

Messiah

Evangelical Lutheran Church

Answering God's call to love

Messiah ENewsletter for January 22, 2025

On the web... go to messiahlutheranmqt.org for more information about our congregation and "like" us on Facebook to receive updates and information there.

Messiah Lutheran Church seeks to be a welcoming community for all people. This includes people of every race, ability, sexual orientation and gender identity, ethnic background, economic grouping, religious affiliation, and political persuasion.

We do this simply because God created all people in God's own image and Christ Jesus came so all people might have abundant and eternal life.

We may not always be as welcoming as we should be, but this is our intention—all are welcome!

Brookridge Worship Today!

Join us for worship at Brookridge Heights at 1:30 pm. All are welcome!

Upcoming Events – January/February

- Jan 22 Brookridge Worship at 1:30 pm
- Jan 23 Bible Study at 10:30 am
- Jan 24 Senior Men's Bible Study at 9:00 am
- Jan 26 Budget Forum at 9:30 am in Magnuson Hall
- Jan 27 Lenten Planning Meeting at 5:00 pm
- Jan 27 11-Step Centering Prayer at 6:00 pm
- Jan 28 Centering Prayer at 11:00 am

Jan 30 Bible Study at 10:30 am
Jan 30 Book Study "Four Thousand Weeks" at 7:00 pm
Jan 31 Senior Men's Bible Study at 9:00 am
Feb 2 Annual Meeting & potluck lunch following 10:30 am Worship
Feb 3 11-Step Centering Prayer at 6:00 pm
Feb 4 Centering Prayer at 11:00 am

Senior Men's Ministry

Messiah's Senior Men's Bible Study has been meeting every Friday morning at 9:00 am in room #202. Please join them on Friday morning!

Start the New Year with a Fresh Perspective! – January 30

Book Study: Four Thousand Weeks: Time Management for Mortals by Oliver Burkeman

Thursday, January 30th, 7:00 pm in Magnuson Hall

As the New Year begins, many of us are thinking about resolutions and how to make the most of our time. Join Pr. Andrew and kick off the year with a book study on Four Thousand Weeks: Time Management for Mortals by Oliver Burkeman. This thought-provoking book offers a refreshing alternative to the endless cycle of productivity, showing us how to embrace the gift of time and focus on what truly matters.

Join us as we explore how to live with greater purpose, clarity, and joy in the year ahead.

Whether you're seeking to set meaningful resolutions or simply want to approach your time differently, this discussion is the perfect way to start the year on the right foot.

The group will meet on Thursday, January 30th, at 7:00 pm in Magnuson Hall. Copies of Four Thousand Weeks are available for purchase in the church office for \$12.

Take this opportunity to reflect, connect, and gain fresh insights to guide your year. Please RSVP to the church office (or sign up on the Welcome Table).

Annual Meeting – February 2

Our annual meeting is set for Sunday, February 2nd following our 10:30 worship service. It will be held in Magnuson Hall with a potluck lunch and then the meeting. The meeting should start about 12:45 pm. You can bring a dish to pass based on the first letter of your last name, as follows: A-K Casserole/Hot Dish, L-S Salad/Side, T-Z Dessert. You are welcome to bring something different, if you choose.

Centering Prayer - Tuesdays at 11:00 am

Do you know the meaning of life? Have you accepted the fact that as hard as we work to have a “good” life, it all ends anyway? So, what is the point?

Jesus taught us that the point is to accept God's Love for ourselves, so that we are able to share that love with the world. How do we do that? Jesus modeled for us how to do that. He regularly went to God, Whom Jesus identified as a loving Abba, and listened. Centering prayer is that kind of approach to God. We humbly acknowledge our ignorance and consent to God's Presence and action within. What we receive is unconditional love and grace, and answers to the questions we didn't know we had. Regular meditation practice opens the mind to new perception and brings the Advocate online to help us through our day-to-day lives.

We may miss the answer to our prayers because we have something specific in mind, when the answer is something more than we can imagine. Centering prayer opens our minds to what we don't know. It is also of benefit to practice with others. For where two or three are gathered in my name, I am there among them. Matthew 18:20

We meet each Tuesday at Messiah from 11-12 noon. You don't have to commit to regular attendance, and you don't need to have ever tried meditation or centering prayer. The practice is simple:

Choose a sacred word as a symbol of your intention to consent to God's presence and action within.

Sitting comfortably and with eyes closed settle briefly and silently introduce the sacred word.

When engaged with thoughts*, return ever-so-gently to the sacred word.

At the end of the prayer period (typically twenty minutes) remain in silence with eyes closed for a couple of minutes.

*Thoughts include body sensations, feelings, images and reflections.

Additional opportunities to join others in meditation practice:

1. Tuesdays: Weekly Drop-In Meditation is held in the Heritage Room at Peter White Public Library from 6:00-7:00 pm.

2. www.Meditationchapel.org offers many online zoom meditation groups of all kinds.

Benefits of an 11th Step Centering Prayer Practice

There is a direct linkage among self-examination, meditation, and prayer. Taken separately, these practices can bring much relief and benefit. But when they are logically related and interwoven, the result is an unshakable foundation for life. 12 & 12

The positive effects of the prayer are experienced in daily life and not necessarily during the prayer period itself. Growth happens when we practice

Centering Prayer in the context of the 12 Steps. Some benefits are:

- We enhance our ability to “Let Go and Let God.”

- We develop a nonjudgmental attitude of ourselves & others.
- We become more comfortable in our own skin.
- We grow in our capacity to listen and serve others.
- We nurture our ability to live in the present moment

Are you searching for emotional and spiritual sobriety? Whether you have been in recovery for a long time or are just beginning, you have probably experienced many frustrated feelings that didn't just go away when you got abstinent or sober...problems with relationships, work, anxiety, depression, or feelings of emptiness. These feelings are natural for us regardless of our addiction or time in recovery. But we don't have to let emotions rule our lives. The 11th Step offers us a solution! Through the simple method of Centering Prayer, we can improve our relationship with our Higher Power by simply consenting to our Higher Power's presence and action within us. Centering Prayer is an ancient meditation practice that has been used over the centuries, but it is different from what we may think of as prayer. It is not the type of prayer we are used to, like praying for something we want. It is simply moving deep within ourselves, in silence, saying nothing, asking for nothing, just being, by letting go of our thoughts and allowing our HigherPower to be with us. (taken from 12 Step Centering Prayer brochure.)

A weekly meeting will be starting on Monday, November 4th at 6:00 pm in room 201. This is an open meeting. All are welcome. You do not need to be in a 12-step program to attend. The meeting will begin with settling in with a prayer. A bell will ring at the beginning and end of our 20-minute silence. After our sit, we will read the Prayer of St. Francis. For more information, please contact Laura Petrie 906-250-1866. Or check out the website for information about Centering Prayer: www.cp12stepoutreach.org or at www.contemplativeoutreach.org

Messiah's Nursery

We are looking to employ another person to work in our nursery on Sunday mornings. Anyone applying would need to be at least 18 years of age and would go through a background check for the safety of our children. You may work one or two Sundays each month, and sometimes more, but rare. If you are interested in joining the nursery team, please inquire in the office.

Thank you!

OWLS (Older, Wiser Lutherans) Weekly Walk

The OWLS are now walking at the Dome, when it is open, on Mondays. We meet at the main entrance at 10:00 am. You can walk at your own pace. After walking the group goes to Provisions to continue visiting. If you cannot walk just come for coffee/tea. Questions? Please call Betsy or the church office.

The New Free Store Donations

The New Free Store is an inter-faith, non-profit group supporting people who express a need for free clothing, linens, hygiene & cleaning supplies. Anyone in need is welcome. Free things are offered as “in God’s economy three is always enough.” There is a collection bin in our narthex at Messiah for The New Free Store. They are currently collecting:

***January** – *Toothbrushes, (child/adult), Toothpaste, Dental Floss, Denture Cleaner*

***February** – *Hand Sanitizer, Toilet Paper (4 or 6 rolls/pack)*

Lifelong Learning Faith Formation

Winter classes begin in January and February. For more information and to register, visit the Northern Great Lakes Synod website: nglsynod.org/lifelong-faith-formation.

Youth ministry, the Bible, church traditions, and “Walking With Our Indigenous Neighbors” are included in the focus of Lifelong Faith Formation this winter. In its fifth year, the program is one way for the people of the Northern Great Lakes Synod, and beyond, to take part in conversations that nurture spiritual growth and Christian community. Four courses will meet online via Zoom. One, “Take and Eat,” will meet in person at Immanuel Lutheran in Escanaba.

Winter 2025 Lifelong Faith Formation Class Schedule

Introduction to Biblical Greek II with Pastor Nicole Hanson-Lynn, Salem & Zion, Ironwood. Sunday evenings, beginning January 19 (end date to be determined) 7-8 pm, Eastern Time, 6-7 pm Central Time.

Walking With Our Indigenous Neighbors with members of the Walking With Our Indigenous Neighbors Synod Task Force. Tuesday evenings for 4 weeks, February 4-25 from 7-8 pm Eastern Time, 6-7 pm Central Time.

Take and Eat: A Study of Food and Spirituality, from Holy Communion to Potlucks with Pastor Mike Markwell, meeting at Immanuel, Escanaba. Every other Wednesday evening, January 22 – March 5 from 6-7 pm Eastern Time , 5-6 pm Central Time.

Revelation – Revealing a Boon of Hope & Comfort with Pastor Tommy Richter, Zion, Manistique. Thursday evenings for 10 weeks, January 16 – March 20, 7-8 pm Eastern Time, 6-7 pm Central Time.

Growing Younger: Sharing Ideas and Strategies to Engage Young People with Stefanie Ehle, Youth Coordinator, Northern Great Lake Synod and members of the Youth Ministry Team. Third Thursday of each month, January 16 – May 15, 7-8 pm Eastern Time, 6-7 pm Central Time.

Courses are free but may require purchase of textbooks. Please register at least one week before the date your class begins.

Any questions? Contact Deacon Lori Ward at 615 519-1969 or lori.ward@nglsynod.org.

Lutheran Summer Music Academy and Festival 2025

Enrollment is open for the 2025 Lutheran Summer Music Academy and Festival. The primary way that young musicians find their way to LSM is through the encouragement of a caring adult – you. Please consider the young musicians in your congregation, school, or community who would thrive at LSM and connect them with us. Contact MaryLynn Mennicke, Dean and Director of Admissions, directly at mmennicke@lutheransummermusic.org or 612 879-9555 ext. 5 or click “Nominate a Student” at LSMacademy.org. We can then work together to get them to LSM 2025!

If you don't have a direct connection to a young musician, you may have an indirect one. Share about LSM with friends, colleagues, extended family, teachers, or within your church or school. One simple connection from you could lead to a life-changing experience for a young musician!

Tell someone about LSM now – while we offer rolling admission, applications fees increase and spots will fill though the year, so we encourage student to apply early.

Important Enrollment Deadlines

- *December 1, 2024: Priority Enrollment (\$25 application fee)
 - *March 1, 2025: Standard Enrollment (\$50 application fee)
 - *May 1, 2025: Late Enrollment (\$75 application fee)
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A Daily Guide for the Start of the Year

January 1 – Fresh Start

Take a moment to reflect on your hopes for the new year. Write down one way you will nurture hope in your life this month.

January 2 – A Prayer for the World

Pray for peace in the world. Ask God, our Creator and Sustainer, to inspire all people to live with compassion and justice.

January 3 – Share a Kind Word

Reach out to someone you care about with a kind message or compliment. Brighten their day with your words.

January 4 – Sabbath Rest

Set aside an hour for rest and renewal today. Listen to what your body and spirit need and trust that God delights in your rest.

January 5 – Blessing of the Home

Pray for your home: “God of love, bless this space and all who dwell here. May it be a haven of hope, love, and peace.”

January 6 – Epiphany: Light a Candle

On this day when we remember the light of Christ revealed to the world, light a candle and ask God to fill you with hope and courage to share that light.

January 7 – Love Yourself

Practice self-compassion today. Write down one thing you love about yourself and thank God for creating you so wonderfully.

January 8 – Acts of Service

Do a small act of service for someone in need today. It could be helping a neighbor, donating to a charity, or volunteering your time.

January 9 – Hope in Creation

Spend time outside or look at the beauty of nature. Let God’s creation remind you of renewal and resilience.

January 10 – Send a Note

Write a note of encouragement to someone who might be struggling. Let them know they are seen and loved.

January 11 – Scripture of Hope

Read Romans 15:13: “May the God of hope fill you with all joy and peace in believing.” Reflect on how God brings hope in your life.

January 12 – Share a Meal

Invite someone to share a meal with you, whether at home, a café, or a soup kitchen. Break bread together and celebrate community.

January 13 – Gratitude Journal

Write down three things you are grateful for today. Let gratitude grow your hope.

January 14 – Pray for the Lonely

Pray for those who feel isolated or unseen, asking God to bring people into their lives to share love and joy.

January 15 – Love the Neighbor You Disagree With

Think of someone with whom you've disagreed. Ask God to help you see them as a beloved child of God.

January 16 – Renew Your Spirit

Do something that brings you joy and rest—read a book, take a walk, listen to music, or sit in silence with God.

January 17 – Share Hope with Children

Spend time with a child or pray for the children in your life. Remind them they are loved and cherished by God.

January 18 – Care for the Vulnerable

Take action to help someone in need today, whether it's donating warm clothing, offering a ride, or simply being a listening ear.

January 19 – Forgiveness

Is there someone you need to forgive? Pray for the grace to let go of resentment and trust God to heal.

January 20 – Martin Luther King Jr. Day Reflection

Reflect on how you can work for justice and equality in your community. Ask God for courage to bring love where there is division.

January 21 – Mindful Breathing

Take 5 minutes to sit quietly and breathe deeply. Imagine God's Spirit filling you with peace and hope.

January 22 – Reconcile

Reach out to someone with whom you've lost touch or had conflict. Let God guide your words of healing.

January 23 – Be Still and Know

Sit with Psalm 46:10: "Be still and know that I am God." Let the silence remind you of God's abiding presence.

January 24 – Random Act of Kindness

Do something kind for a stranger today. It could be holding a door, paying for their coffee, or simply smiling.

January 25 – Celebrate Community

Reflect on what you value about your church family. Pray for Messiah Lutheran Church and its mission to share love and hope.

January 26 – Let Go of Worry

Write down something you're worried about. Offer it to God, trusting in the Spirit's presence and peace.

January 27 – Practice Hospitality

Invite someone into your space or life today—a friend, a neighbor, or a newcomer. Share God’s welcome with them.

January 28 – Give Thanks for Helpers

Thank someone who has been a source of help or encouragement to you. A simple thank-you note or call can make a difference.

January 29 – Hope in Scripture

Read Jeremiah 29:11: “For 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.”

January 30 – Care for Yourself

Make time to care for your body, mind, and spirit today—whether it’s a walk, a healthy meal, or quiet time with God.

January 31 – Prayer for the Future

Offer this prayer: “God of hope, guide me into the new month with faith and courage. Help me to love myself, my neighbor, and all creation. Amen

Messiah Birthdays

Jan 22	Amy Froiland, Minna Salmela
Jan 23	No birthdays
Jan 24	No birthdays
Jan 25	Laura Slavsky
Jan 26	Rose Collins
Jan 27	Terri Bocklund, Amie Evans
Jan 28	Nine Nelson, Scott Vanlerberghe
Jan 29	No birthdays
Jan 30	Ruth Hill, Lesley Williams
Jan 31	No birthdays
Feb 1	Kathy Grisham, Stephen Mattson
Feb 2	Bill Angeloff
Feb 3	Betty Brunton, Laurel Kniskern
Feb 4	No birthdays
Feb 5	No birthdays

In the Hospital

Please inform the church office when you are hospitalized. Pr. Molly Hunter & Pr. Andrew Plocher would like to visit you while you are there. If you are unable to notify Messiah, please ask a family member to do so.

In Our Prayers

Dave and Christine Echelbarger on the passing of Dave's mother, Barbara; John Collins; Fred and Kathy Maynard on the passing of their son, Bruce; Myra; Becky Abbey; John & Kim Miller; Mary Beals; Katie; John Kiltinen; Mary Ruman; Jimmy Anderson; Jeremy; Owen; Sally Olson; Larry Brunton; Charlie Blake; Carol Bell; Dorothy; Lillian Tuimala; Lynne Robertson; Jan Brown; Betsy; Karen; Rose Collins; Rick Castillo; Ruth Koehler; Don Hillegas; Grant; Kai Dolan; Samantha; Ted; Bruce Lindberg; Grace Chien; Jamie; Donna; Brian; Ben; Sandy Grenke; Evelyn; Akira Carlson; Karen Eldevick; Grace; Shannon; Billy & Kathy S.; Leesa; Jesse Wright; Marshall Lovan; Peter; Shawn; Mae Desonia; Lisa Douros; Tina; Williamson family; Wayne Hanmer; Sierra; Charlene Avery

Pastor on Call:

Pastor Andrew is on call January 22, 26-29

Pastor Molly is on call January 23-25

Worship Volunteers

Saturday, January 25 -- 5:00 pm in atrium

Assisting Minister Carol Bell

Communion Assistant Ron Tervo

Provide Refreshments: **Need a volunteer.**

Sunday, January 26 -- 8:30 am in sanctuary, on 101.9 FM, Vimeo/Facebook

Assisting Minister: Kathy Maynard

Reader: David Echelbarger

Ushers: Cathy Seblonka, Sten Taube

Communion Assistants: Beth Krznarich, Kathy Maynard, Mike Coyne

Greeters: Joan Tasson, Jan Vickstrom

Nursery: Maddie Dykema

Provide Refreshments: Susy Swanson and Grant Soltwisch

Sunday, January 26 -- 10:30 am in sanctuary, on Vimeo/Facebook

Assisting Minister Mark Paulsen

Reader: Josh MacIver-Andersen

Ushers: Dave and Nancy Skoog

Communion Assistants: Gayle Mack, Sandy Lindberg, Marina Shinkarenko

Greeters: Marina Shinkarenko, **need 1 more volunteer.**

Projection Technician Abby LaForest

Nursery: Maddie Dykema

Flower Delivery **Need a volunteer.**

Announcements and Classified Ads

Superior Connections Fundraiser with Texas Roadhouse

Support Superior Connections Recovery on Monday, January 27 from 5:00 pm to 8:00 pm at the Texas Roadhouse. If you present the flyer (copies available on the welcome table and in the church office), the restaurant will donate 10% of your total food purchase to Superior Connections Recovery.

Get Your Garden Growing – February 2

"Come and learn how to grow a healthy, productive garden with Master Gardener Gary Heilig at the Marquette Seventh-day Adventist Church, 270 US 41 East, Negaunee, on Sunday February 2nd starting at 4:00 p.m. This FREE event includes a plant-based meal. Please RSVP at (906) 475-4488 or mqtsdachurch@gmail.com"

Free 2025 Calendars

There are many 2025 calendars on the table over by the drive-through entrance. They are free to whoever wants them. Please help yourself. They will be recycled soon if not taken.

Marquette Symphony Orchestra – 2025 Season

The Marquette Symphony Orchestra has announced its concert schedule for the 2024-2025 season. Octavio Mas-Arocas, Music Director

Saturday, January 18, 2025 – 4:00 pm – Kaufman Auditorium

Symphonic Broadway

with Kristen Beth Williams & Jimmy Ludwig, Vocalists

Featuring selections from **Phantom of the Opera**, **Mamma Mia**, **Sweeney Todd**, **Chicago**, and **Fiddler on the Roof**.

Saturday, March 1, 2025 – 7:30 pm – Kaufman Auditorium

Romantic Masters - Schumann Piano Concerto & Brahms

Piano Concerto in A minor – R. Schumann

with 2024 Youth Concerto Winner Hyerim Lee, piano

Symphony No. 2 – Johannes Brahms

Saturday, April 12, 2025 – 7:30 pm – Kaufman Auditorium

Festive Folk with the Knockabouts

-Festive Overture – D. Shostakovich

-Symphony No. 2 – P.L. Tchaikovsky

Season and individual tickets are on sale now at NMU Ticket Outlets.

nmu.universitytickets.com or 907 227-1032 or In-person at the Superior Dome.

Queer Conversation Book Club

The Queer Conversation Book Club meets on the first Saturday of every month from October 5 through May 3 from 1:00 pm to 3:00 pm. Join us to read LGBT+ books and graphic novels to learn and build community! The book club meets at St. Paul's Episcopal Church, 201 E. Ridge St. in Marquette. Snacks and materials are provided. This is a supportive and inclusive space for LGBT+ folks and Curious allies, for tweens, teens, and adults. Presented by Lav-YAC, Equality Michigan, and St. Paul's Episcopal Church. For more information: www.Equalitymi.org or EQMI at 906 458-8322 or St. Paul's Episcopal Church at 906 226-2912.

Lake Superior Life Care & Hospice Events

Community Grief Support - Loss of a loved one can look different for everyone. Let our team help you on your journey to new beginnings. This group is designed to support you with education, resources, and a safe place to listen and share. Free & open to the public. No affiliation with our hospice is required. Choose the location that works best for you! Please call 906.225.7760 if you have any questions.

Marquette

1/15/25 5:30 - 6:30 pm; Lake Superior Life Care & Hospice office at 914 W Baraga Ave in Marquette

Gwinn

1/8/25 2:00 - 3:00 pm; Forsyth Senior Center 165 N. Maple St in Gwinn

Caregiver Support Groups – Are you feeling isolated or burned out as a caregiver? Do you experience frustration or guilt and need a safe place to process? Join us for opportunities to share your feelings, develop friendships, receive emotional support, and to learn about available community resources. There will be occasional guest speakers for relevant topics as well. This group is free and open to the public! The group is Moderated by Jamie Barbieri, RN Community Outreach Coordinator from Lake Superior Life Care and Hospice. Please call 906.225.7760 if you have any questions.

Marquette:

2nd Wednesday of every month

1/8/25 2:00 - 3:00 pm

Lake Superior Life Care & Hospice
914 W. Baraga Ave

Telephone Based:

3rd Tuesday of every month

1/21/25 2:00-3:00 pm

Call 906.485.5527 to register

Landline or Cell phone required to participate

***New* Grief Support Series starting in February!** *Loss of a loved one can look different for everyone. We will be exploring feelings, support, and tools to help guide you on your grief journey. Please join us, in a safe place to learn and share about the tender moments of grief. This group will now contain a combination of both structured and open grief sharing. Groups will take place every other Thursday starting February 6 – April 17 from 10:30 - 11:30 am at Lake Superior Life Care & Hospice, located at 914 W Baraga Ave in Marquette. Please RSVP by 1/31/25. Contact number: 906.225.7760.*

Connected at Home – Are you looking for ways to socialize without leaving the comfort of your home? All you need is a phone number to participate! Choose whichever group that you are interested in and call to register! Groups that are offered – Caregiver support group: every 3rd Tuesday/mo. from 2:00 - 3:00 pm, Book Club: Every first Monday/mo. 11:00 am - 12:00 pm hosted by Ishpeming Library, and Coffee & Conversations: Every Wednesday from 1:00 - 2:00 pm. Topics vary. Please call the Ishpeming senior center to register at 906.485.5527.

Registration now open for **Virtual Powerful Tools for Caregivers Class** - This 6 week **online** workshop is designed to help you take care of **yourself** while caring for a parent, spouse, or friend, at home, in a nursing home, or across the country.

Wednesdays February 26th - April 2nd 2025

11:00 AM - 12:30 PM Via Zoom

Do you have an announcement?

Send announcements & ads to Kathy Godec (kathy@messiahlutheranmgt.org). Send concert or performance information, yard sale announcements, party invitations, requests for babysitters, yard maintenance, rooms for rent and items for sale. E-newsletter deadline is 12:00 pm on Tuesdays.

Messiah Contact Information

Messiah Lutheran Church
305 W. Magnetic St.
Marquette, MI 49855

Phone: 906-225-1119

Fax: 906-225-5025

Email: office@messiahlutheranmgt.org

Website: <https://www.messiahlutheranmgt.org/>

Pastoral Staff

Senior Pastor - Andrew Plocher

Associate Pastor - Molly Hunter

Office Staff

Parish Administrator - Jennifer Dodge

Administrative Assistant – Kathy Godec

Parish Accountant - Mike Hill

Financial Secretary – Anne Rydholm

Music Staff

Director of Music – Sara Parks

Bell Choir Director - Judy Quirk

Organist/Pianist - Kathy Strazzinski

Pianist – Jacob Schmeltzer & Jocelyn Basse