

+ GRACENOTES +

APRIL 2021



FROM THE PASTOR'S DESK: *It Just Keeps Going*



"It just keeps going ... and going .. and going," so claims the rather well known Energizer battery commercial and its pink bunny. So too, we might well borrow the slogan to describe the joy which is Easter. Easter is the *energizer* for God's people; it is our constant source of hope ... joy ... and peace. Without it, as the blessed apostle St. Paul reminds us, we have nothing. And now, through April ... May ... June ... July and August (indeed through the whole year), Easter *"just keeps going and going and going."*

One of the mistakes we often make as Christians is to limit our Easter celebration and experience to a one day holiday observance. How sad!

Are you aware that Easter is also a season of The Church's Year of Grace lasting seven (7) Sundays?

Are you aware that **every** Sunday is a continuing celebration of Easter (a *mini-Easter*)? The very reason we worship on Sunday (the first day of the week) rather than Saturday (the *Sabbath*) is because it is a natural reminder of Christ's resurrection and, therefore, our resurrection to new life in Him.

Are you aware that every day you live ... in the confidence of your faith ... is a blessing made possible only because of Easter? *"If Christ has not been raised, your faith is in vain [1 Corinthians 15:17]."*

Take notice as you worship on Sunday ... especially during the seven weeks of Easter ... that the lessons ... hymns/songs ... homilies will speak of the resurrection hope we have in Christ by reason of our new life we have received in the waters of Baptism. It all climaxes with celebration of the out-pouring of the Holy Spirit on Pentecost Sunday, May 23.

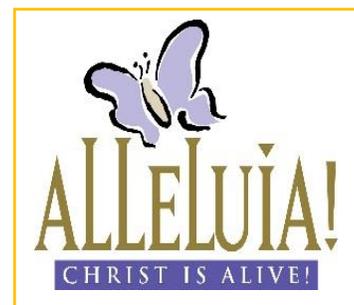
But even more to the point, take notice of the never-ending hope that is within you every day of your life, Who you are ... what you are ... what you have ... what you hope is all made possible because of a few words spoken by an angel at an empty sepulcher that first Easter:

"Why do you seek the living among the dead? He is not here; He has risen [Luke 24:5-6]!"

So, lift up your voices and your hearts to the Lord of Life and celebrate the joy which is Easter – the joy which knows no end. Let it energize your faith and life. Let the joy ... as well as the life the reality of Easter brings ... *"just keep going ... and going ... and going!"*

Easter blessings, peace, and joy!

+ *Pastor Jim*



Parish News

What's Happening at Grace

Gen. Fund Plan vs Contributions	YTD THRU		2021 PLAN	
		FEB. 2021	% of PLAN	TOTAL
General Fund Contributions	\$6,075.00	\$20,615.00	12.78%	
Plan Offering Goal	\$13,441.27	\$26,882.54	16.67%	\$161,295.27
<hr/>				
Over (-under) Plan goal	-\$7,366.27	-\$6,267.54		
Contributions vs Expenditures				
General Fund Contributions	\$6,075.00	\$20,615.00	12.78%	\$161,295.27
General Fund expenditures	\$11,336.06	\$22,004.54	13.64%	
<hr/>				
Net	-\$5,261.06	-\$1,389.54		

Dear Friends at Grace,

It was so much fun to receive all the beautiful birthday cards you sent throughout the week of my Birthday. I was especially touched by the thoughtful messages! Each Sunday morning, I listen to the church service on the CD's sent to my home, so I feel like I am worshiping along with you.

Thank you so much for your uplifting messages and cards. They mean more than words can express.

Your friend,
Elizabeth Westerberg

Directory Updates:

Margaret Bohn, Administrative Assistant – 541-301-5758 - 858 Clay Street, Ashland 97520 – margaret.bohn@icloud.com.

Name correction: **Sandy Scott** (Sandy with a “Y” not an “I”)



What a difference a year makes!

This past month marked exactly one year since the impact of COVID-19 first began to make itself known among us here at Grace. I chuckle a bit when I think of our initial reaction, how we debated whether to cancel worship services, and for how long. At first we thought maybe one or two Sundays would do it. Little did we know!

And Zoom--Most of us had never heard of Zoom before last March. Now it's an everyday part of our lexicon. Despite its drawbacks it has kept us together as a community of faith. Where would we be without it?

As more and more of the general population and Grace membership gets vaccinated, it is our sincere hope that group restrictions will gradually be eased. Then a larger number of people will be allowed in the sanctuary and we will be able to worship our Lord together again.

Zoom will not be going away, though. It will most likely continue to provide a means of worship for those who are unable to attend in person.

One last thing about Zoom. A big Thank You to young Ben Caron, Lucinda Kolo's son, who is now assisting with the Zoom broadcast twice a month. It is great to have him available to help out. He is doing a great job!

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A prayer of thanks is in order for Pam Moore. She is now the proud owner of a condo in Jacksonville! She is the last of our immediate Grace family to find permanent housing after losing everything to the Alameda Fire 6 months ago.

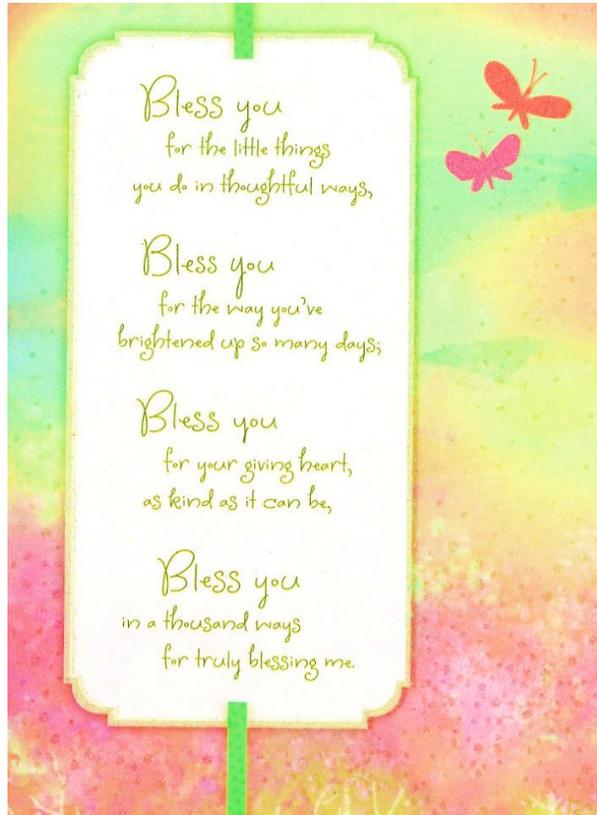
...

Not to be forgotten are our Grace golfers. Late April begins the annual Church League out at Stoneridge Golf Course in Eagle Point. There are seven or eight guys who like to participate. Besides the challenge of trying to hit a little white ball that's just sitting there on the ground, Stoneridge offers some beautiful views. There is snow-capped Mt. McLoughlin to the east, and the flat-topped Table Rocks to the west. Because the league is an evening league, players often get to witness some of the most gorgeous sunsets in the valley. We give thanks to God for the camaraderie of the evening, and the beautiful setting we get to enjoy.

Bob Janssen

Council President

Thank You From the Hoffman Family



The Hoffman family from Talent, Oregon received a gift from the Grace Lutheran Almeda Fire Fund. The family requested that we share their heartfelt thanks.

Chris and Julie Hoffman write: "My husband and I would like to thank the Grace Lutheran Church family for providing financial help to us. We lost our home and everything in it, as well as two stray cats that we were taking care of. This situation has been extremely difficult but, our Lord has been with us from the beginning. Miracle after miracle! He is faithful and good. He is working through the Saints, so many these past four months. I am truly humbled by His amazing grace and unfailing love. Please know that your generosity and love mean everything to us. I have cried more these past four months over the love, care, and kindness of so many people. Praise the Lord! I know that you will be blessed being Yeshua's hands and heart.

So many prayers have been said and answered. Please keep us in your prayers. It continues to be the best gift by far.



Monday Meals for Unsheltered Guests

I am so thankful to our congregation for making generous end of the year contributions to three organizations that help people in our valley: The Salvation Army, Habitat for Humanity, and Options for Helping Residents of Ashland (OHRA). They each do excellent work.



In March, Krista and Ileana Hepford helped make and package 40 meals for OHRA's unsheltered guests at the Presbyterian Church kitchen. The first meal was vegetable soup and sandwiches, then on March 15 the packaged meal was meatloaf, potatoes, and peas.

April meal service is not scheduled at this time. I will provide updates for the weekly Worship folder. The last day of the month, Karen Gisclon and I continue to offer food for lunches to be delivered to hungry and un-housed people in Ashland.

Nan Gunderson, member of Grace for 25 years

Puzzle!

Use the code to find out what these biblical people may have taken on a picnic.



A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26

(Genesis 3:6)

Adam and Eve
 6 18 21 9 20

(Genesis 25:28)

Isaac
 23 9 12 4 7 1 13 5

(Genesis 25:34)

Esau
 19 20 5 23

(Numbers 11:5)

Israelites in Egypt
 3 21 3 21 13 2 5 18 19

(Ruth 2:1-4)

Ruth
 7 18 1 9 14

(1 Samuel 14:2)

Saul
 16 15 13 5 7 18 1 14 1 20 5 19

(1 Samuel 14:29)

Jonathan
 8 15 14 5 25

(Daniel 1:12-16)

Daniel and friends
 22 5 7 5 20 1 2 12 5 19

(Matthew 3:4)

John the Baptist
 12 15 3 21 19 20 19

(Matthew 14:17)

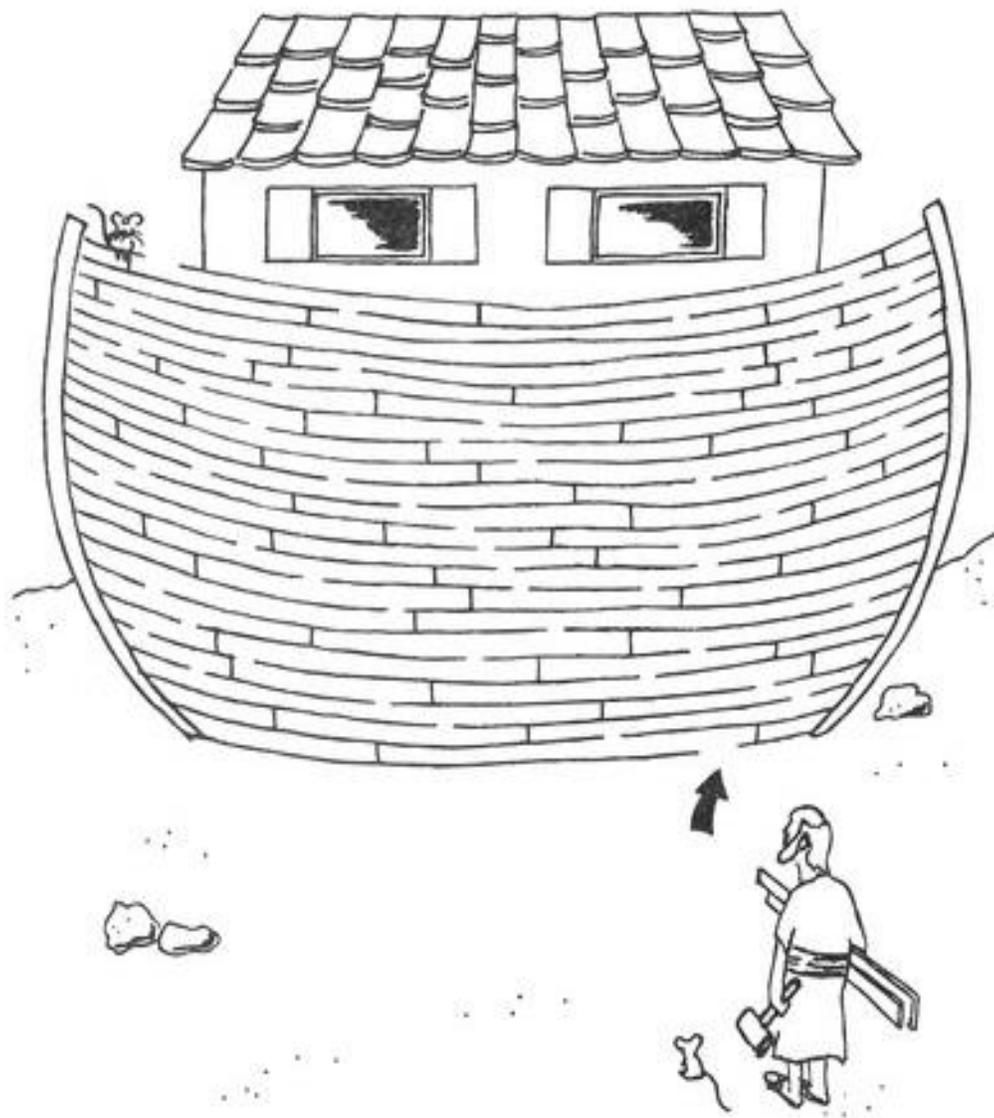
The 5,000 people &
 2 18 5 1 4 6 9 19 8

Answer: fruit, wild game, stew, cucumbers, grain, pomegranates, honey, vegetables, locusts, bread & fish

Noah Builds an Ark

Genesis 6-7

Do you see the little mouse next to Noah? Help the mouse find his way through the maze to his friend at the top of the ark.





**Women of Grace
April 2021**

Women's Bible Study

As we continue through **2 Corinthians**, we see Paul sharing with us and the Corinthians hardships he willingly bore as an apostle of Jesus Christ, as was prophesied in **Acts 9:16**: "*For I will show him how many things he must suffer for My name's sake.*" We will learn precisely what Christ meant by these words. We will learn of the harrowing escapes from those who sought his life, the beatings that left him perilously near death, the stoning, the sleepless nights, the hunger, and the shipwrecks. Through Paul's "weakness," Christ was glorified.

But we will also hear about Paul's joy in ministry as he teaches about the joy of giving, and about his love for the congregation at Corinth. We will also see Paul's strength as he undercuts so-called "super-apostles" who sought to undermine his ministry in Ephesus.

Please join us each **Tuesday morning; 10:00 AM; in the Fireside Room**. Everyone is welcome. A study guide is provided. A Bible with commentary is helpful, but not necessary.

Mission Sunday

A big thank-you to all who have been donating to the MITE BOX on the **3rd Sunday** of each month. Our Mite giving has greatly increased. I hope you enjoy reading the stories each month of the faith-based organizations that benefit from the grants funded by Mites. All women are welcome to attend our monthly **Women of Grace LWML** meeting on the **3rd Tuesday at 1:00 PM in the Fireside Room**. We are seeking ways we may be of help to local faith-based organizations as Covid restrictions are gradually lifted and more of us receive our vaccinations. Last month Ray Kistler shared his experiences as a volunteer with CASA. Thank you, Ray!

**MITES at Work!
OR District LWML**

Filling Haitian Tummies Opens Ears to the Gospel

The goal of this grant of **\$5,000.00** for **Trinity Hope** is to reach the children in the **Lutheran Schools in Haiti** with the **Word of the Lord** by providing nutritious meals during the school day which will enable them to be fed spiritually and witness first-hand Christ's love for them. An estimated 62% of the Haitian population suffers from malnutrition, and for many poor Haitian children, this is their only meal for the day. With this physical need met, they are able to be fed spiritually, becoming young missionaries to their families. This grant would provide a **noon meal for 110 children** at a Lutheran School in Haiti for an entire year.

"And whoever gives one of these little ones only a cup of cold water in the name of disciple, assuredly, I say to you, he shall by no means lose his reward." Matthew 10:43; (NKJV)



"Thinking"

And He entered Jerusalem and went into the temple. And when He had looked around at everything, as it was already late, He went out to Bethany with the twelve. (Mark 11:11)

I love this verse. It tells us what Jesus did immediately after He rode that donkey into Jerusalem on Palm Sunday. It was late. Jesus had plans for the temple—plans to clear out the merchants with a whip! —but tonight, no. He would take time.

That's pretty typical of God's character, isn't it? He sees something that needs changing—maybe wickedness, violence, the idolatry the Israelites were forever falling into; maybe a major area of sin in my life or yours. But He doesn't lose His cool and start throwing lightning bolts. He takes time. He thinks. And He even allows time for repentance—one last chance to get it right, before He makes it right by His own power.

I am glad that God doesn't lose control—that when He does judge, He does it with love, planning the best possible outcome for everybody involved. As the writer of Hebrews puts it, "For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it" (Hebrews 12:11). And God plans for the worst of it to fall on Himself rather than on us—at Jesus' own whipping, and when He suffered at the cross. His love and patience is our blessing.

THE PRAYER: Lord, thank You for Your care for me, even when I need correction. Amen.

TO YOUR HEALTH – Health Ministry Page

To promote Christ-centered health & wellness

Habits Can Help or Hurt Your Immunity

Maintaining a healthy immune system during cold and flu season and a lingering pandemic is vitally important. It helps to know which habits and foods keep your immune system strong and which ones can weaken it.

Habits that strengthen your immunity:

- Eating Food with Fiber – Research shows that a higher intake of dietary fiber and prebiotics supports the immune system, including protection against viruses. The recommended daily goal is 25 grams for women and 38 grams for men. You can increase your fiber intake by:
 - Eating more vegetables, fruit, whole grains, beans, lentils, nuts and seeds.
 - Switching from sugary cereals to oatmeal topped with fruit and/or nuts. Replacing white rice with brown or wild.
 - Snacking on fruit or a handful of nuts instead of cookies and chips.
- Eating Green Vegetables – These plants provide key nutrients known to help immune functions, including vitamins A and C, plus folate. Keep in mind:
 - The recommended amount is at least three cups per week.
 - The optimal green vegetables for boosting your immune system include kale, collard greens, broccoli, cabbage, and Brussels sprouts.
 - If the only way you'll eat raw broccoli is with dip, do it.
 - Better yet, try eating broccoli sauteed, stir fried, or oven roasted (lightly coated with olive oil, garlic and pepper).



Habits that weaken your immunity:

- Eating Too Much Salt – A study from the University of Bonn found that when the kidneys have to excrete excess sodium, a domino effect begins that reduces the body's ability to fight bacterial infections. The best way to decrease your sodium intake is to limit highly processed products such as canned soup and frozen pizza. Check the mg of sodium per serving on the nutrition labels. Try to limit your sodium intake to under 2,300 mg per day.
- Eating Too Much Sugar – A study published in *The American Journal of Clinical Nutrition* found that large doses of sugar created a reduction in the ability of immune cells to engulf bacteria. The American Heart Association recommends limiting added sugar to no more than six (6) teaspoons per day for women and nine (9) for men.
- Consuming Too Much Caffeine – Coffee and tea are great for their protective, anti-inflammation qualities due to their high levels of antioxidants. Too much caffeine, however, can interfere with sleep, and being sleep-deprived can increase inflammation and compromise your immunity. To prevent disrupted sleep, avoid caffeinated drinks at least six (6) hours before bedtime.

- Excessive Alcohol Consumption – (“Excessive” is defined as eight (8) or more drinks per weeks for women and 15 or more for men) – In the journal *Alcohol Research*, researchers noted that excessive alcohol use increase susceptibility to pneumonia, created a greater likelihood of developing acute respiratory stress syndromes, produced poor wound healing, and made a slower and less complete recovery from infections.

Until next month, “Here’s to your health!”

Source: *Health.com*

GET YOUR DOSAGE of GREEN



A very small study in *Frontiers in Psychology* showed that spending just 20 minutes outdoors in God’s creation – your yard, park, or green space – can help lower stress hormone levels. Researchers used saliva samples to measure cortisol levels (a stress hormone) before and after being outdoors, noting that being outside at least 20 minutes was associated with the biggest drop in cortisol levels.

MY HEARTFELT THANKS & APPRECIATION to ALL OF YOU

My heartfelt thanks to all of you for the shower of cards in celebration of my 80th birthday, together with the generous congregational gift card to Porters’ restaurant that was presented by Pat Meierhoff on your behalf following worship this past Sunday. Your personal notes included in the cards were heart-warming and greatly appreciated.



Thank you all so very much. It has been a joy to worship and work with all of you in the service of our Lord at Grace.

“God be praised for those who rejoice with us and encourage us in our walk of faith.”

In His Love,

+ **Pastor Jim**

April Birthdays



1	Ted Banke
4	Judy Rist
15	Dorothy Hills
20	Annie Huang
23	Janice Kabel
24	Gail Stavros
28	Natalie Hung
30	Thomas Hepford

April Wedding Anniversaries



April 3, 1982 Patrick and Penny Henry

Those Who Serve in April

Lay Ministers

April 4 Pat Meierhoff

April 11 Shirley Westerberg

April 18 Pat Meierhoff

April 25 Shirley Westerberg

Lay Readers

April 4 Judy Rupp

Mike Bahr

April 11 Nan Gunderson

Mike Neely

April 18 Ruth Luce

Kristel Olsen

April 25 Sandra Hinrichs

Nancy Casazza

Sound System

John Gisclon

Zoom Host

Bob Janssen/Benjamin Caron



April 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Maundy Thursday There will be no Zoom or live service	2 Good Friday  6:30 pm Tenebrae Service	3
4 Easter Sunday 10:00 am Easter Festival Service 11:15 am Easter Walk-up Communion	5 	6 10:00 am Women's Study 4:00 pm Lay Ministry	7	8	9	10 8:00 am NO - NewMen's Breakfast Study
11 10:00 am Worship 11:00 am Coffee Hour	12	13 10:00 am Women's Study	14	15  God raised him on the third day and he appeared to us who had been chosen by God as witnesses. Acts 13:40-41	16	17
18 10:00 am Worship 11:00 am Coffee Hour	19	20 10:00 am Women's Study 1:00 pm LWML 6:30 pm Council	21	22	23	24 9:00 am - Noon RVMTA
25 10:00 am Worship 11:00 am Coffee Hour	26	27 10:00 am Women's Study	28	29	30	

“Looking to the Future with Hope”

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2021 Peace, Love, Joy and Hope

“Grace Guides and Sustains”