

**Grace Evangelical Lutheran Church**  
1326 South 26 Street  
Omaha, NE 68105-2380

**Return Service Requested**  
**Dated Material**

**Email:** [graceluth@graceluth.com](mailto:graceluth@graceluth.com)  
**Web Site:** [www.graceluth.com](http://www.graceluth.com)

**REGULAR SUNDAY EVENTS**

**9:00 A.M. Christian Education**

**10:30 A.M. Worship Service**

**Pastor - Rev. Dr. Damon D. Laaker**  
**Editor/Church Secretary – Pam Reents**  
**Youth Ministries - Brenda Spahr**  
**Organist - Cody Talarico**  
**Sexton - Ambros Lado/Brian Sutej**  
**Interfaith Health Ministries - Virginia McGill**  
**Faith in Action - Julie Chytil**

**Non-Profit Org.**  
**U.S. Postage**  
**PAID**  
**Omaha NE**  
**Permit No. 39**

*Inspired By Christ, it is our mission  
to share God's Word and Love in  
care and in service to all.*



2008

**THE  
GRACE  
MESSENGER**



## 2008 Council Members

Ron Adrian	Sarah Emery	June Hilmer
Greg Hula (V.P.)	David Hufford	Regina Ivo
David Nange	Brenda Spahr (Sec)	Grace Traynor
	Pastor Laaker	

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Officers Serving the Congregation but not on Council:

Financial Secretary: Janet Hula      Treasurer: Margie Sutej

The regular meeting of the Council was held February 12th. The Council members shared their prayer concerns: Care for those in need of healing – Eldon Zellmer, Kathryn Reichert, Julie Hove, Bobby Heesacker, Shane Speerman, Bomma, Asina, Keita, care for those within the Grace family that they continue to heal; we pray for safety of Ivo especially during his upcoming travels; we pray for an end to all of the unrest and conflict in the world and for safety of all of our military personnel; we pray for all those involved in the recent natural disasters; we pray for the safety of the orphans in Sudan; we pray for all the AIDS babies in Africa.

Pastor led devotions from Isaiah 53:11 and Ephesians 1:20-21; Isaiah presents a view of hope to come; through suffering hope springs alive. Ephesians is a letter from Paul regarding Christ's ultimate rise as our Messiah by conquering death; therefore, Jesus is the name not just in the time of Paul but for all time.

Election of Officers: The Council elected the following officers for 2008: Vice President, Secretary, Brenda Spahr; Janet Hula and Margie Sutej will both continue as Financial Secretary and Treasurer respectively.

Visions for Ministry: Please read Chapter 1 of “Effective Small Churches in the Twenty-first Century” by Carl S. Dudley for our next meeting.

The Council went over Chapter 12 of the Grace Lutheran Constitution and learned about our Council duties and responsibilities.

Reports were received from the Financial Secretary and the Treasurer. Please continue to give generously.

Christian Education: A meeting has been scheduled for Thursday, March 6, 2008 to plan our new mid-week Education opportunity.

Evangelism/Outreach: No new report.

Finance: Council went over the 2008 Budget.

Property: The church received a fire inspection and all is well.

Service/Social Ministry: The After School Program welcomed a new family in the neighborhood and an additional four children will be participating in the program.

Support/Stewardship: Pastor working on submitting our ELCA report. A new church directory is being discussed which will include cell phone numbers and e-mail addresses.

Worship: Grace will have Mid-week guest speakers during our Lent services. There will be no adult choir during this year’s Easter celebration.

Unfinished Business: No new report.

New Business: A Thank-you card from Pam Reents for her Christmas gift from the church council was read. Pastor asked for volunteers to serve as voting members from Grace Lutheran Church for this year’s Nebraska Synod Assembly held in Grand Island from May 30<sup>th</sup> through June 1<sup>st</sup>.

Announcements: Grace will bring treats for our March meeting.



*And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.*

*Hebrews 10:25*

I have been going back and forth in my mind about what to write in this space for this month. There are many things that I think about and even at times say to myself, “This would be a good thing to say in my Pastor’s Notes.”

One of those things is a reflection on our shared ministry. As we entered the month of February, we began our twenty fifth year together. On one hand, it doesn’t seem possible that we’ve traveled this path together for so long. I can remember saying to Mary as I came to be the pastor at Grace, “I think it will be important that I stay at least ten years.” Well, here we are well into the third ten years.

One of my biggest hopes and dreams has been for us to turn the corner on becoming a congregation that reflects the true makeup of this community. I believe we have made some good strides toward that dream.

However, I must tell you that I’m a bit worried. I have watched as our worship attendance has dipped lower and lower over these last ten years. I know that we have lost some of our regular attendees during that time. People who were so spiritually centered on the need to be together in worship each week. I am one of those same types of people. I cannot stay away from worship. Even when I travel, I am always looking for an opportunity to join a community in worship on Sunday. Apparently, I need the fellowship of shared worship.

Many persons over the years have said, “Oh, I want to come but things just happen and I don’t get there like I should.” Maybe it is “a should,” although I don’t think of it as a should. I think of it as a “want to.” I want to be in worship. I want to hear the word proclaimed that reminds me of a God that loves me so much. I want to partake in the meal that strengthens my heart and soul for living.

We will soon enter the special time of Holy Week and Easter. I need to be reminded of my participation in crucifying Christ. I need to be reminded of the new command that Jesus gave to those who would be his disciples, “to love one another.” I need to enter the open tomb and rejoice with those who saw the risen Lord.

I long for a consistent rise in the level of worship participation by those who also want to be near this one that calls us forth in service and love. I long for each one that calls Grace Lutheran Church their spiritual home to participate more fully in the weekly gathering of the people of God in worship. May we be renewed in heart, soul, mind and strength to serve our Christ.

Pastor Laaker



Sunday  
Sunday School - 9:00 a.m.  
Worship Service - 10:30 a.m.

Prayer Service  
April 9 (Second Wednesday of Each Month)  
Quiet Time of Guided Meditation, Soft Lights and Prayer

Easter (March 23)  
6:30 a.m. Sunrise Service

**W/ELCA  
Circle and Board Meeting**

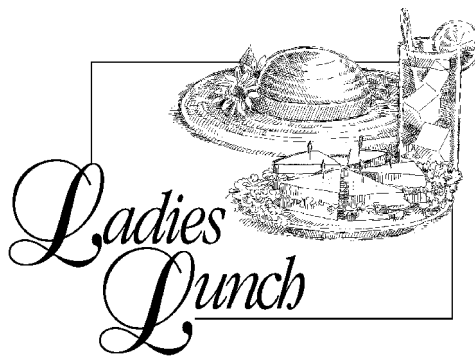
**March 18, 2008  
1:00 p.m.**

**Bible Study Leader  
Gertrude Hufford**

**Hostess  
Barb Narducci**



*Women of the Evangelical  
Lutheran Church in America*



**Lutheran Women of Omaha Luncheon**

**Kountze Memorial Church  
2650 Farnam Street  
12:00 Noon**

**Program  
Project**

**Project Angel Tree by Scott Luhning  
Kountze Pantry/Hygiene Items**

**Reservation Required by March 11.  
Call Lorraine Palma at 455-4342**

**“On Being Lutheran” Study**

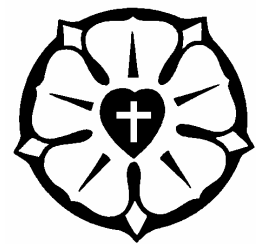
**“Reflections on  
Church, Theology, and Faith”**

*Understanding the words of Martin Luther  
and applying them today.*

**Selected Tuesday Evenings 7:00 p.m.**

**In the Upper Fellowship Hall**

**Come to one session or all of them! Drop-in's Welcome!**



**Session Topics:**

**March 4 - “A Large House, A Larger Attic”**

**Discussion on Lutheran Traditions, Old and New Observed and Forgotten.**

**March 18 - “Keys That Unlock the Kingdom - Discussion on God’s Law and the Gospel of God’s Grace.**

**April 1 - God’s Radical Work - Justification Because of God’s Undeserved Favor toward Us.**

**For more information about this class, contact David Hufford through the church office at 341-7730**

**If you can't see the bright side of life, polish the dark side.**



# LENTEN CALENDAR

Wednesday Nights  
6:00 p.m. Lenten Supper  
7:15 p.m. Lenten Service

March 5  
Dinner Hostesses  
Mary Laaker and  
Donna Adrian  
Speaker  
Pastor Glen Thomas  
on Baptism

March 12  
Dinner Hostess  
Brenda Spahr and the  
Kids at Work Kids  
Speaker  
Pastor Rod Hopp on  
The Lord's Prayer



Sunday, March 9  
9:00 a.m. Sunday School  
10:30 a.m. Worship Service  
Choral Presentation by the Rejoice Lutheran Choir



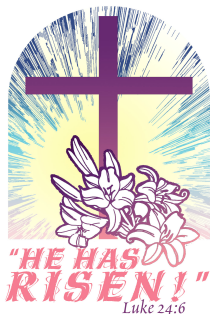
Palm Sunday, March 16  
9:00 a.m. Sunday School.  
10:30 Palm Sunday Worship Service.



Maundy Thursday, March 20  
6:00 p.m. Lenten Supper.  
7:15 p.m. Maundy Thursday Service.



Good Friday, March 21  
No Supper.  
7:15 p.m. Good Friday Service.



Easter, March 23  
6:30 a.m. Easter Sunrise Service  
7:30 a.m. Easter Breakfast served by the Moyer family.  
9:00 a.m. Sunday School and Confirmation Class.  
10:30 a.m. Worship with Communion.



## Prayer Concerns from Family and Friends

- ◆ Ambros Lado - Pray for Ambros as he takes driving classes with his physical therapist. He is also looking into going back to school to improve his English skills to become a translator. Ambros knows several languages! (Member)
- ◆ Megan Sperling - Pray for emotional and physical healing. (Friend of Member, Lori Vasquez)
- ◆ Kathryn Reichert - Cancer treatments are not as successful as hoped. New tumors keep showing up. (Granddaughter of Don and Norma Olson)
- ◆ Elna Burns - Suffered a stroke. (Sister of Don Olson, member)
- ◆ Andrew Edwards - Doing dialysis a couple times a week until a kidney can be found. (member)
- ◆ Rex Olson - For healing as he deals with cancer. (relative of members, Don and Norma Olson)
- ◆ Ernie Olson - On-going therapy after his stroke. Pray for help as he is trying to find another job that will enable him to continue gaining strength. (member)
- ◆ Betty Coniglio - Continued recovery from heart issues. (member)
- ◆ Teri Briley - Recently diagnosed with cancer. (daughter of Gloria and Richard Moore)
- ◆ The Schoenwald family - On Saturday, February 10th, the family was involved in a fatal crash in Colorado. Three of the family members are dead., the father and 2 children. Please pray emotional and physical healing for the survivors, Janelle, and her twin 15- year old daughters, Alyssa and Avery. There are several surgeries ahead for the girls because of severe injuries.  
(Relatives of Pam Reents)

### **Pray for our Shut - ins and Nursing Home residents:**

Harlan Morter  
Richard Moore

Lola Harsin  
Thelma Harrahill - (In Kansas with her children)

Mae Lane

Pray for wisdom for your Church Council here at Grace Church.

Pray for the new Council Members. Ask God to bless their new ministry among us.

Pray for strength and spiritual wisdom for the leaders in the local church and the Nebraska Synod:

Pastor Laaker

Bishop David deFreese, Nebraska Synod

Bishop Mark Hanson, ELCA Bishop, United States

- ◆ Pray for the Sudanese community in general. Titus Duli, David Nange and Silas Tuw are the elders for the Sudanese Worshiping Community.
- ◆ Remember John Ivo Mounto. John is working several very dangerous locations in Africa. He has armed guards with him at all times

**We Need Updates! Please Contact the church office.**

“Fear not because your prayer is stammering, your words feeble, and your language poor. Jesus can understand you. Just as a mother understands the first lisping of her infant, so does the blessed Savior understand sinners.

He can read a sigh and see a meaning in a groan.”

J.C. Ryle

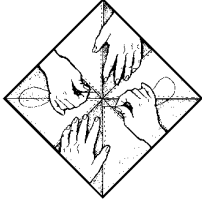
**4:00 p.m. - 5:30 p.m.**  
**Monday thru Thursday**

**Games, Crafts, and Fun**  
**Geared for Elementary Kids!**

*Remember, if OPS is out,  
there is no Afterschool program.*

**Free!**

Director, Brenda Spahr



**Quilting on Mondays!**  
**at 9:00 a.m.**

If you have the morning free, drop by and help cut squares and tie quilt tops on to the backs. Coffee break is at 10:00 a.m.

**Kids At Work 2008**



Kids At Work 2008  
Just a hop,  
a skip  
and a jump away!

It's a new year, but the same question – How about being a team leader for Kids At Work?

It involves little more than two hours a day, Tuesday and Wednesdays from 9:45 a.m. to noon. starting in June.

Would you like to support kids in a good start by learning how to save money and develop good work skills?

Come on, hop to it! Skip up! Jump forward and volunteer!

Any questions? give me a call, at 551- 4347.  
Brenda Spahr, Director of Kids At Work

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**Kids At Work to sponsor March 12th Lenten Dinner**

Brenda and the Kids At Work Kids will be hosting the Lenten Dinner on March 12th. The dinner will feature kid friendly food. Invite your friends and anyone who might be interested in joining the summer program. All proceeds will go toward Kids At Work supplies and salaries.

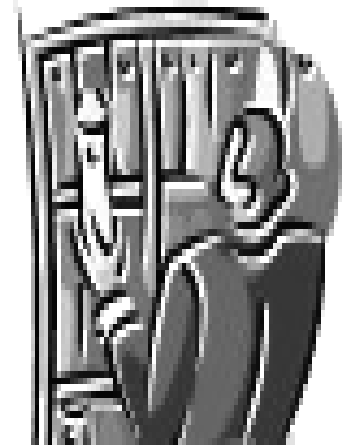
# Happening in the Library!

## Lent Book Sale

The Library Board is collecting used books, videos, CD's and cassettes in good condition as a fund-raiser for the Library during Lent. A sale table has been set up in the Upper Fellowship Hall.

Place your donated items in the box on the sale table.

Be sure to stop by the table each week and see what's new for purchase! Last year, we had a popular book that was purchased, donated again, purchased and donated again. Several people all read the book and had fun discussing it.



### Ever been asked, "This tastes great! Can I have the recipe?"



The Library Board is collecting recipes for a Grace Lutheran Church cookbook. Please go through your recipe repertoire and submit recipes that your mama made or your family raves about or just good old fashioned comfort food. We'd love to hear from people who moved away, former members and all the friends of Grace Church.

A box has been provided for your submissions. The box, decorated to look like a stove, is located on the library book sale table in the upper fellowship hall. Submit as many recipes as you wish.

The project will take several months to complete. Be sure to include your name as well as the source, i.e. your mom's name, your friend's name, your spouse's name, etc.



## Lutheran Men in Mission Gathering

### "Coming of Age"

August 1-3, 2008

Hilton Hotel and Qwest Center

August 1-3, 2008, men of all ages will gather in Omaha, NE, under the same theme verse as the founders, "...your old men will dream dreams, your young men will see visions." (Acts 2:17). We will celebrate 20 years of ministry and launch the next great step. Lutheran Men in Mission will continue to grow and become a financially self-reliant, separately-incorporated ministry of the ELCA. Lutheran Men in Mission will COME OF AGE. More importantly, generations of men will come together in Jesus Christ. We will serve, we will play, we will learn, we will worship, we will encounter God – and each other – and we will grow! Bring your son, bring your friend, and bring your dad – join us.

*Save \$50.00! Register by March 15th. More info can be found on the bulletin board.*





# "Helping Hands"

Working Together in God's service

## Project Hope Again Participating in "Feinstein Opportunity"

Your donations to Project Hope during March and April will be matched by the Feinstein Foundation. To donate, you may drop an envelope in the offering labeled "Project Hope" on Sunday, give grocery items, or mail a check directly to Project Hope, PO Box 11-1312, Omaha, NE 68111- 1312. On the memo line write "Feinstein."

Mr. Alan Shawn Feinstein of Cranston, RI, writes: "For the past 9 years, I have been giving away \$1 million each year to anti-hunger agencies throughout the country. Why am I doing this? Because I believe each of us was put here on earth to do what we can to help those in need. This has become the greatest grass roots campaign ever to fight hunger in our country. Your donation makes you a partner in it with me! My money started this campaign but it is YOU who will help decide how many needy people in your city or town will be fed this year. I'm only here to give you some support and to remind you of this: All that will matter to us someday is what we did while we were here to help those who needed us. ... Please give whatever you can – I will gladly add some of my money to yours. My \$1 million will be divided in full proportionately among the agencies receiving donations toward my offer."

Project Hope has a 2008 budget of \$50,000.00. They will get \$1.00 credit for each food item donated and \$1.00 credit for each dollar. Project Hope served an average of 493 families a month or 1,215 individuals. In addition to giving out food, they like to give disposable diapers, donated quilts (both adult and baby), bathroom tissue, and other personal care items when available.



On Sunday, February 3rd, Super Bowl Sunday, we collected \$167.00 and 72 items of non-perishable food for the Lutheran Pantry during our Souper Bowl of Caring drive!

## Good Neighbor Ministries Volunteers Needed

Good Neighbor Ministries is an organization that works in the inner city neighborhoods, specifically the Columbus Park and surrounding area where Grace Lutheran Church, Faith Bible Church and several other churches are located.

Stephen Stout, the Director of the program, is looking for specific help for the following needs:

- ◆ Leo has a light fixture that is not working right and needs fixed.
- ◆ Mary (mid 50's) recently prayed to receive Christ in her life, and could really use a special lady friend to meet with her for a little while and help her grow spiritually.
- ◆ Hank has been feeling very down, sad and discouraged at just about everything. He needs a couple of good people, not to be religious in any way, but just to genuinely care for him. Two ideas: He needs his gutters cleaned out. He could use a special care basket.
- ◆ John and Dorothy have one small pickup load of branches, and a small tree trunk that needs to be hauled away.

If you can help or want some information about any of these or other opportunities, contact

Stephen Stout  
Good Neighbor Ministries  
344-4738

# Community News



Anxious? Sad? Stressed? Marriage difficulties? Family Troubles?  
Free or reduced rate Counseling is Available.

If you would like more information or to set up an appointment, please call Allyson Campbell at South High at 557-3675 or St. Luke's Evangelical Lutheran Church at 733-0172.

Allyson is the counselor for the South Omaha area. The service is made available to members of the community through the support from the Nebraska Methodist Hospital Foundation.

Other Community Counselors are available and serve other parts of the metro. For a complete list of sites and service, check the church bulletin board or call the church office mornings at 341-7730.

## It's Time for congress to Measure Up!

*Rule out Debt to Fight Global Poverty*

The Jubilee USA Network, an alliance of more than 80 religious denominations and communities including the ELCA and many other social community groups are working for the cancellation of debt and an end to poverty in Asia, Africa, and Latin America. The Network has launched the Measure up! Rule Out Debt! campaign to build support for the Jubilee Act. The Act is an important piece of debt Legislation working its way through Congress. Since there are only 55 working days on the Congress Calendar, now is the time to take action. Sign a postcard (available through the church office) to your Senators and Congressmen. Bring them to the church and they will be mailed.



The Park Avenue Redevelopment Study is set for completion on March 6 when it will be shared with the public at an open house from 7 - 8 p.m. in the Community Room of St. John the Baptist Greek Orthodox Church, 602 Park Ave. (enter through the west side of the building on 30th Street).

The finished product - a report that will provide an overview of research completed on the study area, a summary of the input provided by the public and steering committee, as well as priorities and recommendations for moving forward - will serve as the guiding document to craft a plan of action to revitalize the Park Avenue area.

Participants at the open house will have the first opportunity to join a committee charged with implementing the plan.



Senior Center  
Activities

2101 S 42 Street  
Phone 553-5300  
for more information.

Open Monday - Friday  
9:00 a.m. - 2:00 p.m.

Lunch served at noon (\$2.50 donation)

Transportation offered for nominal fee.

Exercise classes, Tai Chi, bingo, crafts, speakers, parties and day outings.

Every Monday, a nurse is available to help with general issues such as checking blood pressures, clip toe nails, organize meds, etc.

Call ahead to make an appt at 392-1818

# News from the Families of Grace Lutheran Church

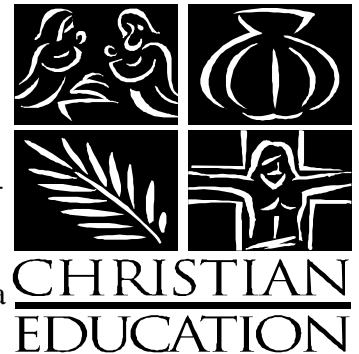


- ◆ To Eva Martin and Brenda Spahr for their work on the Library Used Book Sale. Be sure and stop by the table. There are new “old” books added every week.
- ◆ To Loren Moyer for the great recipe collection box he created for collecting our contributions for the Grace Church Cookbook. He cleverly created and designed the box to look like a kitchen stove!
- ◆ To Bob Moss and Jerry Van Ormer for their continuing efforts to “purge” out all the old stuff stored around the church.
- ◆ To Barb Nelson, LaVonne Moss, Norma Olson and Marilyn Van Ormer for their wonderful quilting work each Monday morning for Lutheran World Relief. The quilts are made out of old polyester clothing. The creations designed from those materials are truly works of art!

Christian Education Planning Meeting  
Thursday, March 6, 2008  
7:00 p.m.

We would like to invite persons interested in helping us plan a new mid-week Christian Education program for adults and/or youth.

If you would like more information, please contact Pastor Laaker or a Church Council Member.



Time is Running  
Out to Order  
Your Easter Lily!

The deadline is March 9th.  
Cost: \$8.50



Stop by the bulletin board and sign up to purchase an Easter lily: The cost to sponsor a lily plant is \$8.50. Please indicate whether you would like to take your lily home after Easter services or leave it to be given to one of our shut-ins.

Join Us On  
Sunday, March 9th  
10:30 a.m.

The Rejoice Lutheran Choir of Omaha, NE, under the direction of Ray Swart, will present an Easter Musical Program during our worship hour.



A cookie reception is planned after the service. Volunteers are needed to sign up and bring baked treats for the event. A sign up sheet has been posted on the bulletin board.



## Columbus Park Neighborhood Meeting

March 20, 2008 7:00 p.m.  
Basement of Grace Lutheran Church  
Topic: Spring Cleanup

 *Nebraska Choral Arts Society*  
*Ragazzi Children and Ragazzi Youth Choirs*

**"Belle Musique" An Evening of Beautiful Music**  
*Free Concert*

Saturday, April 19, 2008 7:00 PM  
Grace Lutheran Church  
1326 South 26th Street, Omaha, NE

Join Nebraska Children's Chorus Ragazzi Youth and singers from the Heartland Youth Choir from Des Moines, IA, for an evening of beautiful music. Both choirs will present a variety of great choral music sure to entice any music lover. Receiving regional accolades for their quality choral and singing technique, as well as their ability to blend children's voices Ragazzi Youth will be the hosts of a collaboration concert with the Heartland Youth Choir, who is tour during this weekend.

Ragazzi Youth will have just returned from a 3 day Iowa tour to the Ames Children's Choir Festival and collaboration with the Iowa Youth Chorus, also of Des Moines. Ragazzi (Italian for "children) Youth, is one of the six choirs which makes up the Nebraska Children's Choruses. An intermediate level choir involving singers in grades 5-7, Ragazzi Youth focuses on singing technique, music literacy, and studying a variety of musical genres. Ragazzi Youth is conducted by **Cody Talarico**, who also serves as the organist for Grace Lutheran Church.

This concert is free and open to the public. Special thanks to the congregation of Grace Lutheran Church for their assistance in hosting evening of beautiful music.

Please mark your calendars and join us for an evening of "Belle Musique."



Simone Weber to perform at the Holland Performing Arts Center.  
Scott Recital Hall, at 7:30 p.m  
*Music Director of First Lutheran Church*

Simone Weber celebrates the passages of her life experiences in her album, Transformation. From the time she began writing the songs on Transformation to the present, her journey has taken many twists and turns, including the birth of her daughter, Hope. Her lyrics inspire and move her listeners as she takes them on her journey of self-discovery. The 28-year-old Omaha songwriter's journey has taken her to new musical heights. Her blend of acoustic melodies and hope-filled lyrics touch the heart and provide inspiration and comfort to her listeners as they travel their own paths.

Her debut recital will be March 27 at the Holland Performing Arts Center in the Scott Recital Hall, at 7:30 p.m. Tickets are available by calling (402) 345-0606. General seating tickets are \$10.00 and up. To hear Simone's music, go to <http://simonegweber.com>.





Virginia McGill  
Director

Gabriella Ortiz, Assistant  
Douglas County Health Department  
Se habla español.

As Interfaith continues to raise awareness and seek funding for our outreach ministry in the community, I find that participants express beautifully what Interfaith's ministry provides. I am including another letter from a participant in this month's newsletter because Irma's words tell the story of Interfaith's impact on her and her family in a way that is both personal and profound.

Virginia McGill, Interfaith

Dear Foundation Board Members,

My name is Irma and I am part of the Latinas in Action program. I heard about Interfaith and Latinas in Action at a health fair that I was attending. I have been taking part in the program for a year and a half.

I decided to join Latinas in Action because I did not have much opportunity to exercise. I continue coming to the group because I really like the way the program is set up. I enjoy the aerobics classes and find that I have received many benefits from continuing to participate. I feel much more active and my cholesterol level and my stress level have both gone down.

I have made changes in my diet, too, I eat more fruit and vegetables and cook with less fat and salt. Physically, my feet do not hurt me like they used to before I joined and I have more flexibility. Mentally, I feel less nervous, I am more relaxed and have more energy to do things.

Latinas in Action shows me how to eat healthy and gives me information about how to feed my family a healthy diet. I have also learned from the classes that are offered with the program about family and caring for children. I am happy that the information from the classes is offered free to the entire community. In Latinas in Action we are always given important information about staying healthy. I am very grateful for this program.

Thank you for your consideration,  
Irma

### Think R.I.C.E For Injuries

*If you suffer from a sports related injury, use R.I.C.E.*

The term stands for Rest, Ice, Compression, and Elevation.

Rest - Take a break from exercise or any type of movement that may stress the injured area. A minor injury should be rested for one or two days, while more severe injuries may need longer.

Ice - Ice the affected area. Icing reduces pain, limits swelling and bleeding, and encourages rapid healing. Wrap ice in a towel to avoid direct contact with the skin.

Compress - Compress the injury with a stretch bandage. Make sure not to wrap it too tight, just enough to support the injured area comfortably.

Elevate - Elevate the limb. If possible, try to keep the injured part above the level of the heart. At the very least, try to keep it higher than the hips. This helps limit swelling and also prevents movement of the area that is injured.

[www.health-fitness-tips.com](http://www.health-fitness-tips.com)



## From the Editor

“A man of sorrows. Acquainted with grief.” As I head into the final weeks leading up to the celebration of Easter, these two phrases keep repeating in my head. On February 10th, my family received word a family related to us by marriage had suffered a great loss. The Schoenwald family from Wichita had been on their way for a weekend of skiing in Colorado. Ken lost control, rear-ended a vehicle and was catapulted across the median into the path of a semi truck. In an instant, Ken, age 46, Jenna, age 18, and Jace, age 13 were killed. My cousin, Janelle, was ejected from the vehicle and her twin daughters, Avery and Alyssa, age 15 were critically hurt. The survivors were air lifted to a hospital in Denver.

As my family, churches from Wichita, and people around the country connected to the Schoenwald family prayed, the girls slowly healed. As I write this, Janelle, who suffered a very serious concussion, is close to being released. The twins suffered severe injuries to their pelvises and face several surgeries. Now begins the process of emotional healing.

Everyone felt at a disadvantage as to how to minister to the family when they were so far away. Isn't it interesting how we want to DO something to relieve the suffering. We feel helpless. Just look at the out-pouring of money and mementos after the Von Maur shooting. Flowers, teddy bears, snowflakes, money... but very often the only thing to do is pray. I prayed for my aunt and uncle. I prayed for the doctors. I prayed for the family and friends left behind. I shared my story with Brenda. Brenda prayed and shared my story with her sister, Joann. Joann lives in the Denver area. Joann prayed. Now...here comes an amazing part of my story. Joann obeyed the Lord! As she prayed, she felt God calling her to visit my loved ones. Joann does not know me well. She knows me through Brenda and Eva and the few times we've met. She does not know my cousin at all. But Joann knows the Lord and decided to visit. She did not come empty handed. As she contemplated her visit, she stopped at a gift shop. Balloons didn't seem appropriate. Maybe a devotional book. Joann's eye fell upon a journal. Yes. That's the right gift.

Joann walked into Janelle's hospital room. Journal in hand, she sat by Janelle's bed. Joann became an ambassador on behalf of God's people and on behalf of my cousin's friends and my family prevented by distance from visiting. The journal was exactly what Janelle needed. She had been trying to keep track of things in a small pocket notebook that was really not adequate. God sent an ambassador with the very item Janelle had longed for.

I am amazed by God's guiding and by the obedience of Joann. I'm not sure I would have been able to visit a total stranger who had suffered such a great loss. I have trouble knowing what to say to those I know well when horrible things happen. Everyone involved in this situation, my family and by extension, Janelle's church family was touched. By Joann's obedience, I learned again what God can do if I am listening and willing to His smallest command.

The Schoenwald family knew the Lord. Their testimony in the community was one of great love of God. Without a doubt, I know where Ken, Jenna and Jace are today. Each of them had made a commitment to allow God to be in control of their lives. They knew that nothing they did could make them clean in God's sight. They had each prayed to accept His gift of salvation.

How about you? If you died tonight and stood before God, why should He let you into heaven? The only answer is that you have accepted that you are not able to earn your way past your sinful ways. The only way to God is by asking Christ to cleanse you and cover your sinfulness with the sacrifice of Jesus Christ who died so that the penalty of sin which is death would be paid. This Easter season, give your heart to God in response to the glorious sacrifice of Jesus Christ. (John 3:16)

*Pam Reents, Editor.*

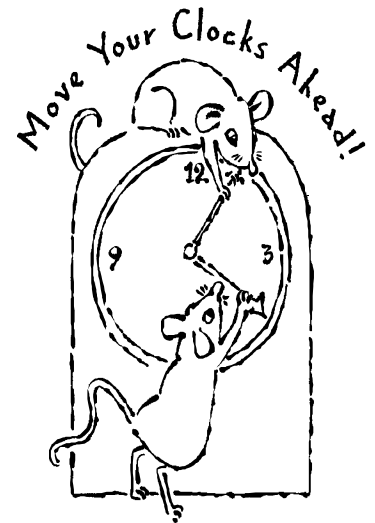




- ◆ Named from the Latin - *Martius* or "of Mars"
- ◆ Mars was the Roman god of war.
- ◆ March was the original beginning of the year, and the time for the resumption of war.
- ◆ has 31 days.
- ◆ Birthstone - Aquamarine
- ◆ Flower - Jonquil, Daffodil or Chrysanthemum which stands for beauty, honesty, loyalty

### Special Days at Grace Lutheran Church

- March 4 & 18 - On Being Lutheran Study.
- March 5 - Dinner and Lent Worship.
- March 7 & 8 - Joint Confirmation Class at First Lutheran.
- March 8 - Daylight Savings begins! Spring Ahead!
- March 9 - Rejoice Lutheran Present their Easter Cantata at Grace
- March 11 - Church Council Meeting.
- March 16 - Palm Sunday.
- March 18 - W/ELCA Board Meeting Ruth Dorcas Circle Meeting.
- March 20 - Maundy Thursday Dinner and Lent Worship.
- March 21 - Good Friday Service.
- March 23 - Easter Sunrise Service and Breakfast.



March 8, 2008



### Irish Wit

- God is good, but never dance in a small boat.
- An old broom knows the dirty corners best!
- A friend's eye is a good mirror.
- A silent mouth is melodious.
- That's a fine doorful of a woman.  
(On the Topic of a tall, large woman)

B.C.

by Johnny Hart

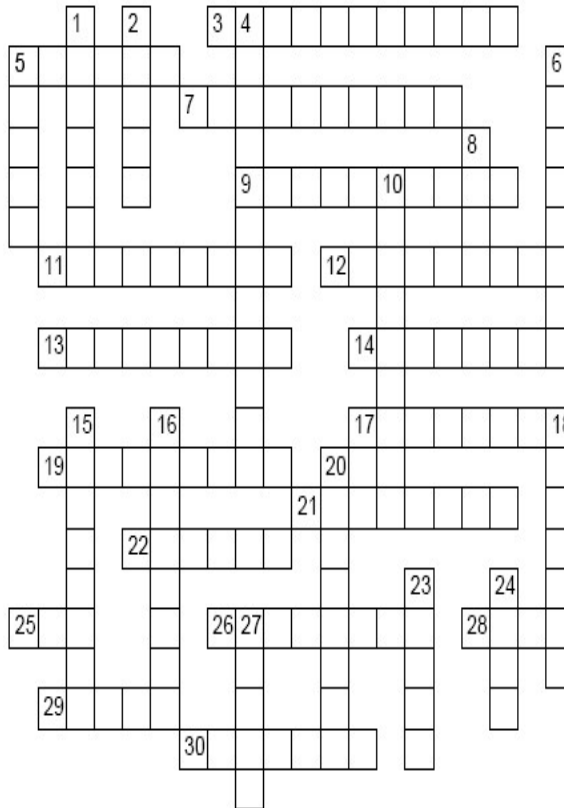


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# Easter

## Across

3. Roman form of punishment
5. what the women brought
7. despair; destruction
9. deliverance from bondage
11. the "holy city"
12. Sacred Writ
13. power to command
14. small silver coin of ancient Rome
17. Barrabus
19. Mary -----
21. an agreement
22. to whom Roman taxes were due
25. # of apostles walking to Emmaus
26. Feast of Unleavened Bread
28. what Jesus was dressed in
29. 1st word of Jesus' greeting to his disciples
30. he walked with Jesus



## Down

1. argument
2. heard the rooster crow three times
4. rising again
5. resurrected Christ first appeared to him
6. absence of light
8. a young horse
10. to pursue with the intent to injure
15. stone at the top of a wall
16. place of happiness and rest
18. animal that crowed three times
20. "place of the skull"
23. what Jesus broke
24. last resting place
27. ministering spirit

## WORD LIST

angel  
authority  
bread  
Caesar  
capstone

Cleopas  
colt  
covenant  
crucifixion  
darkness

denarius  
desolation  
dispute  
Golgotha  
Jerusalem

Magdalene  
murderer  
paradise  
Passover  
peace

persecute  
Peter  
redemption  
resurrection  
robe

rooster  
scripture  
Simon  
spices  
tomb

two

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