensation package, Jan Maierle seconded and all approved.

Grace Lutheran Congregational Contact Information

Volunteer Coordinators

Acolytes/Bell Ringers	Katie Bridgers	482-2011
Altar Duty	Chris Davis	482-5567
Communion	Chris DeForge	482-8068
Counters	Marianne Bohjanen	482-8459
Funeral Servers	Patty Savola	281-5100
Readers	Cheryl Stimac	281-7909
Fellowship	Carolyn Rundman	482-6344
Ushers	Pam Long	482-4065
Greeters	Heather Aro	482-0341
Ride Coordinator	Katie Bridgers	482-2011
Office Volunteers	Katie Bridgers	482-2011
Gardening	Janet Kokko	482-2368

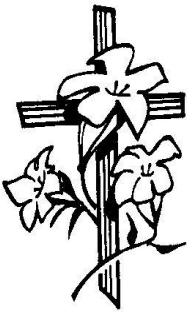

Grace Lutheran Council

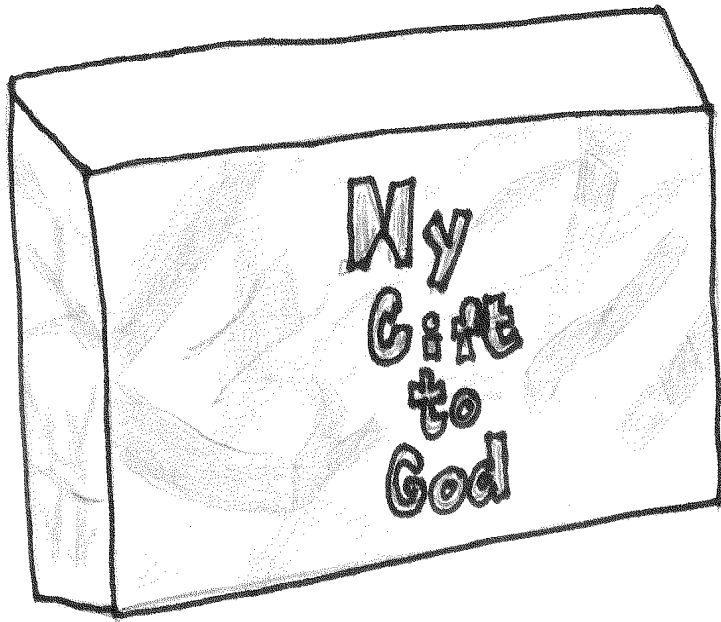
Cheryl Stimac (President)	281-7909
Joe DeForge (Vice President)	482-8068
Laurie Aho (Treasurer)	482-0817
Vicar Micah Cavaleri	281-9558
Heather Aro (Secretary)	482-0341
Chris Bohjanen	(482-8459)

Building & Grounds Maintenance

Tom Stimac 281-7910 Joe DeForge 482-8068
Heather Aro 482-0341 Katie Bridgers 482-2011

Pam Long (482-4065)
Janet Kokko (482-2368)
Jan Maierle (482-2011)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Choir 11:00 Worship 2:00pm Little Brothers Easter Meal	2 	3 1:00 Knit, Pray, Crochet 6:30pm Worship and Music Meeting	4 8:30 Prayer Service 10:00 Cup of Grace 11:00 Bible Study 1:00 Quilting 3:00 ASP	5 12:30 Games at Grace	6 8:00 AA	7
8 9:45 Choir 10:00 Sunday School and Confirmation 11:00 Worship	9 12:00 LCW 1:30 Stewardship Committee	10 10:30 Gentle Exercise 1:00 Knit, Pray, Crochet 1:00 Primetimers at Applebees	11 8:30 Prayer Service 10:00 Cup of Grace 11:00 Bible Study 3:00 ASP	12 12:30 Games at Grace	13 8:00 AA	14 10:00am to 12:00pm Christian practice baptism
15 9:45 Choir 10:00 Sunday School and Confirmation 11:00 Worship 12:00pm Birthday & Anniversary Fellowship 5:00 Fun Adults	16 1:00 Christian Education Meeting 4:00 Prayer Service	17 10:30 Gentle Exercise 1:00 Knit, Pray, Crochet 6:30 Council Meeting	18 8:30 Prayer Service 10:00 Cup of Grace 11:00 Bible Study 1:00 Quilting 3:00 ASP	19 12:30 Games at Grace	20 8:00 AA	21
22 9:45 Choir 10:00 Sunday School and Confirmation 11:00 Worship 12:00pm Fellowship for Holli Stimac's family	23 	24 10:30 Gentle Exercise 1:00 Knit, Pray, Crochet	25 8:30 Prayer Service 10:00 Cup of Grace 11:00 Bible Study 2:00 Nursing Homes 3:00 ASP	26 12:30 Games at Grace	27 8:00 AA	28
29 9:45 Choir 10:00 Sunday School and Confirmation 11:00 Worship 12:00 Potluck	30 					



Thanks to the
finance committee
and offering
counters!



Easter
is FOREVER

A Year of Prayer – A Lifetime of Praying

Prayer Calendar for April 2018

01	Christ is risen! Christ is risen, indeed! Alleluia! God has granted each of us new life by uniting us with Jesus' death and resurrection through our baptism. Pray that this new life will manifest itself in a new way for you this <i>Easter Day</i> .
02	Pray for pastors who celebrate birthdays this month: Linda Forray (4/3), Kenneth Ranos (4/20), Melinda Quivik (4/21), Amanda Kossow (4/29)
03	Pray for retired pastors who have birthdays this month: Mark Bangert (4/13), George Kaiser (4/14), Nancy Kauppi (4/16), Doug Pohlman (4/24), Chrys Hendrick (4/28), & Bob Patrick (4/29)
04	Pray for all of creation as God brings renewed life with the spring.
05	Pray for our Synod Staff as they meet today – that God will guide them as they plan for future events, help congregations in the midst of call processes, and prepare for Boundaries Workshops and Healthy Congregations Workshops.
06	Pray for accountants, treasurers, and tax preparers as they work long hours helping others get their taxes sent in on time.
07	Pray for our seminarians: Pat Kempf, Micah Cavaleri, Carolyn Lawrence, Kelly Ylitalo, Katelin Binger and Kate Drefke as they head into the end of the spring term.
08	Pray for pastors who celebrate the anniversary of their ordination this month: Linda Forray (4/8), Breanne Kinnunen (4/22), Terry Frankenstein (4/23)
09	Pray for all those fighting addiction to drugs and alcohol. Pray also that our society, medical professionals, and lawmakers will work together to help those who are addicted and to break the cycle of addiction that has taken so many lives in our nation.
10	Pray for teachers and students as they prepare for and celebrate spring awards banquets, proms, and other events. Pray that their celebrations will be safe and sober events.
11	Pray for members of Abiding Savior Lutheran Church, Columbia, MD; All Saints Lutheran Church, Baltimore, MD; Amazing Grace Lutheran Church, Baltimore, MD; and Ascension Lutheran Church, Towson, MD.
12	Pray for Lutheran Disaster Response and all of their partner ministries around the world. Pray also for the victims of natural and human-caused disasters.
13	Pray for the spouses of clergy who serve in our Synod as they gather in Iron Mountain for a retreat today and tomorrow. Grant them renewal as they grow in faith and their walk with God.
14	Pray for migrating birds as they travel to their summer homes and animals awakening from their winter hibernation. Pray also for people as they travel the roads – that they may be alert to animals along the roadways and avoid accidents.
15	Pray for Fortune Lake Lutheran Camp, the camp staff (Sara Jonason, Interim Director; Chris Nocerini,

	Facility Manager; Mary Ryan, Office Manager; Cindy Attkisson, Office/Camp Assistant; Zach Erickson, Intern), prospective campers and summer staff, and all attending the FLLC Annual Meeting today.
16	Pray for Assistant to the Bishop, Pastor Jim Duehring as he attends and ELCA all staff meeting in Chicago.
17	Pray for members of First Lutheran Church & Trinity Lutheran Church, Iron River, MI, and their Interim Pastor Mike Laakko as they discern God's will in calling a new pastor.
18	Pray for those who are home-bound, in long-term care facilities, and feel isolated or lonely. Pray for their caregivers and families. Pray that communities surround them with the companionship and support that they need.
19	Pray for members of Magomeni Lutheran Church, Dares Salaam, Tanzania, and their partner congregation Zion Lutheran Church, Manistique, MI.
20	Pray for all High School Students, especially those who are working together to advocate for changes that will protect them from gun violence in their schools.
21	Pray for farmers, ranchers, and others who care for creation and provide food for our tables. Pray for favorable weather and safe working conditions.
22	Pray for all of creation as we celebrate Earth Day. Pray that all people will take care of this place God has entrusted to us and preserve it for future generations by recycling and conserving its resources.
23	Pray for all active-duty military personnel. Pray for their safety, their families who miss them so much, and for peace between nations that are currently at war.
24	Pray for all past military personnel and their families – veterans, retired, injured, recovering, disabled, all who suffer from PTSD. Pray that they receive proper care for their injuries, that they are provided for in the midst of disability, that their families are supported by our nation and their communities.
25	Pray for all those suffering from malaria and those in danger of contracting malaria today on this World Malaria Day.
26	Pray for all volunteers everywhere. Pray that their energy will continue to grow and bless the communities where they serve.
27	Pray for members of Augsburg Lutheran Church, Baltimore, MD; Beaver Creek-Keedysville Parish, Keedysville, MD; Bethany Lutheran Church, Brunswick, MD; & Bethel Lutheran Church, Frederick, MD
28	Pray for the NGLS Endowment Committee as they meet today. May they be blessed with wisdom and insight as they plan for needs in the Synod today and in the future.
29	Pray for the NGLS World Hunger Committee as they meet today and look forward to and plan for the Synod Assembly next month, consider what programs they wish to implement for future years, and discern which applicants will be given awards this year.
30	Pray for those in prison. Pray that justice is served, that the innocent will be released, and that those who remain in custody will come to repentance and to know God's love and grace.

*Beyond
the shadow*



*of the
Cross...*

HE *Lives!*

He is not here.

HE has **RISEN!**

Just as He said...

Matthew 28:6

