



GraceNet

Knoxville, TN

September 2021

How Will I Use My Days?

Teach us to number our days aright, that we may gain a heart of wisdom.

Psalms 90:12, NIV

If you live to 90 you will have 32,872+ days of life. What will fill those days, that time? Already I have given you an extra 10 years for in the very same Psalm in verse 10 it reads *"The length of our days is seventy years – or eighty, if we have the strength..."* One of the main themes of this Psalm is how fleeting and how finite our lives are. Because as believers we are promised eternal life this shortness of life is not depressing. We are headed for something wonderful -- heaven. For non-believers, it is depressing and grows increasingly so as they age and become impaired. It is no wonder that so many people drug their lives in a variety of ways as they lose their vitality and become old.

Nevertheless, as Christians we ought to consider how we use the days that God has given us. We live in a tempting and cluttered world. Our smart phones and tablets and emails are sirens, they lure us to spend gobs of time in minutiae. If we think about the past day we lived how much of it was spent in trifles – trivial and unimportant things? Did the things we did make us wiser, kinder or help another person? Did you feel overwhelmed by things thrown at you? We all have obligations. When the trash can overflows someone has to take it out. The children have to be fed, clothed and bathed. Only irresponsible people neglect the everyday duties that make life livable and good. But what about the time beyond those responsibilities? How will we use that time?

The very first thing to consider is that initial statement that life is short. You are not in control of how long your life will be or how healthy you will be. You will never have the time to do all that you may want to do or that is given to you to do. Your "to-do-list" will never be completed. If you come to terms with this you will have taken a big step in numbering your days to gain a heart of wisdom. The reason this is important to keep in mind is because it will spur you on to prioritize your time and not have it siphoned away by all the lesser things that clamor for your attention.

Secondly, one ought to determine what are the most important things in one's life. These are your priorities. These are the things you do first and that have your focus. For instance, I want to read through the Bible every year. So for four days of the week that is the very first thing I do. It has allowed me to read through the Bible the past 38 years. Whatever you chose as most important and give your time to will also mean that you will neglect other things. You only have so much time in your life. To let lesser things dominate your life is not wise. You will come to regret this waste and miss out on some greater joys you could have experienced.

Finally, as Christians we make it (or should make it) a priority to seek God. He wants to have first place in our lives. He wants the first day of the week, the first of our income, and the first hour of our day. As I have often said He wants the same place in our lives as He has in the universe. Giving God and our Savior Jesus a preeminent place in our lives leads to joy and hope. The Holy Spirit works on our heart replacing our faulty desires with new and righteous ones.

If your life is full with obligations and you are overwhelmed and frazzled, it is time to reorder your life. Cast away things – even some good things – to seize the better. It will be a slower and more purposeful life for sure, but a far more satisfying one as well. How will you use your days? Wisely!

*Teach us to number
our days aright, that we
may gain a heart
of wisdom.*



Psalms 90:12

~ Pastor Rich

Near the Beach in Florida

Near the beach with warm weather all year sounds like a great place to visit. It is also a great place to witness to the love that God gives to us through Christ. Pelican Lutheran Church in Naples, Florida is a mission effort supported by Grace. Pelican Lutheran works to evangelize Hispanic peoples in Naples.

Pastor Mark Eisold is the leader of this mission effort. He is very capable in Spanish; however, he is also using a good mission strategy. In addition to the worship and outreach at Pelican Lutheran, Pastor Eisold is recruiting and training Hispanic men to begin other churches in the area. The current strategy is to begin Hispanic worship groups in the other Lutheran churches in Naples. There are two men already in training. One came from Haiti, the other from Venezuela.

Grace gives financial support to this mission effort. We would also like to have a more personal involvement. In the past we have taken a small team of people to Naples to help with special projects. It would be good for Grace to do this again. Please think and pray about this and we will begin to organize such an effort.

~ Pastor Paul Muench

LWML News



Men, Women, and Teens: The LWML is inviting you to learn more about Domestic Minor Sex Trafficking on Saturday September 11, at 10 a.m., in the Fellowship Hall. Awareness and prevention will be the focus of this important presentation by Lisa Iven of StreetHopeTN. This group is building a special home for recovering teen girls who have been trapped by this problem in our community. We can share the love of Jesus with those who are affected by trafficking and those who are helping them. Parents are encouraged to attend this program with teenagers.

Ladies: There is still time to register for the LWML Retreat to be held on September 24-26 at Eagle Rock in Tallassee, Tennessee. The view is magnificent and the food is great—all for \$155. Registration forms are available on the LWML Bulletin Board or get one from Kathy Bohlken. Forms are due by September 10.

Grace Prayer Team Welcomes Requests



The Grace Prayer Team is constantly at work! If you have a prayer request that you would like prayed over by the Grace Prayer Team, we welcome your requests. Please contact **Kristin McGee** at kdmcgee08@gmail.com (865-384-9834) or **Ev Brown** (evbrown@gmail.com (865-870-5603)). The request will then be passed on to the team. We continue to welcome Prayer Team members as well. If you are interested in praying for the needs submitted by our church family, please contact Kristin or Ev with your interest.

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Grace Lutheran Church – LCMS

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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.

Make a Joyful Noise

Two upcoming opportunities to share your gifts in making a joyful noise and praising God.

Grace Notes Handbell Choir will begin rehearsals on **Tuesday, September 7, at 6:00 p.m.** Please contact Debbie Cable for more information: (865) 604-5823.

Adult Vocal Choir will also begin rehearsals on **Tuesday, September 7, at 7:00 p.m.** Please contact Deb Wolfe for more information: (760) 703-1617.



Rehearsals Resuming

Volunteers Needed

We are still in desperate need for audio/visual volunteers to help with all of our church services. You will receive the necessary training. Please prayerfully consider this serving opportunity, and if you feel led to volunteer, contact Dale using the information below:

Audio/Visual Volunteers for all 3 Church Services

Contact: Dale Henderson at 865-235-4304 or daleh@visitgrace.org.



GRACE gr:ups
CONNECT • GROW • SERVE

Grace Groups are community-based groups across the Knoxville area. Grace Groups are intended to bring people together into community to share life. New Grace Groups are now forming for the fall session (August-December). If you desire to participate in a Grace Group, please visit the church website at www.visitgrace.org and fill out the form under the Home Tab. The more information you provide, the better we will be able to match you to a group and connect you with the leader(s) to get started. Even if you are unable to join a group this time, please complete this survey so we can assist in making connections and plan for additional groups.

Whether you are interested in a group to study the Bible or to meet new people, this is an opportunity to do both, as we will explore Biblical truth while building relationships. You'll **CONNECT** with other members, **GROW** in your relationship with God and closer to people in your group, and will likely desire to **SERVE** each other and the larger community.



9/1	Paige Howe	9/20	Erik Jones
9/1	Fisher Smith	9/21	Jack Buchanan
9/2	Nancy Kuehl	9/21	Jessica Turner
9/3	Barbara Schmitt	9/22	Nathan Bretscher
9/4	Kim Kleckley	9/22	Isaac Hembree
9/4	Darryl Mackley	9/22	Shirley Wolfram
9/5	Debbie Bretscher	9/23	Debbie Booher
9/5	Ruth Couch	9/23	Denise Hart
9/5	Amber Duenckel	9/23	Mary Krempasky
9/5	Craig Schmitt	9/23	Kathy Pankow
9/7	Drew Martin	9/24	Chris Augustus
9/9	Elizabeth Blank	9/25	AdriAnne Kothe
9/9	Charlie Hannah	9/25	Becky Wrasman
9/9	Carmit Wright	9/26	Sarah Duncan
9/10	Jennifer Kessler	9/26	Charles Stine
9/11	Emilia Hoppe	9/27	Sherri Buchanan
9/11	Cooper Turner	9/28	Madeline Kreiss
9/12	Ava Kothe	9/28	Lauren Strickland
9/13	Sheila Brill	9/29	Laci Brill
9/14	Sophia Strobel	9/29	Jan Grebe
9/16	Suzi Schmidt	9/29	Mia Jones
9/18	Ashley Cruise	9/29	Roger Reckling
9/18	Curtis Hanvey	9/29	Kellie Sexton
9/19	Connie Pinchak	9/30	Andrew Brill
9/20	Maureen Campbell	9/30	Carol Neubauer



9/1	Gary & Joretta Schneider
9/2	Michael & Amanda Newport
9/2	Richard & Susan Wright
9/3	Mike & Sheila Donnelly
9/3	Joan & Allen Scraggs
9/3	Ordean & Carol Synsteliën
9/6	Larry & Carol Voorhees
9/10	Maureen & Ken Campbell
9/10	Randall & Jennifer Pettiford
9/11	George & Ruby Roettger
9/11	Randy & Jennifer Wylie
9/14	Todd & Karen Stock
9/15	Wayne & Laura Sikora
9/19	Chip & Liz Hannah
9/19	David & Sally Parkman
9/21	Ivonne & Ken Robertson
9/24	Erik & Kristen Walker
9/26	Jeanine & Antonio Smith
9/29	Allen & Mary Schultz
9/29	Lisa & Allen Smith
9/30	Steve & Jean Root



September 22

**September
Scripture of the Month**

Teach us to number our days aright, that we may gain a heart of wisdom.

Psalm 90:12, NIV

Bible Quiz

How many times in the Old Testament do people cross a body of water on dry ground?

- A. Once
- B. Twice
- C. Three times
- D. Four times



Answer: C (see Exodus 14; Joshua 3; 2 Kings 2)

September Children's Curriculum Themes

In an attempt to connect the adults and children of Grace just a bit more, I will be letting people know the theme and verse of the week in our children's Sunday school classes. I would love it if the adults would join in memorizing or at least talking about it to the children as they see each other in the halls. Listed below are the themes and scripture for September.

~ Frieda Guthrie

DATE	THEME	VERSE
September 5	God helps us when we're afraid.	<i>He restores my soul. He guides me in paths of righteousness for His name's sake. Even though I walk through the shadow of death, I will fear no evil, for you are with me; your rod and staff, they comfort me. (Psalm 23:3-4)</i>
September 12	God gives us what we need.	<i>You prepare a table for me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever. (Psalm 23:1-2)</i>
September 19	God is patient with us.	<i>The Lord is my shepherd, I shall not want. He makes me lie down in green pastures, He leads me besides quiet waters. (Psalm 23:1-2)</i>
September 26	Honor God by obeying Him.	<i>Love the Lord with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be upon your hearts. (Deuteronomy 6:5-6)</i>



Operation Christmas Child

The Christmas season is just a few short months away. But why wait until the last minute? Need ideas of what to put in a box? Check out the bulletin board in the children's wing for some great ideas. Christmas Child Boxes can be donated year round, there are updates on how to pay, and we are ready to help with any questions you may have about this ministry. Don't feel like packing a shoebox? We will gladly accept donations for any items you would like to donate towards a box. If you have questions, please don't hesitate to contact Frieda Guthrie at childrensmin@visitgrace.org or Paul Guthrie at pgvint3@gmail.com



~ Blessings,
Paul and Frieda Guthrie

Our Help—Past, Present and Future

This month, America marks the 20th anniversary of the 9/11 terrorist attacks, which ended almost 3,000 lives and changed life forever for millions more. The nation was shaken to its very roots, with violence jolting out of us any assumption that “it can’t happen here.” September 11 banished any lingering notion that being on the side of “liberty and justice for all” served as insulation against mass tragedy. We now had more to fear than fear itself.

Psalm 46 reminds us that “though the earth should change” (v.2)—and it did on 9/11—God remains “our refuge and strength, a very present help in trouble” (v.1). We are never alone or without hope, even on life-altering days.

How have God’s presence and power sustained you through life’s changes? How might sharing your story help someone else when their world or faith gets shaken?



~ Adapted from *The Wired Word*

Get Connected

God has blessed each of us with a very special set of interests and talents. There are areas of expertise that can be gained not only from our occupational and educational experiences, but also from our everyday lives. We realize that God has blessed each of us with spiritual gifts and talents so that we might use them to be a blessing to His kingdom.

There are a multitude of diverse talents in our congregation. Participating in various activities at church can help you feel connected to others at Grace. Learning more about our regular attenders’ and members’ interests and talents can help us to better direct you to serve in the ministry for which God has intended and to help connect you to activities which you would enjoy.

If you haven’t already done so, please prayerfully and thoughtfully complete the “Get Connected Information Form” on the church website and let us help you find the perfect spot to share your gifts and talents for the glory of God’s kingdom.



You can find the form at:

www.visitgrace.org

Select “About” tab, then the “Getting Connected” tab.

Revelation

Revelation is everyone's favorite least understood book of the Bible. What we do know is it promises those who read it will be blessed by doing so. Difficult times are coming for God's church, and the book is to prepare God's people for what they will endure with assurances that God has not abandoned His people. Revelation becomes difficult because it is written with vivid and violent imagery. Everyone wants to know if a particular scene relates to a world leader or situation in our time. I once met with a small group of men from the church where I served at the time. We ate breakfast together, spent some time reading and discussing a chapter of the Bible, and then shared informal prayers for needs of others we knew. We all had the same study Bible with notes and cross-references. When we studied Revelation we checked the cross-references to each passage. What we learned was that the curious imagery in Revelation is borrowed from the Old Testament. John used Old Testament language related to stories his readers would know as a sort of code to describe what was coming. That protected him and his readers from arrest and persecution by the authorities. Understanding a bit about how the Old Testament relates to Revelation has a calming effect and helps give Revelation some perspective.

Over the centuries several different approaches to understanding Revelation have developed. None is entirely satisfactory. Each leaves unanswered questions and presents unresolved difficulties. The main question is whether the book is for the people at the time of its writing, or whether it is for those who would believe in Jesus and follow Him in future periods of time. A good case can be made for each of those options. People will tell you that you are wrong no matter which of those two you choose.

I believe what follows in this paragraph is a key point. Many read Revelation as if it is all sequential. Each new thing or event described comes later in time than those described earlier. But, we have always held the evidence shows it is like a sewn seam that moves forward a couple of stitches, but then loops back for a stitch before moving forward again. Those who read Revelation as if it is all sequential speak about more than one judgment. Those who understand a back stitching pattern see that those different judgments are really the one same judgment scene.

Jesus spent three years teaching His disciples plainly. That included many things not recorded in the Gospels. It also included teaching about the end of time. Revelation speaks about the end of time, but with imagery and thought modes difficult to for us to understand. Many want to understand Jesus' statements with Revelation as a filter. It would be better if we studied Revelation with Jesus' more direct teaching as the filter.

~ Rev. Phil Bohlken

HealthLine

Please note that everything written in this column will be backed by research, various studies, and facts. There will be no personal opinions.

~ Sheila Wittke

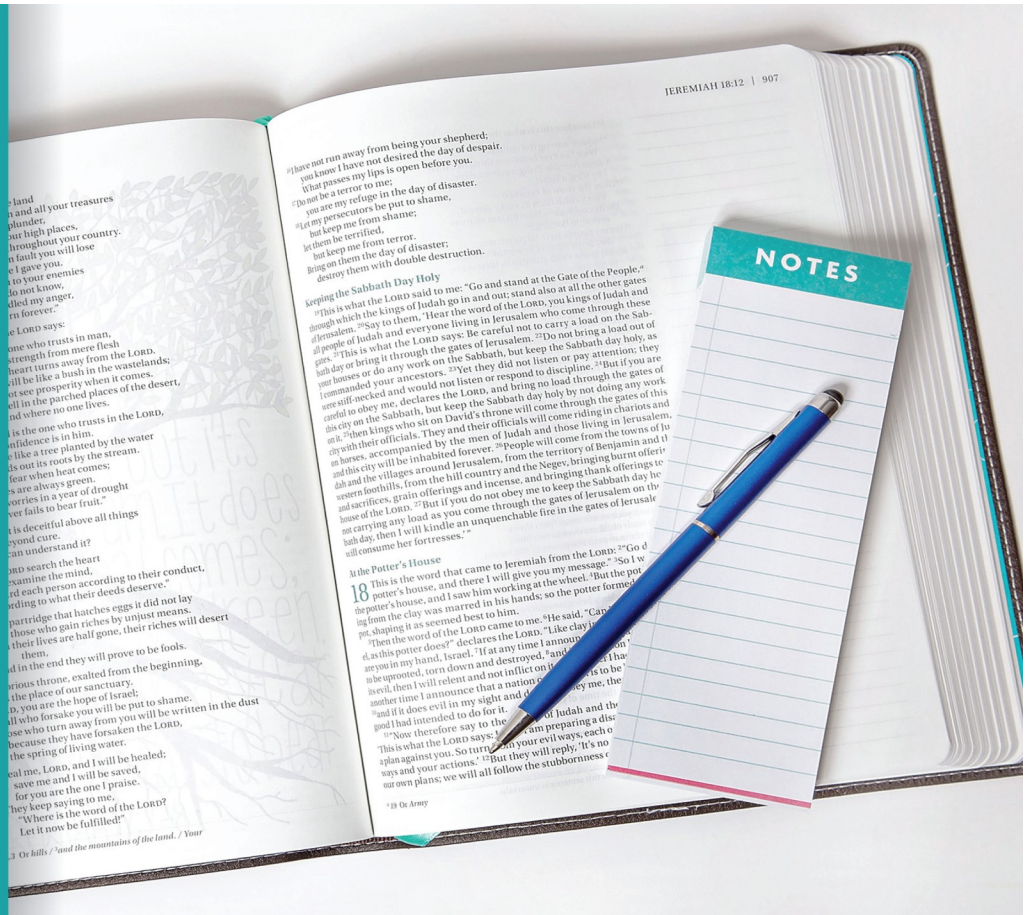


Breast Cancer Metastasis Linked to Nicotine

Smoking cigarettes is associated with a higher risk of breast cancer spreading, which reduces survival changes at diagnosis by 33 percent. Scientists at Wake Forest School of Medicine found that nicotine, a noncarcinogenic chemical found in tobacco, promotes the spread of breast cancer into the lungs. Researcher, Kounosuke Watabe, Ph.D., stated that "our data shows that nicotine exposure creates an environment in the lungs that is ripe for metastatic growth. This is a pre-metastatic environment which attracts a type of immune cell (pro-tumor neutrophils), and releases a protein called STAT3-activated lipocalin 2 (LCN2) from the neutrophils to stimulate tumor growth. Even after quitting smoking for 30 days, the risk was not reduced, so researchers advise breast cancer patients to stop smoking by methods other than nicotine replacement.

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PSALM
90:12
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:



“Connect ~ Grow ~ Serve”