



The Monthly Newsletter of Grace Lutheran Church

Grace Vine

"We're in the City for Good!"

Grace Lutheran Church
1124 North Third Street
Phoenix, AZ 85004
602-258-3787
www.graceinthecity.com
May 2012

God's purpose for Grace Lutheran Church is to listen to God, proclaim Christ, serve all, and open doors.

Children's Christian Education By Linda Schwall

The Easter egg decorating and Scavenger Hunt were a big success. The children colored 450 eggs. Over 40 children and adults were there. Four teams each followed clues with Bible passages and each found the special "A" word. Lunch was BBQ, chips, veggies, injured eggs and cookies.



On Sunday the children hunted for filled Easter eggs. God has truly blessed Grace with so many wonderful children, parents and caring adults.

It is hard to believe that Sunday school will soon be breaking for the summer. Our last day will be May 20, and we are planning something special for that day.

Thank You!

Thank you to all the Sunday school teachers for your service this year! I am grateful to God for you and the ways you mentor our children and youth. Bless you, *Pastor Sarah*

Grace Lutheran Church Office Hours Monday through Thursday, 9 am - 2 pm

Five Guiding Principles of Grace Lutheran Church

1. Jesus is Lord!
2. Pray, Seek, and Follow God's Will
3. Share the Good News of Christ
4. Embrace God's challenge to Love and Serve Others
5. All are Welcome

Thank You

Thanks to the women of Grace Church who furnished the wonderful egg casseroles for the Easter breakfast. They were all prize winning dishes. Thank you, also, to the volunteers that helped out in so many ways. If you are interested in becoming a member of the Congregational Life/ Hospitality team, please come to the ministry night on the 2nd Tuesday of each month at 6:45 pm. Find out what we do, offer your ideas and work with us. If you are interested, see any of the following committee members: Phyllis Schilling, Evelyn Ehlen, Frances Fry, Ursula Osborn, Carol Staffieri, Linda Erickson and Adam Wohlbrandt.



Watch for news about Mother's Day, May 13.

Worship Assistants

Summer is near, and that means vacation time! The summer schedule for worship assistants is in the making. If you signed up to be an acolyte, crucifer, communion assistant, reader, greeter, or usher, please let the office know of times you will not be available. This pertains to only second service.

Worship Time Change Note

We will continue with our regular worship hours through the end of May. On June 3, we will move to our summer hours: contemporary worship at 8:30 am and traditional worship at 10:00 am.

Sunday Morning Schedule Come for Worship!

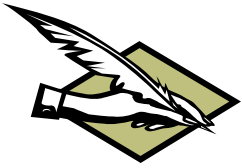
7:30 am	Pancake Breakfast
8:30 am	Contemporary Worship
9:45 am	Sunday School/Adult Ed
11:00 am	Traditional Worship
12:15 pm	Fellowship

Grace Lutheran Church is a congregation of the



**Evangelical Lutheran
Church in America**

God's work. Our hands.



Pouring Out of the Holy Spirit

When the day of Pentecost had come, they were all together in one place. And suddenly from heaven there came a sound like

Pastor's Pen *the rush of a violent wind, and it filled the entire house where they were sitting. Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability...But Peter, standing with the eleven, raised his voice and addressed them...This is what was spoken through the prophet Joel:*

In the last days it will be, God declares, that I will pour out my Spirit upon all flesh, and your sons and your daughters shall prophesy, and your young men shall see visions, and your old men shall dream dreams.

Even upon my slaves, both men and women, in those days I will pour out my Spirit; and they shall prophesy.'

—Acts 2:1-4, 17-18

Acts chapter 2 tells the story of Pentecost, the day that the Holy Spirit came upon Jesus' disciples in Jerusalem fifty days after Jesus rose from the dead. Pentecost has traditionally been understood as the birthday of the church, the day when the Spirit came and filled the disciples and thus equipped them to start the church in Jesus' name. With the Holy Spirit, the disciples did amazing things—preached, taught, baptized, prophesied, healed, performed miracles.

In the church, we specifically ask for and acknowledge the Holy Spirit's presence in two ways. At Holy Baptism, we pray for the baptized person that the Holy Spirit would fill them. At confirmation (or Affirmation of Baptism, as we more appropriately call it now), we pray again for the person affirming their baptismal promises that the Holy Spirit would fill them.

As Lutherans, we rarely speak about the Holy Spirit, but it is the very foundation of our ministry. It is by the Holy Spirit that we are able to do everything we do. That is why we pray for the Holy Spirit to fill a person both at Holy Baptism—which is often at the beginning of a person's life—and at Affirmation of Baptism—which is usually when young people transition to adulthood in the eyes of the church. The prayer includes very powerful language, the second half of which is taken directly from Isaiah chapter 11. Read the prayer that we pray at each celebration of Holy Baptism and

Affirmation of Baptism:

We give you thanks, O God, that through water and the Holy Spirit, you give your daughters and sons new birth, cleanse them from sin, and raise them to eternal life. Sustain this beloved one with the gift of your Holy Spirit: the spirit of wisdom and understanding, the spirit of counsel and might, the spirit of knowledge and the fear of the Lord, the spirit of joy in your presence, both now and forever. Amen.

How appropriate in this month when we celebrate the Day of Pentecost (May 27) to also celebrate a baptism (May 13 at the second service) and an Affirmation of Baptism for Faith Morey (May 13 at the first service)!

Even as we nurture young people in faith and welcome young children into the church, hear the good news that the Holy Spirit has rested also on each one of us. By the Holy Spirit at work in our lives, God has given us the power to do amazing things. We may not preach or perform miracles in the ways that the disciples did, but we will in our own ways—with the gifts God has given us—teach and heal and do all sorts of ministries.

We are not powerless but incredibly powerful. We are powerful by the Holy Spirit at work in us. Power has gotten a bad reputation because it can be used for evil, but it can also be used for good. The power of the Holy Spirit at work in us is bringing about a world of love and compassion, justice and peace. God has gifted us with the power to truly bring healing to a broken world.

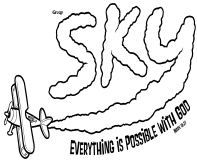
At Grace, there are many powerful ways the Holy Spirit is at work. We use our power—the power of the Holy Spirit—to feed people who are hungry in body and soul. We use our power to build relationships across barriers of age and class and race and ethnicity. We use our power to create a welcoming place for all people to come and worship God. This past month, a few of us from Grace have come to more fully understand our power by meeting with a community organizer from Valley Interfaith Project, and on May 2 at 6:30 pm, all are welcome to come to a Civic Academy to learn how we might be **empowered** to participate in civic life—for the sake of this community—the community that both we and God love.

The Holy Spirit is at work here, and I am deeply grateful for your openness to it! With joy,

Pastor Sarah

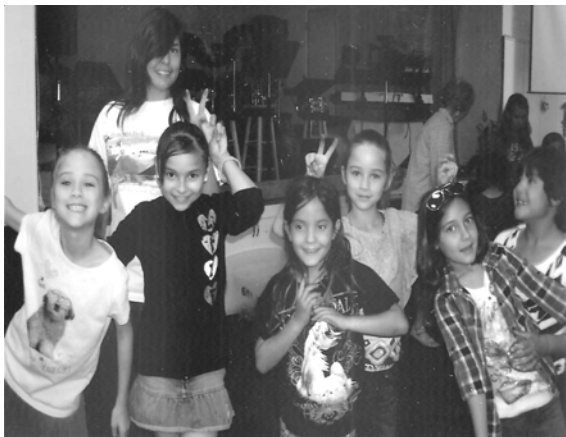
Vacation Bible School
June 11-15, 5:15-8:15 pm

VBS is moving along. Station leaders are excited. We will again begin each evening with a kid friendly meal. We have some great crafts, Chatter DVDs, games, snacks, Bible Adventure stories & great songs. Come and join the fun as a student, crew leader & assistant crew leader jr. crew members. There is something for everyone. Talk with Linda Schwall, Margie Betz, or Phyllis Schilling to volunteer with VBS. Watch for registration details!



Affirmation of Baptism & Youth Worship
Sunday, May 13, 1st Service

On Sunday, May 13 at the first worship service, Faith Morey will affirm her baptismal promises, and all the youth of Grace will take a more active role in worship leadership, including reading Scripture, serving communion, preaching, preparing the kid talk, and sharing music. Youth, please plan to come to the rehearsal on Saturday, May 12 at 10:00 am. All adults, please keep Faith in your prayers as she continues to prepare for her Affirmation of Baptism. **Youth Worship Rehearsal: Saturday, May 12, 10:00 am**



Easter Egg Decorating & Scavenger Hunt



Heat Respite 2012

Summer heat is fast approaching and once again, the doors of Grace will be open to all who need relief. For the eighth year in a row, from June 18 to August 31 Hope Hall will be a full-service City of Phoenix Heat Relief Station. As always, this program will require tremendous effort and good will from many, many volunteers. While we're reaching out to our many valuable ministry partners across the valley, we also really need help from our oh-so-supportive Grace members as well.



For one thing, we're still looking for at least one more volunteer Day Manager to handle the kitchen and the volunteers. Last summer three people shared this responsibility. The hours are 10-4, Tuesday-Thursday, and 10-6, Monday and Friday. We prefer that this extremely important job be handled by folks from our Grace community. The truth is, we can't run the program without another manager signed up. Can you help? We will again be showing movies each day. We request that you go through your DVD library to see if you have films you can loan us that will be appropriate for our guests. We'll keep a detailed list, and all DVDs will be returned! Please see Marlene Haller or email her at mlhaller01@cox.net if you have movies for us.

Volunteers will be needed to welcome our guests in the following ways:

- Help prepare and serve lunches and snacks
- Keep refreshment table supplied and serve
- Run the movie projector (DVD player)
- Clean up as needed and at end of day
- Sort donations & write thank you notes

If you can assist one hour or two, a day or two, a week or two... please let us know your availability. To volunteer, contact Solveig at Oureach@GraceInTheCity.com or Marlene Haller or catch the team at church any time: Solveig, Marlene, Judy Baker, Ray Saunders, Daniel Greene, Archie Wright or Pastor Sarah.

Grace Cinema Club



The Grace Cinema Club will be meeting at the Spitzers' home on May 12 and the Betzs' home on June 23. Mark your calendars so that you don't miss out on the fun!



Caretaker's Corner by Judith Rizzo

The hot weather is upon us once again. As good caretakers and stewards, we need to be extra cautious with how we use our resources during this time. As we all know, energy costs are always high, and they rise in the summer months. A great way to save energy, and money, is to "set and forget it" with the air conditioning thermostat. Here at Grace, all thermostats have all been set for 80 degrees when the rooms are in use and 85 when they are not. Although 80 degrees may not sound cool, when it is over a 100 degrees outside, the 20 or 30 degrees difference does feel comfortable. PLEASE do not change any thermostat at the church.

We must also take extra steps to be good caretakers of our bodies in the hot months. Every year, nearly 800 people are admitted to Arizona hospitals because of heat related illnesses. Most heat-related illnesses can be prevented by keeping the body cool and by avoiding dehydration in hot environments. Drink lots of fluids; water is the best. Eat lightly in the heat. Foods such as fruits, melons, and fresh vegetables are good choices. Avoid caffeine drinks such as coffee tea and sodas as these will dehydrate the body. Sport drinks (like Gatorade) are a good way to replenish fluid and electrolytes. Wear lightweight natural fiber clothing that is loose on the body, lighter colors are the best. Wear a hat when outside, and always wear sunscreen.

The following heat-related illnesses are uncomfortable, but usually not life threatening.

- **Sunburn** can lead to dehydration, skin infection and later on, cancer. The best treatment for sunburn is prevention. Always wear sunscreen – everyday – even if you are not planning on going outside for long periods. First degree sunburn is painful and red. It may be soothed by taking a cool bath, applying aloe vera gels or after sun creams and lotions. Keep the skin moisturized and covered until the sunburn heals. **A second degree burn is characterized by blisters on redness, and should be seen by a medical professional.**
- **Heat rash (prickly heat)** is probably the most common heat related illness. Prickly heat develops when the sweat ducts to the skin become blocked or swell, causing discomfort and itching. To prevent heat rash, keep skin clean and dry, and use a talcum based powder. Wear loose fitting clothes made from natural fibers. If prickly heat does occur, wash with gentle soap and pat dry. It is important to keep the skin cool. If it doesn't clear on its own, ask your pharmacist about over the counter creams to reduce the itch and inflammation.

- **Heat cramps** occur in muscles after exercise because sweating causes the body to lose water, salt, and minerals (electrolytes). Keep hydrated, have a bit of salty foods (such as chip or pretzels) and stretch the muscle. Like coach always told us in PE "Walk it off!" Inactivity with heat cramps only makes them worse.
- **Heat edema (swelling)** in the legs and hands can occur when you sit or stand for a long time in a hot environment. Take breaks from standing, with legs elevated in a cool place. Cold packs to the feet and lower legs will feel good and lower the swelling.
- **Heat syncope (fainting)** occurs from low blood pressure when heat causes the blood vessels to expand (dilate) and body fluids move into the legs because of gravity. Lay on a flat surface with feet elevated above the heart level. Cold packs applied to the feet and lower legs may also help.

Some heat-related illness can be life threatening if not treated quickly. Anyone with the following symptoms should receive immediate first aid, and see a medical professional as quickly as possible:

- **Heat tetany (hyperventilation and heat stress)** is usually caused by short periods of stress in a hot environment. When working in the heat, take frequent breaks in the shade or a cool place, have lots of airflow and ventilation and stay hydrated. Apply cool packs or moist compresses to the neck, back of the head and forehead. Untreated, heat stress can lead to heat exhaustion.
- **Heat exhaustion (heat prostration)** generally develops when a person is working or exercising in hot weather and does not drink enough liquids to replace those lost liquids. Signs include excessive thirst, weakness, headache, and even loss of consciousness, nausea and vomiting, frequent muscle cramps, and dizziness. Profuse sweating occurs in the early stages as the body attempts to regulate itself. **Without proper intervention, heat exhaustion can progress to heat stroke.** If you or anyone else has symptoms of heat exhaustion, it is essential to immediately get out of the heat and rest, preferably in an air-conditioned environment or in front of fans. If you can't get inside, try to find the nearest cool and shady place. Immediately give small amounts of cool water, place cold compresses on the neck, back of head and forehead. You may even take a cold shower, or spray down with a garden hose. **Once the body has cooled, seek medical attention.**
- **Heatstroke (sunstroke)** is the most serious of the heat-related illness. **Heatstroke** occurs when the body fails to regulate its own temperature and body temperature continues to rise, often to 105°F (40.6°C) or higher. *(continued on page 5)*

(Caretaker's Corner continued from page four)

At this internal temperature, the body stops sweating. Other warning signs are throbbing headache, dizziness and light-headedness, red, hot, and dry skin, muscle weakness or cramps, nausea and vomiting, rapid heartbeat, hyperventilation, confusion, disorientation, or staggering. Seizures or fainting may occur. If you take medicines regularly, ask your doctor for advice about hot-weather activity and your risk of getting a heat-related illness. People over 50 are the most susceptible to heat stroke. Know the warning signs!

Heatstroke is a medical emergency. Even with immediate treatment, it can be life-threatening or cause serious long-term problems.

By taking a few simple precautions, we can enjoy the long summer weather, while being good stewards of our resources and good caretakers for ourselves and others.

Mother's Day Celebration Sunday, May 13

On Mother's Day, May 13, we will recognize new mothers in the congregation during worship. As 2 Timothy reminds us, the ways we parent children teach those children about God and God's love.



*I am reminded of your sincere faith, a faith that lived first in your grandmother Lois and your mother Eunice and now, I am sure, lives in you.
-2 Timothy 1:5*

Bless you in your parenting ministry!

Sermons On-Line

Did you miss worship on Sunday for whatever reason? You can hear Pastor Sarah's sermons on-line at www.graceinthecity.com. When you go to the Grace homepage, you will see them listed by date along the right side of the screen under the heading "Podcasts." Simply click on the date you would like to hear, and the audio file will automatically play.



Graduation Recognitions Sunday, May 20

Congratulations to our graduates! In worship on May 20, we will recognize members of Grace who are graduating from high school and college. Blessings on your future!



For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope. -Jeremiah 29:11

Sweet Returns



The youth who are going on the mission trip to San Diego are selling Village Inn gift cards for pies for \$10 per pie. Those who purchase the gift cards can take them to any Village Inn location to redeem it for any type of fresh pie. Yum! The last day for purchasing a gift card is Sunday, May 6.

Financial Update

Greetings fellow members of Grace! I would first like to say that I am blessed and honored to have been chosen by the congregation and council to serve as the Church Treasurer this year. I have committed myself to providing updates on our financial status following the end of each quarter. As you may remember from our Congregational Meeting in January when the budget for 2012 was approved, we anticipated a deficit of approximately \$26,000 for this year. I am happy to report that we are currently ahead of our anticipated deficit at the end of the 1st Quarter by approximately \$2100. Thanks to everyone for sharing their gifts with Grace in their offerings as well as the generous donations Grace has received from various places. We have also kept our expenses under our anticipated budget to date so we hope to finish this year better than we had planned.

We want to keep this trend going and we need your help! As you prepare for the summer months and potential travel plans, please remember your offerings to Grace so we can continue to experience a positive trend in our financials for this year and continue our mission to be "In the City for Good!"

Announcement! The Council voted this month to begin a new Designated Account to start planning for our Centennial Celebration in 2014. We have decided that we will convert the account designated for the Air Conditioning to the Centennial Celebration fund. For members that have envelopes, please note that the envelope provided each month for Air Conditioning will now become an envelope for a monthly gift to our Centennial Celebration planning budget as 2014 will be here before we know it.

Yours in Christ – Renee Waterstradt

Suggested Texts for May Readings

May 6

First Reading: Acts 8:26–40

Psalm: Psalm 22:25–31

Second Reading: 1 John 4:7–21

Gospel: John 15:1–8

May 13

First Reading: Acts 10:44–48

Psalm: Psalm 98

Second Reading: 1 John 5:1–6

Gospel: John 15:9–17

May 20

First Reading: Acts 1:15–17, 21–26

Psalm: Psalm 1

Second Reading: 1 John 5:9–13

Gospel: John 17:6–19

May 27

First Reading: Acts 2:1–21

Psalm: Psalm 104:24–34, 35b

Second Reading: Romans 8:22–27

Gospel: John 15:26–27; 16:4b–15

May Birthdays

Tyler Redman	May 5
Diane Ericson	May 15
Siri Lichte	May 20
Adam Wohlbrandt	May 21
Trisha Traen	May 22
Ruby Lichte	May 29
Cynthia Hermann	May 30



May Anniversaries

Ken & Evalyn Ehlen	May 17
Chad & Sara Wilson	May 22
Rick & Phyllis Schilling	May 24
Sherwood & Jeanne Glover	May 28



MAY WORSHIP ASSISTANTS

If you are interested in being a worship assistant, please see Pastor Sarah.
We especially need crucifers and acolytes.

DATE	May 6	May 13	May 20	May 27
Service	11:00 AM	11:00 AM	11:00 AM	11:00 AM
Acolyte	Shane Sigala	Anastasia Clark	Daniel Ramirez	Xavier Ramirez
Crucifer	Alison Sigala	Xavier Ramirez	Shane Sigala	Daniel Ramirez
Communion	Larry & Margie Betz Ruth Erdmann	Fran Fry	Stephanie & Lee Rodin	Ken Ehlen
Greeter	Stephanie & Lee Rodin	Phyllis & Rick Schilling	Margie & Larry Betz	Alice Schilling Leiana Schilling
Reader	Fran Fry	Evalyn Ehlen	Ruth Erdmann	Ben Stadler- Ammon
Usher	Judy Baker Archie Wright	Esther Robbins Chris Clerk	Larry Schilling Phyllis Schilling	Dorothy Ziehl John Erickson

Grace Lutheran Church Council Members

President	Ken Ehlen
Vice President	Solveig Muus
Secretary	Leiana Schilling
Treasurer	Renee Waterstradt
Director	Frances Fry
Director	Steven Sigala
Director	Rick Schilling
Director	Adam Wohlbrandt

Civic Academy

Wednesday, May 2, 6:30 pm

All are welcome to participate in a Civic Academy led by members and friends of Grace on May 2 at 6:30 pm. This will follow the regular GLOW dinner and replace the regular Bible study. A civic academy is an educational tool for learning about important issues in our community. On May 2, we will learn about the power God has given us to be "in the city for good"! When we come together as a congregation and with others in our community, we can work for change that benefits our entire community. Please join us!

Grace Lutheran Staff

Pastor	Sarah Stadler-Ammon
pastorsarah@graceinthecity.com	602-318-6876
Admin. Assistant	Mary Louise Frenchman
officemaager@graceinthecity.com	602-258-3787
Caretaker	Judith Rizzo
caretaker@graceinthecity.com	951-675-6629
Organist & Choir Director	Virginia Harmon
Social Worker	Jeff Jirak
Bookkeeper	Louise Authement
lafran2@cox.net	

The ELCA Social Statement on The Church in Society states: *In witnessing to Jesus Christ, the Church announces that The God who justifies expects all people to do justice...This church must participate in social*

structures critically, for sin also is at work in the world. Social structures and processes combine life-giving and life-destroying dynamics in complex mixtures and in varying degrees. This church, therefore, must unite realism and vision, wisdom and courage, in its social responsibility.. To read the entire statement, please go to <http://www.elca.org/What-We-Believe/Social-Issues/Social-Statements.aspx>.



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