As the new school year begins and we finish up with our summer vacations and events, we turn our attention again to how God is calling us to integrate our faith life with our everyday lives. Last month I told you about the new ministry that Pastor Sharon is going to help with called Asset-Based Ministry. Asset-based ministry is an approach to mission that seeks to recognize the positive assets and gifts in our midst. To start, we all have God-given gifts. Some of these gifts include our skills and talents, and some of these gifts include our spiritual gifts given in baptism. Our community of faith is full of talented and gifted individuals who contribute to the building up of God’s kingdom.

There is a book that we will use called “The Great Permission.” This book will help us learn more about our gifts and strengths and how we can use them to the Glory of God. It is a great book and an easy read. We have ordered ten extra copies of the book for the library so that you can take a look at how we are going to move forward. However, if you would like your own copy of the book, please let me know and I can order more. They cost $5 dollars and will be a great addition to any ministry collection.

Here is an overview of what the great permission does:

**THE GREAT PERMISSION**

- Starts with grace
- Glass half-full
- Problems become opportunities
- Permission to: try, make mistakes, jump in, use your gifts
- Being good stewards
- Perfect love casts out fear
- Does not honor fear, anger, or anxiety
- More than each could do alone
- “Gifts in action”
- Can seem chaotic, it is dynamic, fluid
- Abundance model = enough
- Planning is more decisive
- Giving Thanks
- Celebrate Success
- Recycle, reuse, or return
- Our building is not just for church
- What is both “good” and “useful”
- Trust the process — a consistent vision
- No worries
- Assets can be found in weakness
- Programs can come and go, die and rise
- Strong leaders who continually equip others
- Energy!
- Asset-based language
- Balance in prayers

**Giving Thanks**

So let’s give ourselves permission to grow in faith, stewardship and knowledge of our call.

Peace,
Pastor Tim
Greetings from Kure Beach!

We have been busy in August! First, our church was alive as The School of Grace hosted its annual summer camp. Later in the month, over 100 of our Grace family members came out to enjoy our annual church picnic. A great time was had by all at both of these events! Many other fantastic opportunities are coming up soon as well.

Members of Grace are currently participating in the church’s annual retreat to Kure Beach over Labor Day Weekend, August 30th through September 2nd, for plenty of relaxation and fellowship. We are enjoying the sand, sunshine, and fellowship! Please pray for a refreshing weekend and a safe trip home for all.

Also over this Labor Day weekend, we have a couple members of our Grace family serving on the Share the Word: Teens Encounter Christ retreat at Camp Agape. Please pray for a productive and Spirit filled weekend as well as for plenty of rest for them upon their return home!

Sunday school classes return soon! Classes are offered for all ages from pre-K through adult beginning again on September 8th. Join us in the sanctuary at 9:00 AM to kick off the school year. Then, beginning on September 15th, classes will meet from 9:45-10:45 AM each Sunday as we resume our two service worship schedule (8:15 and 11:00 AM). Please see me if you are looking for information about Sunday School classes.

Our annual meal packaging event with “Rise Against Hunger,” is coming up soon! We will gather after the 10:00 AM worship service on Sunday, September 8th, for lunch and meal packaging. We need 70+ volunteers from Grace in order to pull off this event! Is your family able to volunteer? All ages are welcome! Let us know if you have any questions.

High school youth group also finishes its hiatus soon! Join us every Wednesday night starting September 11th during the traditional school year from 6:45-8:00 PM at St. Philip Lutheran. Anyone in grades 9-12 is invited to join us for fellowship, games, service, music, and study. Come out to see what it’s all about!

Our monthly elementary school gatherings are taking a break during the month of September. Our next gathering will take place on Sunday, October 6th, immediately following the 11:00 AM worship service. This gathering will happen in conjunction with our trip to the Masonic Home for Children at Oxford for “Everybody’s Birthday Party.” We will eat lunch together in the fellowship hall before heading out to the Masonic Home. Once there, we will sing songs, play, and celebrate all of the children’s birthdays with cake and ice cream. The party is from 2:00-4:00 PM. All ages are invited and encouraged to attend this fun event. We want to shower these children with fun, laughter, and love. Bring the whole family! See Lynn Hess, Pat Lovick, or me with questions.

As always, feel free to stop by my office to see me, contact me by phone at (443) 797-2891, or contact me by e-mail at caitlinstratemeyer@gmail.com if you have questions or just want to chat. Please let me know if you have any questions about any of the events coming up soon or if you would like to receive e-mail reminders regarding the special event calendar.

Blessings,
Caity Stratemeyer
Director of Youth and Children’s Ministries
Will You Rent or Sell to Us?

In response to the increasing need for affordable housing in our community, Families Together has launched a new Affordable Housing Project and we need the help of local owners/managers of rental property. Our near-term goals are to purchase a small apartment building with 4-8 units and to lease a block of up to 10 units. We also want to build our network of landlords and property owners who will give us first right of refusal for rental properties as they become available.

The need for this project is urgent. Last school year, Wake County schools reported 929 students living in motels – nearly quadruple the number just a few years ago. As we build a portfolio of blended housing options, we can help more of these families get out of unsafe living situations and benefit from our comprehensive life skills training and supportive services so they can move into affordable, permanent housing.

We’d love to talk to you if you own or manage property to explore creative ways we could partner in this critical effort. Whether you sell, rent or even donate property to Families Together, you can make a life-changing difference for children in our community by expanding our capacity to move more families from homelessness to home.

Please contact Lisa Rowe, Executive Director, at lisa@families altogethernc.org or 919-212-1123 x224 to discuss ways we can work together to increase the pool of affordable housing for homeless families with children in our community.
Prayer Ventures for September 2019

1 Pray that we learn humility, respect and hospitality from the example and teachings of Jesus and the Spirit at work in the lives of people around us, and that we exercise in daily life this regard for others without bias, reluctance or feeling that we deserve something in return.

2 Labor Day On this day we recognize and pray for the work and service people do to sustain their families and benefit their communities and society. Pray that all receive fair wages, work in safe environments, are renewed through times of Sabbath, and experience joy and fulfillment in their labor; pray that all those who seek employment will find work and for the well-being, care and support of people unable to work.

3 Give thanks to God for our early-learning centers, K-12 schools, lay schools for ministry, colleges and universities, and seminaries, and for the significant role they serve in faith formation, education and equipping leaders throughout life.

4 Praise God for filling us with mercy, compassion, joy, a sense of justice, and a bold, confident faith that spills over into the world.

5 Give thanks and praise to God as we celebrate with the 2019 graduates of the ELCA International Women Leaders initiative: Sthela Gun Holly Hanitrinirina (Malagasy Lutheran Church); Yuen Ching Lee, Abby Lai and Melissa Neo (Lutheran Church in Malaysia); and Elisa Pérez-Trejo (Mexican Lutheran Church). Give thanks for all who have supported them throughout the program, and ask God to bless their service and ministry as they move forward.

6 Pray that our actions, words, work, service and concern for our neighbors in need — be they strangers, friends or forgotten — bear witness to the word and ways of God made known to us through Jesus Christ and instilled in us by the Holy Spirit.

7 Give thanks for the ministry and witness of ELCA missionaries serving alongside our global companions in Senegal, South Africa and Eswatini, as well as the six young people serving in Senegal and the four serving in Southern Africa as part of the ELCA’s Young Adults in Global Mission program.

8 “God’s work. Our hands.” Sunday Pray for children, youth and adults involved in volunteer community service across the country in partnership with neighboring congregations, Lutheran agencies and community organizations. Give thanks for the living, daring confidence in God’s grace from which our every act of service throughout life flows!

9 Continue to pray for peace, justice, reconciliation and economic opportunity for the people and countries of Central America, and pray that the United States and other nations will respond to their needs with humanitarian and economic assistance, collaborative efforts to find effective, lasting solutions to the crises they are experiencing, and prayerful, enduring support.

10 Praise God for knowing us better than we know ourselves and assuring us that we are loved and are never forgotten or alone in the world.

11 Pray that the peace, confidence and grace of God given to us in Jesus Christ will prevail and calm our every fear and anxiety in these turbulent and uncertain times.

12 As members of the body of Christ we are like “trees planted by streams of water,” sustained in all that we do, nurtured to bear fruits of the Spirit and strengthened to follow the word and ways of God. Pray that we are not shy about inviting others to have faith in God’s redeeming love through Christ and enjoying the life-enriching blessings of being in a community of faith.

13 Approximately 1 in 10 people around the world can’t access the food he or she needs to live an active, healthy life; more than 40 million people in the United States are unsure where their next meal will come from; and 10% of the world’s population lives in extreme poverty on less than $1.90 per day. Remember in prayer those who suffer with poverty and hunger, and give thanks for the work of ELCA World Hunger, our congregations and other partners as they respond to communities in need, striving for sustainable solutions that get at the root causes of hunger and poverty.

14 Holy Cross Day Today, give thanks and lift up words of celebration for Jesus’ self-sacrificing, redemptive, life-giving offering on the cross for the sake of all humanity.
**National Hispanic Heritage Month** Give thanks for the gifts, contributions and rich cultural diversity of our Latino brothers and sisters and pray for the work and growth of the 147 ELCA Latino ministries in the United States as they share the gospel, encourage our unity in Christ, support pastors and lay leaders, and serve their neighbors in many community contexts.

15 Pray for God’s mercy, forgiveness and guidance when we stray from God’s ways or find ourselves worshiping wealth, earthly possessions, power or status more than we worship God.

16 Pray that our church in all its expressions — congregations, synods and the churchwide organization — are guided by the wisdom and enthusiasm stirred by the Holy Spirit to implement and live into decisions made during synod assemblies and the ELCA Churchwide Assembly for the sake of doing God’s work in the world, sharing the gospel, growing the church and serving our neighbor.

17 Pray that we might be persistent and caring in seeking, inviting and welcoming people who have left our congregations, feel unwelcome because of who they are or what they’ve done, have been hurt by conflict or feel they have no place in the church, the body of Christ.

18 Pray for relief and access to clean water where people are suffering from extreme heat and drought in the world; ask God to help us work with one another to care for our environment and precious water resources, find ways to ease and prevent the impact of climate change, and share generously our resources to provide for the essential needs of people everywhere.

19 With grateful hearts, thank God for the mercy and grace we receive through Jesus Christ, who embraces who we are in all our humanness and shortcomings and transforms us for service and faithful leadership in the world.

20 Pray that the Holy Spirit will work in us and guide us to be faithful, trustworthy and responsible with all God has entrusted to us in this life, that we may serve our neighbors in need, care for creation and honor God.

21 Matthew, apostle and evangelist Pray that we will serve as willing, faithful and bold followers of Christ even though our backgrounds, life experiences, professions and gifts are diverse and may seem incongruent with what we imagine God desires in a disciple or evangelist.

22 Pray that the Holy Spirit will work in us and guide us to be faithful, trustworthy and responsible with all God has entrusted to us in this life, that we may serve our neighbors in need, care for creation and honor God.

23 Remember in prayer ministry candidates who have responded to God’s call to ministry and leadership through the church and are involved in the process of preparation, discernment and waiting for assignment. Pray for candidates and their families during this time that can be both joyful and anxious; and pray that leaders and ELCA staff involved in the assignment process will be guided by the Holy Spirit in their discernment and decision-making.

24 Pray for the 15 ELCA missionaries serving in parish ministry and education as they work alongside our companions in Slovakia and Russia.

25 Praise God who exists throughout the universe and all time yet has compassion and concern for people who are poor and in great need; pray that we will be moved by God’s ways, examples and commands to show attentiveness, mercy, compassion and love for our neighbors in need.

26 Pray for the ministry of ELCA Advocacy, its Washington office and its state public policy offices as they work with ELCA members to develop and advance legislation that will overcome poverty, defend God’s creation and promote peace, dignity and justice.

27 Give thanks that God is slow to anger and inclined to forgive our sins, shortcomings, mistreatment of our neighbors and deliberate wrongdoings, and to treat us with mercy and compassion for the sake of restoring our relationship with God and setting us back on track in our daily lives.

28 Pray for Bible study leaders, teachers and volunteers serving in our congregations who share their faith, help us study and explore Scripture, join us in prayerfully and thoughtfully wrestling with spiritual questions, and help us connect the word of God with everyday life.

29 Reflect on the gifts, abilities and courage of faith we have received from the Holy Spirit, and on the joy and confidence we have in the promise of eternal life through Jesus Christ; give thanks for who we have become in Christ for the sake of mission and service in the world.

30 Give praise and glory to God that through our worship and liturgy we will be reminded of the promises spoken at our baptisms, the forgiveness and new life we receive through the washing with water and the word of God, and the call we receive to pursue righteousness, godliness, faith, love, endurance and gentleness - as individuals and communities of faith.
September Health Tip from Grace Health Team
This month, it’s all about the Flu.

What is the flu?
Influenza (flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. The flu is different from a cold. The flu usually comes on suddenly. People who have the flu often experience fever, chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, and fatigue (tiredness). Some people may have vomiting and diarrhea, though this is more common in children than adults.

Some people, such as people over age 65, young children, and those with certain health conditions, are at high risk for serious flu complications. The best way to prevent the flu is by getting vaccinated each year with a flu shot.

What is a Flu shot?
The "flu shot" is a vaccine that protects you from the flu virus. It is inactivated, which means it contains a killed version of the virus which cannot cause disease, and is most commonly given as an injection (with a needle) in the arm.

This season's vaccine protects against three or four influenza viruses that research indicates will be most common during the season. This includes an influenza A (H1N1) virus, an influenza A (H3N2) virus, and 1 or 2 influenza B viruses.

The vaccine takes effect approximately two weeks after it has been administered as antibodies (substances in the blood that protect against infection) accumulate and provide protection against influenza. Therefore, it is important to get a flu vaccine before the flu begins to circulate in your area as you may be susceptible to influenza during the two weeks after your flu shot.

The flu shot will not eliminate the risk of getting the flu 100% as there are several strains of viruses that can cause the flu. However, data suggests flu symptoms may be milder and complications can be reduced following vaccination. It can also protect others who are vulnerable but may not be able to receive the vaccine for a variety of reasons.

Is there a flu shot for seniors?
Seniors ages 65 and older have a higher risk for developing complications from the flu and account for more than 60% of the flu-related hospitalizations each year. Recent studies show that people ages 65+ may not respond as well to standard-dose flu shots because they do not produce as high of an antibody response following vaccination as do younger people. People with low antibody levels may be at higher risk of catching the flu.

There are vaccines, such as Fluzone High-Dose and FLUAD, designed specifically for patients ages 65+ and works by improving the production of antibodies in order to provide a stronger immune response to the flu than traditional vaccines. Like the standard flu shot, these vaccines are given as an injection in the arm and the side effects are similar, though some patients may experience increased pain, redness, or swelling around the injection site compared to standard dose flu vaccines.

When should I get the flu shot?
The CDC recommends that people get the flu shot as soon as vaccine becomes available and before the flu is widespread. The peak season is typically October to March in the U.S. but can start earlier or end later. As long as the virus is circulating, the flu shot should be received. A persons should get their flu shot every flu season to ensure the best protection from the flu.
September Health Tip, cont’d.

Who should get a flu shot?
The CDC recommends everyone ages 6 months and older* get a flu shot every flu season, including healthy people, and people with chronic conditions. Pharmacist cannot give a flu shot to children under 14. In general, it is recommended that anyone who wants to reduce his or her chances of getting the flu should be vaccinated. It's especially important for some people to get vaccinated, including:

- People who are at high risk of developing serious complications like pneumonia if they get sick with the flu. This includes:
  - People who have certain medical conditions including asthma diabetes, and chronic heart or lung disease
  - Pregnant women
  - People 65 years and older
  - People who live with or care for others who are at high risk for developing serious complications. This includes household contacts and caregivers of people with certain medical conditions including asthma, diabetes, and chronic lung disease.

What are the common side effects of the flu shot?
The viruses in the flu shot are killed (inactivated), so you cannot get the flu from a flu shot. Some minor side effects that could occur are:

- Soreness, redness, or swelling where the shot was given
- Fever (low grade)
- Aches

If these side effects occur, they begin soon after the shot and usually last 1 to 2 days. Over the counter products may be recommended to manage minor side effects. Most people who receive influenza vaccine have no serious problems from it.

Please see Ted Spader if you have any questions. You can sign up for the Flu vaccine on Sunday, Sept. 8th in the Narthex.

SAVE THE DATE!
CROP Walk! Sunday October 27
Raise funds to end hunger in the U.S. and around the world.

Local beneficiaries: North Raleigh Ministries, Food Bank of Central and Eastern NC, Urban Ministries of Wake County, Catholic Parish Outreach, Dorcas Ministries (Cary)

Location: Historic Pullen Park, 520 Ashe Ave., Raleigh

Time: Sign-in – 2:00 PM, Walk – 3:00 PM

GLC Contact: Susan Hatch
### Grace Lutheran Church - Birthdays & Anniversaries

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**LOG DEADLINES** – MONTHLY-3rd Mon (5pm) / WEEKLY-Thurs (12pm)
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<td><strong>September 2019</strong></td>
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**Log Deadlines - Monthly/Yrly/Mon (5pm) / Weekly T/Rues (12pm)**

- **200-300pm Morning Church (Sun)**
- **300-500pm Morning Church (Mon)**
- **500-600pm Morning Church (Tues)**
- **600-700pm Morning Church (Wed)**
- **700-800pm Morning Church (Thurs)**
- **800-900pm Morning Church (Fri)**
- **900-1000am Morning Church (Sat)**

**Notes:**
- **200-300pm Bible Study (Mon)**
- **300-500pm Bible Study (Tues)**
- **500-600pm Bible Study (Wed)**
- **600-700pm Bible Study (Thurs)**
- **700-800pm Bible Study (Fris)**
- **800-900am Bible Study (Sat)**

**Meeting (Tues)**
- **900-1000am Meeting (Mon)**
- **1000-1100am Meeting (Tues)**
- **1100-1200am Meeting (Wed)**
- **1200-1300pm Meeting (Thurs)**
- **1300-1400pm Meeting (Fris)**
- **1400-1500pm Meeting (Sat)**

**Office is Closed**
- **200-300pm Office is Closed (Mon)**
- **300-400pm Office is Closed (Tues)**
- **400-500pm Office is Closed (Wed)**
- **500-600pm Office is Closed (Thurs)**
- **600-700pm Office is Closed (Fris)**
- **700-800pm Office is Closed (Sat)**

**Exception**: Grace at the Beach meet 200-300pm TFW meet 200-300pm
Choir News

Join the Choir!
The end of summer means it is time for the choirs to resume their rehearsals and we would love to have you join us! We currently offer 3 ensembles at Grace:

Cherub Choir (Infant/Toddler/Preschool)
The Cherub Choir rehearses on Wednesday evenings from 5:45 pm-6:10 pm and rehearsals will resume on Wednesday, September 18, 2019. Parents and their children make music together in this group and sing periodically during worship. During rehearsals, we sing, dance, move, and play instruments. Some children jump right in and participate, while others observe for many weeks. That is just as it should be for children this age! No matter what participation looks like, everyone has fun and we would love to welcome you into the group! Please join us!

Covenant Choir (elementary aged children)
The Covenant Choir rehearses on Wednesday evenings from 6:15 pm-7:00 pm and sings an anthem during worship approximately once a month. Rehearsals will resume on Wednesday, September 18, 2019. During rehearsals, we work on establishing healthy vocal technique, beginning music reading skills, and instrument playing technique. We weave movement into most rehearsals. In addition to singing anthems, this group also creates instrumental soundscapes based on Bible stories to present during worship. Please join us!

Adult Choir (high school age and up)
The Adult Choir rehearses on Wednesday evenings from 7:30 pm-9:00 pm and sings approximately twice a month at the late service. Members of this group also participate in the Community Thanksgiving Service with singers from other Six Forks Rd. churches and the MLK Service choir, made up of singers from other area ELCA churches. This season, we will also have the opportunity to sing with the National Lutheran Choir when they come to Raleigh in 2020! Rehearsals will resume on Wednesday, September 4, 2019. During rehearsals, we work on establishing healthy vocal technique and basic music reading/score navigation skills. I’ve also been known to weave in some creative movement using scarves and Chinese jump ropes, too! Curious? Join us to find out more! There is no audition and the ability to read music is not a prerequisite to joining the group!

NEW!!
We are exploring the idea of splitting the Covenant Choir into 2 groups to form a lower elementary group and an upper elementary/middle school ensemble. This would allow me to choose music and activities more appropriate for each age group. If this interests your family, please be in touch!

Please contact Ann Goldfinch (goldfinchann@gmail.com) for more information about any of the groups or to sign up!
We Believe in Prayer
Prayers the past month

For praise and thanksgiving...
Elizabeth Eaton, ELCA Presiding Bishop, Tim Smith, our Synod Bishop, for Pr. Tim, and for all pastors, teachers, and leaders in the church

The ministries of this congregation, The School of Grace, Families Together (a PLM organization, North Raleigh Ministries, Helen Wright Center, Meals on Wheels, Food Bank, Kairos Outside, Alliance Medical Ministries, Urban Ministries, Open Door Clinic, The Universal Church, the Universal Christian Church of Haiti

The President, Congress and Supreme Court of the United States, Leaders of all nations, especially those entrusted with finding a lasting peace in the Middle East

Those in our military and government service (especially Cameron Krueger, James Marquardt, Bryan Wulff, Matt Downs, Reginald Seabrook, Josh Meek, Cameron Krueger, Max Tuccero, Alex Tuccero, John Richardson, Paul Chapman, Nathan Zavala, Tim Geldner, Matt Wacenske, Lauren, John, Sean, and Frank)

For people around the world in need...
Victims and families of those involved in terrorists attacks in Afghanistan, Burkina Faso, Iraq, Nigeria, Spain, and throughout the rest of the world
Victims and families dealing with severe weather around the country and world
Our neighbors who aren’t sure where their next meal will come from
Victims and families of human trafficking around the world

For our homebound members...
BJ Christian, Joan Stefureac

For illness, surgeries or injuries... (Members)
Eddie Weaver
Joan Stefureac

For illness, surgeries or injuries... (Family/Friends of Members)
Jack Sheley
Sally Wenda
Hennie Stewart
Carl Turpec

For families of...
Frank Smith, Ron Parsons, Roger Kruse, Tim Armstrong, Mabelle Ewald, Wanda Wynes, Kathy Masson, Douglas Salter

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<th>Grace Lutheran Church Leadership</th>
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<tr>
<td><strong>Congregational Officers</strong></td>
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<tr>
<td>President</td>
<td>Dave Duncklee</td>
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<td>Vice President</td>
<td>Ed Pack</td>
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<td>Secretary</td>
<td>Jennifer Fullam</td>
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<td>Financial Secretaries</td>
<td>Tommy Oates</td>
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<td><strong>Our Mission:</strong></td>
<td>“To seek the fullness of life in Christ for all people.”</td>
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<td><strong>As we Celebrate</strong></td>
<td>Eddie Weaver (Council)</td>
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<td>Ann Goldfinch, Janice Peery</td>
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<td>Judy Grigsby</td>
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<td>Hollie Kohl, Becky Smith</td>
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<td><strong>Equip</strong></td>
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<td>Tim Chartrand, Alice Grigsby</td>
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<td>Brittany Notch, Caity Stratemeyer</td>
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<td><strong>Invite</strong></td>
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<td><strong>Share</strong></td>
<td>Tyna Linton (Council)</td>
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<td>Susan Hatch, Pete Hauser</td>
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<td>Charles Breeding, Mike Stanford</td>
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<td>Sharon Herrmann (Chair)</td>
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<td>Ray &amp; Jean Gerald, Dick McCarty</td>
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<td>Tom Irene, Rick Shaw</td>
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<td>Mike Peery (Chair)</td>
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<td><strong>Comptroller</strong></td>
<td>Jeff Wacenske</td>
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September 2019

Thursday Bible Study with Pastor Ken

Updates:

Thursday Morning Prayer resumes Sept. 3rd at 10am—All are Welcome!

Thursday Morning Bible Study resumes 10:30am in the Conference Room
   All are Welcome!

Thursday Evening Bible Study continues weekly at 7:00pm in Classroom #3.
   We will begin studying Ezekiel on Sept. 12th.
      All are Welcome!