

Showered in God's love we boldly, Invite, Involve, and Inspire all people to make Christ known!

Acts of Grace May, 2011

GREETINGS FROM LUTHER PARK

- **Register for Summer Camp!!** Registrations are still open for most camp offerings! Register online at LutherPark.org or request a brochure by calling 715-859-2215. Take advantage of our many incentives, including invite a friend, sibling, or first time family camp discounts.
- **Luther Park Advocates:** We are seeking two people from each congregation who will serve as a team of advocates on behalf of your camp Luther Park. We prefer that your advocates not be church staff. We look forward to working with you!
- **VBS Weeks Available:** We still have a number of openings for a Luther Park team to come and provide a VBS program for your elementary age youth this summer. Currently we have openings in the following weeks: June 12-17, June 26-July 1, and Aug. 14-19, 2011.
- **Needs / Wish List:** We have some larger equipment needs and wants. Specifically, we are looking for good used vehicles, preferably mini-vans or mid-size sedans. We are also looking for a good used or new pontoon motor, preferably about 25 horsepower.
- **2nd Annual Pancake Breakfast and Camp Tour Day: May 14th.** Please come and join us for some good food and fellowship! You are also invited to take a camp tour! This is a great opportunity for campers to become familiar with Luther Park in preparation for this summer. If you register for camp during the pancake event you may qualify for \$15 discount. We would love to have some volunteers come and help us with flipping pancakes, greeting people, clean up, and much more.
- **Heart for Luther Park Event:** Mark your calendars now to join us for the annual Heart for Luther Park event on Sunday, August 14! We are looking for individuals to create and donate items such as artwork, wood-crafted items, quilts, other crafts, theme baskets and more for the Craft/ Quilt Auction, Silent Auction, and Quilt Store. Gardeners—we are also looking for produce, shrubs, perennials, house plants, and more. Consider planting some extra produce to donate to Luther Park in August.



WELCOME NEW CAMP COORDINATOR

Welcome AGAIN to our New Camp Coordinator, Jonathan Schack: Just in case you have not heard ~ We are pleased to announce the addition of Jonathan Schack to the year round staff at Luther Park. Jonathan joined the Luther Park team on April 4. He will be responsible for the day-to-day operations of the camp including year round staff supervision, retreat coordination, computer data base management, hospitality, public relations, and much more. We look forward to working with Jonathan in the months and years ahead and also welcoming his family to the Luther Park community.

QUESTIONS/COMMENTS, CONTACT:

- Brianna@lutherpark.org
- Diana@lutherpark.org
- Becky@LutherPark.org.
- Or call us at 715-859-2215.

GREAT THINGS HAPPENING INSIDE

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A MESSAGE FROM PASTOR NESTINGEN



Dear Friends in Christ,

Two farmers were discussing the possibility of merging their two operations, of forming a kind of equal partnership. The first farmer, a little wary of the idea, wondered, "How would that work?" The second farmer replied, "It's simple... for instance, if you had a hundred cows, and I had none, you'd give me fifty." "Oh, I see," said the first farmer, applying it to his own situation, "So if I have, say, 50 pigs, and you have none, I'd give you 25." "Yup," the second farmer quickly agreed. "And," the first farmer continued, "If you have two tractors, you'd give me one....." "Now wait a minute," the second farmer interrupted, "You already know that I have two tractors!!"

Have you ever noticed that certain things, though they may sound good in principle, don't always work out so well in actual practice? On principle I may have all the skills and talents to be a good athlete, but if I never practice, I'm not going to be successful. And so it is for a musician, for a student of almost any subject, and even for a Christian! Why?? Because practice makes perfect.....

And then, of course, there is always this matter of self-interest. Like that second farmer in my story, it all made perfect sense until suddenly he realized that the principle of a true partnership would mean a real, practical sacrifice on his part. As he said, "Well, you already know that I have two tractors!!" And so it is, after all, that most of us, like that farmer, would prefer a partnership where the benefits are mostly one-sided in our own favor.

It reminds me of the chicken and the pig who decided to show their appreciation to the farmer by preparing a tasty breakfast of bacon and eggs. It all seemed like a very good idea, that is, until it finally dawned upon the pig what this would actually mean. "That's fine for you," the pig explained to the chicken, "It's only a donation for you, but for me it'll be a real commitment, a real sacrifice!"

So it is with Christian discipleship. Dietrich Bonhoeffer, a German theologian who was martyred for his faith by the Nazis near the end of World War II, often wrote and spoke about 'the cost of discipleship'. He distinguished 'cheap grace' from 'costly grace' in the sense that some Christians might be tempted to take the easy way out. For instance, when Jesus challenged us to take up our cross, and to follow him, we might say,

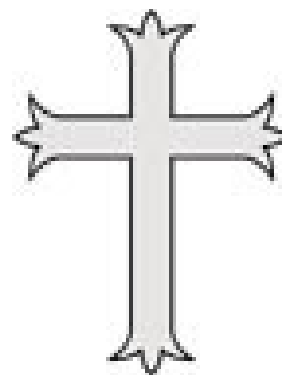
he couldn't possibly have meant that we should in a literal sense be willing to die for our faith. But he did!

Indeed, this is the very reason why we celebrate someone like Martin Luther King, Jr. Not only did he stand tall for his Christian principles, but he actually practiced what Jesus preached. More than that, he was willing to die for those principles. And he did! It's only now, these many years later, that we merely celebrate the man, but fail to draw the ultimate conclusions of what he stood for.

No doubt you have heard the old saw, "If you were arrested for being a Christian, would there be enough evidence to convict you?" That's a very good question! After all, as G. K. Chesterton once said, "If you don't stand for something, you'll fall for anything!" And our partnership with Christ now means that because he has done everything for you, then you in turn must do everything for him!!

Sincerely in Christ,

Pastor Rolf



A MESSAGE FROM PASTOR IRGENS

42 They devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers. 43 Awe came upon everyone, because many wonders and signs were being done by the apostles. 44 All who believed were together and had all things in common; 45 they would sell their possessions and goods and distribute the proceeds to all, as any had need. 46 Day by day, as they spent much time together in the temple, they broke bread at home and ate their food with glad and generous hearts, 47 praising God and having the goodwill of all the people. And day by day the Lord added to their number those who were being saved. (Acts 2:42-47)

Before dinner every night as a family we would read from the scriptures and have devotions. After dinner was finished, the dishes were washed, the kitchen table was cleaned and the kitchen was turned into a library. My great aunt Nonie, would pour a cup of coffee and help me with my homework. She had been a teacher in a one room school house when she was young and knew just how to help me understand whatever I was studying. There have been a few people in my life since then that would take the time to help me to understand the world. They have reminded me the importance of testing everything we learn. Paul and Silas were teaching in Beroea who, "welcomed the message (of Jesus Christ) very eagerly and examined the scriptures every day to see whether these things were so." (Acts 17:11) Everything should be tested. One's word is means nothing if it cannot stand up under examination. Since the time I arrived at Grace I've encouraged you to test what I have taught. It's when we search the scriptures to see whether these things are so, that we find the truth of what we have been told. Luther was in search for that truth in the Catholic Church which brought about reform.

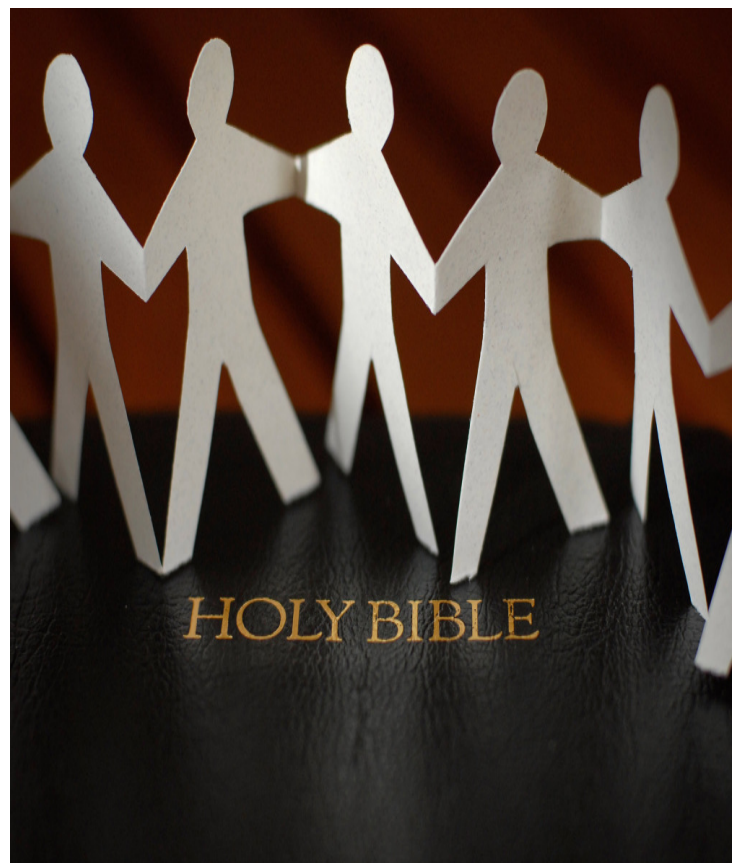
The Large and Small Catechisms and the printing press brought the Alter of the church into the kitchen. The faith of the people was centered in Christ's teachings and fellowship with one another, the breaking of bread and prayers. Families joined other families and learned what it meant to be a disciple of Christ. Luther writes, "As for myself, let me say that I, too, am a doctor and a preacher – yes, and as learned and experienced as any of those who act so high and mighty. Yet I do as a child who is being taught the Catechism. Every morning, and

whenever else I have time, I read and recite word for word the Lord's Prayer, the Ten Commandments, The Creed, the Psalms, etc. I must still read and study the Catechism daily, yet I cannot master it as I wish, but must remain a child and pupil of the Catechism, and I do it gladly." (Luther's preface to the Large Catechism, ¶, 7)

We have been called together as a church through Jesus Christ, gathered together by the apostle's teaching and fellowship in Holy Communion to learn as children, what Christ has taught us. When we as a family are faithful to these practices, then the church is blessed as we follow Christ. Christ is moving in and through Grace Lutheran Church and will richly bless us as we bring the message of hope to others in this world who have never heard. We remain as children and pupils of the one who has called us to Christ, knowing that even though we can never master the promises, the Holy Spirit will work in us and shape us into the people God desires.

May Christ bless you as His pupils and children as we learn from Him.

In Christ,
Pastor David Irgens



YOUTH AND FAMILY
MAY

Nicaragua supplies

We are collecting your End-of-Year Supplies!!! We need your backpacks (that are still usable), pencils, crayons, paper, scissors, pencil sharpeners..... to send along to the children in Nicaragua!

They loved the Christmas presents you gave them and the cards they mailed back to us are on the Education Board in the Narthex. Thank you so much! We are also collecting First-Aid Supplies. We will collect all the way to May 22nd, and again, thank you for your generosity!!

Secret Pal/Teacher Brunch

May 8th is our Secret Pal/Teacher Brunch! Join us in the parlors for treats and coffee!

Our teachers and their secret pals will be introduced to each other.... all year treats have been left or cards sent – so they will be revealed that Sunday morning!

Mikes Smokehouse ~ Fundraiser

The fundraiser for Sunday school will be on May 16th, 4-8 pm at Mike's. Children 10 and under eat free!! Proceeds go to our African Children's Choir child, Olivia, and to support the children we have teamed with in Nicaragua! Thanks for coming out to eat!

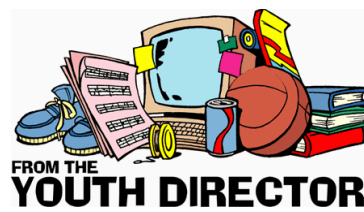
Sunday School

Our Last day of Sunday school will be May 22nd. We'll be having parties and fun as we wrap up another wonderful year of sharing the love of Jesus! A super big THANK YOU to our Teachers who are just amazing!!! Plud a big THANK YOU to our wonderful families!! You have beautiful children that are gifts from God!!

Confirmation Class

Class will continue on the 4th, 11th and 18th of May.

Kelly from Lutheran Social Services will share with us a PowerPoint presentation - "Israel, The Life of Jesus". We will cover all the places in Israel where Jesus actually walked and bring the Holy Land alive for us!! All are welcome to join us in the Chapel after Wednesday evening worship services on May 11th. (popcorn optional)



May is a very busy month, it kicks off with Youth Sunday on the first. I hope you will all come out and support our young people who are very excited to be bringing you the worship services.

- We then have our annual 5th & 6th grade "Mothers day" lock-in starting May 7 at 5pm down in Grace Place. If you didn't receive the mailing and info on the event, give me a call. This will end on Sunday at church as we hand out Mothers day flowers.
- May 21st/22nd we have our annual dinner theatre planned. Get your tickets ahead of time. The play is called "Slow Fade", an original play that all will enjoy.
- Get signed up for this years golf tournament! It's at Hickory Hills Golf course on June 4th. You can sign up as a team or sign up alone and you'll be put on a team. The cost is \$50.00 which includes golf, cart, prizes, as well as dinner afterwards.
- Summer worship schedule: Confirmation ends Wednesday May 18th . We'll take a few weeks off, then start our Summer worship schedule on June 8th. This summer we plan to have a pot luck supper every Wednesday night at 5:30pm, then Worship at 6:20. Hope to see you all there!

UPCOMING EVENTS-

- Youth Sunday
- Summer Drama – May 21st, 22nd
- Mothers Day (Flowers)
- 5th and 6th grade Lock – in May 7th



RELAXATION HELPS RELIEVE STRESS FROM CANCER

Relaxation therapies may help alleviate certain symptoms of cancer, relieve side effects of treatment, and improve your sense of well-being. Many relaxation methods, such as massage therapy, meditation and guided imagery may be helpful in

managing stress and anxiety. In addition, research studies show that relaxation techniques can lower blood pressure, reduce pain, and ease some side effects of chemotherapy.

Having cancer is stressful, so it may not be possible to eliminate all sources of stress. But you should consider the sources of stress that you can reduce. For example, ask for help with household chores, social responsibilities or work demands. Seek out effective strategies for coping with stress or simplify your life by saying “no” to the extra demands as much as possible.

Common relaxation techniques include:

- * Yoga
- * Tai chi
- * Listening to music
- * Exercise
- * Hypnosis
- * Guided imagery
- * Massage therapy

Relaxation techniques involve refocusing your attention from the stress to something calming.

It might be taking a daily hike and being mindful of the changes in nature around you. It might be the sound of the birds chirping, new leaves on the trees, the beauty of the clouds against the blue sky, or a neighbor, cat or dog that welcomes you along the way.

You'll return refreshed and ready to take on the rest of the day. Choose a relaxation technique that works best for you and incorporate it into your daily routine.

(Living with cancer blog, by Sheryl M. Ness, Mayo Clinic nurse educator.)

INFANT CHOKING: HOW TO KEEP YOUR BABY SAFE

What can I do to prevent infant choking?

You can take simple steps to prevent infant choking. For example:

* Properly time the introduction of solid foods. Introducing your baby to solid foods before he or she has the motor skills to swallow them may lead to infant choking. Wait until your baby is at least 4 months old to introduce pureed solid foods.

* Don't offer high-risk foods. Don't give babies or young children small, slippery foods, such as whole grapes, hot dogs and hard candy; dry foods that are hard to chew, such as popcorn, raw carrots, sunflower

seeds and nuts; or sticky or tough foods, such as peanut butter, chewing gum, marshmallows and large pieces of meat.

* Supervise mealtime. As your child gets older, don't allow him or her to play, walk or run while eating. Remind your child to chew and swallow his or her food before talking. Don't allow your child to throw food in the air and catch it in his or her mouth.

* Carefully evaluate your child's toys. Don't allow your baby or toddler to play with latex balloons — which pose a major hazard when uninflated and broken — small balls, marbles, toys that contain small parts, or toys meant for older children. Look for age guidelines when buying toys for your child.

* Keep hazardous objects out of reach. Common household items that may pose a choking hazard include safety pins, coins, pen or marker caps, buttons, small batteries, baby powder and bottle tops.

What should I do if my baby chokes?

If your baby is choking, hold him or her facedown on your forearm. Then thump your baby firmly on the middle of the back using the heel of your hand. The combination of gravity and back blows will help release the object that's blocking your baby's airway. If you're concerned about your baby's breathing, call 911 or your local emergency services provider.

To prepare for an emergency, consider taking a class on cardiopulmonary resuscitation (CPR) and choking first aid for children. Encourage everyone who cares for your child to do the same.

If you have any questions on the above health topics, call Evalee, parish nurse, @ 715.271.5003.



UPCOMING CHURCH EVENTS AND NEWS

2ND ANNUAL HEART FOR THE PARK EVENT

August 14, 2011, at Luther Park. In 2010 we changed how the fundraiser was done. Instead of quilts, collectibles, and antiques we re-formatted to have **quilts** as the focus, then added a **silent auction** (consisting of handcrafted items, baskets filled and donated by individuals and congregations, paintings, handcrafted jewelry, etc), and a **farmers market** with donated produce, plants, flowers and trees. A quilt store was also an added feature so visitors could browse and buy a quilt at any time. We will be following a similar plan again this year and are requesting your help in obtaining items for the quilt auction, silent auction, quilt store and farmer's market. Here is how you can help:

- Ask your quilters to again donate quilts for the auction and the store. The top rated quilts will be auctioned off. General quilts will be sold at the store.
- Have some individuals or groups in your congregation put together one or more theme baskets for the silent auction (don't forget—the guys like to bid too!).
- We could always use good quality new items that can be grouped with other donated items and put into baskets here at Luther Park. For example, if you make soap, you can donate a box and we put it in a basket with lotions and towels that have been donated. Maybe someone in your church makes baskets! Use your imagination and resources.
- Encourage your gardeners to donate produce for our farmers' market. It's a great way to share your bounty.
- Above all, please encourage your church members to come to Luther Park to participate and enjoy the day.

GRACE LUTHERAN FOUNDATION ANNUAL MEETING

will be held Sunday, May 1, 2011 @ 9:45 am in the Grace Lutheran Church Parlors. A Continental Breakfast will be served from 9:00-9:45am, prior to the Annual Meeting @ 9:45am.

GRACE LUTHERAN LIVE RADIO BROADCAST

The live radio broadcast of Grace's 8:30 a.m. Sunday worship service has switched from station AM1150 to WAYY AM790 News Talk Radio. Listen at 8:30 a.m. weekly to WAYY AM790 to hear the live broadcast.

ANNUAL LOAD-A-TRUCK is Sunday, May 1, 2011. Since 1986 26 churches in Eau Claire have worked together to make "Load A Truck" a success in

collecting donated food and cash for those who are hungry. This year we are encouraging people to donate cash rather than cans. Did you know that with each \$10 donation, Feed My People Food Bank is able to obtain \$100 worth of groceries from Second Harvest? Please use the envelopes marked Load-A-Truck on the table in the narthex and leave them in the offering plate or at the Friendship Door. During the week the donations may be dropped in the church office. Interested in volunteering to help unload and sort food from this event? Contact Michelle at 715 835-9419; michelle@fmpfoodbank.org.

GRACE EDGEWOOD RENOVATIONS

Join us as we celebrate the completion of our renovations at Grace Edgewood and Grace Adult Day Services, Thursday, May 19, 1:30-3:30pm, 2512 Spooner Avenue, Altoona. Questions? Go to: www.livegracefully.org.

BEACON HOUSE VOLUNTEERS NEEDED

Please sign up at the lighthouse in the narthex to serve at the Beacon House May 9 - 15th. We need breakfast, dinner, evening and overnight hosts. This is a great way to serve those in our community. Please call Sue Waits at 831-6073 if you have questions. Thanks!!

MIKES SMOKEHOUSE FUNDRAISER

The special fundraiser for Sunday school is on May 16th, 4-8 pm. Children 10 and under eat free! Proceeds to support our African Children's Choir child, Olivia, and to support the children we have teamed with in Nicaragua! Thank you for coming out to eat!!!

DINNER THEATRE TICKETS

It's time to get your tickets for this year's dinner theatre, May 21st @ 6:30pm, and May 22nd @ 5:00pm. This year's show is called "Slow Fade", and \$20 per ticket includes dinner & a show!

GREATER GRACE OPEN

This year's Greater Grace Open is coming up on June 4th @ 1pm at Hickory Hills Golf Course. \$10 per ticket for dinner alone, and \$50 per ticket includes golf, cart, tournament, and dinner after. Dinner starts at 5:30pm. Sign up today!

MOTHERS DAY FLOWERS

Don't forget your Mother's Day flowers on May 8th! Flowers will be handed out to mothers after services.

GRACE READING CLUB- Grace Reading Club will meet May 3 at 1:30 p.m. in Memorial Assembly to discuss two books: first, a book review by Greta Anderson, with a book entitled “Strength in What Remains” by Tracy Kidder, this is a true story about Deogratias (meaning thanks be to God in Latin) an escaped survivor of the genocide in his African country Burundi. Deo, who had been studying medicine in Rwanda when the violence began, finds other horrors in the street life of New York when he immigrated with only \$200.00 in his pocket and no knowledge of English. Find out how he eventually finishes medical school and returns to Africa to build a medical clinic in Burundi. And second, Jean Parkhurst will review a book called “Unshaken” by Dan Woolley. A man is trapped in total darkness when an earthquake topples the hotel where he was staying in Haiti. Find out how his faith sustains him as he is injured in a life and death situation. Our servers for May are Norma Telford and Shirley Shepler. All are welcome to come and enjoy an interesting afternoon.



GOODBYE TO THE GIFTS OF MUSIC

Join us in saying goodbye to Elaine Mann, Wilma Hovland and Joanne Horan at a special coffee hour on May 15th after 11am services. Their musical gifts will be greatly missed here at Grace. Many thanks to Elaine, Wilma and Joanne for the talent and leadership they have brought to this congregation. Come and celebrate their gifts of music on Sunday, May 15th!

COMMUNITY PROGRAMS AT LUTHER MIDELFORT

- FREE Blood Pressure Screenings, Oakwood Mall, 7-9am every Thursday, 715.838.3014
 - May 3rd, FREE Joint PREP hip joint replacement info session, 1pm, 715.838.6161
 - May 3rd, FREE Weight Management info session, 5:30pm; also May 9, 17, 23, and 31, 715.838.6731
 - May 5th, FREE Diabetes Support Group, 6pm, 715.838.6594
 - May 9th, FREE Myeloma Support Group, 3pm, 715.838.6072
 - May 12th, FREE Cardiovascular Screening, 8am-noon; also May 26th, 715.838.5672
 - May 12th, FREE Stroke Support Group, 2pm, 715.838.3350
 - May 14th, FREE Stroke Screening, Oakwood Mall, 9am-noon, 715.838.3532
 - May 17th, FREE Mild Brain Injury Support Group, 5:30pm, 715.838.1725
 - May 19th, FREE Health Break at Borders, topic: stroke, 7pm, 715.838.5805
 - May 25th, FREE Family Birthing Center Tour, 6:30, 7:00, or 7:30pm, 715.838.6767
 - May 26th, FREE US TOO Prostate Cancer Support Group, 7pm, 715.838.3610
- Events held in Eau Claire...call number listed for info/registration. www.luthermidelfort.org

Pastoral Acts for May..

We express sympathy to the family and friends upon the death of...

- Judith Naglestad
- Steven Sorenson

We celebrate the baptism of...

- Samantha Jane Liddell
- Bret Joseph Kramer
- Alec LeAllen Kramer
- Isabella Christina Eichman-Schreiner



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ACTS OF GRACE, MAY 2011

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Jo Anderson, Atalia Dana-Krueger, & Norma Lionberger

Facilities Maintenance

Cindy Mayer, Dan Anderson, Bill Bates, Joel Carr

Deadline for articles is the second Thursday of every month. Electronic format is preferred.
Please send e-mail announcements to:
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Grace Lutheran Foundation www.graceluthfound.com/

SYNOD RESOURCE CENTER (or there is a link to their website from www.grace-church.org, under 'Links')

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