



# GraceNet

Knoxville, TN

May 2024

## *Focus Ministry: Friday Women's Bible Study Group*

Grace Lutheran Church offers many opportunities for Bible study that cover many books of the Bible or Christian life-related topics. Some of these studies are designed for special groups while others are open to everyone.

Nearly every Friday morning, women gather in the Fellowship Hall at 9:00 for friendship and the study of God's Word. This Women's Bible Study has been a staple on Grace's weekly calendar for over 30 years. It began when a small group of women gathered at the home of Les and Jan Grebe for study and fellowship time.

My being relatively new to Grace at the time it began, I joined the study and discovered it was a wonderful way to connect with other Christian women and forged many lasting relationships. As more and more ladies learned about the class and its numbers grew, it was no longer feasible to meet in Jan's home. The group then moved into the newly built church's Fellowship Hall and has met there ever since.

Today, many women who are new to Grace or who are now available to meet on a Friday morning have connected with other Grace members and forged new friendships. Many have branched out to lead studies of their own and/or are attending other studies as well.

In the beginning, the women gathered to delve into studies by such Christian authors as Charles Swindoll and others. These studies were helpful in exploring the Christian faith and what it means to live a Christian life. Other studies focused on specific books of the Bible. The format of the class consisted of questions related to the study followed by open discussions.

In the past 25 years or so, the group has usually chosen studies from Concordia Publishing House, especially

their Lifelight series. These cover individual books of the Bible, topical studies like Baptism, Miracles, Prayer, and Bible characters such as the Life of David. These are just some of the studies that have been done.

In the summer, the group continues its studies using Concordia materials that can be covered in an hour and a half session, such as an overview of a woman from the Bible or a character of great faith or an individual hymn. The goal of every study is that each individual will grow in her faith and knowledge of the Bible as well as learn more about herself. (Currently, the study is on II Corinthians.

Watch the bulletin for information on the summertime study which will begin in June).

Over the years, the Friday class has also become a conduit in assisting with other church activities. When food or helpers are needed for a luncheon or to provide items for activities such as Easter Fest or Vacation Bible School, sign-up sheets are circulated to the members so that those who are interested may become involved. Several years ago, those tying quilts for Lutheran World Relief have gathered after class the second

Friday of each month to work. When the *GraceNet* was once again being mailed, several ladies would stay for 30-40 minutes after class to prepare them for mailing. Along with serving, this was a special time to get to know each other.

For over 30 years, these women have exemplified our Grace mission to: Connect, Grow and Serve. There's always room for one more whether she is a member of Grace or not. Join in on Fridays from 9-10:30.



~Mary Schultz

## Lutheran Women in Mission

**W**e now have a Missions/Human Care Chair! **Carri McClellan**, a new member at Grace, has stepped up to serve in this position. We welcome her and look forward to working with her.

Please join us in the Fellowship Hall on **Saturday, May 18 at 10:00 a.m.**, for a presentation/meeting. We will be hearing about **Isaiah 117 House** and how they serve foster children who are awaiting placement. We will also have an in-gathering of **NEW LARGE DUFFEL BAGS and KIDS BODY-WASH SHAMPOO** to help out this ministry.

Also, at this meeting we will also have an opportunity to hear about the missions who have applied for grants from our LWML district. These missions will be voted on at the June convention. Our delegates will be asking our input on which charities are the most important to us.

Women *and men* are invited to attend the **LWML Mid-South District Convention** on **June 7-9** at Christ the King Lutheran Church in Memphis, TN. This is a great opportunity to fellowship while learning about the missions that our district is going to support. There will be a guest speaker, banquet, and entertainment!

For more information come by the coffee bar or contact Mary Krempasky (717-418-0112) or Sandie Harjala (865-201-2244).



## VBS—Celebrate the Savior!

**July 15-18, 2024**

**9:00 a.m.—12:00 p.m.**

**A**ll children 3 years old—5th grade are welcome to attend. We are also accepting volunteers of all ages. For more information, contact Marlene Landon at (865) 567-3578 or [mtlintn@aol.com](mailto:mtlintn@aol.com)



## Coffee or Lunch with Pastor Danny?

**P**astor 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>

## Grace Prayer Team Welcomes Requests

**T**he 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](mailto:kdmcgee08@gmail.com) (865-384-9834) or **Ev Brown** [evbrown3@gmail.com](mailto: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.



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

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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.



## Welcome the New Members of our Grace Family

- Anita Bac*
- Barbara Baum*
- Deanna and Ray Cochell*
- Vicky and Mike Cowan*
- Rhonda Guerry*
- Hailey and Matt Jackson*
- Debbie McConnon*
- Rich and Lee Metelka*
- Brad Moore*
- Sandra and John Schultz*
- Sam and Kristi Smith*
- Jodie, Crystal, Caitlyn, and Jenson Swafford*
- Jody Freeman and David Thomas*
- Janet, Peter, and Allison Zerger*

## Part-Time Connection Director Wanted



Grace is looking to hire a part-time Connection Director! Do you love meeting new people? Is it your nature to network and introduce people? Are you organized with good communication skills? Do you enjoy fostering community as a resource for people to connect, grow, and serve? For more information about the role and the application process, contact Executive Director, Kristen Reinke: [kristen@visitgrace.org](mailto:kristen@visitgrace.org).



### Attention all Grace Youth and Youth Families!!

We are launching a new communication system that will allow us to text all announcements and updates. We have two lines, one for youth and one for youth parents. To join, text **GLCyouth** or **GLCparent** to 865-432-0208. If you have any questions, reach out to our DCE Intern Matthew McCarthy at [matthew@visitgrace.org](mailto:matthew@visitgrace.org).



**HAPPY CINCO DE MAYO**

**DE MAYO**

**TIME TO FIESTA!**

Let's Celebrate with Food, Fun, and Fellowship

May 5—5:00 p.m.

Family Life Center—Everyone is Welcome!!

Please sign up in the Coffee Bar area



# MAY Birthdays

5/1	Jim Thompson	5/11	Jeff Spradlin
5/1	Desmond Weeks	5/12	Ally Turner
5/3	Lu Anne Peters	5/13	Alec Zimmerman
5/4	Mira Cole	5/15	Jim Phillips
5/4	Christine Harness	5/15	David Smith
5/4	Helen Mollenhour	5/18	Pastor Danny Anderson
5/4	William Schmitt	5/18	Sarah Dew
5/5	Jennifer Bush	5/22	Tim Collins
5/5	Desaray Frizzell	5/22	Maggie Geithman
5/6	Paul Angelino	5/25	Julie Haase
5/6	Carol Kreiss	5/26	Lorie Luke
5/5	Kim Lee	5/26	Mike Zurakowski
5/6	Jim O'Hatnick	5/27	Paul Bretscher
5/6	Brogan Oberhaus	5/27	Dana Fulkerson
5/6	Sam Steele	5/27	Susan Lewis
5/6	Arlene Stern	5/27	Carolyn Long
5/7	Nina Dodson	5/27	Steven Peterson
5/8	Skyler Hembree	5/29	Dennis Laneman
5/9	Baker Martin	5/29	Ashley Smith
5/10	Gracie Frizzell	5/31	Mark Anderson
5/10	Patricia Halsey	5/31	Melinda Curtis
5/10	Cheryl Handler	5/31	Ryan Newport
5/10	Lauren Hoag	5/31	Glen Wright
5/10	Stacy Hoag		

# MAY Anniversaries

5/1	Mark & Susan Klemmer
5/1	Vicke & Mike Pyles
5/6	Ted & Jill Murphy
5/7	Drew & Laurie Martin
5/7	Mike & Kim Radochonski
5/9	Terry & Rosie Turner
5/10	Harvey & Debbie Booher
5/12	Vance & Wendy Sterling
5/13	Stanton & Gina Oster
5/13	Mack & Jeanette Webster
5/15	Mark & Donna Anderson
5/16	Troy & Alexandra Howe
5/17	Ryan & Linda Dreke
5/17	Lew & Mary Stoner
5/19	Daren & Becky Daenzer
5/19	Eric & Hannah Hughes
5/20	Pam & Jim Phillips
5/23	Mark & Margie Frizzell
5/24	Chris & Kelly Dodson
5/24	Jim & Anna Thompson
5/27	Davie & Janice Ishee (52)
5/27	Eric & Robyn Jamison
5/27	Mitch & Jennifer List
5/29	Brad & Samantha Hicks
5/30	Rich & Marlene Cole
5/30	David & Peggy Koelsch
5/31	Cassie & Jared Hencke

## Bible Quiz

What two rivers that we still know today are named in the Creation account in Genesis 2?

- A. Nile
- B. Yangtze
- C. Jordan
- D. Tigris
- E. Ganges
- F. Euphrates



Answer: D & F (see Genesis 2:10-14)

## May Scripture of the Month

*But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.*

~ Acts 1:8, NIV

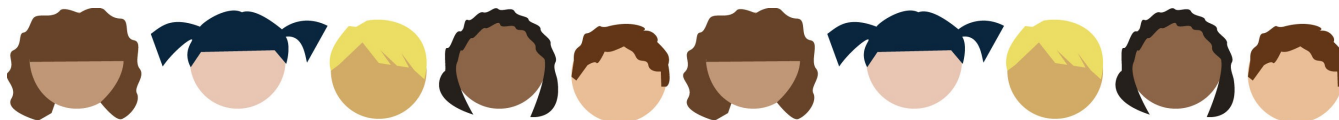


## May Children's Curriculum Themes

**I**n 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 May.

~ Frieda Guthrie

<i><b>DATE</b></i>	<i><b>THEME</b></i>	<i><b>VERSE</b></i>
May 5	<b>Follow where God leads.</b>	<i>Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him, and He will make your paths straight. (Proverbs 3:5-6)</i>
May 12	<b>Tell everyone about Jesus.</b>	<i>Therefore, go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age. (Matthew 28:19-20)</i>
May 19	<b>Encourage each other to believe in Jesus.</b>	<i>But encourage one another daily, as long as it is called Today, so that none of you may be hardened by sin's deceitfulness. (Hebrews 3:13)</i>
May 26	<b>God give us the Holy Spirit.</b>	<i>But the Counselor, the Holy Spirit, whom the Father will send in My name, will teach you all things and will remind you of everything I have said to you. (John 14:26)</i>



## Operation Christmas Child

**O**peration 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@visitgrace.org](mailto:childrensmin@visitgrace.org) or Paul Guthrie at [pgvint3@gmail.com](mailto:pgvint3@gmail.com).

Thank you for supporting this important ministry!



## *Where Are You Going?*

**O**ften God steers us in new directions. We are attracted, guided and then taken into a serving experience which builds God's mission. Please pray about responding to either or both of the mission experiences planned by Grace.

### *English Learning for Immigrants at Pelican Lutheran Church, Naples, Florida*

We have a few spots remaining to teach English to immigrants with Pelican Lutheran Church in Naples, Florida, on **June 24-28, 2024**. Transportation and lodging logistics are being planned, and financial assistance to offset costs is available. Save the dates for upcoming meetings: **May 11** and **June 15** at noon in the Fellowship Hall.

### *Child Beyond Orphanage Ministry in Guatemala*

Child Beyond is an orphanage ministry in Guatemala that Grace has been supporting. We are recruiting a team of Grace members to do a project in Guatemala for the orphanage and their ministry. Please consider volunteering, **July 14-21, 2024**.

Please prayerfully consider serving in one or both of these ministries. For more information, please contact **Rev. Paul Muench, [Paul.Muench@concordia.edu](mailto:Paul.Muench@concordia.edu)**

## *My First Bible*

**I**t was the mid-1950s and I was ten years old. My mother decided it was time for me to have a Bible for my birthday. It was black and closed with zipper. Lots of kids my age got that same Bible as I learned later, although it was white if you were a girl. It was the King James Version.

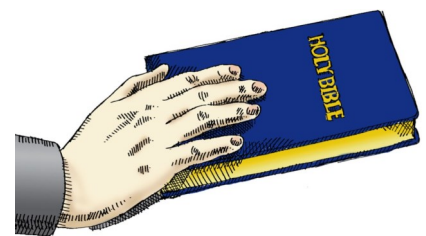
My Sunday School classes had us looking up passages and I used my new Bible. In my early high school years I began to have questions and read some in my Bible. I remember how boring it was to look up passages other people told you to look up, but I did not mind looking up things when it was a search to answer my questions. A little later I was at a week long training event for youth and a pastor challenged us to read the New Testament through before we left high school. I did. I had already been thinking about becoming a pastor, even though my father wished I would take over his electrical business when I was old enough.

While reading my Bible I discovered Romans 5:1. It says, "Therefore, being justified by faith we have peace with God through our Lord Jesus Christ." I think I always knew my standing with God was not a matter of any good I had done, but depended on Christ alone. I also had not thought much about it. It had been drummed into us in the three years of confirmation classes that were standard. But, reading it and thinking about it made it more certain. I liked Romans 5:1. Later I stumbled onto my confirmation certificate and discovered Romans 5:1 was the verse the pastor had chosen for me as my confirmation verse. I do not know how I missed that.

The King James Version has some words in italics here and there. It bothered me when I learned those words were not actually in the text, but were necessary to smooth out the thought and make good English. Later I studied Latin and some other languages. After I understood more about how translation works those extra words in italics no longer bothered me.

There were puzzling things in the Bible. Sometimes reading in another part gave me an explanation. There were other strange sayings that became clearer as I became older. It is not just what the text says, but life experiences help the text to be better understood.

I remember only one male Sunday School teacher. One Christmas he gave us a pocket New Testament and a brochure on marking the plan of salvation so we could give that New Testament to another. I ordered more of those brochures and of those New Testaments. I gave them to anyone I could. The Bible my mother had given me convinced me Jesus alone is my salvation and I wanted to spend my life sharing that.



~ Rev. Phil Bohlken

## Celebrating the Church's Birthday

On Pentecost, we remember when the Holy Spirit descended on Jesus' disciples. As they gathered in Jerusalem 10 days after Jesus' ascension, they saw tongues of fire, heard rushing wind and began speaking in many languages. Because the disciples could then share the good news with all the pilgrims assembled for the Pentecost festival, the occasion marks the birthday of the Christian church. That day alone, about 3,000 people devoted their lives to Christ.

Like the Holy Spirit, Pentecost is important and relevant today. As theologian Henri Nouwen writes, "Without Pentecost the Christ-event — the life, death and resurrection of Jesus — remains imprisoned in history as something to remember, think about and reflect on. The Spirit of Jesus comes to dwell within us, so that we can become living Christs here and now."

This year Pentecost Sunday will be celebrated on **May 19, 2024**. As we celebrate how the Holy Spirit called Christ's church into being, let us keep our eyes and hearts open to how the Spirit is working today.



**THESE DAYS SHOULD BE REMEMBERED AND OBSERVED** in every generation by every family, and in every province and in every city.

Esther 9:28, NIV



*Remember and Honor*

May 27, 2024

## 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

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## L-Arginine Safeguards Blood Vessels

Nearly a third of adults in the United States have high blood pressure, which raises the risk of heart disease and stroke. That is why blood pressure drugs are among the best selling medications in the country. Unfortunately, those drugs come with significant risks, and may not entirely control the problem. In fact, about one-third of people with high blood pressure have "resistant hypertension," which means that their blood pressure cannot be controlled with less than four medications. L-arginine, an amino acid, helps the body build proteins. It is found in most protein-rich foods such as fish, red meat, poultry, whole grains, beans, and dairy products. L-arginine helps regulate the production of nitric oxide, which protects both the heart and the blood vessels. It is nitric oxide that signals the muscles in the heart's arteries to relax, enabling them to widen and then letting the blood flow to increase. This helps prevent plaque from building up on the walls of the arteries, allowing the blood to flow more smoothly and, therefore, lowering the blood pressure.

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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**



*Sunday, May 12, 2024*