



Good News of Grace
Grace Lutheran Church
 Green Bay, Wisconsin
 September 19, 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**

The Sheep:

*"When was it that we saw you as a stranger
 and welcomed you?" The King: When you welcomed
 "one of the least of these who are members of my
 family," you welcomed me.*

Matthew 25:38 – 40

We're the Sheep. Jesus is the King.

Any Stranger who walks through our doors any day of the week, is King Jesus, in disguise.

Does this guide your heart and mind when you see someone you don't know at church or in worship?

It does guide the hearts and minds of lots of people at Grace: our ushers and greeters, our food pantry volunteers.

But Jim Ladoux tells us that **Everyone's on the Team**. And he's right. Jesus' story in the Gospel of Matthew quoted above isn't just about ushers and greeters and food pantry volunteers. It's about all the Sheep. Which is all of us. **Everyone's on the Team**.

Cont'd. on Page 2

**Everyone's
 on the Team!**

Changing
 Our Welcoming
 Habits
 with Jim Ladoux

Saturday – Sunday, October 27 and 28

Workshop for Everyone: Saturday 9 a.m. – Noon
 Sunday Session in Sanctuary: between worship services

Please RSVP by Sunday, October 21 @ office@gracegb.org

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 1. Please have articles in to the Church Office by 12:00 noon Monday, October 1.

There's a lot to being on a **Welcome Team**. That's why our Vision Team has asked Jim Ladoux to focus on that during his visit on the weekend of

Saturday and Sunday, October 27 – 28.

Details about Jim's visit are everywhere. The main thing is to RSVP and attend as many of the training sessions as you can. This time with Jim is for you, if you're at all concerned about:

- Loving our neighbors in Grace's neighborhood,
- Helping our neighbors enjoy the same blessings we do at Grace,
- The future of Grace as God's house,
- Heeding Jesus' call to follow him,
- All of the above!

Jesus is inviting you to be on the team, **the Welcome Team! Everyone's on the Team!**

Jim will be offering learning and training: best practices from churches all across the US. Here's his take on the goals of a **Welcome Team**:

Visitors to Grace should experience

- The presence of the Holy, the Sacred, God, Jesus.
- A meaningful connection to one of God's People, Jesus' disciples, YOU!
- A way in which they can share their gifts as part of God's People.

Every "entry point" to Grace will need to be evaluated based on these goals for welcoming visitors:

- Every aspect of our building and grounds,
- Every member of Grace,
- Every publication ... paper or on-line,
- Every event.

Everyone's on the Team that welcomes visitors, that welcomes strangers, that welcomes King Jesus himself. This is a great and unique opportunity to get the help we

**Pastors Larry and Julie
The Vision Team**

FROM THE PARISH ADMINISTRATOR

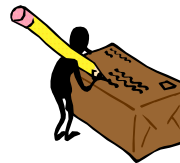
General Fund - August 31, 2018

Year-to-date budget	\$	102,228
Year-to-date actual income	\$	92,221
Year-to-date actual expenses	\$	103,869

There were three paydays in August, so expenses were higher than normal.



CARE PACKAGES FOR STUDENTS



Parents of Technical School/ College Students: The Board of Youth and Family ministry would like to send a Fall "care package" to your student. Please send/give your student's US postal service mailing address to Pastor Julie pastorjulie@gracegb.org by October 1.



"YOUNG AT HEART"

The next Young at Heart Lunch will be October 12 at 12:00 in the North Basement. The suggested donation is \$8.00. Our speaker after lunch will be Tom Hinz, speaking on the Veteran's Treatment Court. Sign up on the Courtesy Desk or call the Church Office at 432-0308.



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



book of faith
Open Scripture. Join the Conversation.

Feed your faith. Sundays. 9:15 a.m.
In the Dining Room (of course).
Sunday, September 9 – December 16.



*From Bev Larsen, Health Ministries
Coordinator*



The last health article dealt with rheumatoid arthritis. This month it will deal with osteoarthritis which is the most common form of arthritis.

Osteoarthritis occurs when the cartilage at the end of the bone

wears down. This type of arthritis mainly affects your hands, knees, hips, or spine. Osteoarthritis occurs when the cartilage that is on the end of the bone deteriorates and so when that happens the joint becomes bone on bone which can be very painful.

Usually osteoarthritis symptoms develop overtime. Some of the signs and symptoms may be: 1) Pain-the joint may hurt with movement; 2) Tenderness- may feel pain when pressure is applied to the area; 3) Stiffness-stiffness most apparent when you first get up in the morning or after inactivity; 4) Loss of flexibility-unable to move the joint as well as before; 5) Grating sensation- may feel or hear grating sounds when moving the joint; and 6) Bone spurs-these are extra pieces of bone that develop around the affected joint.

Your risk to develop osteoarthritis may be due to : 1) Age-older adults are more prone to have osteoarthritis; 2) Sex-more women than men have osteoarthritis, but no one knows exactly why; 3) Obesity-obese people carry more weight which puts more stress on their joints. Fat tissues produces proteins that cause inflammation around the joint; 4) Previous injury to a joint- osteoarthritis may develop many years after an injury; 5) Some occupations-jobs requiring repetitive movements; 6) Genetics-hereditary may also play a part; and 7) Bone deformities-some people with malformed bones may develop osteoarthritis.

Osteoarthritis may become so severe that a person's job may be impacted. Joint pain may become so severe that they are unable to carry on with their job. This is the time that joint replacement surgery may be considered.

When you go to the doctor, he will check the joint for tenderness, swelling and range of motion. The physician may order an x-ray. If need be, a MRI may also be ordered. Blood tests may be ordered, but there is no test specifically for osteoarthritis. The blood test would rule out an inflammatory process. The painful joint maybe aspirated. By examining the fluid that is removed, the lab can determine if this is an infection or gout.

There are over the counter medications that can be used to control the pain. Medications such as Tylenol, Advil, Ibuprophen, or Aleve may relieve the pain. Stronger medications will need to be prescribed by the physician.

Sometimes physical therapy will be ordered. The physical therapy will help to strengthen the muscles around the joint, increase range of motion, and hopefully relieve pain. Occupational therapy may also be ordered. The occupational therapist will show you easier ways to help with your daily living.

There are other options if physical therapy does not work. The physician can inject cortisone into the joint. The cortisone relieves the inflammation. The patient is only able to have three to four injections per year because more than that will worsen the joint. Another option is to have a lubricating solution injected. This solution provides a cushion between the bones. Knee or hip replacement may have to be done if none of the above gives the patient enough relief. The surgeon removes the affected joint and replaces it with a plastic or metal part. Risks to surgery include infection or blood clots. The new part may come loose or eventually wear out so another replacement surgery will be needed.

Some of the life style changes that can be made are: 1) Weight lose – losing weight puts less stress on the affected joint; 2) Exercising – helps to strengthen the muscles around the joint which in turn will make it more stable; 3) Application of heat or gold – heat relieves stiffness and cold relieves muscle spasms and pain; and 4) Use of a cane – a cane should always be use in the hand opposite the affected joint.

Some people may try acupuncture or begin to take the nutritional supplement Glucosamine Chondroitin. People with a shellfish allergy should avoid this medication. Also people who take blood thinners should not use this medication since it may interfere with that medication and cause bleeding problems.

OCTOBER 2018

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1</p> <p>4:30-Chancel Bells</p>	<p>2</p> <p>10:30-Women's Bible Study</p> <p>1:00-Food Pantry</p> <p>6:00-Scouts</p> <p>6:30-Bd. Outreach</p> <p>6:30-Bd. Structures & Grounds</p>	<p>3</p> <p>5:30-Meal</p> <p>6:15-Chime Choir</p> <p>6:30-Confirmation</p> <p>7:00-Seeing God's Word</p>	<p>4</p> <p>6:00-Personnel Com.</p> <p>6:30-Chancel Choir</p>	<p>5</p> <p>9:00-Food Pantry</p>	<p>6</p> <p>9:00-College Care Pkg. Assembly</p> <p>5:00-Worship</p> <p>5:45-Fair Trade Coffee/Tea Sale</p>
<p>7</p> <p>8:00&10:30-Worship</p> <p>9:00-Fair Trade Coffee</p> <p>9:00-Coffee Hour</p> <p>9:15-Sunday School</p> <p>9:15-Sunday Buzz</p> <p>9:15-Holy Donuts</p> <p>9:15-BC</p> <p>9:15-Adult Education</p> <p>11:30-String Practice</p>	<p>8</p> <p>4:30-Chancel Bells</p>	<p>9</p> <p>9:15-Sarah Circle</p> <p>1:00-Food Pantry</p> <p>6:00-Bd Education</p> <p>6:30-Bd. Personal Growth</p>	<p>10</p> <p>5:30-Meal</p> <p>6:15-Chime Choir</p> <p>6:30-Confirmation</p> <p>7:00-Seeing God's Word</p> <p>7:30-Group Guides</p>	<p>11</p> <p>6:00-Scouts</p> <p>6:30-Chancel Choir</p>	<p>12</p> <p>9:00-Food Pantry</p> <p>12:00-"Young at Heart" Lunch</p>	<p>13</p> <p>8:00-Men's Bible Study</p> <p>4:30-New Com. Shelter Meal</p> <p>5:00-Worship</p>
<p>14</p> <p>8:00&10:30-Worship</p> <p>9:00-Coffee Hour</p> <p>9:15-Sunday School</p> <p>9:15-Sunday Buzz</p> <p>9:15-Holy Donuts</p> <p>9:15-BC</p> <p>9:15-Adult Education</p> <p>11:30-String Reh.</p> <p>12:30-Youth Band Reh</p>	<p>15</p> <p>10:00-Audit</p> <p>6:30-Health Cab.</p>	<p>16</p> <p>10:30-Women's Bible Study</p> <p>1:00-Food Pantry</p> <p>6:00-Scouts</p> <p>6:30-Bd. Stewardship</p> <p>6:30-Bd. Celebration</p>	<p>17</p> <p>5:30-Meal</p> <p>6:15-Chime Choir</p> <p>6:30-Confirmation</p> <p>7:00-Seeing God's Word</p>	<p>18</p> <p>8:30-Mission Sewing</p> <p>5:30-Hymn Picking</p> <p>6:30-Chancel Choir</p>	<p>19</p> <p>9:00-Food Pantry</p>	<p>20</p> <p>9:00-Worship Band Reh.</p> <p>10:00-Confirmation Reh.</p> <p>5:00-Worship</p>
<p>21</p> <p>8:00&10:30-Worship</p> <p>10:30-Confirmation</p> <p>9:00-Coffee Hour</p> <p>9:15-Sunday School</p> <p>9:15-Sunday Buzz</p> <p>9:15-Holy Donuts</p> <p>9:15-BC</p> <p>9:15-Adult Education</p> <p>11:30-String Reh.</p> <p>12:30-Youth Band Reh</p>	<p>22</p> <p>4:30-Chancel Bells</p>	<p>23</p> <p>1:00-Food Pantry</p> <p>6:30-Council Mtg.</p>	<p>24</p> <p>6:15-Chime Choir</p>	<p>25</p> <p>6:30-Chancel Choir</p> <p>6:30-Curriculum Mtg</p>	<p>26</p> <p>9:00-Food Pantry</p>	<p>27</p> <p>8:00-Men's Bible Study</p> <p>9:00-Jim Ladoux Mtg. w/everyone</p> <p>12:00-lunch w/Vision Team</p> <p>2:00-Education mtg. w/Jim Ladoux</p> <p>5:00-Worship</p>
<p>28</p> <p>8:00&10:30-Worship</p> <p>9:00-Coffee Hour</p> <p>9:15-Sunday School</p> <p>9:15-Sunday Buzz</p> <p>9:15-Holy Donuts</p> <p>9:15-BC</p> <p>9:15-Adult Education</p> <p>11:30-String Reh.</p> <p>12:00-Lunch w/Council</p>	<p>29</p> <p>4:30-Chancel Bells</p>	<p>30</p> <p>1:00-Food Pantry</p> <p>6:00-Scouts</p>	<p>31</p> 			

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WEDNESDAY NIGHT LIVE FOR THE FALL OF 2018!



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 ... meeting in the balcony for September 19. Other 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.***
- ***Pastor Julie has organized lead cooks to serve once a month...but they will need some help! Please contact Pastor Julie at pastorjulie@gracegb.org if you can join a cooking team.***
- ***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:**

September 19

September 26

October 3

October 10

Sunday, October 14 @ 8:00 a.m.: Chimes play for worship

October 17

October 24 and 31 ... no WNL

November 7

Sunday, November 11 @ 10:30 a.m.: Chimes play for worship

November 14

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

November 28

December 5

December 12

Sunday, December 16 @ 10:30: Chimes play for Sunday School Christmas service

December 19

If you didn't get a chance to RSVP, please come on Wednesday anyway!

VOLUNTEER OPPORTUNITIES

KITCHEN HELPER NEEDED!

We are looking for one additional person to serve as prep cook and server on Wednesday Nov. 14 and Dec. 19 from 4:00-6:30 pm.

Things to know:

- The menu for the meals will be clearly laid out.
- The food will be purchased and in the North Basement kitchen ready for you to use when you arrive.
- The meals will be very simple: sloppy joes, chicken nuggets, etc.
- The meals will be in a rotation. Thus, if you are on the "sloppy joes week team" every meal you prepare on your designated Wednesday night would be sloppy joes.

If you are available to assist in this ministry to support families in our congregation as their children participate in confirmation and other programming, please contact Pastor Julie ASAP. Thank you!

USHERS NEEDED: We are in need of ushers for the 8:00 and 10:00/10:30 services.

- Ushers serve one worship service a month at the service time they prefer.
- Ushers start serving a half hour before the service and have a few duties after the service.
- An usher orientation will be provided.

Please call the Church Office at 432 0308 to connect with our Head Usher Team.

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!)

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!

GREETERS NEEDED:

We are in need of more FRIENDLY PEOPLE to serve as greeters at Grace! Time commitment: 30 minutes, once a month, prior to whatever worship service time you normally attend. You will receive training, a name tag and the opportunity to become one of the welcoming faces of Grace to both visitors and members. Families welcome! Contact Pastor Julie for further information.

ALTAR GUILD VOLUNTEERS FOR 8:00 and 10:00/10:30 SERVICES NEEDED:

- The Altar Guild Teams set up and clean up after communion.
- Families are welcome!
- Please contact the Church Office at 432-0308 if you can help with Altar Guild.

CONGREGATION NEWS

PACKER TICKETS

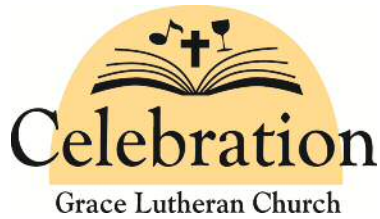
Grace has the following Packer tickets available for purchase:

Two tickets to the noon game against Detroit on Sunday, December 30th.

Great seats – section 124, row 10. \$136 per ticket. Tickets to be sold in pairs.

Contact Sharon to purchase or for more information – 432-0308 or admin@gracegb.org.





PREPARATION FOR WORSHIP

Saturday, September 22, 5:00 pm and Sunday, September 23, 8:00 & 10:30 am

Eighteenth Sunday after Pentecost

Events:

- Sunday School
- Adult Education
- B.C.
- Mission Trip Presentation
- Strings Reh.
- Youth Board

Readings: Jeremiah 11:18-20, Psalm 54, James 3:13--4:3, 7-8a, Mark 9:30-37

Saturday, September 29, 5:00 pm and Sunday, September 30, 8:00 & 10:30 am

Nineteenth Sunday after Pentecost

Events:

- Sunday School
- Adult Education
- B.C.
- Strings Reh.

Readings: Numbers 11:4-6, 10-16, 24-29, Psalm 19:7-14, James 5:13-20, Mark 9:38-50

Saturday, October 6, 5:00 pm and Sunday, October 7, 8:00 & 10:30 am

Twentieth Sunday after Pentecost

Events:

- Fair Trade Coffee/Tea/Chocolate Sale
- Sunday School
- Adult Education
- B.C.
- Strings Reh.

Readings: Genesis 2:18-24, Psalm 8, Hebrews 1:1-4; 2:5-12, Mark 10:2-16

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.

WE GRATEFULLY ACKNOWLEDGE THE RECEIPT OF A GIFT TO:

- Grace Lutheran in memory of Ron Marler by Jayne.
- Garden of Grace in memory of Harley Green by family and friends.
- Grace Lutheran in memory of Kathy Konshak.
- Food pantry in memory of Ron Bitters by Ethel.

A FUNERAL SERVICE WAS HELD:

- September 16, 2018 for Dorothy Koch.
"I am the resurrection and the life," says the Lord.

MEN'S BIBLE STUDY

Breakfast with the Pope!



Okay. It's just a video.

But the breakfast part is for real!

Men's Breakfast this Fall:

Starting...

Saturday, September 22, 8:00 a.m. (with a message from the Pope!)

The rest of Fall we'll be traveling with Rick Steves in the footsteps of Peter and Paul ...

Saturday, October 13, 8:00 a.m.

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 by Sunday, September 9

WORSHIP MINISTER SCHEDULE

SUN., SEPTEMBER 23, 8:00 & 10:30 AM

Lector & Com. Assist. 8:00 - Reni Krafft, L
Pam Bins, Lisa Herman,
Lisa Willi, CA
10:30 - Dick Schmeling, L&CA
Gayle Schmeling,
Shyla Theel, 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,
Ethan Hendrickson,
Jayd Winge

Acolytes: 8:00 - Hannah Willi,
Jake Jazgar
10:30 - Taylor Langhoff

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

Accompanist: John Kopp
Special Music: 10:30 - Strings of Grace
Greeters: 8:00 - Bill & Dee Kaehler
10:30 - Laurie Reinen,
Anna Broeckel

SAT., SEPTEMBER 29 - 5:00 PM

Ushers: Dave Branger, Margaret
Nelson, Jeri Raab
Lector & CA: Bev Larsen
Accompanist: Denise Zenko

SUN., SEPTEMBER 30, 8:00 & 10:30 AM

Lector & Com. Assist.: 8:00 - Mildred Watermolen, L&CA
Bob & Carol Wolslegel, CA
10:30 - Bern Jacobson, L&CA
Dick Schmeling,
Kitty Nagel, CA

Altar Guild: 8:00 - Sharon Paplham, Clarica
Erickson, Judy Adamini,
Lydia Santana, April Neuville
10:30 - Jayne Marler, Carla Skinkis,
Julie Miller, Laurie Reinen,
Anna Broeckel, Juell Jahnke,
Nic Langhoff

Acolytes: 8:00 - Ryan Davidson,
Joseph DeClerc
10:30 - Jake Eggert

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: 8:00 - Chancel Choir
Greeters: 8:00 - Beanie Dahlke,
Julie Dallaire
10:30 - Dick & Gayle Schmeling

SAT., OCTOBER 6, 5:00 PM

Ushers: Rick & Janis Olson
Lector & Com. Assist.: Jim Silha
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

Non-Profit Organization
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