



# GraceNet

Knoxville, TN

October 2024

## Focus Ministry

### Lutheran Women in Mission (LWML)

The **Lutheran Women's Missionary League (LWML)** was established on July 7, 1942 at St. Stephen's Lutheran Church, Chicago, Illinois (just a few months before the United States entered World War II). This women's ministry was encouraged by the leadership of the Lutheran Church Missouri Synod (LCMS). Historically, the LCMS and other church bodies have grappled with the appropriate roles for women in the church. By the establishment of the LWML, the LCMS was blessing the mission of the LWML as a vital way in which women could serve the Lord and be of service in the world.

In modern times, we have shortened our name to "**Lutheran Women in Mission**," but we still use our traditional LWML logo and graphics. The LWML mission statement is: "*As Lutheran Women in Mission, we joyfully proclaim Christ, support missions, and equip women to honor God by serving others.*" We meet our goals through a variety of activities including helping women to grow spiritually and in Christian fellowship through Bible study, workshops, retreats, and rallies; helping and encouraging local Christian charities/agencies to apply for LWML grants; appointing Grace Knoxville delegates to vote on grant selection for our district convention; attending district and national conventions; collecting mites; educating the congregation about the current grants that the LWML is supporting; and finding unique ways to serve our congregation and community.

We welcome woman of all ages (and men are welcome to attend our gatherings also). LWML also has a Young Woman Representative (YWR) program that encourages and provides some funding for young women to attend our conventions. Here at Grace Lutheran, Knoxville, we have an active LWML and are **always looking for leaders and workers** to further our mission. Our current Grace LWML leadership team is the following ladies:

President: **Mary Krempasky**

Vice-President: **Deanne Collins**

Treasurer: **Jerrie Wright**

Recording Secretary: **Laura Big Eagle**

Corresponding Secretary: **Shirley Wolfram**

Christian Life Comm. Chair: **Cheryl Denton**

Missions/Human Care Comm. Chair: **Carri McClellen**

Lutheran Women's Quarterly Chair: **Kathy Bohlken**  
(and bulletin board, posters, and behind the scenes angel)



We do our best to keep our members and the congregation apprised of our activities through email, bulletins, and newsletters. **Sunday, October 6**, has been designated as LWML Sunday. An informational video about LWML will be shown at all of our services that day.

Our next business meeting will be held on **Saturday, October 26** at 10:00 am in the Fellowship Hall. At this meeting, we will be electing our recording

secretary, corresponding secretary, and treasurer to serve for 2025-2026; we will also have a Bible study led by Pastor Danny; and we will share information and conduct other business, as needed. Other upcoming activities include:

**Saturday, November 2**, 9:00 am - Zone Rally at Praise Lutheran Church in Maryville

**Saturday, December 14** - LWML sponsored lunch and Advent play in Grace FLC (with the Word Players).

*(Continued on page 2).*

## Lutheran Women in Mission

(Continued from page 1)

In addition to our Grace Knoxville activities, we are active participants in our East TN Zone and Mid-South District. These two entities are also actively looking for women volunteers to serve in elected and appointed positions.

Ladies, please come out and join us!

*In Christ,  
Mary Krempasky, Grace LWML President*

## 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 at:

<https://calendly.com/pastordannygraceknoxville/>

## Cancer Survivor Celebration

**O**n **October 20** from **2:00-4:00 pm**, the Grace Cancer Companions Ministry will be hosting a **Cancer Survivor Celebration** in the **Fellowship Hall**. It will be a celebration for all who have dealt with cancer as a patient or as a caregiver and have moved on to a new normal *life after cancer*. It will serve as a source of hope and encouragement for those in the middle of this journey – offering fellowship, interesting speakers, literature, refreshments and more. We hope that those of the Grace family whose lives have been touched by cancer will take advantage of this opportunity to share their experience and grow together.

Sign up sheets are in the coffee bar. Please sign up so we can finalize our plans. There is no cost to the attendees, only rewards. We hope to see you there.



## 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.



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

### GraceNet Staff

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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.

Please join us for  
Grace Lutheran's annual



**Trunk  
or  
Treat**

**THURSDAY, OCTOBER 31**  
**5:00 - 7:00 PM**  
**Church Parking Lot**  
**Free! Food! Fun!**

**We need candy and volunteers!**  
**Information is at the coffee bar or**  
**[frieda@visitgrace.org](mailto:frieda@visitgrace.org)**






### *October is Pastor Appreciation Month*

October is **Pastor Appreciation Month**, an observance that some clergy don't publicize. It's an ideal time to thank pastors for their dedication to God's people and the ministry. A written note, a card, or even a free meal is a nice gesture of appreciation. But if you were to ask pastors what they'd like or what they need, most would probably reply, "Pray for me."

That's what the apostle Paul requested throughout his letters. To the church at Rome, he urged, "*Join me in earnest prayer to God on my behalf, that I may be rescued from the unbelievers in Jude and that my ministry to Jerusalem may be acceptable to the saints, so that by God's will I may come to you with joy and be refreshed in your company*" (Romans 15:30-32, NRSV).

As you appreciate and encourage your pastors, remember them in your prayers. Then, let them know you're doing so!



# OCTOBER

*Birthdays*

10/1	Bill Crain	10/14	Joretta Schneider
10/1	Barbara Laneman	10/16	Susan Heitner
10/1	Trent Pyles	10/17	Steve Kreiss
10/1	Bob Strickland	10/18	Pierce Herrin
10/2	Daniel Brazelton	10/19	Byron Mahan
10/2	Michael McCay	10/19	Janet Zerger
10/2	Rylan Pyles	10/20	Keith Denton
10/3	Dave Hart	10/20	Tisa Mees
10/3	Tom Schoenfelder	10/20	Jensen Swafford
10/3	Jeanine Smith	10/21	Cameron Smithey
10/4	Ev Brown	10/21	Carri McClellan
10/4	Steve Kremasky	10/22	Alex Jones
10/4	Beverly Miller	10/22	Leighann Smiley
10/4	Janet Schmitt	10/23	Joseph Angelino
10/6	Caroline Dreke	10/23	Cate Turner
10/6	Ryan Dreke	10/26	Bekah Behnke
10/6	Phoebe Linnabary	10/26	Randy Bueckman
10/7	David Kabela	10/26	Jeanette Webster
10/8	Elizabeth Dreke	10/28	Benjamin Cole
10/8	Brenda Gaddis	10/28	Lexie Glisson Blair
10/8	Susan Klemmer	10/28	Alexandra Howe
10/8	Pastor Steve Skov	10/28	Allen Smith
10/9	Olivia Dodson	10/29	Matt Kothe
10/10	Alana Harter	10/29	Rosie Turner
10/11	Brittany Pafford	10/30	Jaci Richards
10/11	Diane Verley	10/30	Marcie Strickland
10/11	David Wade	10/31	Keith Abraham
10/12	Sheila Donnelly	10/31	Mike Cowan
10/12	Pam Streufert	10/31	David Ishee
10/13	Irene Holden	10/31	Grace Pitcher
10/14	Linda Hults	10/31	Richard Wright
10/14	McKenzie Mcllwin		
10/14	David Mees		

# OCTOBER

*Anniversaries*

10/2	Joe & Pam McGhee
10/2	John & Deborah Stegner
10/4	Richard & Linda Sturk (55)
10/6	Bryan & Jenny Payne
10/9	Tom & Ashley Cruise
10/10	Derek & Kaitlin Knoernschild
10/13	Steve & Carol Kreiss
10/14	Bruce & Barbara Collett (52)
10/14	Derek & Anna Wilson
10/15	Amy & Tim Baserman
10/17	Dale & Stacy Henderson
10/20	Dennis & Barbara Laneman
10/21	Barbara & Thomas Sears
10/22	Al & Pam Streufert
10/27	Alan & Jennifer Bush
10/27	Russell & Shawna Hembree
10/28	Dale & Leona King (74)
10/29	John & Sandy Schulz (57)
10/30	David & Nancy Smith



## Bible Quiz

**W**ho helped Samuel understand that it was the Lord calling him in the night?

- A. His mother, Hannah
- B. Moses
- C. His father, Elkanah
- D. Eli



Answer: D (see 1 Samuel 3:1-10)

## September Scripture of the Month

*For it is by grace you have been saved through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast.*

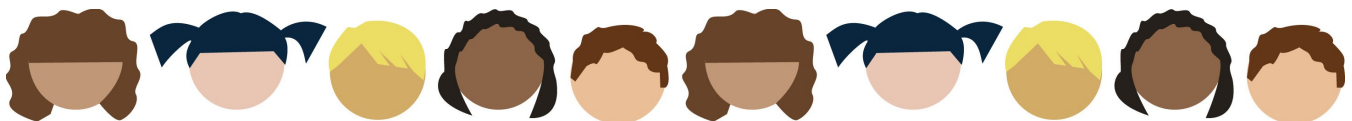
~ Ephesians 2:8-9 (NIV)



## October 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 October.

<i><b>DATE</b></i>	<i><b>THEME</b></i>	<i><b>VERSE</b></i>
October 6	<b>Only God deserves our worship.</b>	<i>I am the Lord your God, who brought you out of Egypt, out of the Land of slavery. You shall have no other gods before Me. (Exodus 20:2-3)</i>
October 13	<b>We can all serve God.</b>	<i>And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him. (Colossians 3:17)</i>
October 20	<b>Be brave for God.</b>	<i>Therefore, my dear brothers, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the name of the Lord is not in vain. (1 Corinthians 15:58)</i>
October 27	<b>Pay attention to God.</b>	<i>Come and see what the Lord has done, How awesome His works in man's behalf. (Psalm 68:5)</i>



### Operation Christmas Child

Operation Christmas Child National Collection Week is fast approaching. ***This year's collection week is November 18-25!*** 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(ren). Boxes and suggested packable items are located in the Children's wing. If you prefer to not fill the box yourself, you can contribute funds for a box and we'll be happy to fill it for you.

If you have questions please contact Frieda Guthrie: [frieda@visitgrace.org](mailto:frieda@visitgrace.org) or Paul Guthrie: [pgvint3@gmail.com](mailto:pgvint3@gmail.com).



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## ***Connect to Costa Rica*** ***July/August Ministry Update***

### ***Continued Ministry in the High School***

For the last two months, we have focused on the topic of creativity which has included multiple different types of creativity that encouraged students to think outside of the box. One of my favorite activities has been a collaborative mural that we worked on for a couple of weeks. Not only was it fun to work together with the students to create this, but it was exciting to hang this up and watch students stop to find their piece of the mural that they contributed. The work they had done was a masterpiece, just as they are called by their Savior and Friend, and displayed in the Bible verse printed in the mural. What a great reminder to have hung up for the entire high school to see on a daily basis!

### ***Relational Ministry***

Over the last couple of months, I have had the opportunity to connect more with our neighbor, who is a student at the high school, by having her over to practice English and play card games. We, as a team, have also had another successful Sunday afternoon event of games for the high schoolers at our house, as we continue to engage with students outside of the high school.

One of my favorite moments of relational ministry has been connecting with a student's family. For quite a few months now, I, and many of my teammates, have been eager to connect with this particular student and find a way to spend time with her outside of the high school. However, this has been a great challenge because she lives so far away from the high school and the bus options are scarce. So we decided as a team that the next time there was no school, we would make the trek out there.

It was quite an adventure getting out there with confusing directions, little cell service, and many bridges appearing to be the same. Once we got there though, it took less than a second for her family to welcome us in, and treat us as family. What a joy it was to spend that time with her and her family, to be shown their house and their community, to make and share food together, to pray together, and laugh together over our lack of ability to navigate the back palm field streets of Parrita. What great evidence of God's hand at work here! It was such a fun day and I think we are all looking forward to returning again soon!

### ***Fundraising Update***

I am so grateful for you all and am blown away by the amount of support I have received! God is so good and it has been a great blessing to watch Him work through you all to create such an incredible support team. Officially, I am 100% funded for the coming financial year, which began August 1! With the donations I have continued to receive, the funds that were left over from this past financial year, and the monthly donations I will continue to receive throughout the next year, God willing, I am ready to go for year two already! I cannot say thank you enough for all of your support. Any gifts that I receive over my goal for year two will be kept in my account for a potential third year. Again, I am so grateful for each and every one of you and that God has called you to support me either as prayer partners and/or as financial partners. God's richest blessings to you all!

### ***Prayer Requests***

- Thanksgiving for consistency in the Parrita High School and the chance to be the hands and feet of Christ among these students each day.
- Thanksgiving for our efforts as a team to connect with students outside of the high school.
- Thanksgiving for another year of life and the chance to celebrate my 23rd birthday with family and friends.
- That God would bless our time at the high school in all that we do as we seek to build relationships with the students and serve Him.
- That God would continue to bless our efforts in seeking opportunities to connect with students outside of the high school.
- That God would continue to heal me and give me the health necessary to continue ministry here after a month of battling sicknesses.

*~ Sarah Parrish*

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## *The Fullness of Christ*

**S**cripture declares: *“For in Christ dwells all the fullness of the Godhead bodily; and you are complete in Him...”* (Colossians 2:9-10) I want you to think for a moment about the fullness of Christ.

He is the radiance of God’s glory. All of God’s fullness dwells in Him. He is the Alpha and Omega, the Beginning and the End, the First and the Last. He is seated at the right hand of the Father and is the only way to the Father. He is the firm Foundation, the Living Stone, and the precious Cornerstone. He is the Rock of Ages.

We go on. He is the Bread of Life and gives food that endures to eternal life. He is the True Vine and the source of the abundant life. He is the source of Hope, Comfort and Strength, and the source of Righteousness. He is Faithful and True. His name is Jesus because He saves His people from their sins. His name is above every other name, and salvation is found in no other. He is the Savior of the world, and is able to save anyone who comes humbly to Him.

He is the Lamb of God whose blood pays the price for our redemption and forgiveness. He is the Good Shepherd who lays down His life for the sheep. He is our Advocate with the Father and the Mediator between God and man. He is the Son of God who became the Son of Man and is our merciful and faithful High Priest who is able to help those who are being tested and tried.

Going on...He is the Author and Perfecter of our faith and is able to keep us strong until the end. He is the Resurrection and the Life, and He ascended into heaven that He might fill all things. He is the Bridegroom who is coming for His Bride, the Church. He will return in glory with all the holy angels and is coming for those who are eagerly waiting for Him.

He is King of kings and the Lord of lords. He has authority over nature and authority to forgive sins. He has all authority in heaven and earth, and everything is in His hands. He has destroyed the power of the devil, and abolished eternal death, and has brought light and life to all who truly believe.

I tell you, what a Savior we have! There is no limit to His glory, His power and His love. He is our all-sufficient Savior. All the fullness of the Godhead dwells in Him. He is available to all who humble themselves of their pride, repent and turn from their sin, and trust in Him for all that they need in this life and in the life to come. By the power of the Holy Spirit let’s do it and respond whole-heartedly to this One who gave His all for us.

~ Pastor Steve Skov

### *HealthLine*

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

~ Sheila Wittke



## *Body Fat Predicts Health Better than Body Mass Index (BMI)*

**A** study published in *“Frontiers in Nutrition”* says that a person’s percentage of body fat is a much more reliable indicator of overall health and cardiovascular risk than the Body Mass Index (BMI), which is based on weight and height. The BMI is a tool that health care providers use to estimate the amount of body fat by using an individual’s height and weight measurements. It can help assess risk factors for certain health conditions. Israeli scientists analyzed data on 3,000 men and women and found that about one-third were of normal weight. Of those, however, 38.5 percent of women and 26.5 percent of men were judged to be overweight based on their percentage of body fat. When the scientists matched body fat percentage with blood markers, they found a significant correlation between “obesity with normal weight” and high levels of sugar, fat, and cholesterol, which are major risk factors for several cardiometabolic diseases. Researcher Yftach Gepner, Ph.D., said, *“These individuals, being within the norm according to the prevailing BMI index, usually pass under the radar. Unlike people who are identified as overweight, they receive no treatment or instructions for changing their nutrition or lifestyle, which places them at an even greater risk for cardiometabolic diseases.”* At the same time, 30 percent of men and 10 percent of women identified as overweight by BMI were found to have a normal percentage of body fat.

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Sunday Worship: 8:00 am (Traditional) and  
9:30 am (Blended)/11:00 am (Contemporary)

**RETURN SERVICE REQUESTED**

TO:



**Connect ~ Grow ~ Serve**

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**October 27, 2024**



**Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand.**

**~ Romans 5:1-2 (NIV)**