



LIVING GRACE NOTES

MARCH 2006 NEWSLETTER

THE REVEREND DAVID E. HARDY, D.D., PASTOR

Web Page: www.livinggracelutheran.org

Gathered to Celebrate, Called to Witness, Sent to Serve!

Service Schedule for March

Sunday, 1 Lent, 5 March

Holy Communion at 8:15 and 10:30

Children's Sunday School at 9:15

Adult Sunday School at 9:30

Senior Choir Warm-Up at 10:00

Junior Choir Rehearsal at 12 noon

Sunday, 2 Lent, 12 March

Holy Communion at 8:15 and 10:30

Children's Sunday School at 9:15

Adult Sunday School at 9:30

Senior Choir Warm-Up at 10:00

Junior Choir Rehearsal at 12 noon

Sunday, 3 Lent, 19 March

Holy Communion at 8:15 and 10:30

Children's Sunday School at 9:15

Adult Sunday School at 9:30

Senior Choir Warm-Up at 10:00

Junior Choir Rehearsal at 12 noon

Sunday, 4 Lent, 26 March
Holy Communion at 8:15 and 10:30
Children's Sunday School at 9:15
Adult Sunday School at 9:30
Senior Choir Warm-Up at 10:00
Junior Choir Rehearsal at 12 noon

The Lutheran Course—Our Study for Lent

For the weeks of Lent this year, we will be studying the Lutheran Course, a study for old Lutherans, new Lutherans, and all in between. Based on *The Lutheran Handbook*, the course becomes a kind of refresher course of confirmation studies with humor, fellowship, and good instruction.

There are seven (7) sessions:

1. How to tell the difference between the Law and the Gospel
2. Five things you should know about the Lutheran Reformation
3. The anatomy of a Baptism
4. How to receive Communion
5. The three most rebellious things Jesus did
6. How to read the Bible
7. How to share your faith with someone

Using a mix of DVD material, *The Lutheran Handbook*, and conversation, we will explore each of these special topics, topics that remind us of who we are as Lutherans.

The first session began on Wednesday, 1 March, at noon. We had 33 people attend. We will continue to meet at noon until Wednesday, 12 April. We first gather for a light lunch followed by the session.

These sessions replace the mid-week worship in Lent.

Pastor Hardy



GENERAL NEWS

March Birthdays

2	Shirley Arroyo	Taylor Cunefare
	John Holden	
6	Ed Stowers	
7	Carol Ireton	
9	Rosalie Solheim	
10	Logan Shirah	
12	Ross Whitmoyer	
14	Walter Mackenzie	
18	Tristan Chandler	
21	Millie Axel	Nevada Seawell
	Marissa Wall	
22	Paul Burch	
23	Norma Mackenzie	Kim Wall
26	Laura Stickel	
28	James Reynolds	
29	Alice Schuler	

New Members

Michael Ely and Frances Buepu were taken in as new members in the month of February. Welcome to Living Grace.

Baptism

Mae Louis Zhiying Stock-Bordnick, daughter of Patrick and Allison and sister of Ying, was baptized at Living Grace on Sunday, 19 February.

Change of Address

Earl and Marie Murphy have moved to an assisted living in Decatur. New address Sunrise Assisted Living of Decatur, 920 Clairemont Avenue, Apt. 219, Decatur, GA, 404/377-6111.

Evelyn Woosley is now in assisted living facility. New address The Bridge Assisted Living – a part of The Life Care Center of Lawrenceville, 220 Collins Industrial Way, Lawrenceville, GA 30043, 770/963-3243.

Facilities Calendar

As many activities are being planned using Living Grace's facilities, please make sure you

March 2006

check the Facilities Calendar on the wall by the office before scheduling an event. If you have any questions, please call the church office. Thank you!

Announcements for Bulletins

If you have an announcement to be placed in the Sunday bulletins, please let Leanne Beutler know no later than 12 noon Thursday before the Sunday it is to be printed. You may send the announcement via email to the following address: Lbeutler@aol.com.

Newsletter Articles

To submit a newsletter article, you can either have a hard copy into the church office by the deadline date listed or send an electronic format to Leanne Beutler at Lbeutler@aol.com.

Treasurer's Report

The total offering received through 31 January was \$21,981.65. For the same period in 2005 we had only received \$17,845.84. The really good news about that is the 2006 is 23% ahead of 2005 for the same period. Since we don't have an approved budget for 2006 I can only match our 2006 giving against the 2005 budgeted income, and based on that we should have received \$26,744.58.

A complete outline of income and expenses for January is on the bulletin board for your review.

Eyeglass Recycling

Please put your unused eyeglasses in the box in the Narthex. They are much needed in third world countries.

Greeters

First of all, I would like to thank everyone who so willingly served as greeter this past year. I would like to add the following information though. If you are greeting, please plan to be at the top of the steps no later than 10 minutes

after 10:00. Introduce yourself to anyone that you think might be a visitor and if they are not then let them know you are happy to meet them. Please ask any visitors to sign the Guest Registry and give them a copy of the newsletter. You might also greet them when they are coming out of church and invite them for coffee.

Guidelines for Prayer Requests

This is to remind you of the guidelines that have been printed in the past three newsletters. The April Newsletter marks the first of the three newsletters' cycle. Those names that have appeared in the past three newsletters will be taken off unless you notify Leanne Beutler, Newsletter Editor via email at Lbeutler@aol.com or written note by the April Newsletter deadline which is **Sunday, 26 March**.

Praying for Members, Family, and Friends

Members

Charlie Althafer; Walter "Wally" Bartling; Bill Crawford; Tom Droege; Martin Gruber; Verna Jensen; Hilton Johnson; Julien Lange; Elizabeth Laughlin; Cynthia Outman; Joan "Jo" Richards; Evelyn Woosley

Family and Friends

Leslie Rotureau

Sue Benner's sister

Donald Carigan

The Gere family's friend

Carol Balsan

Jane Simmons's sister

Bill Markham

Frieda Joiner's friend

Marian Seckinger

JoAnn Durrence's sister

John Zurkammer

Jerry Prunty's nephew

Kimberly Le

Peter Phan's friend

Melvin

Evelyn Woosley's brother

Judi Tanner

Dot Beaver's niece

Virgil Waylor

Martin Gruber's friend

Hulda Stock

Grandmother of Allison Bordnick-Stock

Paige Nix

Friend of Leslie Rotureau

Lorraine Dorough

Friend of Living Grace

Brent Anderson

Friend of Connie Holley

The Reverend Harold Reitz

Father of John and Diane Reitz

Marilyn Voorhees

Sister of Jerry Prunty

Lee Voorhees

Brother-in-law of Jerry Prunty

Jim Axel

Father of Jeff Axel

Barbara Tate

Sister of Norma Mackenzie

Cindy Hill and her sister Denise

Friends of Philip Newton

CALENDAR HIGHLIGHTS FOR MARCH

PARISH NURSE

Each Tuesday and Friday, 10-2

CARE AND PRAYER GROUP

Tuesday, 21 March, at 7:30 p.m.

S.M.I.L.E. GROUP

Saturdays, 4 March and 1 April, at 12 noon

SEW 'N SEWS

Monday, 13 March, at 10:00 a.m., at the church

QUILTING GROUP

Second Saturdays and Fourth Thursdays, at 9:00 a.m. at St. James Lutheran Church

BARNABAS BREAKFAST

Wednesdays, 7 a.m.

THE LUTHERAN HANDBOOK STUDY

Wednesdays, 12 noon

WELCA

Dorcas Circle

Tuesday, 7 March, at 10:00 a.m.

Miriam Circle
Saturday, 18 March, at 10:00 a.m.

SENIOR CHOIR REHEARSALS
Every Wednesday, at 7-8:30 p.m

JUNIOR CHOIR REHEARSALS
Every Sunday, at 12 noon – 12:30 p.m.

GOD'S CHILDREN SING
Every Saturday, at 10:30 a.m.–11:00 a.m

HEALING SERVICE
*Wednesday, 8 March, at 6:00 p.m with light
supper served at 5:00 p.m.*

**DEADLINE FOR APRIL NEWSLETTER,
26 MARCH 2006**

Health Ministry of Living Grace

As we begin our Lenten journey, I pray you and your loved ones will experience Christ's peace, wholeness and joy. Usually this month we consider good nutrition and healthy eating, but I would like to highlight Diabetes.

Diabetes is a serious disease which is now the 6th leading cause of death in the U.S. It happens when your blood levels of glucose, a form of sugar, are too high. Diabetes can lead to dangerous health problems. The good news is that high glucose levels can be managed to help control the disease or delay future problems.

Glucose travels through our bloodstream to feed our cells. Insulin is a hormone that helps our bodies use glucose for energy. People with diabetes either do not make insulin, do not use insulin properly, or both. This means they have too much sugar in their blood. As a result, they often feel tired, hungry or thirsty, they may lose weight, urinate often, or have trouble with their eyes. In time, the high levels of glucose can hurt their eyes, kidneys, and nerves. It can also cause heart disease, strokes and even gangrene of the limbs.

Diabetes tends to run in families, but there are other factors that add to the risk of getting the disease. For example, being overweight and under-active can sometimes trigger diabetes in people who are at risk.

We do know that careful control of blood glucose, blood pressure, and cholesterol can

help prevent or delay diabetes and its complications.

There are two types of diabetes. In one kind, people must take insulin everyday. This is type 1, formerly known as juvenile-onset diabetes and is often seen in children, teenagers, or adults under 30. The second kind is type 2 diabetes, formerly called adult-onset diabetes. It is most common in people over 40.

Blood glucose levels that are either very high or very low can lead to very serious emergencies. With very high levels, people could go into a coma, and untreated very low levels can lead to unconsciousness.

There are things you can do to take control of your diabetes.

1. Meal planning and eating correctly. Health professionals can work with you to create a personalized meal plan.
2. Physical activity is very important in dealing with diabetes. Taking part in a regular fitness program can improve blood glucose levels in older adults.
3. Medications are also important. Doctors may prescribe oral medications, insulin, or a combination of both if needed. People with type 2 diabetes may not need medication if they control their weight, blood pressure and cholesterol levels through eating the right foods and getting enough exercise.

4. Keeping track of how your care plan is working by checking blood glucose levels and monitoring your blood pressure and cholesterol levels.

The following organizations offer a wealth of information.

National Diabetes Education Program
www.ndep.nih.gov 1-800-342-5383

American Diabetes Association
www.diabetes.org 1-800-342-2383

National Diabetes Information
Clearinghouse (NDIO)
www.diabetes.niddk.nih.gov
1-800-860-8747

(Information from U.S. Department of Health & Human Services)

If you would like to talk to me about diabetes, please let me know and we can set up an appointment with Karen Bramlet, our diabetic educator.

Yours in Christ



Jan Levensgood
Parish Nurse/Health Minister

The Atlanta Intracultural Ministries need to collect items for Warm Weather Kits by 1 April. There will be a box in the narthex for

- Lip balm w?SPF
- Sample size or small sunscreen SPF 30
- Visor or sunglasses
- Bottle of water
- Moist towelettes

The SALT (Seniors and Lawmen Together) have a new project this year. They have joined with the 911 Cell Phone Bank to provide free cell phones to seniors and victims of crime in Gwinnett County. The cell phones may be carried in your pocket or around the house or outside and they are programmed to only dial 911.

If anyone has an old cell phone and would like to donate it, we will have a box for collections. Any questions, ask JoAnn Durrence.

Healing Service, Wednesday, 8 March, at 6:00 p.m., with supper at 5:00 p.m.

Women of the Evangelical Lutheran Church in America (WELCA) News

Piece Maker's The quilting group will meet at St. James Church on Saturday March 11th - 9:00 AM to 12:00 N and Thursday March 23rd - 9:00 AM to 12:00 N. You may call Agnes Nelson if you would like to participate.

The quilts are made and sent to Lutheran World Relief for distribution to those in need.

Sew-N-Sews This group that sews layettes for indigent families at DeKalb Medical Center will meet at the church on Monday March 13th - 10:00 AM to 12:00 N.

If you would like to help you may call Joann Durrence.

Coming Events

Heifer Sunday Heifer International Sunday is March 19th. We hope to be able to increase our offerings for this program that sustains and develops food resources to the people of developing countries. Please give generously!

Coffee Host/Hostess Coffee Hosts and Hostesses are always needed to prepare for the Coffee Hour after the 10:30 Service. You may sign up on the sheet provided in the Fellowship Hall. Your help is needed. If you are not sure of how to prepare, get in touch with either Phyllis Prunty @770.237.9807 or Sue Benner @770.493.4044 to get the details!

Circles and Meeting Times

Anna Circle The next meeting will be Monday March 13th, 6:00 PM at the home of Pat Gere.

Dorcas Circle The next meeting will be Tuesday March 7th, 10:00 AM at the church.

Miriam Circle The next meeting will be Saturday March 18th, 10:00 AM at the church

Spring Cluster Meeting

Spring Cluster Meeting will be held on Saturday, March 25th, 9:00 AM at Trinity Lutheran Church, 1826 Killian Hill Road, Lilburn.

World Day of Prayer

World Day of Prayer is 3 March 9:30 AM, at Hillside Presbyterian Church 1879 Columbia Drive, Decatur.

Outreach Committee

Toco Hill Community Alliance The Alliance continues to be in need of food for their food pantry. Please remember those in need and bring your donations and put them in the box in the Narthex. Items needed are: tuna, pasta, sauce, any canned foods and fruits, peanut butter, dry milk and other non-perishable foods.

Your help is always greatly appreciated!

Hunger Walk

The Hunger Walk will take place on Sunday March 12th. Contact Jan Levensgood for details.

Shearith Israel Night Shelter for Homeless Women

THANK YOU to the members of Living Grace who staffed the shelter from Sunday January 8th through Saturday January 14th and from Sunday February 19th through Saturday February 25th.

These weeks of service completed the 23rd consecutive year that members of Living Grace have participated in this ministry to homeless women!!

Those who volunteered in January were Betty Bartling and Ruth Scott; Susan and Jim Brinkley; Jo Ann and Merrill Durrence; Lin and David Parker; Agnes Nelson and Vi Main; Jan Levensgood and Alice Schuler, and Missy Streubel and Laurel Gunnels.

The teams who served during February were Becky Frye and Jan Levensgood; Sue and David Benner; Pat Searing and Sue Benner; Ruth Scott and David Benner; Margery, Leyla and Olivia Kellar and Laurel Gunnels and Missy Streubel.

The shelter will remain open until March 15th, and, as of this writing, 11 of the 19 ladies who have stayed in the shelter are already settled in their own permanent housing, and another two are in the process of resettlement.

With that achievement, the program will have accomplished a 68%+ success rate for this 2006 season in helping Congregation Shearith Israel assist homeless women to attain their dreams of becoming independent again!!!

WOW!!!!!!

Annual Flea Market and Blood Drive

The date is Saturday, May 29th, 2006 from 8:00AM to 2:00PM. Please remember to save ALL the "stuff" from your spring cleaning and donate it to the church for the Flea Market.

Call Sue Benner or any member of the Outreach Committee for further details.

All proceeds are used to help fund our Outreach programs.

WORSHIP AND MUSIC AT LIVING GRACE

Living Out Our Baptism

Images of the Season

The date of Easter is determined by the cycles of the earth, sun, and moon. In the Western Hemisphere the season of Lent brings a lengthening of days. Winter turns to spring as the days grow increasingly longer. As nature bursts forth with new life, we celebrate our spiritual rebirth through the death and resurrection of Christ as observed in the entire paschal cycle from Ash Wednesday to Pentecost.

In recent decades the focus of Lent has returned to the significance it had in the early centuries of the church. Rather than a forty-day reflection on the sufferings and death of Jesus, the purpose of Lent is to lead us to the destination of Easter, when we renew our baptismal vows and celebrate the paschal mystery of Jesus' death and resurrection. As Lent was originally a season to prepare candidates for baptism, the entire assembly observes these intense weeks dedicated to spiritual formation as it prepares for the paschal feast.

Senior Choir

The Senior Choir invites anyone who wishes to sing for worship services to come to rehearsals on Wednesdays, 7-8:30 p.m. For more information, you may contact any choir member or Dr. Sass, Director of Music/Organist.

Junior Choir

The Junior Choir rehearses every Sunday from 12 noon-12:30 p.m. Starting this month, we will be honoring a choir member who's earned extra points and has good attendance. In order to earn extra points, the choir member must sit in the correct position to sing, answer musical questions, and be on time for rehearsals and warm-ups. The choir member who earned this honorable mention for this month is **Nikki Ireton**.

God's Children Sing

We come together to have fun and learn to sing, dance and play instruments for children ages 1-5. Our sessions are on Saturday mornings at 10:30 a.m. lasting for half an hour. These music sessions are for all not just members of Living Grace, but neighborhood friends and relatives. For more information, please speak to Leanne Beutler.

A New Musical Ensemble

We are in the planning stages of developing a new musical ensemble. This ensemble would play in the worship services and possibly help create and lead an alternative worship service. We are looking for anyone who plays an instrument and would like to be a part of this new ensemble. If you would like more information and interested in joining, please see Leanne Beutler, Chair of Worship and Music.

Renewing Worship

Most of you through email received a note from Pastor Lange through Don Linnartz. Pastor Lange shared with us the night he was present to record the new Setting One of the ELW (Evangelical Lutheran Worship). He told us that the new worship book will be out in October 2006 and will replace the green LBW.

The new book is red, as many of you know. And though it will have 10 settings for Holy Communion, all 150 psalms, Luther's Small Catechism, and nearly 700 hundred hymns, it will still be the same size as the current LBW!

Pastor Lange thanks Living Grace because over the past 4 years, we tested much of the material in our worship and sent in many comments and suggestions.

What a wonderful feeling we, Living Grace, can have knowing that all our months of shuffling books, liturgy booklets, and bulletins played a part in the new hymn book for the church. We were fortunate to have Pastors Hardy and Lange and Philip Newton that introduced us to the new worship and we will be very much ahead of any congregation with the new worship book.

Concert Opportunity

The Atlanta Sacred Chorale will be performing twice in the month of March in the Atlanta area. On Saturday, 18 March, at 8:00 p.m., the Atlanta Sacred Chorale along with the Atlanta Korean Master Chorale, Festival Singers of Atlanta, and the New Creation Chorale will be presenting a concert at the Schwartz Center for Performing Arts at Emory University, free admission.

On Sunday, 26 March, at 4:00 p.m., they will be performing at the Second-Ponce de Leon Baptist Church, open to the public.

If you haven't been to an Atlanta Sacred Chorale concert, you have been missing beautiful and spiritually alive music. Two of our staff singers, Sarah Ruuska and Miguel Santiago are members of the chorale.

Special Days in March

1 March
Ash Wednesday

25 March
Annunciation of Our Lord

Healing Service Wednesday, 8 March–6:00 p.m.





LENT

LIVING GRACE EVANGELICAL LUTHERAN CHURCH

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March 2006