



GraceNet

Knoxville, TN

August 2024

Better Together

In April of 2023, Christina and I received a call to serve at Grace as a pastor and deaconess. Once we received that call, we got to spend some time with Pastor Danny Anderson, as we were all excited about moving to Tennessee. I will never forget what Pastor Danny said to us the evening we received our call. He said that he was looking forward to all the work we were going to get to do together, but the thing he cares about the most is that Christina and I continue to grow in our relationship with Jesus.

Our mission here at Grace is to **Connect, Grow** and **Serve**—something we remind ourselves of every week. However, we cannot lose sight of who we are connecting to and growing with.

Our walk as Christians is all about growing closer to Jesus so that we can serve Him and receive His wonderful gracious gifts. But too often, people put an emphasis on the personal side of their relationship with Jesus. Growing and connecting with Jesus is a personal experience, don't get me wrong. Time in prayer and time in scripture is crucial! And yet, some of our deepest connection and growth takes place with a community of believers. Jesus says in Matthew 18:20: "Where two or three are gathered in my name, there I am among them." Since Jesus is not present with us the same way He was with His apostles, then access to Him is found through His Holy Spirit. His

Spirit works in and through us, both when we are alone, but especially when we are together. Spending quality time with fellow believers is an amazing way to grow in and with Jesus.

This August, Pastor Danny and I will be starting a sermon series called **Better Together**. In this series we will be looking at the different ways we live out our mission here at Grace. This mission is not something we accomplish as

silos or as just a collection of individuals. We are a community of believers; we are the Body of Christ here on earth; we truly are **Better Together!**

There are many different ways you can grow with other disciples of Jesus here at Grace. You can join a Sunday morning Bible study, Via de Christo reunion group, or a Grace Group! Following our Sermon Series, we will be having registration for our Grace Groups. Our Grace Group ministry is our

version of small groups, where friends from Grace gather together, sometimes with a study or a meal, sometimes in a home or out in the community. We have Grace Groups available for all ages, but we are also in need of more Grace Group leaders! Please get in contact with me, Pastor Jake, if you have any interest in starting or joining a Grace Group.



~ Pastor Jake Childers

The Meaning of Membership

Oklahoma pastor Ricky Jones tackles the meaning of church membership, or being part of Christ's body. "Leaving the church is not simply leaving a club," he writes at the Gospel Coalition website. "When you walk away, you dismember yourself from the body. Jesus and the rest of the body sorely miss you, and bleed after your departure. You cut yourself off from your only source of life and nourishment. Like an amputated hand, you will slowly bleed out, wither, and die."

Jones contends that "being a part of the universal church without submitting to a local church is not possible, biblical

or healthy." It's impossible because you need to be part of a smaller community before you can be considered part of a greater community. It's unbiblical because the New Testament epistles are addressed to specific local churches. And it's unhealthy because wanting to independently make your own choices is "at the heart of sin," the pastor writes.

"You need to know we're all in this life together, and we won't walk away from you just because you let us down or we disagree," says Jones. "Together we build each other up into the image of Christ; no one can make it alone."

We are, indeed, **Better Together!**

Coffee or Lunch with Pastor Danny?

Pastor Danny would like to share a cup of coffee or meal with you—no strings attached! You can sign up to meet with Pastor Danny <https://calendly.com/pastordannygraceknoxville/breakfast-lunch-meeting>

Where 2 or 3 Are Gathered . . .

Friends, Rod and Terri Maples are holding a time of prayer on the **2nd Sunday** of each month at **11:00 a.m.** in the Church Library. Their prayer focus is for the ministries of our church. All who wish to join them are welcome to gather for prayer. All prayerful people are graciously invited to join them. God's kingdom grows with prayer!

The Library is located at the end of the long hallway in the Children's Wing.

Grace Prayer Team Welcomes Requests

The Grace Prayer Team is constantly at work! If you have a prayer request that you would like prayed over by the Grace Prayer Team, we welcome your requests. Please contact **Kristin McGee** kdmcgee08@gmail.com (865-384-9834) or **Ev Brown** evbrown3@gmail.com (757-870-5603). The request will then be passed on to the team. We continue to welcome Prayer Team members as well. If you are interested in praying for the needs submitted by our church family, please contact Kristin or Ev with your interest.



GraceNet is published monthly by
Grace Lutheran Church - LCMS

9076 Middlebrook Pike, Knoxville, TN 37923
Phone: (865) 691-2823 Fax: (865) 691-4895

E-mail: glc@visitgrace.org
Reverend Danny Anderson, Senior Pastor
Reverend Jake Childers, Associate Pastor

Website: <http://www.visitgrace.org>

Articles for GraceNet are due by the **10th of each month**
for the
following month's edition.

GraceNet Staff

Debbie Booher, Editor

Anna Wilson

LaTina Haynes

Email to Editor:

dbooher0510@gmail.com

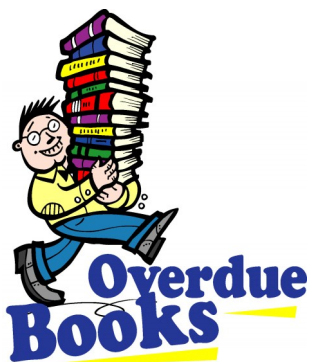


If you have a special event you would like to have publicized in GraceNet, please submit the information to Debbie Booher by the 10th of each month for publication in the following month's newsletter.

Upcoming Foundations Class

Are you interested in becoming a member of Grace or learning more about the Lutheran faith? Join our pastors for the next **Foundations Class** series beginning on **Sunday, August 18**, from 9:30-10:30 a.m. in The Nook, Family Life Center Lobby.

Church Library Needs Your Help



The **Grace Library** is in the process of being organized and cleaned, and we need your help! Please check all nooks and crannies and under your beds for any overdue books that belong to the library and return them at your earliest convenience! Please help us keep our library up-to-date and readily available for use by our members.

It's Back-to-School Time (Already)

It's hard to believe that summer vacation is already over for Knox County Schools. Please be in prayer for wisdom and safety for our students, teachers, and administrators as they begin the 2024-2025 school year on **August 1** (teachers and administrators) and **August 8** (students). Be mindful of safety at bus stops, school zones and drop-off zones, as these precious children return to their classrooms!



New Fall VIA de CRISTO Weekend Coming

October 17-20, 2024



Have YOU considered attending this fall VIA de CRISTO weekend, **October 17-20**. Check out the bulletin board across from the church mail boxes for further information or ask some of the many Grace members who have been through this special life experience: Roland Thompson, Dave/Janice Ishee, Brian/Catherine Strobel, Sheila/Paul Wittke, Craig/Chris Emerson, Pastor Rich, John/Chris McCay, Pastor Steve/Freddy Skov, Pastor Jake, Don/Nancy Thaemert, Chris/Dina Augustus and others.

A VIA de CRISTO weekend is three days in length, beginning on Thursday evening and ending the following Sunday evening. The participants live, study, worship and commune together daily. Fourteen talks are given, nine by lay people and five by clergy. Following each talk, small roundtable discussions focus on the main points of the talk and a poster is done. The talks, in an overlapping fashion, present the Christian life, based on the person and teachings of Jesus Christ. The titles of these talks indicate their content: Ideal, Piety, Study, Sacraments, Action, Obstacles to Grace, Leaders, Environment, Life in Grace, Christian Community, and Total Security. VIA de CRISTO gives those attending a living understanding of basic Christian Lutheran truths. Also, there is music and singing, food and fellowship, a time for laughter and for prayer.

Keep an open mind and heart in making your decision to attend VIA de CRISTO. Many of those who have attended also wondered whether they should go. Now that they have attended, they want to share this wonderful gift from God. Please understand that their experience attending VIA de CRISTO was unique, and all the conversations in the world will not become a substitute for your weekend. You need to experience a weekend yourself to obtain its full and life enriching value.

AUGUST

Birthdays

8/1	Ted Haase	8/15	Dave Harjala
8/1	Seth Pettiford	8/15	Tom Lewis
8/2	Kitty Pruett	8/17	Susanna Beeler Dorsey
8/3	Donna Cummings	8/18	Cydne Albers
8/3	Pastor Rich Elseroad	8/18	Noah Roettger
8/3	Les Grebe	8/18	Stacy Roettger
8/3	David Smith	8/20	Carolee Granquist
8/4	Donna Anderson	8/20	Kathy Treffert
8/5	Carol Herbold	8/21	Charles Robinson
8/5	Diana Holden	8/21	Fredrica Skov
8/5	Peter Zerger	8/22	Chris Emerson
8/6	Nolan Campbell	8/22	Leon Mollenhour
8/8	Pat Bloom	8/23	Jessica Abraham
8/8	Tonia Collins	8/23	Claudia Campbell
8/8	Haven Cruise	8/24	Paul Guthrie III
8/8	Joe Dew	8/24	Paul Guthrie IV
8/8	Marianne Drake	8/25	David Koelsch
8/8	Margie Frizzell	8/26	Aubrey Elseroad
8/8	Davis Masters	8/26	Megan Kabela
8/8	Caden Pafford	8/26	David Poker
8/9	Tyler Baker	8/27	Sandy Heath
8/9	Vicky Cowan	8/27	Sam Smithey
8/9	Kylie Cruise	8/27	Tim Wolfram
8/9	Sandy Seay	8/28	Fred Haase
8/10	Brock Kothe	8/29	Brynna Oberhaus
8/10	Allen Schultz	8/29	Esther Reckling
8/11	Eric Kleckley	8/29	Ruby Roettger
8/11	Tina Stine	8/30	Keegan Estrada
8/11	Remy Tunstall	8/30	Keira Estrada
8/13	Austin Strobel	8/30	Ray Maier
8/14	Edward Weeks	8/31	Frieda Guthrie
8/14	D.J. Wilson	8/31	Abigail Kabela

AUGUST

Anniversaries

8/4	Kim & Carmie Lee (51)
8/5	Ray & Deanna Cochell
8/5	Steve & Mary Krempasky
8/8	Paul & Theresa Angelino
8/8	Jim & Teri Stoddard
8/8	Brian & Catherine Strobel
8/9	Micheal & Vicky Cowan
8/11	Nathan & Debbie Bretscher
8/13	J.R. & Randi Ray
8/14	Darryl & René Mackley
8/14	Jon & Kathy Treffert
8/15	Karl & Kristin Kennedy
8/15	Steve & Fredrica Skov (59)
8/16	Tim & Tonia Collins
8/16	Ralph & Christine Harness (68)
8/16	Joe & Barbara Schmitt
8/18	Fred & Nancy Haase (51)
8/18	Brian & Whitney Kaul
8/19	Paul & Sheila Wittke (63)
8/20	Mel & Carolyn Beech
8/21	Paul & Kathy Pankow
8/23	Scott & Kim Zimmerman
8/25	Tom & Kellye Glisson
8/27	Dave & Sandie Harjala (58)
8/27	Sandy & Randy Heath

August Scripture of the Month

And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.

~ Hebrews 10:24-25, ESV

Bible Quiz

What kind of birds does God use to supply Elijah with food at the Kerith Ravine?

- A. quails
- B. ravens
- C. eagles
- D. doves



Answer: B (see 1 Kings 17:2-6)

August Children's Curriculum Themes

In an attempt to connect the adults and children of Grace just a bit more, I will be letting people know the theme and verse of the week in our children's Sunday school classes. I would love it if the adults would join in memorizing or at least talking about it to the children as they see each other in the halls. Listed below are the themes and scripture for August.

<i>DATE</i>	<i>THEME</i>	<i>VERSE</i>
August 4	God can use us.	<i>I can do everything through Him who gives me strength. (Philippians 4:13)</i>
August 11	God wants us to hope in Him.	<i>But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not grow faint. (Isaiah 40:31)</i>
August 18	God uses His power to help us.	<i>So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you, I will uphold you with my righteous right hand. (Isaiah 41:10)</i>
August 25	Jesus sets us free.	<i>So if the Son sets you free, you will be free indeed. (John 8:36)</i>



Operation Christmas Child

Operation Christmas Child is a year-long effort for children around the world who would not otherwise receive gifts for Christmas. Please consider filling a shoebox(es) during 2024 to bless a child. If you don't want to fill the box yourself, you can contribute funds for a box and we'll fill it for you. If you don't know what to put in a box, there's information in the Children's wing on suggestions for items. If you have questions, please don't hesitate to contact Frieda Guthrie at childrensmin@visit-grace.org or Paul Guthrie at pgvint3@gmail.com.

Thank you for supporting this important ministry! Boxes are available in the Children's wing and in the Family Life Center Lobby.



LWML Business and Mission Meeting



On **Saturday, August 10**, at 10:00 a.m., the LWML will meet in the Fellowship Hall for a Business and Mission Meeting. Our guest speaker, Linley Krahel from Magnolia Women's Center will discuss services for vulnerable and exploited women. We are collecting new items for the center: travel-sized toiletries and all sizes of sports bras and underwear. Please join us!

LWML EAST TN Zone 2024 Fall Retreat Eagle Rock Camp

7143 Flats Road, Tallassee, TN 37878
www.eaglerockcamp.com

September 27, 4:00 pm – September 29, 10:00 am



Joy in the Journey

*And we know that for those who love God all things work together for good,
for those who are called according to His purpose.
(Romans 8:28, ESV)*

Our very own East TN LWML Drama Mama's will be presenting a four-act skit, using various game show formats to provide the setting for the main character, Suzy Christian as she progresses in her spiritual journey. In addition to our skit, four "Joy in the Journey" Bible studies will enrich our own spiritual journeys.

SUMMARY: Suzy Christian finds herself on a journey in "The Game of Life". Each game show that she participates in is another step in her spiritual journey, where she faces trials and temptations as well as growth and victory. We see puzzling things happening to Suzy Christian, and she doesn't understand why she is experiencing these puzzling things and trials. But the skit attempts to show how God is using even those difficult experiences in our life for our good and the good of others.

THEME: The retreat theme is "***Joy in the Journey***" and the Bible verse is, "*And we know that for those who love God all things work together for good, for those who are called according to His purpose.*" Romans 8:28, ESV.

LOCATION: Eagle Rock Camp is a place for fellowship, fun, learning and soaring views. The wrap-around porches of the Lodge, Bunkhouse, and Dining Hall invite you to soak in the panoramic views and peace that God's creation brings in Tallassee, Tennessee. Come see and experience what LWML EAST TN Zone 2024 Fall Retreat has to offer at Eagle Rock. We know you'll love it.

REGISTRATION: Now through September 4, 2024

REGISTRATION FORMS: Contact Susan Heitner or
www.midsouthlwml.org/web_documents/EastTNZoneFall2024RetreatRegistration.pdf

Celebrate with Us!
Briseyda is Thriving!

(Note: Child Beyond is a Children's Home that Grace supports through its mission outreach. Due to privacy concerns and for her safety, photos of Briseyda have been omitted.)

Our lovely Briseyda is an incredibly intelligent girl who continues to grow stronger every day! Despite the difficult life she began with before coming to our children's home she now never loses her beautiful smile. Briseyda is very dedicated to her education, consistently bringing home positive reports from her teacher. She also enjoys visits from her young mother.

Bris (as we affectionately call her) has started asking her mother more profound questions. She is a strong and courageous girl. She and her sister were taken away from their teen mother because of neglect. It hurts our hearts to see Bris and her sister express their desire to be returned to their mother because they can't understand at their young age that their mother is unable to care for them. We are making every effort to help their young mother make the necessary changes in her life so that one day she can have her children return to her, but she remains resistant to accepting our help. Until she makes the necessary changes to be the mother that Bris and her sister need, we will continue to love and care for both of them here at our children's home.

Please continue to pray for Briseyda, her sister and their young mother. Please pray that Briseyda's overall physical, emotional, and spiritual health will continue to improve, and that her young mother will accept the help she desperately needs.

We will be sending you regular updates in the months ahead. Thank you so much for rescuing Briseyda in her great time of need.

~ Child Beyond Staff

HealthLine

Please note that everything written in this column will be backed by research, various studies and facts. There will be no personal opinions.

~ Sheila Wittke



Effectiveness of Statin Drugs in Lowering Cholesterol Levels

Cholesterol is a type of lipid (fat substance) that helps the body in many ways. It is a building block of the cell membranes, and also helps the body create bile, hormones, and vitamin D. The liver makes enough cholesterol to support the body's needs. Also, you can get extra cholesterol from the foods you eat. HMG-CoA reductase, is an enzyme that regulates the amount of cholesterol produced by the body. So, why are Statin drugs prescribed, and how do they work? Statin drugs are a class of medications that work by poisoning HMG-CoA reductase, the enzyme responsible for cholesterol production. And, every cell in the body needs cholesterol to function. Any drug that inhibits cholesterol production would be expected to cause a lot of problems and Statins do just that. The brain has the highest level of cholesterol in the body. Thus, lowering cholesterol levels causes numerous brain and nerve issues: amyotrophic lateral sclerosis (ALS), Parkinson's disease, neuropathy, Guillain-Barre syndrome, brain fog, memory loss, and fatigue. Cholesterol-lowering drugs are also associated with muscle pain, liver disorders, thyroid disorders, testosterone deficiency, diabetes, inability to exercise, and weight gain. There are a small number of individuals with genetic conditions that cause enormously high cholesterol levels of more than 1,000mg/dL, and they may benefit from taking Statins. However, all of the research studies show that there is a 97- to 99-percent chance that a vast majority of people will get no benefit from taking a Statin drug. Although, everyone who takes a Statin should always consult with their physician to evaluate their individual necessity for taking a Statin.

Grace Lutheran Church-LCMS
9076 Middlebrook Pike
Knoxville, TN 37923-1557
(865) 691-2823
Fax: (865) 691-4895
E-mail address: glc@visitgrace.org
Sunday Worship: 8:00 a.m. (Traditional) and
9:30 a.m. (Blended)/11:00 a.m. (Contemporary)

RETURN SERVICE REQUESTED

TO:



Connect ~ Grow ~ Serve

