



*Good News of Grace*  
Grace Lutheran Church  
Green Bay, Wisconsin  
October 17, 2018

*We celebrate Christ,  
teach Christ,  
witness to Christ,  
and care for others  
as though they are Christ.*

## Everyone's on the Team!

### Changing our Welcoming Habits

Workshop with Jim Ladoux



**Saturday, October 27, 9 a.m. until Noon**

Please RSVP at [office@gracegb.org](mailto:office@gracegb.org) or on the Desk in the Parlor  
by Sunday, October 21

*Cont'd. on Page 2*

### *Guide to the Good News:*

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**DEADLINE FOR THE NEXT GOOD NEWS OF GRACE:** The next "Good News of Grace" will be sent out the week of October 29. Please have articles in to the Church Office by 12:00 noon Monday, October 29.

Cont'd. from Front Page

## It's in our Playbook. Everyone's on the Team.

You shall also love the stranger, for you were strangers in the land of Egypt.

Deuteronomy 10:19:

The stranger has not lodged in the street in front of my house.

Job 31:32

Truly I tell you, just as you welcomed one of the least of these who are members of my family, so you welcomed me.

Matthew 25:40

And the Pharisees and the scribes were grumbling and saying, "This fellow Jesus welcomes sinners and eats with them."

Luke 15.2

Extend hospitality to strangers.

Romans 12:13

## CONGREGATION NEWS



### HOSPITALIZED?

If you or another member of Grace is hospitalized, please inform us by contacting the church office. We have varying degrees of success in our communication with the local hospitals regarding pastoral visitation. Unfortunately, even if the hospital says they will contact the church about your stay, it doesn't always happen. We wish to be present with you but we need to know where you are! Thank you!

## FROM THE PARISH ADMINISTRATOR

### General Fund - September 30, 2018

Year-to-date budget	\$	153,342
Year-to-date actual income	\$	143,590
Year-to-date actual expenses	\$	147,608



### YOUNG AT HEART™

The next Young at Heart Lunch will be November 9 at 12:00 in the North Basement. The suggested donation is \$8.00.

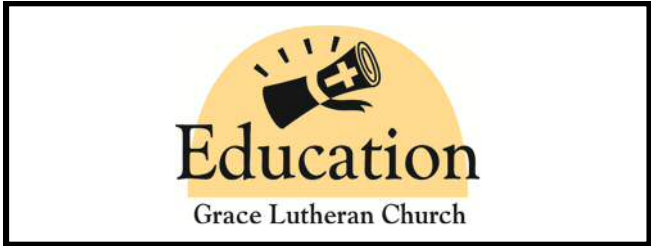
Our speaker after lunch will be Kristin Jacobs, speaking about CASA (Court Appointed Special Advocate). Sign up on the Courtesy Desk or call the Church Office at 432-0308.

Below is a monthly listing of all the programs scheduled for Young at Heart Luncheons. Mark the 2<sup>nd</sup> Friday of each month on your calendar for Young at Heart. We meet at Noon in the North Basement for food, fun, & fellowship. The cost of the meal is \$8.00.

Here is the schedule for 2018:

- NOVEMBER 9** CASA/Kristin Jacobs
- DECEMBER 14** Christmas Bingo

Hope to see you at many of the interesting programs scheduled.



It's outdated ...  
Hard to read ...  
Hard to understand ...

Don't judge a book  
by its cover.



Especially not *The Good Book*.

It's the

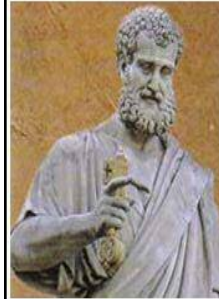


**Feed your faith.**  
Sundays, 9:15 a.m.  
In the Dining Room (of course).

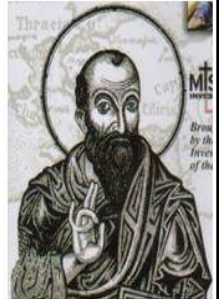
**Upcoming topics:**

October 21: Romans 7:15-25a

October 27: with Jim Ladoux



← Peter,  
Paul, →  
and  
Pancakes!



Men's Breakfast this Fall:  
We're traveling with Rick Steves  
in the footsteps of the Apostles Peter and Paul ...

Saturday, October 27, 8:00 a.m.  
Saturday, November 10, 8:00 a.m.  
Saturday, December 8, 8:00 a.m.

*All Men Are Invited!*

Please RSVP to [pastorlarry@gracegb.org](mailto:pastorlarry@gracegb.org) the week of the Breakfast

**Draft  
Social Statement on Women  
and Justice**

For Study and Response  
Prior to September 30, 2018

**Sunday Adult Studies in November**  
between worship services in the Dining Room

Please request a copy from the church office @ [office@gracegb.org](mailto:office@gracegb.org)  
or 432 0308



From Bev Larsen, Health Ministries  
Coordinator



## HEADACHE

This health article is about something almost all everyone has experienced, HEADACHE. It is estimated that seven out of ten people have at least one headache each year. Most headaches are of the mild form, but the headache may be severe to the point of causing someone to have difficulty concentrating, and even to do their daily living activities. Approximately 4.5 million Americans have headaches that can be disabling.

The causes of headaches are grouped into two categories: primary and secondary. Primary headaches are ones that are not related to any medical condition. They are caused by a process in the brain. Examples of primary headaches are migraine, cluster, or tension. Secondary headaches are caused by an underlying medical problem. Some examples of a secondary headache are brain tumor or brain bleed, cervicogenics which occurs when the spinal disc starts to degenerate and begins to press on the spinal column resulting in neck pain along with a headache, completely stopping a pain medication which has been taken for a long time, meningitis headache, post traumatic headache, sinus headache, or spinal headache which occurs after having a spinal tap.

There are several types of headaches: TENSION is the most common and occurs in women over the age of 20. They are caused by muscle tightness in the neck and scalp. Poor posture and stress usually contribute to the cause. Most tension headaches only last a few minutes, but can last for several days and usually are recurrent. CLUSTER does not cause a throbbing headache instead they cause severe burning on one side of the head or behind an eye. They can cause tearing of the eye and sinus congestion. These types of headaches usually last for long periods of time such as six weeks in length. They usually occur daily or more than

once a day. Cluster headaches are rare, but mostly occur in men ages 20-40. They typically occur one to two hours after a person goes to bed. MIGRAINE headaches are severe that cause throbbing on one side of the head. Chronic migraine headaches may occur for many days in a month. THUNDERCLAP headache are severe and often occur very quickly. They occur without warning and may only last up to five minutes. This type of headache signals a medical problem that needs prompt medical attention.

A headache may be an indication of a disease or other medical condition. The physician will do a complete medical history along with a physical examination. The patient should have a thorough neurological examination. As I stated before, with drawing a medication that has been used for a long period of time may cause the headache. People who drink excessive amounts of coffee or soda and then stop, may also experience headache.

Some of the tests a physician may order would be a complete blood count which if elevated would indicate an infection, skull x-ray, sinus x-ray, or CT or MRI of the head which might be done if the physician suspects brain trauma or a stroke.

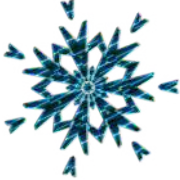



If your headache should include any of the following, you should contact the physician immediately: drowsiness, fever, vomiting, facial numbness, slurred speech, arm or leg weakness, or seizures.

The treatment for a headache depends on the cause. If an illness is the cause, the headache will go away when the illness is cured. Most headaches can be treated by over the counter medications such as aspirin, Tylenol, or Ibuprofen. If medications don't work then biofeedback which is relaxation to help pain management; stress management; acupuncture; exercise which helps the brain stimulate certain chemicals to help you feel better; heat or cold; or taking a bath or shower which will relax the tense muscles may help to relieve the headache. Some people chose to use natural remedies such as vitamins or minerals to help relieve their headaches. Vitamin B 12 taken twice daily or Magnesium may also help to relieve the headache.

Headaches can be prevented by having a healthy lifestyle and getting plenty of sleep. The avoidance of certain foods such as cheese, wine, or chocolate; avoiding excessive caffeine intakes; massage therapy; and exercise which may help to relieve stress and tension may all help to prevent a headache.

# NOVEMBER 2018

For Room Numbers see "Today at Grace" on the monitor in the Lobby.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 6:30-Chancel Choir 6:30-Marketing Com.	2 9:00-Food Pantry	3 5:00-Worship 5:45-Fair Trade Coffee, Tea and Chocolate Sale
4 8:00&10:30-Worship 9:00-Fair Trade Coffee 9:15-Sunday School 9:15-Sunday Buzz 9:15-Coffee Hour 9:15-Holy Donuts 9:15-B.C. 9:15-Mission Endow. 9:15-Adult Education 11:30-Strings Reh.	5 4:30-Chancel Bells	6 10:30-Women's Bible Study 1:00-Food Pantry 6:30-Bd. Outreach 6:30-Bd. Structures & Grounds	7 5:30-Meal 6:15-Chimes 6:30-Confirmation	8 6:30-Chancel Choir	9 9:00-Food Pantry 12:00-"Young at Heart" Lunch	10 8:00-Men's Bible Study 3:00-Shanty Town 4:30-New Com. Shelter Meal 5:00-Worship
11 8:00&10:30-Worship 9:15-Sunday School 9:15-Sunday Buzz 9:15-Coffee Hour 9:15-Holy Donuts 9:15-B.C. 9:15-Adult Education 11:30-Strings Reh. 12:30-YouthBand Reh	12 4:30-Chancel Bells	13 9:15-Sarah Circle 1:00-Food Pantry 6:00-Bd. Education 6:30-Bd. Personal Growth	14 5:30-Meal 6:15-Chimes 6:30-Confirmation 7:30-Group Guides	15 8:30-MissionSewing 6:30-Chancel Choir 6:30-Personnel Com.	16 9:00-Food Pantry	17 9:00-Worship Band Reh. 5:00-Worship
18 8:00&10:30-Worship 9:15-Sunday School 9:15-Sunday Buzz 9:15-Coffee Hour 9:15-Holy Donuts 9:15-B.C. 9:15-Adult Education 11:30-Strings Reh. 12:30-YouthBand Reh	19 4:30-Chancel Bells	20 10:30-Women's Bible Study 1:00-Food Pantry 6:30-Bd. Celebration 6:00-Bd. Stewardship 7:00-GIFT Interfaith Thanksgiving, St. Matthew's Catholic Church	21 6:00- Thanksgiving Worship	22 <i>HAPPY THANKSGIVING</i> 	23 9:00-Food Pantry	24 5:00-Worship
25 8:00&10:30-Worship 9:15-Sunday School 9:15-Sunday Buzz 9:15-Coffee Hour 9:15-Holy Donuts 9:15-B.C. 9:15-Adult Education 11:30-Strings Reh. 11:30-Youth Board	26 4:30-Chancel Bells	27 1:00-Food Pantry 6:30-Council Mtg.	28 5:30-Meal 6:15-Chimes 6:30-Confirmation	29 6:30-Chancel Choir	30 9:00-Food Pantry	



# **SCRIP FOR THE TRIP!**

Buy gift cards - help support our mission trip!  
 Order from Sept 30 - October 28  
 Orders arrive on November 11

Help support our youth mission trip by purchasing gift cards! You buy, get the full value, and our youth earn money!

Order forms are available in the bulletins and on the Courtesy Desk.

## **Shanty Town 2018**

**Saturday, November 10**  
**starting at 3:00 p.m.**

Details: On the desk in the Parlor & Holy Grounds.  
 Sign up by Wednesday November 7 in Holy Grounds or @ [pastorlarry@gracegb.org](mailto:pastorlarry@gracegb.org)

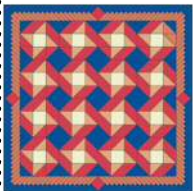
**He fought for our country.  
Shouldn't we fight for him?**

# VOLUNTEER OPPORTUNITIES

**ARE YOU INTERESTED IN SINGING,** or perhaps in joining the choir?



- Consider yourself invited!
- Practice is Thursdays 6:30-7:30 p.m..
- Gathering/practice time is fun, with a few parties during the year.
- If you don't read music, No Problem! You will be among others who can lead your voice and will be instructed along the way.
- Consider being a part of the Christmas Season of singing. No further commitment. Choir would sound fuller with you!
- Have any questions? E-mail carolbob7@gmail.com or johnko929@sbcglobal.net.
- All ages past confirmation and all degrees of talent are welcome. Male, female, high voice or low; we would love to get to know you.



**QUILTERS NEEDED:** Please consider becoming a quilter! Quilts are one of the easiest ways to bless someone in the midst of a natural disaster or other tragedies during which

people lose their homes.

- No quilting knowledge necessary; learn a wonderful craft from experienced quilters.
- Experienced quilters welcome to work on-site or at home. Need quilting material? Stop by!
- **When?** The third Thursday of every month beginning at 8:30 a.m. for as long as you'd like until noon.

**Please contact or Clarica Erickson or Barb Gloeckler at [tbjggleck@aol.com](mailto:tbjggleck@aol.com) with any questions.**



## SUNDAY SCHOOL CHRISTMAS PROGRAM VOLUNTEERS NEEDED:

**Director:** We have a simple script, a lot of which is read by the narrator, the rest of which could be learned at

home and rehearsed once at most before the rehearsal on the day of the program (Sunday, December 16). The Director needs to

- work with Sunday School teachers to select "actors" and readers
- Distribute scripts
- Schedule and conduct one or two rehearsals
- Coordinate with Lisa Willi on music and a volunteer for costumes

Please let Pastor Larry know if you have any questions about these volunteer positions and/or if you can help. Thank you!

**FOOD PANTRY VOLUNTEERS:** we are in need of two people to serve on the Friday morning Food Pantry team. The hours are 8:45-11:00 am. Responsibilities include greeting guests, assisting people with food selection options and smiling! Training will be provided. Please contact Jeff Koehler [jkoehler2@att.net](mailto:jkoehler2@att.net) if you are able to help.

## LECTORS AND COMMUNION ASSISTANTS NEEDED FOR 8:00 & 10:00/10:30

**WORSHIP SERVICE (ESPECIALLY 10:00/10:30).** Please contact one of the pastors or call the church office, 432-0308, if you would like to serve in this way!

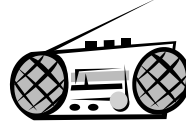
## COFFEE HOUR HOSTS/HOSTESSES:

Coffee hour hosts/hostesses are needed on Sunday mornings to pour coffee at 9 am. Clean-up can begin by 9:30 am. Training will be provided. (We have shortened the time commitment to encourage YOU to assist!)



**WORSHIP TIMES**

Saturday at 5:00 pm and  
Sunday at 8:00 & 10:30 am



Our Worship is Broadcast on  
Radio 1400AM at 8:00 a.m.

**PREPARATION FOR WORSHIP**

**Saturday, October 20, 5:00 pm and  
Sunday, October 21, 8:00 & 10:30 am**

Twenty Second Sunday after Pentecost

**Events:**

CONFIRMATION

B.C.

Strings Reh.

Youth Band Reh.

8:00-Chancel Choir

10:30-Worship Band

**Readings:**

Isaiah 53:4-12, Psalm 91:9-16, Hebrews 5:1-10, Mark 10:35-45

**Saturday, October 27, 5:00 pm and  
Sunday, October 28, 8:00 & 10:30 am**

Reformation Sunday

**Events:**

Jim Ladoux meetings

B.C.

Saturday-Strings of Grace

10:30-Youth Band

Strings Reh.

**Readings:**

Jeremiah 31:7-9, Psalm 126, Hebrews 7:23-28, Mark 10:46-52

**Saturday, November 3, 5:00 pm and  
Sunday, November 4, 8:00 & 10:30 am**

All Saints Sunday

**Events:**

Fair Trade Coffee, Tea & Chocolate Sale

Mission Endowment Mtg.

B.C.

Strings Reh.

8:00-Sunday School Students

10:30-Chancel Choir

**Readings:**

Isaiah 25:6-9, Psalm 24, Revelation 21:1-6a, John 11:32-44



Here's the schedule for each evening:

- 5:30 – 6:30 p.m.: Meal
- 6:15 p.m.: Chimes in the balcony
- 7:00 p.m.: Seeing God's Word ... locations TBA. Watch e-mail and video monitor in the lobby.

A couple reminders ...

- **We are still requesting a \$3 donation per person for the cost of the meal.**
- **For each evening, there will be a clean-up sign-up sheet ... please make a commitment to help clean-up at least once a month.**
- **Inclement weather: if the Green Bay schools are closed, so are we. If Green Bay Schools close in the afternoon or for the evening, we are closed also.**
- **When students are not participating in Chimes or Seeing God's Word, they must be accompanied by a parent ... the Rock Room, Library, or Nursery are available for that purpose.**

Unless there is bad weather or you are otherwise notified, here's **the WNL schedule:**

October 17

**October 24 and 31 ... no WNL**

November 7 & 14

**November 21 ... no WNL ... Thanksgiving Eve Worship at 6:00 p.m.**

November 28

December 5, 12, & 19



# WORSHIP MINISTER SCHEDULE

## SUN., OCTOBER 21, 8:00 & 10:30 AM

Lector & Com. Assist. 8:00 - Reni Krafft, L  
Phyllis Seidl, Bob Wolslegel,  
Lisa Herman, CA  
10:30 - Cheryl Kollath, L&CA  
Bob Mead, Josh Moyer, CA

Altar Guild: 8:00 - Sharon Paplham, Clarica  
Erickson, Judy Adamini,  
Lydia Santana,  
April Neuville  
10:30 - Carla Brawner, Julie Miller,  
Jean Lotter, Marsha  
Schroeder, Lexi Volk,  
Carter Thompson

Acolytes: 8:00 - Ryan Davidson,  
Joseph DeClerc  
10:30 - Natasha Vandennack

Ushers: 8:00 - Amy & Matt Vanko, Ty &  
Diane Pyan, Ethan Swim  
10:30 - Robert Goelz, Jim Poels,  
Robin Powell,  
Regan Mertens

Accompanist: Denise Zenko  
Special Music: 8:00 - Chancel Choir  
10:30 - Adult Worship Band

Greeters: 8:00 - Beanie Dahlke,  
Julie Dallaire  
10:30 - Paul & Helen Gubics

## SAT., OCTOBER 27 - 5:00 PM

Ushers: Dave Branger, Margaret  
Nelson, Jeri Rab

Lector & CA: Karen Pangborn  
Accompanist: Denise Zenko  
Special Music: Strings of Grace

## SUN., OCTOBER 28, 8:00 & 10:30 AM

Lector & Com. Assist.: 8:00 - Byron Froelich, L&CA  
Anne DeClerc,  
Mildred Watermolen, CA  
10:30 - Bern Jacobson, L&CA  
Shyla Theel,  
Gayle Schmeling, CA

Altar Guild: 8:00 - Linda & Dave Rabe, Debra  
LaHaye, April Swim,  
Sophia Mleziva  
10:30 - Diana Perrault,  
Susan Lambert-Tease,  
Sharon Lambert Rademacher,  
Kathy Poels, Julia Nava,  
Jayd Winge

Acolytes: 8:00 - Gus Terrien, Reni Krafft  
10:30 - Taylor Langhoff

Ushers: 8:00 - Scott & Sharon Paplham,  
Katie Paplham, John & Cheryl  
Kollath, Grace Goodness  
10:30 - Dick Destree, Daniel Selissen,  
Bob Lotter

Accompanist: Denise Zenko  
Special Music: 10:30 - Youth Band

Greeters: 8:00 - Bob & Carol Wolslegel  
10:30 - Laurie Reinen,  
Anna Broeckel

## SAT., NOVEMBER 3, 5:00 PM

Ushers: Rick & Janis Olson  
Lector & Com. Assist.: Scott Ashmann  
Accompanist: Denise Zenko



# PRAYER REQUEST INSTRUCTIONS

If you would like to include the names of people for publication in the church newsletter prayer list please note the following:

- ◆ members of Grace may call the church office and request that first and last names of individuals be placed on the list.
- ◆ Names must be **called** into the church office (no email).
- ◆ The caller will be asked to confirm that the name being placed on the prayer list was done so with that person's permission. Please do not submit names for publication without first receiving permission from the person for whom you are requesting prayers.
- ◆ The prayer list is open to anyone for whom you have a prayer concern whether they are members of Grace or not.
- ◆ Please note there will be no other identifying information published in the prayer list beyond the person's first and last name.

(You may share the reason(s) for the prayer request if you wish but permission is needed for that as well.)



# ACCESS TO GRACE

## GRACE LUTHERAN CHURCH

321 S. Madison St., Green Bay, WI 54301  
Phone: 920-432-0308 Fax: 920-437-5156  
www.gracegb.org office@gracegb.org  
"Grace Lutheran Church Green Bay"



### Worship Service Times:

#### Fall & Winter

Saturday at 5:00 p.m. with Holy Communion  
Sunday at 8:00 & 10:30 a.m. with Holy Communion

#### Memorial Day Weekend thru Labor Day Weekend

Thursday at 5:30 p.m. with Holy Communion  
Sunday at 8:00 & 10:00 a.m. with Holy Communion

**Christian Education** each Sunday from 9:15-10:15 a.m.

### Staff:

Pastor Larry Lange Res. Phone: 920-455-0511  
pastorlarry@gracegb.org

Pastor Julie Wrubbel-Lange Res. Phone: 920-455-0511  
pastorjulie@gracegb.org

Visitation Minister: Pastor Rebecca Proefrock  
Phone: 920-819-5482 rproefrock@yahoo.com

Health Ministries Coordinator: Bev Larsen,  
health@gracegb.org

Organist: Denise Zenko

Parish Administrator: Sharon Haapala, admin@gracegb.org

Parish Secretary: Ann Zehms, office@gracegb.org

Maintenance Supervisor: Dean Ahrens, grounds@gracegb.org

Choir Director: John Kopp

Chancel Bells Director: Pam Anderson

Children's Chime Choir Director: Lisa Willi

**OUR SUNDAY WORSHIP SERVICE IS BROADCAST EACH WEEK AT 8:00 A.M. ON WDUZ RADIO 1400 AM**

RETURN SERVICE REQUESTED

GRACE LUTHERAN CHURCH  
321 S. MADISON ST.  
GREEN BAY, WI 54301

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