

# GraceFull Visions

APRIL 2019

## From the Deacons' Desk

A conversation between Susi and Frank.

Susi: What are you doing?

Frank: What does it look like I'm doing?

S: Don't know, that's why I'm asking.

F: Making a tiny tomb, and this piece of cloth will be a shroud to lay alongside it.

S: Why??

F: Think about it. Christmas gets all the attention, parties, presents, family gatherings. And Easter gets...

S: chocolate bunnies and jelly beans.

F: So, with the right marketing, I hope to make Easter #1. After all, to us Christians, which one means more?

S: Easter – the celebration of the risen Christ

F: And .....

S: And without Christ

rising from the grave, Christmas would lose its meaning.

F: Paul writes about this in 1 Corinthians 15:14-19, saying if Christ has not been raised, our faith is futile and in vain.

S: Gets you thinking. Do you ever wonder about ALL this?

F: By wonder, do you mean doubt?

S: Yeah, I guess so.

F: So yeah, I have my doubts creeping in at times, but I believe my doubting helps to strengthen my faith.

S: Faith. Faith is believing in something that you cannot prove.

F: Exactly.

S: So, you think it's OK to have doubts. God won't get angry?

F: Look at the apostles. What did they do for three years?

S: They walked with Jesus, were taught by Him, witnessed His many miracles...

F: And?

S: And they still had their doubts.

F: Their doubts were only gone after the appearance of the risen Christ, when Jesus "opened their eyes."

S: Yeah, Jesus stuck with the apostles.

F: And after more than 2,000 years, I don't think...

S: ...that Jesus is going to abandon us because of our "wondering."

F: OK. When Jesus was born into this world, what gifts were given to Him?

S: You mean by the three wise men?

F: No, the three stooges.

S: Smarty pants. Gold, frankincense, and myrrh

F: And when Jesus left this world, what gifts did He give us?

S: Forgiveness of our sins, salvation, and everlasting life with

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Him.

F: So, which gifts would you rather have?

S: Hmmmm, maybe we could get a small palm plant, drape the shroud from the tomb to the palm...

F: Ahh, so you do think this will catch on and...

S: I doubt it.

F: That's a good thing, right?

May the risen Christ smile on us, and may that smile bring us peace, healing and comfort, now and from this age into the next. Amen. - Deacons Susi and Frank

# Mission and Ministry

## Faith Community Nursing Update

FCN's recent event was on microbiome, which is micro-organisms (bacteria, fungi, viruses) that live in and on the human body. They influence our metabolism, physiology, nutrition and immune function. These "gut" bacteria aid digestion by breaking down indigestible plant fibers. Poor diets (often processed foods) affect the normal gut microbes and promotes microbial imbalance. Diet for healthy microbiome includes high in dietary fiber:

Vegetables-green, red, orange, purple - 3 to 5 servings a day.

Fruits- berries, grapes, cherries- 2 to 3 servings a day.

Foods high in polyphenols: Fruits, vegetables, soybeans, wine, coffee, green tea, cocoa, Nuts, whole grains, rye.

Probiotics are bacteria that live in your body naturally and help your intestines break down food. Probiotics include fermented food - Yogurt, Kefir with live active cultures, e.g. sauerkraut, Kimchi, raw vinegar naturally fermented. Kombucha,-sweet tea fermented with yeast and bacteria. Garden herbs-garlic, leeks, Natural Prebiotics include: raw chicory root, raw Jerusalem artichoke, raw dandelion greens, raw garlic, raw leeks, raw or cooked onions.

Probiotic supplements include different strains of Lactobacillus and Bifidobacterium species. At least 1 billion CFU Take 2 hours before or 2 hours after antibiotics. Look for one like Activia yogurt.

Always talk to your Doctor before taking any supplements, including prebiotics and probiotics.

Processed foods are never beneficial. Choose fresh natural foods e.g. vegetable and fruits. Make dietary changes and listen to your body for what may work best for you.

For any questions or more information call Ellen C. Duncan RN at 727-940-3024

## From the Stewardship Team

### The Stewardship of Forgiveness

At the beginning of Lent, Pastor Jeff reminded the congregation that one of the biggest challenges for Christians is forgiveness. It is appropriate in this season of self-examination that we address this, (along with many other challenges) to work our way through it. When we are wounded by others, and it really doesn't matter whether verbally, physically, emotionally, our human impulse is to win- to get even- to get on

top.

Jesus, in his radical wisdom, shows us over and over how to keep these offences from eating at us: to let it go, that is - forgive. (Mt. 6:12, Mt. 18:21,22, Lk 7:48-50, Rom. 4:7)

If we follow Jesus' teaching, the desire for revenge that festers in us can then go away and allow us peace. As we succeed in this we think we have conquered the problem and found comfort.

But the person who offended us, and whom we forgave,

hurts us again and again. What are we to do? Here we can recall the covenant relationship God has with us, that when we slip or fall or fail, He forgives us over and over, for that is God's nature.

So, we have mastered the act of forgiving, because we apply God's example. Done and Done! But when WE fail again and offend God, what does he do? He forgives us again. The challenge is ever before us to do what Jesus' teachings offer us, again and again.

## Tollie Holtzclaw Funeral Information

Tollie passed away on Thursday, March 21st early in the morning. His funeral will be held at Grace on Saturday, **August 3rd**. The time of the service has yet to be determined.

## Office Manager Update

Grace has hired Cindy Roehl to be our new Office Manager. Cindy will begin work on Tuesday, **April 2nd**. She had extensive office experience and is a volunteer deacon at the Episcopal Church of the Good Shepherd in Dunedin (much like our own Synod Parish Deacons.) Please welcome Cindy to our staff!

## Congregation Information Meeting

There will be an informational (non-voting) meeting on Sunday, **April 7th**, immediately following the 9:45 am service to receive status information regarding the Adaptive Service and other matters important to the congregation. The Congregation Council requested that the 9:45 service be shortened for that day, so the liturgy will be based off the Adaptive Service's order of worship.

## Work Day - April 6th

A Work Day has been scheduled for **Saturday, April 6th** from 8 am to noon. Please make the time to help! This is only two weeks before Easter, and it would be good to have

our grounds and buildings looking extra nice. Lunch will be provided! There is a sign-up sheet in the Narthex listing the tasks needing to be done, both inside and outside.

Please sign-up ahead of time so that we can plan for lunch properly, but drop-ins are also welcome!

## Consecration Sunday - April 7th

On Sunday, **April 6th**, at both services we will begin Consecrating our 2019-2020 Pledges for the financial resources for the Mission and Ministry of our congregation. Since Consecration Sunday always

falls months into each calendar year, the Pledges we make will be understood to carry over up until the next Consecration Sunday. Please prayerfully consider either increasing your pledge for

this next year, or making your very first pledge to this congregation. Pledge cards will be included in this newsletter and will also be available from the Ushers on Sunday morning.

## May 9th Trip to the Holy Land Experience in Orlando!

On Thursday, **May 9th** get on board for the bus trip to the Holy Lands Experience in Orlando. The bus will arrive

at church parking lot at 8am. The cost is \$79 for the bus ride and admission. This is a wonderful experience. We

will arrive back in Clearwater by 7pm. Contact Florence Bencivenga in person or call 773-2766.

# Regular Event Updates

## Men of Grace

This month's meeting will be at 9am at the Sunset Grille in Clearwater on Thursday, **April 4th**.

## Community Breakfast and Lydia's Closet

The Community Breakfast and Lydia's Closet will be held on Saturday, **April 13th** at 9 am. The date of the breakfast has changed to the 2nd Saturday for each month.

## Children's Church

Children's Church has resumed with two groups led by Deacon Connie and Judy Ishida respectively.

## Young at Heart

Please join us on Thursday, **April 11th** for "Death by Golf," a very funny play at the *Just for Laughs* Dinner Theatre. The cost is \$36.00 per person which you pay at the door by check or cash and includes the show and play. The Playhouse is located at 1999 Starkkey Road, Largo, between East Bay and Ulmerton on the east side of the road. (Starkey is also known as Keene in Clearwater).

If you are interested, please let me know by Thursday, April 4th, as seating is limited. You are always welcomed to invite anyone you wish to. My number is 773-2766. - Florence B

## Elizabeth Circle

Elizabeth Circle will meet on **April 24** from 1pm-3pm. We meet in the Garden Room and the gate will be open for access and the door unlocked. Our study is from the current issue of "Gather" magazine. If you do not receive Gather magazine, call Connie Puls at 446-4091 and she will get the study information to you before the meeting. All women are invited, coffee and desert will be served. If you need a ride call Connie.

## Council Meeting

The next Congregation Council meeting will be held on Tuesday, **April 9th** at 6:30 pm in the Garden Room.

## No April Book Club—Will Resume in May

*The Next Person You Meet In Heaven* by Mitch Albom will be the topic of May's book club. We are not meeting in

April due to the Lenten 10:00 services. We will meet on May 1st at 10:00. Please come and join us. The discus-

sions are lively and the treats are sweet! Contact Vicki with questions at [veis49@yahoo.com](mailto:veis49@yahoo.com).

## Gopher Help Needed

Every Friday the Gophers meet to help maintain the inside and outside of the property. This time of the year with the snowbirds gone and

people on vacation, illness, etc. they are really struggling to get things done. There are jobs for both inside and outside to do. If you can help for

even a few minutes between 7:30 am and 11:00 am. Please call Cliff Bittner 727-771-0684 or just show up in the Fellowship Hall.

## April Birthdays

4/1	Kathleen Wacker	4/16	Barbara Wong
4/3	Betty Daege	4/17	Sandy Hunter
	John Hallgren	4/20	Barbara Woellner
4/4	Edward Love	4/21	Eric Falco
4/5	Henry Adams		Israel Granados
	Virgil Meyer	4/21	Cathy White
4/9	Phyllis Clark	4/25	Ute Robins
4/9	Gabriel DeJesus	4/26	Lou Haseley

## April Anniversaries

4/10	Cliff & Anne Bittner
4/15	Tom & Suzanne Norman
4/26	Richard & Ellen Duncan
	Eric & Sunday Falco

# Prayer Corner

## Tuesday Prayer Chapel

The Prayer Group resumes meeting at 11am on Tuesdays

in the Prayer Chapel starting Tuesday, **April 16th**. Submit

prayer requests through the Communion Record Sheets.

## Prayer List

**Prayers** are requested for: Linda Almond, Stephanie Adamitis, Pastor Lou & Barbara Haseley, Duke Tieman, Betty Biddle, Cathi Adams, Michael Morales, Wade Buehler, Gloria Holtzclaw, Betty Daege, Dianne William, Rosemarie & George Smith, Gary Neal, Kathleen Wacker, Karen Bates, Pam Long, Rev. Lydia Villanueva and family, Don Eunis, Lorraine Reinhard, Kathy Falco, Pat Hudson, Bonnie Redler, William Mathis, Kathy Leotta, Brytt Mathis, Joseph Valentin, Rita Burneik, Ralph Burson, Jean Schlegel, Bobby Schlegel, Hilda Taylor, George & Phyllis Clark, Jill Grote, Zach Hauschild, Geneva Johnson, the family and friends of Gladys Calhoun (Yvonne Hauschild's mom) and Tollie Holtzclaw & those suffering from natural disasters, violence, and terror (including those unjustly or unnecessarily separated from their parents or children).

## Please Pray for Military Personnel w/Grace connections...

-Marine Lance Corporal Heather Burson, granddaughter of Anne and Ralph Burson

-Seaman Third Class Kyle Wassen, grandson of Connie Puls,

-Marc Calhoun, nephew of Wayne and Yvonne Hauschild is in the Air Force

-Aldo Granados, son of Pastor Lydia and member of Grace, is in the US Army Reserves locally.

-Maj. Christopher Conklin, a chaplain with the USAF, is Lorraine Rheinhart's grandson.

-Gabrielle Falco, Pat and Tony's granddaughter, was commissioned as a lieutenant in the U.S. Army and accepted at the exceptional Walter Reed Hospital as a medical student.

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Rev. Jefferson Cox, Pastor

## Holy Week Schedule

<b>April 14</b>	<b>10:00 am</b>	<b>Palm Sunday/Sunday of the Passion</b>
<b>April 18</b>	<b>7:00 pm</b>	<b>Maundy Thursday Liturgy</b>
<b>April 19</b>	<b>7:00 pm</b>	<b>Good Friday Liturgy</b>
<b>April 20</b>	<b>1:00 pm</b> <b>6:30 pm</b>	<b>Community Easter Egg Hunt</b> <b>Easter Vigil Service (Ep. Church of the Good Shepherd, Dunedin)</b>
<b>April 21</b>	<b>8:45 am</b> <b>9:45 am</b> <b>11:15 am</b>	<b>Easter Continental Breakfast</b> <b>Traditional Easter Service</b> <b>Adaptive Easter Service</b>