

# GRACENOTES

THE MONTHLY NEWSLETTER OF GRACE EVANGELICAL LUTHERAN CHURCH

## From the Pastor

By Paul H. Pingel



August is a transitional month. For families with school and college-aged children, we transition from “summer vacation” to “back to school.”

For many there’s a transition from a summer of weekends at the lake, or vacations taken, to a more regular routine back at work. Even in retirement, the end of summer can be a new start or a re-start in a new direction. But in August there may be a little of both. That’s true for Grace as well.

For a number of years – all the way back to early high school! – Tyler Wertman has been a guide for Grace’s electronic communications: our website and its design and maintenance, connections to social media like Facebook and Instagram. Now with Tyler attending Roanoke College in August, Gordon

Putnam has agreed to maintain the website and will work with Owen Keefer, Nancy Dowdy and myself – hopefully with others to help as well - to enter new information, to help secretary and pastor coordinate calendars and schedules, and generally help maintain the communications that Tyler has been taking care of for many years. We’re thankful for Tyler and his helpfulness to Gordon as we transition our communications in August and beyond.

At the past Synod Assembly, which had the theme “Only By Grace Can we Stand,” the graphic logo design for the assembly showed a bridge of blue between the past and the future, and if you looked closely, you saw that the bridge was filled with all kinds of people, and the bridge itself was a person: the person of Jesus Christ. In August, Bishop Humphrey, and his staff, including Assistants to the Bishop Kelly

*(Continued on page 2)*

Bayer Derrick and John Wertz will be visiting our Southern Valley Conference on August 19<sup>th</sup>, talking with Conference congregations about our way forward – finding Christ’s bridge between our goodly heritage and where God is leading us in the future - a good topic for us at Grace in this 125<sup>th</sup> Anniversary year. See the notice elsewhere in this newsletter in the bulletin, and please come to Salem Lutheran Church for important discussion.

Yes, August is a time to talk about a return to routines like Sunday Worship, Sunday School, weekday Christian Education, Choir, and special events like the August 12<sup>th</sup> Heritage Picnic (see elsewhere in this newsletter, and bulletin). But this talk is not the typical “filler article” of late summer. Just as Jesus had times where he called his disciples aside to rest and re-creation and teaching in his ministry on earth, what he always discovered was that God was calling him out into the world to bring good news to the poor, to declare God’s favor and Grace to others, to give, to heal, and to offer hope. At the National Youth Gathering, theologian Joe Davis shared the following quote: “When we take the hospitality of home everywhere we go, we are no longer in a church building, but we are building church.” What we are about as Grace Lutheran Church is important, as we gather together at Grace, yes, but most importantly, when we go in peace to serve the Lord.

In August, I also celebrate another year at Grace with you all as we work together in the Mission God has for us. Six years! I have asked John Wertz, the Synod’s newest Assistant to the Bishop, with a focus of his ministry on Evangelism and Mission to help facilitate our next Grace Council retreat in September. Though we have much to celebrate as God’s people here at Grace, we know from God’s Word that God’s Spirit continues to move and guide us to follow the Risen Jesus, as he tells us to follow him in this Galilee that we live in. (Mark 16:7)

Finally, in this transition month, and in a month with a LOT of news and happenings both in the world around us and in our own lives, it’s important to be reminded what the saints who went before us were taught: that prayer, regular times in God’s Word, and time together to worship, serve, and share the Gospel in word and deed are vital ways to ORIENT our life so we see it from God’s perspective in Jesus Christ. Make time to thank God for keeping you the night before when you greet the new day; End the day not by clicking off the TV or closing the computer, but by giving thanks to God for the day, asking forgiveness for the ways we fell short, and in the comfort that tomorrow is a New Day in our baptism into Christ’s death and resurrection (see Luther’s morning and evening prayer on page 7). Each day is a New Day in God’s Grace! We are a congregation well named!

# Highlights of Congregation Council Meeting

**July 17, 2018**

Bill Meicke and Rebecca Joyce of the Central Shenandoah Planning Commission discussed courses and programs they provide to teach families and the church. This could include the church being a place for students to gather and for parents to pick up students from schools if an emergency should arise.

Pastor's Report – Hannah Pingel, Lily Pingel, Sidney Rankin, Laura Shaw, Marlene Shaw and Pastor had a great trip to the National Youth Gathering in Houston, TX from June 27 – July 1, 2018. There was always something going on every day: service projects, games, music, speakers and worship services.

Pastor attended the 50<sup>th</sup> anniversary of Rev. C. D. Brown and the congregation of Christ Tabernacle Church of God in Christ, and the Installation service of Wes Smith as the new pastor of Zion Lutheran, Waynesboro.

On Sunday, August 12, six local Lutheran Churches, including Bethany Lutheran Church-Missouri Synod, are invited to a picnic at Trinity Church in Crimora starting at 6:00 p.m. and a hymn sing at 7:00 p.m.

Brad Keefer and Jack Eckstrom have talked with a contractor who explained the method and materials to be used for wrapping the tower. They also discussed replacing and upgrading the landscaping around the church.

# Parish Nurse's

## Health Corner

By Marlene Shaw

### ***Fun Family Fitness***

Stephanie Mims PT, DPT, MBA

The American College of Sports Medicine recommends adults get at least 150 minutes of moderate-intensity exercise per week, which is equal to 30 minutes of activity five days per week. Broken down, it is much more achievable. Children are recommended to get 60 minutes of daily exercise. Being physically active for 30 minutes together as a family will allow you to meet your goal and your children will have a head start meeting their target.

It used to be the exception for both parents in a household to work fulltime, but it has now become the norm. With hectic schedules, it can be difficult for adults to keep both themselves and their children physically active. Going for a nature hike, a family bike ride, or swimming on a hot summer day are great ways for

families to stay active. On days when free time is short, here are few tips to sneak in physical activity:

- **Park in the parking spot that is furthest from the entrance.**

This is a good way for both you and your children to incorporate some more physical activity into an errand that you must already do. Talk about multitasking!

- **Track your steps**

Many people have electronic fitness tracking devices these days, but even a simple pedometer will do the trick. Set daily, weekly, or monthly step goals as a fun family competition. It helps you to hold each other accountable and if the winner picks a fun family activity at the end of the day, week, or month it makes it much more enjoyable.

- **Take the steps instead of the elevator whenever you can.**

This gives you a chance to get your heart rate up a little bit throughout the day while helping save electricity.

- **Have an outdoor family game night.**

Instead of playing board games that require you to be sedentary play all the outdoor games you played as a child. Freeze tag, Red Light Green Light, “Mother/Father May I”, and Duck Duck Goose are fun examples. Not only will you fit physical activity into your schedule, it will allow you act like a kid again!

What specific activity you choose to do with your family isn't what is important. What is important is to teach your children that staying physically active is important for the whole family throughout life. Make it a priority and not a chore. Keep it fun!

# August Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 12:30 p.m. Bridge Club (Fellowship)	3	4
5 9:30 a.m. Choir 10:00 a.m. Holy Communion  <i>Blessing of the Backpacks</i>	6 All Day Synod Staff Retreat (Conference Room)	7 All Day Synod Staff Retreat (Conference Room)  3:00 p.m. WARM (Fellowship Hall)	8	9 12:30 p.m. Bridge Club (Fellowship)	10	11
12 9:30 a.m. Choir 10:00 a.m. Holy Communion  Rev. Joe Shumate Preaching  6:00 p.m. <i>Heritage Picnic</i> 7:00 p.m. <i>Hymn Sing Trinity Lutheran, Crimora</i>	13 6:30–7:30 p.m. VMA (Fellowship Hall)	14	15 3:00 p.m. WARM Board (Conference)	16 12:30 p.m. Bridge Club (Fellowship)  6:30–7:30 p.m. VMA (Fellowship Hall)	17 Vocations Confer- ence Eagle Eyre	18 Vocations Conference Eagle Eyre  4:00 –8:00 p.m. VMA Valley Music Fest
19 9:30 a.m. Choir 10:00 a.m. Holy Communion  4:30–6:30 p.m. <i>Southern Valley Conference Gathering</i>	20 All Day Pastors Meet with Bishop  6:00 p.m. Kiwanis (Conference Room)	21 7:00 p.m. Council (Conference)	22	23 12:30 p.m. Bridge Club (Fellowship)	24	25
26 9:30 a.m. Choir 10:00 a.m. Holy Communion	27	28	29	30 12:30 p.m. Bridge Club (Fellowship)	31 <i>Pastor— Vacation</i>	1 <i>Pastor— Vacation</i>

# Luther's Morning and Evening Prayer

## From the Small Catechism

### **The Morning Blessing**

*In the morning, as soon as you get out of bed, you are to make the sign of the holy cross and say:*

God the Father, Son and Holy Spirit watch over me.  
Amen

*Then, kneeling or standing, say the Apostles' Creed and the Lord's Prayer. If you wish, you may recite this little prayer as well:*

I give thanks to you, heavenly Father, through Jesus Christ your dear Son, that you have protected me through the night from all harm and danger. I ask that you would also protect me today from sin and all evil, so that my life and actions may please you. Into your hands I commend myself: my body, my soul, and all that is mine. Let your holy angel be with me, so that the wicked foe may have no power over me.  
Amen

*After singing a hymn, or whatever else may serve your devotion, you are to go to your work joyfully.*

### **The Evening Blessing**

*In the evening, when you go to bed, you are to make the sign of the holy cross and say:*

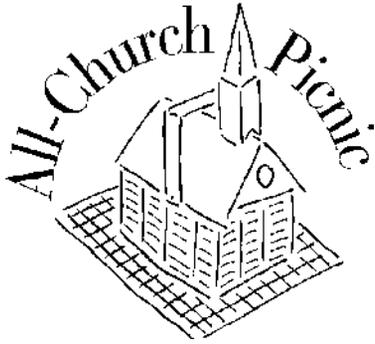
God the Father, Son and Holy Spirit watch over me.  
Amen

*Then, kneeling or standing, say the Apostles' Creed and the Lord's Prayer. If you wish, you may recite this little prayer as well:*

I give thanks to you, heavenly Father, through Jesus Christ your dear Son, that you have graciously protected me today. I ask you to forgive me all my sins, where I have done wrong, and graciously to protect me tonight. Into your hands I commend myself; my body, my soul, and all that is mine. Let your holy angel be with me, so that the wicked foe may have no power over me.  
Amen

*Then you are to go to sleep quickly and cheerfully.*

## Grace 125th Anniversary Heritage Picnic at Trinity, Crimora on Sunday, August 12th



Five Lutheran Churches: *Bethany, Bethlehem, **Grace**, St. James, and Zion*, are all Mission starts from Trinity Lutheran in Crimora, known as Koiner's Chapel in its early years. We're celebrating that common heritage between five congregations on Sunday, August 12th, with a PICNIC at 6:00 p.m., and a HYMN SING at 7:00 p.m.

We'll have **Fried Chicken, Tea, Lemonade, Water, and Plates, Cutlery, Napkins** and ask that you *bring a dish to share*. *There will be games for children, so bring the family!*

The **Hymn Sing** will start at 7:00 p.m., and include many favorites, Lutheran standards, AND songs that the children can sing and enjoy.

We'll also have a *brief* history of how the five congregations were "birthed" from one common heritage. We've gotten good indications that our sisters and brothers from Bethany, Bethlehem, St. James and Zion are excited about this event! Come for the fun and celebration!!





VIRGINIA SYNOD, ELCA

# 2018 CONFERENCE GATHERING

SOUTHERN VALLEY

SUNDAY, AUGUST, 19 AT 4:30 PM

SALEM LUTHERAN CHURCH

417 SALEM CHURCH ROAD, MOUNT SIDNEY,

VA 24467

Meet with Bishop Humphrey and his staff as our Synod Office works to bridge connections with each other. We want to learn from you in what ways can the Synod office best serve you and the communities in which you are located.

# Odds and Ends

## Web Page and Communication

For the last number of years, Tyler Wertman has been Grace Lutheran's web developer and Webmaster. Now Tyler is moving on, going to Roanoke College in a few weeks, and handing off that position to Gordon Putnam. Tyler has done a great job using code. (If you don't know what that is just know it takes some learning and practice.) This necessitated changing how the web page is created, that is, make it a simpler process. There will be some changes but the same high standards that Tyler set.

In my first congregation, to get information out I just had to tell one of the ladies on the council something and by the next day everyone knew it. (Just joking.) However the point is how do we communicate to our members, people looking for a new church, or someone just wanting to find a place to worship on their way through town? A web page is not very effective if it doesn't have the information people want or need or people don't visit the site.

Did you know that on our web page you can:

- Listen to a past sermon
- Watch the whole service
- Discover the history of Grace and see pictures of our former pastors
- Link to the ELCA and Virginia Synod web pages

The next step in this process is to:

- Create a communication group to help develop communication
- Develop policies on what pictures and information should be published
- Enlist multiple people to have responsibilities for communication
- Expand what is on the web page, Facebook, and other communication tools

Some new web information may be:

- Sundays bulletin with announcements and prayer concerns
- Youth events and information
- More up-to-date information on the calendar
- Expand the history information
- The church directory (password protected of course.)

Stay tuned for updates to our web page, coming soon.

Gordon

## Odds and Ends

### **Dinners of Eight is coming back for September, October, and November!**

For those of you who have participated in the Dinners of Eight in the past, you know what great times we have shared. For those of you who have not participated, please consider joining us.

What is Dinners of Eight, you ask. It's a time of fellowship and fun in a relaxed atmosphere. It is an opportunity to get to know other members of our Grace family. And here's how it works.

Each month, a group gathers at the home of the host family for food and fellowship. Eight is not cast in stone; it may be a dinner for ten or a dinner for six.

The host family will provide the location, and the main dish and the beverages. The rest of the group will bring a dish to complete the meal – appetizer, salad, bread, dessert, casserole, etc.

Each month the group will change; you won't be meeting with the same group every time you gather, nor at the same place. The “host” family will set the date and time of the dinner. It doesn't matter when, except that it's a day and time that works for everyone in the group. And it can be as casual as you like – black tie and fine china are optional.

The sign-up sheet will be in the back of the church for a few weeks, giving everyone an opportunity to sign up. Please indicate if you are interested in being a host house. Hosting is not a requirement to participate. The only obligation is to enjoy an evening of fun, good food, visiting with “old” friends and making some “new” ones.

Groupings will be based on the number of people who sign up and everyone will get a copy of the “schedule” along with contact information.

For more information, contact Anne Putnam at 434-465-0206 (cell) or email at [anneputnam55@gmail.com](mailto:anneputnam55@gmail.com) or Antoinette Eckstrom at 301-788-1994 (cell) or email at [jackeck47@gmail.com](mailto:jackeck47@gmail.com).

## Odds and Ends



### Rise Against Hunger Event

On Saturday September 8<sup>th</sup> from 10:00 a.m. to 12 noon, Grace will host a Rise Against Hunger event with other Lutheran Churches in the Valley and St. John's Catholic Church. This year's event will be held at Kate Collins Middle School in Waynesboro. The event is similar the event we hosted last year. Our goal is to pack over 12,000 meals in two hours. The Rise Against Hunger meals include enriched rice, soy protein, dried vegetable and 23 essential vitamins and nutrients. The packing event has a number of work stations including both sitting and standing tasks. There is a signup sheet in the back of the Church. Please contact Jerry or Gwen Kite for questions about the event. Remember to bring your hat for food packing.



### School is Right Around the Corner!

***Blessing of the Backpacks*** - With public school beginning Tuesday, August 7<sup>th</sup>, we would like to pray for our children, their learning, and their growth in knowledge and wisdom at worship **on Sunday, August 5<sup>th</sup>** during worship. All ***children*** and ***youth***, K-12 are invited to bring their backpacks on that day! Even if they don't, all K-12's will be invited to come forward.

***Reminder: Please have articles/information for Grace Notes to Nancy by the 20th of each month.***

# Financial Barometer

As of June 2018

Financial Barometer	YTD Actual	YTD Budget	Difference
1. Pledge/Giving of Record/Faith	\$119,577	\$131,377	-\$11,800
2. Total Budget Receipts	\$127,833	\$141,904	-\$14,071
3. Total Budget Disbursements	\$138,548	\$148,164	-9,616

## Nursing Home, Assisted Living and Homebound Members

<p><b>Allan and Genevieve Arneson</b> 220 Adventure Trail Waynesboro, VA 22980</p>	<p><b>Jean Brower</b> Augusta Nursing and Rehabilitation 83 Crossroad Lane Fishersville, VA 22939</p>	<p><b>Faye Glover</b> Avante 1221 Rosser Avenue Waynesboro, VA 22980</p>
<p><b>Morris Elliot</b> The Lodge at Old Trail The Seasons, Room 115 330 Claremont Lane Crozet, VA 22932</p>	<p><b>Bob and Carol Knemoller</b> Summit Square 501 Oak Avenue, Apt. 316 Waynesboro, VA 22980</p>	<p><b>Shirley Krizovsky</b> White Birch Estates 847 Oakwood Drive, Room 33 Harrisonburg, VA 22801</p>
<p><b>Janet Lunger</b> Summit Square 501 Oak Avenue, AL-4 Waynesboro, VA 22980</p>	<p><b>Polly McKinley</b> The Legacy 1410 A North Augusta St. Apt. 2029 Staunton, VA 24401</p>	<p><b>Fred Meier</b> The Legacy 1410 A North Augusta St. Apt. 3088 Staunton, VA 24401</p>
<p><b>Paul Posey</b> Summit Square 501 Oak Avenue Waynesboro, VA 22980</p>		<p><b>Pete Rufe</b> Summit Square Healthcare 501 Oak Avenue Waynesboro, VA 22980</p>

# Worship Assistants

August 5	August 12	August 19	August 26
11th Sunday After Pentecost	12th Sunday After Pentecost	13th Sunday After Pentecost	14th Sunday After Pentecost
<p><b>Preaching &amp; Presiding</b> Rev. Paul Pingel</p> <p><b>Assisting Minister</b> Tripp Franklin</p> <p><b>Communion Assistants</b> Brodie Franklin Jerry Kite</p> <p><b>Ushers</b> Bob Moyer E. G. Rankin Zachary Rankin Fred Biggers Jerry Kite</p> <p><b>Greeter(s)</b> Steve, Carrie, Amelia and Charlotte Jones</p> <p><b>Offering Stewards</b> Pat Brady</p> <p><b>Acolyte</b> Quinn Franklin</p> <p><b>Cup Gatherer</b> Thea Franklin</p> <p><b>Altar Guild</b> Jean Morgan</p> <p><b>Altar Flowers</b></p> <p><b>Nursery</b> Tripp and Jean Franklin</p> <p><b>Council Member of the Week</b> Rudolph Yobs</p>	<p><b>Preaching</b> Rev. Joe Shumate <b>Presiding</b> Rev. Paul Pingel</p> <p><b>Assisting Minister</b> Robin Crowder</p> <p><b>Communion Assistants</b> Rev. Joe Shumate Cathy Crowder</p> <p><b>Ushers</b> Marge Cloutier Linda Meyer Jean Morgan Marlene Shaw</p> <p><b>Greeter(s)</b> Bob and Carolyn Barrette</p> <p><b>Offering Steward</b> Pat Brady</p> <p><b>Acolyte</b> Karley Hull</p> <p><b>Cup Gatherer</b> Anne Putnam</p> <p><b>Altar Guild</b></p> <p><b>Altar Flowers</b> Berenice Archambeault</p> <p><b>Nursery</b> Lisa Gray</p> <p><b>Council Member of the Week</b> Robin Crowder</p>	<p><b>Preaching &amp; Presiding</b> Rev. Paul Pingel</p> <p><b>Assisting Minister</b> Donna Gum</p> <p><b>Communion Assistants</b> Karla Rankin Linda Meyer</p> <p><b>Ushers</b> Ron Knicely Dwight Moomaw Robert Shaw</p> <p><b>Greeter(s)</b> Kate and Raegen Van Bremen</p> <p><b>Offering Stewards</b> Pat Brady</p> <p><b>Acolyte</b> Hannah Pingel</p> <p><b>Cup Gatherer</b> Donna Marshall</p> <p><b>Altar Guild</b></p> <p><b>Altar Flowers</b> Ingrid Sevigny</p> <p><b>Nursery</b> Jill Pingel</p> <p><b>Council Member of the Week</b> Jack Eckstrom</p>	<p><b>Preaching &amp; Presiding</b> Rev. Paul Pingel</p> <p><b>Assisting Minister</b> Mike Trauscht</p> <p><b>Communion Assistants</b> Marlene Shaw Bill Meicke</p> <p><b>Ushers</b> Ron Almarode Lee Lynch Rick Bump</p> <p><b>Greeter(s)</b> Robin and Cathy Crowder</p> <p><b>Offering Stewards</b> Pat Brady</p> <p><b>Acolyte</b> Kaitlyn Hull</p> <p><b>Cup Gatherer</b> Jean Morgan</p> <p><b>Altar Guild</b> Kathy Meicke</p> <p><b>Altar Flowers</b> Rankins</p> <p><b>Nursery</b> Kim Hull Jane Stein</p> <p><b>Council Member of the Week</b> Pete Giesen</p>

## August Birthdays

08/02 Beth Perkins	08/02 Steven Jones	08/05 Bobby Hull
08/05 Landon Lynch	08/06 Juan Ibarra	08/07 Paige Smith
08/08 Pete Giesen	08/08 Flossie Myers	08/09 David Proctor
08/09 Joe Moyer, III	08/11 Rick Glidden	08/11 Donna Marshall
08/20 Joe Moyer	08/21 Mickey Shook	08/25 Jack Eckstrom
08/25 Robin Crowder	08/25 Caroline Perkins	08/26 Carol Knemoller
08/26 Jimmy Owens	08/26 Oscar Martinez	08/29 Tom Carper

## August Baptisms

08/? Kayla Spooner	08/? Maribeth Faivre	08/01 LizAnn Binns
08/02 Jennifer Trippeer	08/06 Hal Walck	08/06 Jeremy Lundstrom
08/07 Flossie Myers	08/09 Amy Almarode	08/09 Emily Almarode
08/10 Fred Meier	08/11 Gary Wade	08/13 Katie Etter
08/20 Kelly Rankin	08/23 Chris Carper	08/26 Will Walter
08/28 Haley Morris		



### Members of Grace Ministers

**Robin Crowder, President**

Linda Meyer, Vice President

Deloris Wertman, Secretary

Jack Eckstrom, Pete Giesen, Kim Hull, Carrie Jones,  
Jerry Kite, Gordon Putnam, Marlene Shaw, Rudolph Yobs

Hannah Pingel/Laura Shaw  
Youth Co-Representatives

Ron Almarode, Treasurer

Donna Marshall, Assistant Treasurer

Charles Goodrich, Financial Secretary



**Grace Evangelical Lutheran Church**  
500 South Wayne Avenue  
Waynesboro, VA 22980

LABEL



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 [instagram.com/gelc.waynesboro](https://instagram.com/gelc.waynesboro)

 [flickr.com/gracewaynesboro](https://flickr.com/gracewaynesboro)

 [youtube.com/GraceEvangelicalLutheranChurchWaynesboro](https://youtube.com/GraceEvangelicalLutheranChurchWaynesboro)

[www.gracewaynesboro.org](http://www.gracewaynesboro.org)

**E:** [gracelc@cfw.com](mailto:gracelc@cfw.com)

**T:** 540.949.6171 / **F:** 540.949.0940

## Church Staff

**The Rev. Paul Pingel**  
Pastor

**Nancy Dowdy**  
Administrative Secretary

**Mike Myers**  
Director of Music & Organist

## Church Office Hours

Mon–Thu: 8:30 a.m.–2:00 p.m.  
(Lunch 12:00 – 12:30 p.m.)  
Friday: 8:30 a.m.—Noon