

Messiah

Evangelical Lutheran Church

Answering God's call to love

Messiah ENewsletter for July 22, 2026

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!

There will be a worship service at Brookridge Heights today (Wednesday, July 22) at 1:30 pm. Please join us. All are welcome!

Upcoming Events – July

July 22	Dwelling in the Word at 12:00 pm
July 22	Brookridge Worship at 1:30 pm
July 23	Bible Study at 10:30 am
July 23	Global Mission at 6:00 pm
July 24	Senior Men's Bible Study at 9:00 am
July 27	11-Step Center Prayer at 5:30 pm
July 28	Centering Prayer at 11:00 am
July 28	Publicity Team at 1:30 pm
July 29	Dwelling in the Word at 12:00 pm
July 30	Bible Study at 10:30 am
July 31	Senior Men's Bible Study at 9:00 am
Aug 3	11-Step Centering Prayer at 5:30 pm
Aug 4	Worship Planning at 9:00 am
Aug 4	Centering Prayer at 11:00 am
Aug 5	Dwelling in the Word at 12:00 pm
Aug 5	Community Meal at 6:00 pm

Help Needed with Communion Set Up

We need 1-2 more volunteers to set up communion for both services on Sundays. If you can help with this, please let Jen or Kathy know. Training will be provided.

Visitors this Summer!

This Summer we look forward to another visit from our church friends in WI. The group from Norway Grove are here this week helping with the Habitat for Humanity Group in our area. They are staying with us at Messiah during their visit. They arrived on Monday, July 20 and stay through Saturday, July 25.

Thank you!

Thank you to everyone who helped make VBS successful! This year's theme was "connection," and Messiah hosted over 30 kids to connect with each other and Jesus. Each day, an offering was collected by the kids to support ELCA's World Hunger program. By the end of the week, these kids raised over \$1200! They opted to purchase the "abundant community" bundle from ELCA's Good Gifts catalog, along with some additional animals. If you see a VBS kid, congratulate them on their awesome effort towards this project.!

Preaching Schedule

July 25	Pastor Allan Johnson (Saturday)
July 26	Pastor David Echlebarger (Sunday)
Aug 1/2	Grant Soltwisch, Lay Leader (<i>no communion served</i>)
Aug 8/9	Pastor Rell Spickerman
Aug 15/16	Pastor Jon Magnuson
Aug 22/23	Pastor Katie Larson, visitor from Colombia
Aug 29/30	Pastor Rell Spickerman
Sept 5/6	Judy Quirk, Lay Leader (<i>no communion served</i>)
Sept 12/13	Pastor Rell Spickerman
Sept 19/20	Pastor Steve Solberg
Sept 26/27	Pastor Rell Spickerman

UP Wild Event – July 26

Sunday, July 26 - This is a Wild Church Service (1 hour) at 4:00 pm held at the Presque Isle Gazebo (structure closest to break wall). Please BYO mug & folding chair. The theme is Nature's Quiet Prayers. The activity is building a Inukshuk/Cairn plus rock painting!

Mid-Year Assistance Report

Since we are nearly halfway through 2026, here is a summary of where we are as of the middle of June:

Number of appointments: 140+

Funds Distributed: \$35,000+

This ministry is growing and becoming an important resource to the folks in our area. Thank you to all who contribute in various ways. We truly appreciate the \$10,000 grant from our Endowment Fund and a \$1,000 grant from the Marquette Harbor Rotary. The First Presbyterian Church offers \$200 per month, and the Episcopal Church has contributed as well. We will replenish the “coffers” again on Giving Tuesday.

“Oh, God bless your hearts! You definitely alleviated my anxiety – thank you so much. I appreciate your help so much you will never know. Have a blessed weekend and again, thank you so very much!” A note from someone we helped recently.

Food Donations Needed

Messiah now has two shelving units by the inside of the “canopy door” where food donations can be placed. Most of the food is going to people who come to Messiah and need food assistance. If Messiah has excess food, it is brought to the Salvation Army in Marquette.

Suggested food items:

- *cans of tuna, salmon, chicken, peanut butter, canned beans
- *whole grain cereals, rolled oats, rice and pasta
- *canned fruits and vegetables
- *cooking oil – canola or olive oil, pasta sauce, basic dried spices
- *applesauce, granola bars, juice boxes, baby foods (jars or pouches)
- *shelf-stable microwaveable meals

Please check expiration dates & do not bring expired items. Take a minute to look at Messiah’s food shelves and decide what you can donate. Any donations are appreciated.

Thank you!

Beach Worship at Messiah

We will hold Beach Worship on two more Sundays this summer during our 10:30 am worship time. At each of these events we will meet at Clark Lambros Beach and we ask all those who attend to bring your own blanket or chair to sit on during worship. The dates for these special outdoor services are:

August 16th	10:30 worship	Pr. Jon Magnuson presiding
September 6th	10:30 worship	Judy Quirk (no communion served)

Community Meal - August 5

Our next community meal will be on Wednesday, August 5th at 6:00 pm in Magnuson Hall. The meal will be sub sandwiches. A vegetarian option will be available. Please join us for a delicious meal on Wednesday, August 5th at 6:00 pm. We look forward to it!

Bowls for a Cause

Turned Wooden Bowls are available for a donation to the community assistance fund. They are located next to the homemade jams in the narthex. All bowls are homemade and are

finished with a food safe finish. If you have questions about the bowls, they can be directed to Paul Carstens at pcarsten@alumni.nmu.edu.

Senior Men's Ministry

Messiah's Senior Men's Ministry is meeting every Friday at 9:00 am in room #202. We meet for about an hour. Please join us on Fridays!

Knotty Knitters

The Knotty Knitters will continue to meet at Messiah on the 2nd & 4th Tuesday of each month. The knitters typically meet in Magnuson Hall but occasionally meet in the atrium. They do join one another for lunch at Vangos prior to coming to Messiah. Please contact Jane Phillips for more information.

What is Centering Prayer?

Centering prayer is a form of silent prayer that emphasizes resting in God's presence through silence and a sacred word. It involves finding a quiet space, sitting comfortably, and focusing on a chosen word to help maintain stillness and let go of thoughts. The goal is to cultivate a deeper relationship with God through stillness and receptivity. Several members of Messiah lead groups that practice this form of prayer throughout the week as a piece of their faith life. -

Centering Prayer

Many of the various spiritual traditions that I've studied tell me that the world that I see is extremely distorted, because the thing that I think I am (that which "sees") is also distorted. It happens to each of us innocent humans as we grow and experience the material world. The admonition to be "in the world, not of it" makes so much more sense to me now that I've spent a lifetime exploring this worldly self and discovered some very faulty notions that were downloaded into my personality. I discovered that there is something good within me, and that is the thing I think God created. When I let go of my worldly fears and notions, my concepts of what will make me happy in life and my ideas of who or what God is...that quiet "good" thing began to have an influence on the ways that I view the world and its creatures. I started to see the world and its inhabitants as fellow travelers on the very same path...back to knowing our Oneness with each other and with the Divine. Centering prayer is a method to stop the false self from running the show and learning how to "be" from the Inner Self, the Self that knows that what is good for all of God's creation is also what is good for this single part of Creation.

That is what leads to true happiness, to true safety, to feeling there is some purpose to the earthly life.

" You do not become good by trying to be good, but by finding the goodness that is already within you and allowing that goodness to emerge. But it can only emerge if something fundamental changes in your state of consciousness. What is stirring now is not a new belief system. The change goes deeper than the content of your mind, deeper than thoughts. At the heart of the new consciousness lies the transcendence of thought, the ability to rise above thought, of realizing a dimension within yourself that is infinitely vaster than thought. You no longer derive your identity from the incessant stream of thinking that in the old consciousness you took to be yourself. Ego is no more than this: identification with form, which primarily means thought forms. This results in a total unawareness of our connectedness with the whole, our intrinsic oneness with every "other" as well as with the Source."

- - A New Earth by Eckhart Tolle / shared by Nancy Hamlin

Electronic Giving/Purchasing

We have a new Venmo QR code set up; it is on the back of each bulletin as well as near the coffee, chocolates, tea & jam that we have for sale.

Messiah's Jam Ministry

The 2026 jam season is here and there is fresh JAM on the shelves!! Jam is \$5/jar for 8 oz. (half pint) jars. If you're lucky enough to find a sample 4 oz. jar, they are \$3/jar or 2 for \$5. You can leave your money at the office or use the convenient QR code located nearby to pay. THANK YOU to everyone who has donated rhubarb, peaches, and sugar. Your supplies made very tasty jam! If you'd like to donate fruit, sugar, or other supplies (jars, lids, rings), you can drop them off at the church office or contact me directly to coordinate. And remember, if you're interested in making jam (whether you're an expert or a novice or would like to learn), please contact Rebecca Ulland (email rjulland@yahoo.com or text/call 906-236-3722). Thank you!

Collecting Items for Baby Care Kits

Rachel Circle will be collecting items in July for Baby Care Kits. They assemble them for Lutheran World Relief. The following items are needed in the following sizes: 6 months - 24 months/2T:

-Lightweight cotton T-Shirts (no-onesies)

-Long or short sleeved sleepers, P.J.'s or gowns (without feet)

-Plain, Hooded Sweatshirts

-3 oz. bars of Ivory soap

There is a collection bin by the office. Thank you for your help! - *Rachel Circle*

OWLs (Older, Wiser Lutherans)

It appears that spring has arrived so the OWLs will start walking at the Lower Harbor Mattson Park. We meet on Mondays at 10:00 am and we walk at our own speed. If the weather is iffy, plan on walking at the Dome. Please note that the Dome will not be available for walking in July, if the weather is iffy. All are welcome. After walking, we go to Provisions for coffee. Meet us for coffee if you don't feel like walking. If you have any questions, please contact Betsy Little or the church office.

The New Free Store Donations

The New Free Store is in need of the items listed below. There is a collection bin in our narthex at Messiah for The New Free Store.

***July** – *Deodorant (male/female)*

***August** – *Diapers size 3-6; Baby Wipes*

Fair Trade Market – November 21 and 22

Your Global Missions Team at Messiah is excited to begin planning for the Fair-Trade Market, to be held Nov. 21-22 at Messiah. **Please note that this is an adjusted date from what we previously announced.** This Market is only possible with the assistance of you - our necessary volunteers. We've compiled a list of specific tasks and the approximate time commitment involved. Please review the list, identify how you can serve in this event, and contact the church office or sign up on the sheet at the welcome table. The Fair-Trade Market team will contact you to arrange the next step. Thank you for your support!

Devotions Link

<https://nglsynod.org/prayfaithfully/> is an on-line devotional reading service maintained by the Northern Great Lakes Synod and written by various pastors and laypersons.

Messiah Birthdays

July 22	Mary Hammerstrom
July 23	No birthdays
July 24	Fred Groos, Bob Sromalski
July 25	Jon Banitt, Jeanne Ruman, Sarah Ruuska
July 26	Eric Banitt, Jari Braund, Linnea Gustafson
July 27	No birthdays
July 28	Mark Fuller
July 29	No birthdays
July 30	No birthdays
July 31	Devin Fortin, Ron Strazzinski
Aug 1	Jamie Dodge
Aug 2	Fiona Fitzpatrick, Emma LeDuc, Kirsten Matthews, Dick Oslund
Aug 3	No birthdays
Aug 4	Myles Delpier, Holly Muscoe, Susanne Smith
Aug 5	No birthdays

Happy Anniversary!

Happy Anniversary to the following couples in July:

Mike & Emily Coyne	July 1
Jeff & Jen Dodge	July 1
Peter & Cathy Seblonka	July 6
Lucas & Krista Theys	July 9
Renee Messana & her husband	July 15
Michael & Linda Chapman	July 20
Brenton & Emily Fitzpatrick	July 20
Karla Hardy & her husband	July 22
Chuck & Lynette Suckow	July 22
Joe & Julie Blemberg	July 28
Mark & Becky Blom	July 30
Brad Crimmins & Adrienne Wolf	July 31
Dietrich & Jamie Spickerman	July 31

In the Hospital

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

Your Prayer Requests at Messiah

At every Saturday & Sunday worship service, we ask people to fill out a welcome card that is found in the bulletin. The card asks people to put their prayer requests on the back, and these requests are prayed for every Tuesday morning at Messiah's staff meeting. If you wish to have your name or a loved one's name read during worship, please call the office or let the pastor or Jen know. We will need to get permission before we include anyone's name in the worship prayers.

In Our Prayers

Please remember the following people in your prayers at this time: Family of John Kiltinen upon his passing; Family of Jan Vickstrom upon her passing; those who seek help from our financial assistance program; Jacelyn (pronounced Jack Lynn) Marra; Gloria Byrnes; Cassidy Eckloff; Sherry Watters; Renee Goyen; Stuart Harslah; Peggy Letvenow; Farmers and ranchers in Kansas & Nebraska affected by drought and wildfires; Lisa Balko; Roger; Karen Sundeen; Linda Ruohoniemi; Charlie Blake; Sam Elder; Doug Morton; Jackie Greising; Art Ortlieb; Ruth Koehler; Sherrie Wagner; Betsy; Carrie Oslund; John Collins; Katie; Mary Ruman; Jeremy; Sally Olson; Carol Bell; Dorothy; Karen; Rose Collins; Don Hillegas; Grant; Kai Dolan; Samantha; Ted; Bruce Lindberg; Jamie; Donna; Brian; Ben; Evelyn; Karen Eldevick; Shannon; Marshall Lovan Magnuson; Peter; Shawn; Mae Desonia; Lisa Douros; Wayne Hanmer; Judy Donckers; Sierra; Charlene Avery

Pastor on Call:

Pastor Steven Solberg is on call July 22-29

A Daily Guide for July

July 1 – Begin Again

Let today be a creative threshold. Ask: What can I co-create with God this month that brings hope or justice into the world?

July 2 – A Prayer for Justice

Pray: "God of righteousness, stir my heart for what is good and fair. Let my life reflect your justice and mercy."

July 3 – Doodle Hope

Take five minutes to sketch, doodle, or scribble whatever comes to mind when you think of hope. Let it be messy and free.

July 4 – Reflect on Freedom

As you mark this day, reflect on the meaning of true freedom—not just for some, but for all.

Pray: “God of liberation, help me use my freedom not for comfort or silence, but for compassion and courage. Teach me to seek justice in love.”

July 5 – Create Something New

Bake, build, write, plant, or paint. Let your creativity be a quiet resistance to despair.

July 6 – Pray with Your Hands

Engage in a hands-on task—gardening, kneading dough, folding laundry—as a form of prayer. Let every motion become a sacred rhythm.

July 7 – Listen Deeply

Seek out a story you don’t usually hear. Listen to a podcast, read a book, or watch a documentary from a different perspective.

July 8 – Write a Justice Haiku

Write a short poem about justice, mercy, or hope in haiku form. Even a few words can move hearts.

July 9 – Celebrate Progress

Notice a way the world has changed for the better—big or small. Give thanks for those who made that change possible.

July 10 – Plant Hope

Plant wildflower seeds or herbs, either in your yard, a pot, or a community space. Trust that small actions bloom.

July 11 – Name What Breaks Your Heart

Write down a justice issue or need that burdens you. Offer it to God, and ask what small role you might play in healing it.

July 12 – Joy Is Resistance

Do something joyful today on purpose. Dance, laugh, sing, or play. Let your joy stand as a defiant act of hope.

July 13 – Create Space

Declutter a corner of your life—your home, schedule, or inbox. Make room for what really matters.

July 14 – Honor a Changemaker

Reach out to someone who works for justice or healing and thank them. A note or kind word can be fuel for their journey.

July 15 – Scripture of Creative Justice

Read Amos 5:24 – “But let justice roll down like waters, and righteousness like an ever-flowing stream.” Reflect on how you might be part of that flow.

July 16 – Gratitude for Mentors

Pray for mentors and role models. Honor those who have shaped you with love and integrity.

July 17 – Make Art with Children

If you can, spend time creating with a child—coloring, crafting, imagining. See the world through their lens of wonder and hope.

July 18 – Pray with Movement

Take a walk, stretch, or do yoga as a way of praying. Let your body carry your hopes and petitions.

July 19 – Pray for Repair

Hope and justice begin with truth. Take time today to learn about a harm—historic or ongoing—in your community or country. Ask God to show you what repair might look like, and how you might be part of it.

July 20 – Midyear Check-In

We’re halfway through the year. Ask: What’s growing in me? What needs to be pruned or planted?

July 21 – Bless the Light

Step into the sunlight and bless the warmth. Say, “God, thank you for the light within and around me.”

July 22 – Create a Visual Prayer

Use images, magazine clippings, or found objects to make a collage prayer. Let your creativity express your longings.

July 23 – Pay Attention to Injustice

Notice one injustice in your community today. What do you see that others might ignore? Ask God how you might respond.

July 24 – Bless the Artists

Pray for artists, poets, and creators who help us see truth and beauty. May their work challenge, comfort, and inspire.

July 25 – Reach Out Across Difference

Connect with someone whose background, politics, or worldview differs from yours. Approach with curiosity and grace.

July 26 – Sabbath of the Imagination

Take a break from your usual routines and do something playful or spontaneous. Let your soul breathe.

July 27 – Hope in Scripture

Read 2 Corinthians 4:8–9: “We are afflicted in every way, but not crushed... struck down, but not destroyed.” Let this truth steady your heart.

July 28 – Invite Collaboration

Ask someone to join you in a creative or justice-focused act. Hope grows when we don’t go it alone.

July 29 – Share a Story

Tell a story—your own or someone else’s—that reflects resilience, grace, or redemption. Stories keep hope alive.

July 30 – Pray for Co-Creation

Pray: “God of imagination and justice, shape my heart for your work. Help me co-create a world where all can flourish. Amen.”

July 31 – Give Thanks for the Journey

Take time to reflect on how you’ve grown this month. Give thanks for each step, each effort, each breath of hope.

Worship Volunteers

Saturday, July 25 – 5:00 pm in atrium

Assisting Minister: Karen Kimar-Johnson

Communion Assistant: Ron Tervo

Provide Refreshments: Jan Julian

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

Assisting Minister: Chris Harkness

Reader: Brenda Blett

Ushers: Joe and Chris Harkness

Communion Assistants: Marina Shinkarenko, Dave Blomquist, Al Edgar

Greeters: Marina Shinkarenko

Nursery: Maddie Dykema

Refreshments:

Sunday, July 26 – 10:30 am in sanctuary, on Vimeo/Facebook

Assisting Minister: Jeanne Groos

Reader: Nancy Hamlin

Ushers: Amy Diedrich, Jean Reynolds
Communion Assistants: Linda Chapman, Marina Shinkarenko,
Greeters: Nancy Raisanen, Nancy Skoog
Projection Technician: Kathy Godec

Nursery: Maddie Dykema
Flower Delivery: Jean Reynolds

Radio Broadcast & Livestream Sponsorship

We need sponsors for weekly/ongoing radio broadcasts & livestream. If this is something you would like to support, please contact the office & share what you would like for your sponsorship; it can be in honor or in memory of a loved one.

You can reach us by phone at 225-1119 or email at office@messiahlutheranmqt.org. The cost of the Radio Broadcast or Livestream sponsorship is \$110.00 each.

Announcements and Classified Ads

Garden Tour – July 23

The Marquette Beautification & Restoration Committee, Inc. 32nd annual Garden Tour will be held on Thursday, July 23 from 1:00 pm to 7:00 pm. (rain or shine). Tickets are \$15.00 and children under 12 are free. For more information: mqtbeautification.org or 906 869-0794.

Summer Concert at Reynolds Recital Hall – July 28

Romanza: a classical guitar recital featuring Christopher Schoelen will be presented at Reynolds Recital Hall at 5:00 pm on Tuesday, July 28. Admission is free.

Marquette City Band Summer Concert Series – July 30

The Marquette City Band continues its annual summer concert series (their 140th season) on Thursday, July 30. "City Band's Got Talent!" will be held in the Peg Hirvonen Bandshell on Thursday, July 30 at 7:30 pm. Admission is free and donations are appreciated. The rain location is NMU Reynolds Recital Hall. Learn more at marquettecityband.com.

The Women's Federated Clubhouse Celebrates 100 Years – July 31/August 1

The Women's Federated Clubhouse is celebrating 100 years (1926=2026). They will have 3 events presented by Zonta of Marquette. On Friday, July 31, there will be a silent film (Marquette Era) presentation by Jack Deo with Bob Buchkoe on piano. At noon on Saturday, August 1, there will be a historical presentation by Jack Deo and Ann Fisher. Hors d'oeuvres and high tea will be served. At 5:30 pm there will be a historical slideshow, silent auction, and live piano. Hors d'oeuvres and refreshments will be served. All 3 events (the trifecta bundle) are \$100. For more information, go to www.womensfederatedclubhouse.org.

Returnables Drive – Now Through August 11

Lake Superior Village Youth and Family Center is holding a returnables drive through August 11. You can drop off returnables anytime at the Center at 1901 Longyear Ave. in Marquette. For more information, call 906 458-7550.

Marquette County Fair News

The Marquette County Fair is in need of a new superintendent (or co-superintendents) for the Photography Department for this year's fair. The fair is August 13-15. Entry day is Wednesday, August 12 from 4:00 pm to 8:00 pm and that's the busiest time. For more information, please call the Marquette County Fair at 906 249-4111 or talk to Penny Streeter (Superintendent of the Antiques Department).

Discovery Central Forest School ½ Day Preschool Enrollment

The Discovery Central Forest School is enrolling preschoolers (2.5 to 5 yrs old) in their ½ day Pine classes. They offer 2 options: 9am to noon or 1pm to 4pm. Email now to save your spot for the fall. smisale@discoverycentral.org.

Habitat for Humanity – Lunches Needed

Habitat for Humanity is asking for help providing lunches to their volunteers for the 2026 building season. They need anywhere between 4 to 25 lunches on any given day. They always give advance notice to lunch donors regarding the number of lunches needed. You can volunteer in several ways. Call 906 228-3578 or 906 235-4925. . Select a date online via <https://www.yoopersunited.com/agency/detail/MCHFH>. Email volunteers@mqthabitat.org. Visit the office at 2354 US 41 South in Marquette.

Medication Help Available

If you have questions or concerns regarding your medications, you can contact retired pharmacist, Barb Salmela. Contact the office to get her number. All inquiries are confidential. She can help find discounts for medication, ways to possibly obtain them for free, or suggest less expensive alternatives.

Financial Help for Cancer Patients

If you or someone you know is going through any financial hardships while going through cancer treatment, please do not hesitate to contact Dave Poirier of Cancer Care of Marquette County (CCMC). 906-362-9226 / poirph@msn.com or Barb Salmela.

There are no income guidelines. Assistance can be for travel expenses, insurance co-pay, medical bills & medications related to cancer care. This organization is all volunteer based. Money to support is from fundraising, grants and donations. This organization is a 501c3/non-profit, so donations are tax deductible. But I cannot emphasize enough....to CALL if you need help.

Lake Superior Life Care & Hospice

Drop-in Grief Support: Marquette – July 22nd, 4:00 pm Grief doesn't follow a schedule - and neither do we. Our drop-in grief support group offers a safe, welcoming space for anyone navigating the loss of a loved one. Join us to share, listen, or simply be among others who understand. No registration required. Come as you are when you need it most. Takes place on the 4th Wednesday of every month. No registration or affiliation to our hospice is required. 914 W. Baraga Ave.

Caregiver Support Groups Marquette – July 8th, 2:00 pm 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. Lake Superior Life Care & Hospice Office, 914 W. Baraga Ave.

Telephone Based Caregiver Support Group: July 15th 2:00 pm. 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 our new **phone-based** support group. For family, friends, and other caregivers who are caring for a person with a chronic illness or disability. This group is a great opportunity for caregivers who are unable to leave the person they are caring for. Please call Jamie Barbieri at 906.225.7760.

Grieving... Before Goodbye? Understanding Anticipatory Grief and the Emotions that come *Before Loss*.

Are you caring for someone and feeling overwhelmed, anxious, or grieving...even before a loss? You are not alone. When someone you care for is declining, grief doesn't always wait.

Presented by: Lisa Marttila, Social Worker & Bereavement Coordinator

Held on July 16th, 12:30 pm at Ishpeming Multi-Purpose Senior Center, 121 Greenwood St., Ishpeming. This is FREE and open to the public.

Join us to learn: What anticipatory grief really is, why it happens before a loss, how to cope with difficult emotions, and ways to care for yourself while caring for others.

Do you have an announcement?

Send announcements & ads to Kathy Godec (kathy@messiahlutheranmqt.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@messiahlutheranmqt.org

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

Pastoral Staff

Interim Pastor – Steven Solberg

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 and Jon Banitt

Pianists – Jacob Schmeltzer, Daniel Cipriano and Noah Nettell