

May



Grace Lutheran Church
4218 - 56 Avenue
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May, 2024

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Pastor: Fred Schneider

"Reflecting and Sharing Jesus Christ"

Missionary: Lutheran Church of Columbia

PARISH PUMP



This month, May, is named Mental Health Month. Throughout history, this subject has been fraught with silence and with shame. One is allowed to be physically sick since it appears to be common place. Many people have noticed that there is not much we can do to keep physical sickness away. All of us will be physically sick during our lifetime. In fact, I can guarantee that most of us will die of some kind of sickness at death.

Mental health issues are prevalent in our society. In any given year, one in five Canadians experience a mental illness. By the age of forty, one in two will have had or have a mental illness.

Some of the people in the bible struggled. Elijah was ready to give up his life. He felt all alone. He was living out of a cave. Job after being hit with physical illness and family calamity just sat in ashes railing against God. Jesus cried out from the cross, My God, My God, why have you forsaken me? Some people considered Jesus mad. His own family wanted to put him away. Yet, Jesus cared for those whom others had cast out because of their bizarre behavior. Jesus healed them. Jesus restored them back to society.

There are many causes of mental illness. Some of these are adverse childhood experiences. Some are related to ongoing medical conditions. Some are caused by biological factors or chemical imbalances in the brain. Some are caused by drugs (prescribed or unprescribed) or alcohol. Others are caused by feelings of loneliness and isolation.

What Can Be Done by the Church?

- 1) Open Honesty. We are saved by grace not by mental abilities. We all have some form of mental illness. None of us are totally well. It is not an either/or problem. It is more of a continuum between mental illness and mental health
- 2) Interconnectedness: It is not good for humans to be alone. Although people may cause mental health issues, they are also a part of the solution. Social interaction and sharing can lessen the severity of the mental illness.
- 3) Seek Help: Although I am saddened how much governments have underfunded help for those who are struggling with mental health, there are agencies that one can find who can give help.
- 4) Educate: Read articles about mental health. Take Mental Health First Aid Courses.
- 5) Welcome those who are struggling: We are all children of God. God has made us. Every part of the church body is important.

Pastor Fred



GROWING IN GRACE **PRESCHOOLPROGRAM**

Spring is here!!!!!! – Grace Mountain has disappeared. We are having our safety fair this month and also going on a Farm

Field Trip again. Our year has been filled with children's smiles and laughter & the support from our "Grace Family". Please keep the Preschool in your prayers during this time.

May 31, 2024 - will be the last day of preschool. Have a fantastic summer. See you in September.

Yours in Christ,
Betty Grayson



Council Highlights

In March we were supporting the Camrose Women's Shelter with our "small change" and direction on church member's giving envelopes. \$223.10 was raised and sent. Last insurance

installment was paid - renewal is in November '24. April's project is to support the New Water Park and playground to be built near Manluk Centre. May's Project will be in support of Horizon's Centre.

Next Canadian Blood Services visit to Grace is May 29th 11:15 to 8:30 pm. Bert & Janet will be available for the day.

Constitution and By-laws were accepted by Synod Council, and were signed ready to mail to Service Alberta Registries.

Deadline for applications for the Parish Worker position has been extended to May 1st. We have several applications to look at.

We are still in need of at least one more non-executive council member. Please prayerfully consider offering your services to our church.

Thank you to who replaced the bulbs in the night light in the Narthex that were burnt out.

Mother's Day is May 12th, and Lori will order carnations from Mickey's Flowers.

Planning has started for Service in the Son to be held June 2nd. This will be a contemporary service, followed by pot luck.

VBS to take place July 22-26th. We are in need of a director/coordinator to lead the volunteers and help set up the topics and other events.

A container is in the Narthex for clothing being collected for Hope Mission. There is a list of items needed on slips of paper near this container.

Janet

"Reflecting and Sharing Jesus Christ"

Financial Snapshot of Budgeted Funds



Carry over from 2023	\$ 0.00
2024 Receipts	\$54,194.85
2024 Expenses (3 month)	(\$75,295.93)
YTD difference	(\$21,101.08)
YTD to March 2024 Balance:	(\$21,101.08)

VBS NEEDS VOLUNTEERS!

IF we are able to Vacation Bible School this summer! It will take place at Grace July 23 - 26 from 9:00 - 12:00. Please contact the

church if you are interested in helping out.

Now that you know the dates could you check your calendars to see if you are available to help us to provide this wonderful week for the kids for the summer? We are getting more and more inquiries wondering if we will host a VBS again. We would love to keep the momentum going from last summer!

Parish Worker: We have received quite a few resumes. Some from Africa! We weeded through the resumes and have chosen

four. Of those four, we have interviewed two candidates. The others were either sick or have moved on. We feel as though we need to extend the deadline. It does not feel as though we have done due process with only two candidates.

JOB OPENING



Who's Older? Who's Celebrating Anniversaries?

Do you need an excuse to tell a friend that you are thinking of them? If so, let these birthday and anniversary people know that they are on your minds and in your prayers. Thank God for another year of grace!

Did we leave you out? If so, let us know.
We aim to please!!



May Celebrations!

Corry Coyne	Brian Feldberg
Macie Schatschneider	Carson Irwin
Mary Feldberg	Kerry Brown
Aileen Knapp	Justin Wieclaw
Selma Stobbe	Corry Coyne
Clinton Coyne	Brian Feldberg
Bonnie Hay	Connie Jensen
Jill Schatschneider	Gail Kaiser
Lorraine Lowen	Irene Lerohl
Susan Woitt	Fallon Moore
Rene Thompson	Jessie Cochrane



Duncan & Rhonda Brown
Dallas & Marilyn Zielke
Brian & Connie Maygard
Brandon & Aimee Dumkee



Summer Hope Mission

Hope Mission could use our help with the following items: Are you able to help supply some these? We have a bin in the foyer for you to items in.

Socks – 1-2 pair	T-shirts
Shorts	sandals
Toothbrush	Toothpaste
Razor	Brush/Comb
Soap	Hair Ties
Lotion	Bandages
Running Shoes	Hats
Bug Spray	Sunscreen
Backpacks	Underwear
Shampoo/Conditioner (travel size)	Women's Personal Hygiene Items
Coloring Books/Crayons	Art Supplies Pencils



Hello Wetaskiwin and Area Churches,

We have started construction of our new shelter and soup kitchen facility on the south side of Wetaskiwin (see the attached photos & floor plan). Praise God!!

The permanent facility will be located just south of our temporary location near Walmart. The temporary location will be open until we have the new facility ready to go in 18 to 24 months. We were unable to secure Federal Government funding at this time for the Transitional Housing wing of the facility. We will be working on that in the future, and hoping to build this section of the facility in a second phase. Please keep this in your prayers.

Thank you for your prayers and support over the last year and a half. It has been the hand of God on this project that has got us this far. It has been a challenge and the trials have increased our faith. We are excited about the future, and we look forward to be able to improve our

services for our community members, in the new facility.

If you would like to get together for a coffee, and hear more about our plans, please reach out to me.

If you are interested in having me give your church an update during a Sunday service, please contact me.

God bless you!!

In Spirit,

Rev. Kelly Row
Chaplain
Wetaskiwin Emergency Shelter

Cell: 403.304.5189

Email: kelly.row@hopemission.com

Mail: PO Box 6312, Wetaskiwin, AB. T9A 2G1

Website: <https://hopemission.com/wetaskiwin/>

Serving and Caring for People in Need since 1929

Growing in Grace Preschool Fundraiser

Mother's Day is coming so this is a great time to pick up a gift card for all those garden and flower lovers! What a great gift to give to the one's you love with a gift card from Arber's Greenhouse. Gift cards are sold for \$25 each with \$5 of each card going directly to the preschool. Order forms are available in the narthex of the church. The deadline for the orders is May 2nd. The gift cards will be available for pick up at the preschool the week of May 6th.

Payment methods are cash, cheque or e-transfer to growinginracepreschool@hotmail.com.

Please put "Arbers" in the E-transfer notes if this is your choice or payment.

Thanks again for all your support this year with Growing and Grace.



A SERVICE IN THE SON BLOCK PARTY AND YOU ARE INVITED!!

WHO: YOU, as a neighbor to Grace Lutheran Church's members and friends

WHAT: A Block Party Service followed by a Potluck

WHEN: Sunday, June 2, 2024

Update on World Day of Prayer

World Day of Prayer was hosted on Friday, March 1, 2024 @ Sacred Herat Catholic Church.



Participating in the program, written by women of Palestine, were representatives from Sacred Heart Catholic Church, Immanuel Anglican Church, First United Church, Grace Lutheran Church and Salvation Army Church.

Attendees from many other churches, city and county of Wetaskiwin numbered 57.

The offering received for the WICC totaled \$900.

The program for the 2025 World Day of Prayer will be written by women of the Cook Islands. The hosting church will be Immanuel Anglican Church.

If you as an individual, or if you know of anyone else, individual or church group who would like to be a part of the presenting group, please contact Betty Greenwall @ 780-352-4459.



First United Church

*We as a congregation are invited to join the **First United Church** in celebrating **Ruth Lumak**, their minister for the last 20 years; who is preparing to say Good bye.*

*The celebration will take place on **May 26, 2024**. A special service starts with music @ 10:30 a.m. Lunch to follow the service.*

*The only request is that if you would like to attend is to **RSVP by May 10th** so that they can prepare enough food.*

You can leave your name at the church office 780-352-2157.


If you have any questions please don't hesitate to contact Deb Lentz - Pastoral Care @ 780-352-6883/ lentzdeb@gmail.com

***P.S.** If you wish to contribute there will be a cash donation box for Ruth's gift.*

May Mental Wellness

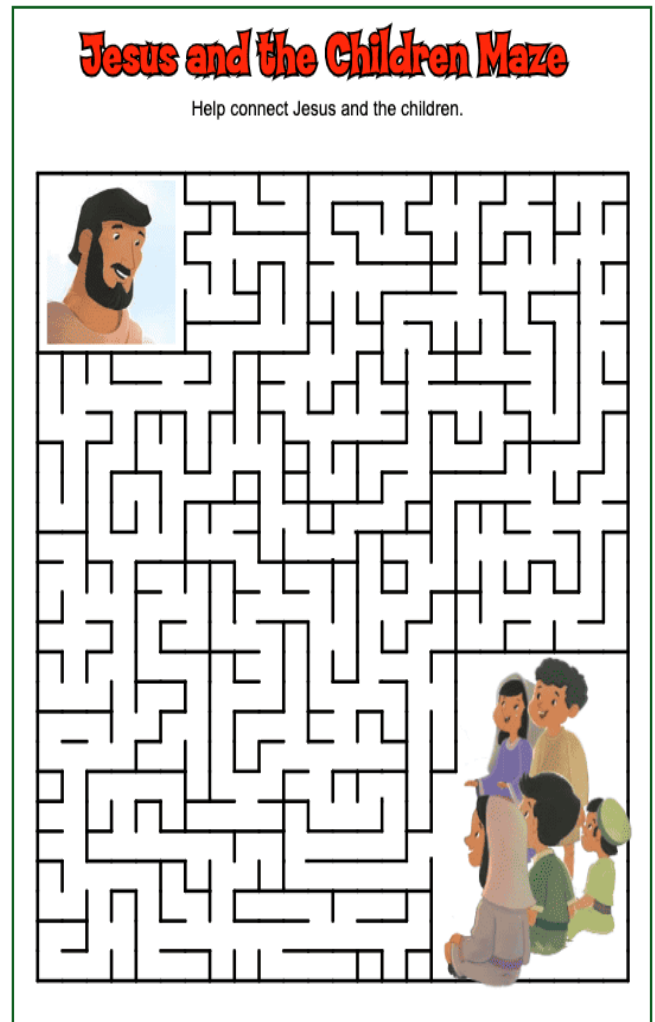
31-DAY CHALLENGE

with Brittney Moses

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>The goal of this 31 Day Mental Wellness Challenge is to take on a holistic mind, body, spirit approach of nurturing our overall mental health. Some days will touch on physical health and nutrition, some will touch on social health and connection, others will touch on boundaries and mindset.</p>						<p>1</p> <p>Take a 20 minute mindful walk outdoors</p>
<p>2</p> <p>Commit to reach out and check-in with a loved one today</p>	<p>3</p> <p>Add more leafy greens to your meals today (rich in nutrients like vitamin K, folate, and beta carotene for brain health & cognition)</p>	<p>4</p> <p>Fuel your faith: start your day with a sermon, podcast, scripture reading or Audiobook that edifies your soul.</p>	<p>5</p> <p>Commit to single-tasking by being fully present with one task at a time</p>	<p>6</p> <p>Eat all of your meals screen free</p>	<p>7</p> <p>Make a list of the areas in your life where you'd like to begin having better boundaries</p>	<p>8</p> <p>Disconnect from electronics 1 hour after waking up and 1 hour before bed</p>
<p>9</p> <p>Spend 15 minutes decluttering your room/work space</p>	<p>10</p> <p>Make a list of the things out of your control that you're surrendering to God today</p>	<p>11</p> <p>Let 5 people know why you appreciate them today</p>	<p>12</p> <p>Devote at least 20 minutes to movement today (stretch, exercise, dance, etc)</p>	<p>13</p> <p>Picture your ideal bedtime routine and wind down intentionally tonight</p>	<p>14</p> <p>Pause and celebrate a small victory this week</p>	<p>15</p> <p>Make a list of 7 things that you're grateful to God for today</p>
<p>16</p> <p>Decide how you're going to choose to interact with or limit social media today</p>	<p>17</p> <p>Visualize how you're going to intentionally move through the day in front of you</p>	<p>18</p> <p>Set aside an hour for something that brings you joy today</p>	<p>19</p> <p>Schedule your next friend date</p>	<p>20</p> <p>Add a rich source of Omega-3 to your meal today (such as avocado, salmon & fatty fish, walnuts: omega-3's are healthy fatty-acids that are a major building block for the brain)</p>	<p>21</p> <p>Take a break from your screen for at least 15 minutes of sunshine and/or fresh air</p>	<p>22</p> <p>Do one thing that will nurture your body today: a long warm bath/shower or skincare routine.</p>
<p>23</p> <p>Watch the sunset today. Reflect on what God is teaching you in this season of life.</p>	<p>24</p> <p>Keep water nearby to help stay hydrated. (75% of your brain is made up of water. Dehydration can slow down brain functioning, cognition, attention and focus)</p>	<p>25</p> <p>Write down a scripture that you're holding onto this week and place it somewhere visible</p>	<p>26</p> <p>Try to go to bed and wake up around the same time each day this week to get on a sleep cycle.</p>	<p>27</p> <p>Identify one negative thought you've been struggling with lately and write down 2 other ways to see the situation.</p>	<p>28</p> <p>Practice giving your complete and undivided attention to those you speak with today</p>	<p>29</p> <p>Unplug from the internet for the evening</p>
<p>30</p> <p>Write a letter of encouragement to your future self (to open on a hard day)</p>	<p>31</p> <p>Make a list of memories and answered prayers that remind you of God's faithfulness</p>	<p>Follow the dates NOT the days of the week on this calendar to walk your way through Mental Health Awareness month of MAY.</p> 				

WORSHIP SERVERS FOR MAY

	May 5th
Accompanist	Colleen McGinnis
Lector	Chrissy Williams
Usher	Connie Maygard
Sound Booth	Larry Coroluick
Projector	Susan Woitt
Counters	Connie Maygard Bonnie Bukkems
Coffee Clean-Up	Albert & Jane Wedman
Communion Set-Up	Lorrilyn Forth Bernice Scholze
Communion Servers	Vivian Holtby/Connie Jensen/Marilyn Zielke
	May 12th
Accompanist	Tammy Kennedy
Lector	Rob Sperber
Usher	Dale Woitt
Sound Booth	Melanie Strick
Projector	Brent Metzker
Counters	Donna Zurbrigg/Janet Forth
Coffee Clean-Up	Arlen & Lynne Forth
	May 19th
Accompanist	Colleen McGinnis
Lector	Rene Faille
Usher	Connie Jensen
Sound Booth	Larry Coroluick
Projector	Marilyn Zielke
Counters	Lorrilyn Forth Connie Jensen
Coffee Clean-Up	Annie Woitt
Communion Set-Up	Lorrilyn Forth Bernice Scholze
Communion Servers	Dale Woitt/Rene Faille/ Judy Gusdal
	May 26th
Accompanist	Tammy Kennedy
Lector	Marilyn Zielke
Usher	Bonnie Bukkems
Sound Booth	Jack Jensen
Projector	Connie Maygard
Counters	Bonnie Bukkems Rob Sperber
Coffee Clean-Up	Vivian Holtby



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Challenges are what make life interesting and overcoming them is what makes life meaningful."

Joshua J. Marine