



# GraceNet

Knoxville, TN

May 2016

## Christianity: Easy and Hard

**I**t is easy to become a Christian.

*"I tell you the truth, whoever hears my word and believes Him who sent Me has eternal life and will not be condemned: he has crossed over from death to life." John 5:24*

It is hard to be a Christian.

*"Dear friends, do not be surprised at the painful trial you are suffering, as though something strange were happening to you. But rejoice that you participate in the sufferings of Christ, so that you may be overjoyed when His glory is revealed." 1 Peter 4:12-13*

We like things that are easy. We like things that are fast. The first statement above is true. It is easy to become a Christian. Jesus did it all! He paid the debt we owe. The Holy Spirit gives us the faith to believe it all. We who believe are heaven-bound. We don't have to do a thing! Everything has been done for us. Just believe it! The second statement is also true: it is hard to be a Christian.

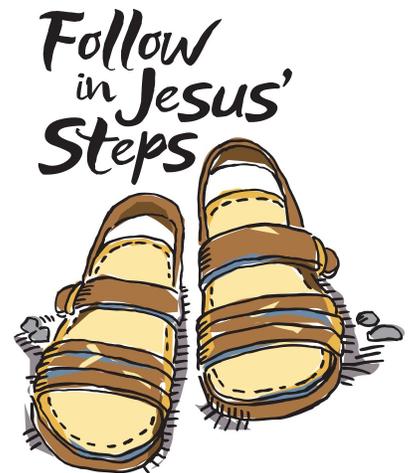
*"Therefore, I urge you brothers, in view of God's mercy, offer your bodies as living sacrifices, holy and pleasing to God – this is your spiritual act of worship." Romans 12:1*

The word 'sacrifice' means it is hard to be a Christian. We are to grow in the grace and knowledge of our Lord Jesus Christ (2 Peter 3:18). We are to strive to become mature – to become more and more like Jesus (James 1:4) and go beyond just the basic teachings (Hebrews 6:1) leaving the formula bottle behind and taking up the solid food of the mature. We are to train ourselves to know the difference between good and evil (Hebrews 5:13-14).

The ramifications of believing that Jesus saved you are many. If we believe we will strive to be like Him. The more we move in this direction the easier and more joyous it becomes.

My exhortation to you: Dive into your faith. True joy and peace await you! Worship – Read the Bible – Pray – Meet with others to be encouraged and to encourage – Love people and help them.

It is not hard and it is not easy. It is just living out this wonderful, incredible faith that we have been given!



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**Do you like book that explains the Bible?** Let me recommend books written by Timothy Keller. Having just finished reading his book, *"Encounter with Jesus,"* I came away grateful. He mines gold out of these Scripture passages and made me see thing in a whole new way.

~ Pastor Rich

## ***Congratulations to our 2016 Confirmands***

***Chloe Madeline Callies***

***Isabella Jane Daenzer***

***Barbara Lucille Frizzell***

***Christian Calhoun Guthrie***

***Rheagan Lei-Anne Haynes***

***Madison Nikole Hicks***

***Carolyn Kendell Lawson***

***Jonah Ezra Schoenike***

***Cameron Alexander Smith***

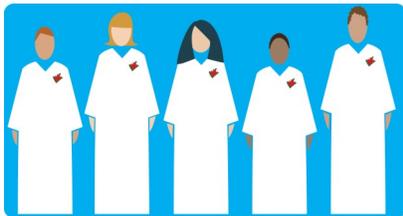
***Nathaniel Reinhold Smith***

***Kristen Nicole Theilmann***

***Carter Ellis Turner***

***Grace Christine Williams***

*May God bless each of these young people as they begin this new phase of their Christian walk. Please keep them in your prayers!*



**Kudos to Our Confirmands**

## ***Our Grace Family***

### ***Meet Kathy Pankow***

**A**nother good person from up North, Kathy Pankow hails from Omaha, Nebraska, which equipped her with the strength she demonstrated as she handled those frigid winters.

She and husband Paul have three children, and four grandchildren. And she is truly a wonderful example of how to nurture the "next generation" since she surrounds them regularly--a great help for the parents and the grandchildren. She even served as surrogate Nana to her daughter's mini-Dachshund, Mr. Waffles. Thus, she lists "babysitting" as primary hobby followed by walking and reading her Bible.

On a very different note, Kathy noted that she enjoyed her volunteer work in 1975 for the Red Cross in Tirrenia, Italy. Is that where she got the whim of possibly becoming a talented dancer? Maybe! Because that is what she would love to do. Snorkeling the Great Barrier Reef has never left her mind as a memorable moment---preceded by the fond memories of the birth of her children. Nonetheless, she sure would love to possess a boat and sail around the world!

Kathy claims to be somewhat introverted, yet very few of our members would attest to that since she impacts the lives at Grace and other folks in a very positive way. She knows that she is a "beloved child of God who loves life and wants to live it to the fullest and to His Glory". Her mission-----Accomplished!

*~ Pat Kopp*

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*Articles for GraceNet are due by the 1st of each month for the following month's edition.*

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*If you have a special event you would like to have publicized in GraceNet, please submit the information to*

*Debbie Booher by the 1st of each month for publication in the following month's newsletter.*

## May Honors Mothers and More

Among the books on display throughout the month of May are titles that are new to the library as well as titles that honor mothers and motherhood.

### New Non-Fiction

Miracles are a difficult and often controversial topic. Two titles that deal with miracles have been added to the library's collection.

**Miracles From Heaven** by Christy Wilson Beam (231.7 Bea): This new title is based on the true story that inspired the recent film of the same name. This is a powerful true story of family, faith, hope, and love.

**Miracles: What They Are, Why They Happen, and How They Can Change Your Life** by Eric Metaxas (231.7 Met): Metaxas tackles this debatable topic with a clarity and intimacy that invites even the skeptic to be inspired.

**Why? Making Sense of God's Will** by Adam Hamilton (231.8 Ham): In Hamilton's usual succinct, clear fashion, he explains why the innocent suffer, why our prayers often go unanswered, how we can understand God's will for our life, and why, in the end, God's love will always prevail. He makes sense of God's will in a profound way.

**Man, Myth, Messiah** by Rice Broocks (232.9 Bro): In this follow-up to God's Not Dead, Broocks examines the evidence for Jesus' existence, the reliability of the biblical records, and the proof of the resurrection that validates Jesus' identity as the Son of God, the Messiah promised and prophesied in the Old Testament.

**The Best Yes: Making Wise Decisions in the Midst of Endless Demands** by Lysa TerKeurst (248.4 Ter): Having learned the difference between saying yes to everyone and saying yes to God, TerKeurst shares her Scripture-based insights helping others decide which situations merit a yes and which a no. She also addresses how to overcome the shame and guilt that sometimes accompanies disappointing others.

### New Fiction

**The Fragment** by Davis Bunn (Fic Bun): Europe is recovering from the ravages of World War I and the influenza epidemic when an amateur American photographer in search of adventure heads to Paris where she has been hired to document antiques for a U.S. Senator. At the Cathedral of Notre Dame, she asked to photograph an artifact that is a piece of Christ's cross. When rumors arise that another fragment has been unearthed, she becomes embroiled in an international intrigue to protect the fragment from being stolen or discredited.

**Step-by-Step** by Candace Calvert (Fic Cal): Former ER nurse, Calvert, begins a new, inspirational medical-romance series, **Crisis Team**. ER nurse Cabot is adamant about moving forward following the tragic accident that left her a widow. She may even be ready to fall in love again, when a crisis strikes complicating her life again. Crisis Chaplain Seth Donovan walks back into her life reawakening questions about her husband's death.

**Burning Proof** by Janice Cantore (Fic Can) book 2 in her **Cold Case Justice** series and

**Always Watching** by Lynette Easton (Fic Eas): Book 1 in **Elite Guardians**, a series that will follow the cases of the Elite Guardians agency, bodyguards hired to protect the lives of the threatened.

**Behold the Man** by Bodie and Brock Thoene (Fic Tho): The Thoenes continue their **Jerusalem Chronicles** which trace the life of Jesus. In this culmination of the series, the last days of Jesus' life are explored through Pilate, his wife Claudia, and Centurion Marcus Longinus.

### For the Children

For our littlest ones are two titles from popular author, Karen Kingsbury just in time to celebrate mothers, sons, and daughters. **Forever My Little Boy: Loving Your Son for Now and for Always** and **Forever My Little Girl: Loving Your Daughter for Now and for Always** (J Kin). From the birth of a child through to marriage and their own parenthood, Kingsbury chronicles the special bond between a mother and father and their child. Each stage of the child's life is paired with prayers and Scripture.

Blessed Mother's Day to all mothers on May 8<sup>th</sup>.

~ Mary Schultz



## *Always Saying the Right Thing*

**A**n acquaintance phoned me. He knows a friend who has only weeks to live. He wants to talk to the dying friend, but does not know what to say. Could I help him know the right thing to say in this difficult situation? I told him they surely offered a course at the seminary on always saying the right thing, but I must have missed it.

Many times I was called for a very difficult situation. I had no idea what to say. I learned to ask God to make me a blessing to someone. Afterward I was often amazed at what developed during those encounters. God was at work in the lives of people calming them in ways I could never have anticipated. If you have never done it, ask God to make you a blessing to someone.

Too easily we focus on ourselves. Focus on listening to the person in distress. You may think you know what that person is thinking and feeling, but you do not. Ask an open ended question and let that person talk. Repeat back to the person key things the person says. This helps you to know whether you have understood what the person is trying to say. It helps the person know you have heard him or her. It helps the person know he or she can go on to the next layer in the onion. (People do not reveal everything until they know the listener is trustworthy. People reveal their stories a layer at a time. They do not go to the next layer until they know you have been trustworthy with the layer just revealed.) And, being heard and understood by someone has curative powers. A good listener does not heal so much as facilitate healing within a distressed person. Listening well to someone helps the person sort out their own confusing thoughts. When you do not know what to say, let the other person talk. Say only enough to let the person know it is safe to tell his or her story.

In my experience the Psalms have something for every situation. They are good to read regularly and to know as well as possible. If you can even paraphrase favorite verses from a very few Psalms, one or two of those verses can be very helpful to someone in distress.

Ask if you might pray with the person. Make it something sincerely heartfelt, not like Ben Stiller awkwardly paraphrasing the Beatles song "My Sweet Lord" when asked to pray in "Meet the Parents." A-C-T-S is an easy model. Adoration, confession, thanksgiving, and supplication can describe simple statements that really fit. It could go something like this: "*You, Lord, are our wonderful God. We confess we have failed You and others in many ways. We thank You for Your continued mercy in Jesus. Lead us to a good outcome in the difficult situations of our lives. Amen.*"

~ Rev. Phil Bohlken

**HealthLine** is a 30-minute Medical Education television show hosted by Grace member Sheila Wittke.

**NEW AIR TIME: Tuesday Afternoon at 3:00 p.m. (January through June 2016)**

**STATIONS:**

CTV COMCAST Cable Channel 12 (Knoxville)

CTV CHARTER 193 + WOW Channel 6 (Farragut)

AT&T U-Verse Channel 99

**MAY 2016 SCHEDULE OF TOPICS AND GUESTS**

- 03 Denial of Hypertension (High Blood Pressure) - Dr. Thomas Anderson
- 10 Metabolic Syndrome, Prediabetes & Insulin Resistance - Dr. Rocio A. Huet
- 17 Acid Reflux/Gerd Surgery - Dr. Roland B. Weast
- 24 Binge Eating Disorder - Dr. John B. Robertson, Jr.
- 31 Sugars versus Artificial Sweeteners - Dr. Rocio A. Huet



## Why Did Jesus Fold the Napkin?

**H**ere is an interesting approach to a biblical story found in John 20:1-9. Why did Jesus fold the linen burial cloth after His resurrection?

The Gospel of John (20:7) tells us that the napkin, which was placed over the face of Jesus, was not just thrown aside like the grave clothes. The Bible takes an entire verse to tell us that the napkin was neatly folded, and was placed at the head of that stony coffin.

*Early Sunday morning, while it was still dark, Mary Magdalene came to the tomb to find that the stone had been rolled away from the entrance. She ran and found Simon Peter and the other disciple, the one whom Jesus loved.*

*She said, "They have taken the Lord's body out of the tomb, and I don't know where they have put him." Peter and the other disciple ran to the tomb to see. The other disciple out ran Peter and got there first. He stooped and looked in and saw the linen cloth lying there. But he didn't go in. Then Simon Peter arrived and went inside. He also noticed the linen wrappings lying there, while **the cloth that had covered Jesus' head was folded up and lying to the side.** (John 20:1-7)*

Is this really significant?

In order to understand the significance of the folded napkin, you have to understand a little bit about Hebrew tradition of that day. The folded napkin had to do with the Master and Servant, and every Jewish boy knew this tradition.

When the servant set the dinner table for the master, he made sure that it was exactly the way the master wanted it. The table was furnished perfectly, and then the servant would wait, just out of sight, until the master had finished eating, and the servant would not dare touch that table, until the master was finished. Now, if the master was done eating, he would rise from the table, wipe his fingers, his mouth, clean his beard, and would wad up that napkin and toss it onto the table. The servant would then know to clear the table. For in those days the wadded napkin meant, "I'm done." But, if the master got up from the table, and folded his napkin, and laid it beside his plate, the servant would not dare touch the table, because — the folded napkin meant, "**I'm coming back!**"



***He Is Coming Back!***

*Disclaimer: "This is one interpretation of the meaning of the folded napkin which can introduce a powerful spiritual truth about Jesus' coming, Resurrection, and His return."*

~ Sheila Wittke, Contributor

## In-carnation

**T**he official flower of Mother's Day is the carnation, the favorite flower of the mom of the holiday's founder, Anna Jarvis. Over time, the custom arose of wearing a white carnation on Mother's Day if your mother has died and a red one if she's living.

In fact, many carnation colors have special meanings. Pink carries the richest Christian symbolism. According to legend, carnations first appeared on earth as Mary wept while watching Jesus carry his cross. Where her tears fell, there appeared pink carnations, symbolizing a mother's undying love.

According to one theory, the English word for carnation comes from *carnis*, Latin for flesh. From the same root comes *incarnation*, God's coming to earth in flesh. Thus, carnations remind us of our loving mothers as well as our loving Savior.



## Save These Dates on Your 2016 Calendar



***2016 Sports Camp***  
***June 12-16, 2016***  
***Grace Lutheran Church***

***2016 Summer Camp***  
***July 23-29, 2016***  
***John Knox Center***



If you have any questions on either activity, please contact Frieda Guthrie or Pastor Mark Bushuiakovish by calling the church office.

## Bible Quiz

Which books of the Bible include an account of Jesus' ascension?

- A. Luke and Acts
- B. Matthew and Luke
- C. Mark and John
- D. All four gospels



*Answer: A (See Luke 24:51 and Acts 1:9)*

Since we live by the

**SPIRIT**

let us also keep in step with the

**SPIRIT.**

Hebrews 5:25, NIV

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Sunday Worship: 8:00 a.m. (Traditional) and  
9:30 a.m. (Blended)/11:00 a.m. (Contemporary)  
Wednesday Worship: 6:30 p.m. (Blended)  
Sunday School & Bible Classes @ 9:30 a.m./11:00 a.m.*

**RETURN SERVICE REQUESTED**

TO:

