



# GraceNet

Knoxville, TN

May 2023

## *A Society Adrift*

Recently, Don Thaemert gave me an article he said greatly influenced his Pastor dad. It was a condensed paper written by the famous Russian author, Aleksandr Solzhenitsyn in 1986 entitled: ***Men Have Forgotten God.*** The subheading and theme is, *"The secret of healing our country's ills lies in the individual's daily choice of good over evil – in the restoration of our lost religious faith."*

As I read this article I was thinking of our country and how adrift we've become. One thing I am truly convinced of is that politics is the not answer to our society's ills. From the right and left there is hypocrisy, corruption and narcissism. This is not to say that virtuous politicians are unable to make a difference – they can. But when the majority of people have left God out of the equation on the big issues of our day, even a righteous politician is marginalized and powerless.

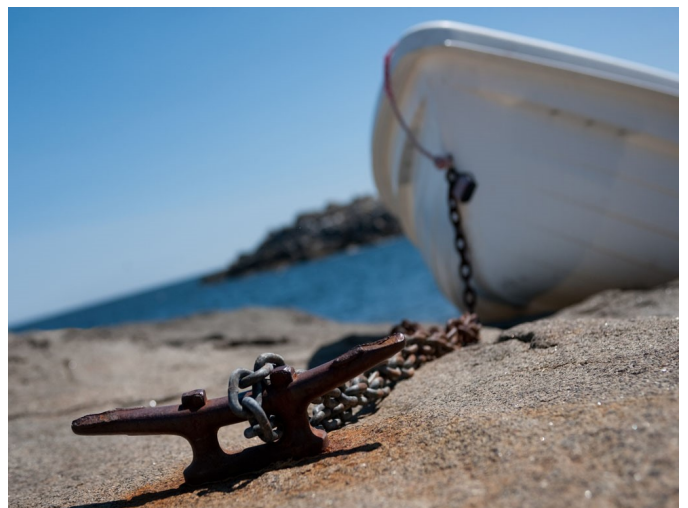
Solzhenitsyn writes: *"The meaning of life in the West has ceased to be seen as anything more lofty than the 'pursuit of happiness,' a goal that has even been solemnly guaranteed by constitutions. The concepts of good and evil have long been banished from common use. It has become embarrassing to appeal to eternal concepts, embarrassing to state that evil makes its home in the individual human heart before it enters a political system."*

Before we can bemoan the current state of our country we need to look at ourselves. What kind of decisions are we making? As blood-bought believers and followers of Jesus Christ are we allowing Him to be the master of our lives? Have we drifted in our own moral lives? The ramifications of our choices affect our family and closest

circle of friends. But then all of us join together collectively to affect society. If we Christians are adrift, how can we not expect society to be rightly anchored?

As people saved by grace and out of thankfulness and love for God, we ought to strive to please Him. He has showed us what is good for us. We ought to take periodic personal spiritual inventories. Run through the 10 Commandments and see if our actions and thoughts are aligned with God's will. Before we concern ourselves with society being adrift, let's determine if we are personally succumbing to the temptations of our age.

~ Pastor Rich



## Lutheran Women in Mission

**L**UTHERAN WOMEN IN MISSION are going on a virtual Safari to Tanzania! Please join us for this adventure in mission work to be presented by **Sandy Harter**, who has worked there many times and has GREAT pictures to share with us. Africa is a new frontier for spreading Christianity and helping people with the love of Jesus. We will make this travel adventure on **May 13, 2023, at 10:00 a.m.** in the Fellowship Hall. So, pack your purse and come for this virtual experience!

Have you seen the YOUTH QUILTS completed this spring? We appreciate our young ladies who are learning to quilt and share Jesus' love with children around the world. See the next article.



## 2023 World Quilting Day

**T**he Grace Lutheran Quilting Ministry sponsored a celebration of World Quilting Day on Saturday, March 18. Light snacks were served, and the group enjoyed tying over 10 quilts. This event also served as a Thrivent Service Event. A donation of \$250 was received from Thrivent; this money was used to purchase batting (the soft inner lining) that is used in making quilts. As can be seen from the photo, three generations of quilters participated.



## Grace Prayer Team Welcomes Requests

**T**he 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](mailto:kdmcgee08@gmail.com) (865-384-9834) or **Ev Brown** ([evbrown3@gmail.com](mailto:evbrown3@gmail.com)) (757-870-5603). 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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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.

***Congratulations to our  
2023 Confirmands***

***Isaiah Lee Baserman***

***Riley Dawn Beemer***

***Landon Moncrief Cleland***

***William Robert Cole***

***Christian Timothy Collins***

***Luke Jeffrey Duenckel***

***Luke Jacob Frizzell***

***Isaac Bryson Lee Hembree***

***Irene Dorothy Holden***

***Piper Serene Howell***

***Alex Ricciardi Jones***

***Brogan Andrew Oberhaus***

***Fisher Jackson Smith***

***Charles Walter Vesser***

These special young people were confirmed on **Sunday, April 2, 2023**. Please keep them in you prayers as they begin this new chapter of their spiritual walk with Christ.



The following people were received into membership on Sunday, April 16. We are so happy and excited to have them join our Grace family. You are a true blessing to us!

- Carl Burkhardt
- Jennifer Cooper & Zach
- Bill & Marianne Drake
- Annie Elseroad
- John & Kimberly Ettner
- Jenny Howell, Piper and Sophie
- Phoebe Linnaberry
- Ken Robertson
- Katie Roy & Oliver
- Vance Sterling

***So Glad You're Part of Our Family!***







5/1	Jim Thompson	5/11	Jeff Spradlin
5/3	Lu Anne Peters	5/12	Ally Turner
5/4	Mira Cole	5/13	Alec Zimmerman
5/4	Christine Harness	5/17	Steve Root
5/4	Helen Mollenhour	5/18	Pastor Danny Anderson
5/4	William Schmitt	5/18	Sarah Dew
5/5	Jennifer Bush	5/22	Tim Collins
5/5	Desaray Frizzell	5/22	Maggie Geithman
5/6	Paul Angelino	5/23	Deborah McFall
5/6	Carol Kreiss	5/25	Julie Haase
5/6	Kim Lee	5/26	Lorie Luke
5/6	James O'Hatnick	5/26	Mike Zurakowski
5/6	Brogan Oberhaus	5/27	Dana Fulkerson
5/6	Sam Steele, Sr.	5/27	Susan Lewis
5/6	Arlene Stern	5/27	Steven Peterson
5/7	Nina Dodson	5/29	Dennis Laneman
5/9	Baker Martin	5/29	Ashley Smith
5/9	Christen Sikora	5/31	Mark Anderson
5/10	Gracie Frizzell	5/31	Melinda Curtis
5/10	Patricia Halsey	5/31	Glen Wright
5/10	Cheryl Handler		
5/10	Lauren Hoag		
5/10	Stacy Hoag		

5/1	Mark & Susan Klemmer
5/1	Vicke & Mike Pyles
5/6	Ted & Jill Murphy
5/7	Drew & Laurie Martin
5/7	Mike & Kim Radochonski
5/9	Terry & Rosie Turner
5/10	Harvey & Debbie Booher
5/13	Stanton & Gina Oster
5/13	Mack & Jeanette Webster
5/15	Mark & Donna Anderson
5/16	Troy & Alexandra Howe
5/17	Ryan & Linda Dreke
5/17	Lew & Mary Stoner
5/19	Daren & Becky Daenzer
5/23	Mark & Margie Frizzell
5/24	Chris & Kelly Dodson
5/24	Jim & Anna Thompson
5/27	David & Janice Ishee
5/27	Mitch & Jennifer List
5/29	Brad & Samantha Hicks
5/30	Rich & Marlene Cole
5/30	David & Peggy Koelsch
5/31	Cassie & Jared Hencke

*Birthday Blessings!*

*Happy Anniversary!*

**Bible Quiz**

What does God compare to rain “watering the earth and making it bud and flourish, so that it yields seed for the sower and bread for the eater”?



- A. The justice of the nations
- B. The work of God’s people
- C. The message of Isaiah the prophet
- D. God’s word

Answer: D (see Isaiah 55:10-11, NIV)

**May Scripture of the Month**

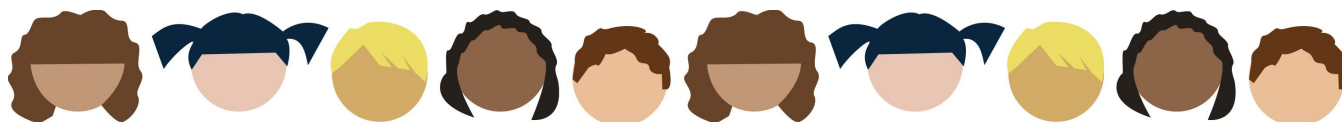
*But in your hearts set apart Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for hope that you have. But do this with gentleness and respect. ~ 1 Peter 3:15*

## May 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 May.

~ Frieda Guthrie

<i><b>DATE</b></i>	<i><b>THEME</b></i>	<i><b>VERSE</b></i>
May 7	<b>Tell others about Jesus.</b>	<i>Therefore, go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you to the end of the age. (Matthew 28:19-20)</i>
May 14	<b>God's family takes care of each other</b>	<i>And let us consider how we may spur one another on toward love and good deeds. Let us not give up on meeting together, as some are in the habit of doing, but let us encourage one another -and all the more as you see the Day approaching. (Hebrews 10: 24-25)</i>
May 21	<b>We stand up for Jesus.</b>	<i>But in your hearts set apart Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for hope that you have. But do this with gentleness and respect. (1 Peter 3:15)</i>
May 28	<b>God created heaven and earth.</b>	<i>Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. (Isaiah 40:28)</i>



## Operation Christmas Child

Operation Christmas Child is a year-round opportunity to share the spirit of Christmas with children around the world who would not otherwise receive gifts. Please consider filling a shoebox to bless a child. If you don't want to fill the box yourself, you can contribute funds for a box and we'll fill it for you. If you don't know what to put in a box, there's information in the Children's wing on suggestions for items. If you have questions, please don't hesitate to contact Frieda Guthrie at [childrensmin@visitgrace.org](mailto:childrensmin@visitgrace.org) or Paul Guthrie at [pgvint3@gmail.com](mailto:pgvint3@gmail.com).

Thank you for supporting this important ministry!



## Mission for Christ Network (MCN)

Children growing up in Chiayi, Taiwan (a county with more Buddhist and Daoist gods than people), may not know a Christian who could tell them about Jesus. But more than 2,000 students attend Concordia Middle School which is known for their foreign teachers and strong English program. There students hear the Gospel every day from both foreign and Taiwanese teachers.

Children in the Fish Island community in Kampot, Cambodia come from primarily Buddhist and Muslim families; however, their parents send them to Stronghold Cambodia for meals, English and computer classes, and a safe place to play. There children experience the love of Jesus and hear the Gospel message from both Cambodian Pastor Jesse and his wife, Naomi, and from American missionaries.

Teenagers in Parrita, Costa Rica have few educational opportunities and often grow up caught in cycles of poverty, abuse, and sex trafficking. Missionaries with LightHouse Transformation Ministries, however, have the opportunity to come into the public high school, support English instruction (a skill that can transform students' lives in a tourism dependent economy!), and share the Gospel both formally and informally as they mentor students and support teachers.

What do all these places and missionaries have in common? They are all part of **Mission of Christ Network – a Lutheran missionary sending organization**

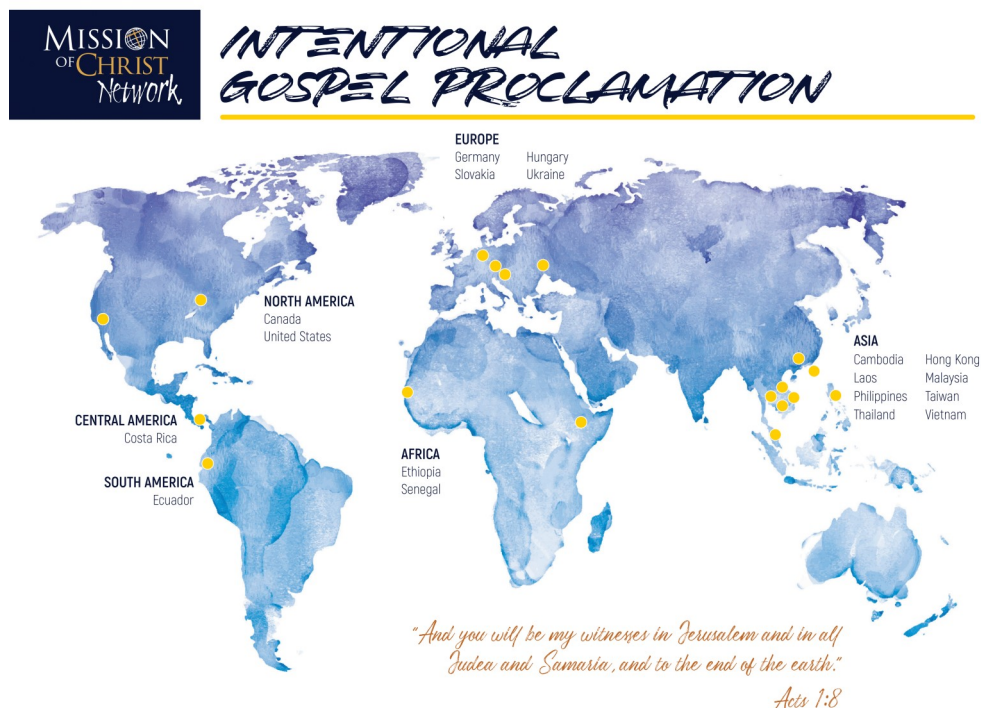
**that works through local partnerships in 20 countries around the world, sending today 42 missionaries (called mission partners) to proclaim the Gospel.**

Mission of Christ Network (MCN) is celebrating its 10th anniversary in 2023, and in these ten years MCN has sent 87 mission partners into more than 20 countries. MCN emphasizes 1) Intentional Gospel Proclamation, a singular focus on and passion for proclaiming Christ 2) Best practice training and highly experienced leadership 3) Excellent member care to support and sustain mission partners so they can thrive on the field 4) Lay leadership and a focus on lay missionary sending and 5) Needs established by the field with MCN responding to our local partners instead of directing from the US.

Mission of Christ Network and all its Mission Partners are 100% funded by donor support from congregations and individuals. Thank you to Grace Lutheran Church for partnering with MCN to send and support missionaries so more and more people can know the light, love, and peace of Jesus Christ. Your gift helps make Jesus known to the world!

Want to learn more? Go to [missionofchrist.org](https://missionofchrist.org) or follow @missionofchristnetwork on Facebook, Instagram, or YouTube.

Pastor Paul Muench is Grace's point of contact for more information.



## ***Making a Marriage Better***

**O**ver the years I read many things about marriage. One of the most helpful was a short statement that small gestures can lead to big improvements. Do them even when you do not feel like it. Smile sweetly at your spouse. Say "Thank you." for little things. Find something where you can give a sincere compliment. Before jumping in to give directions or to correct, allow your spouse time to be caught doing something right, and then give some praise. Be overheard praising your spouse's good qualities to a friend. Take time to listen to your spouse, even if you are certain you know what he or she will say. Show by your actions you are more interested in your spouse than the important task you are hurrying to complete.

Comedian Henny Youngman was famous for saying, "Take my wife.....please!" All of us have probably felt like that about a wife or a husband more than once. I often told young couples about to marry there will be six people standing at the altar during the wedding. There will be the fellow and the gal who are being married, who they really are. There will be who each thinks the other is, but really is not. There will also be who the fellow thinks he is, but is not; and, who the gal thinks she is, but is not. Then I explained to them that marriage is the process of kicking the four people out of the house who do not belong, and settling down to make peace with the

two remaining. Our unrealistic expectations get in the way of reducing those six people to two.

A Russian aphorism says, "It is the nature of the devil to pour honey into other men's wives." Substitute "husbands" for wives, if you will. Nothing good comes from allowing an attachment to germinate with someone who is not your spouse. I have sat across the desk from a few people who did get involved with someone else. All regretted it deeply. A French proverb says, "You may choose whom you please. Then you must please whom you chose."

Pray about your spouse and your marriage. The New Testament uses words for "love" that describe three different kinds of love. The first is a selfless love that only gives. It does not consider lovable qualities in the one loved, or the lack of them. There is the give and take love between good friends. And there is a selfish love that only takes without giving. The first, the selfless, giving kind of love is the love that moved Jesus to give Himself for us and for our salvation. It is also the love husband and wife are to have for each other. Ask God to fill your heart with that selfless love for your spouse because you feel empty and are skewed by sin, and you just cannot do it without God loving that person through you.

~ Rev. Phil Bohlken

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## ***HealthLine***

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

~ Sheila Wittke



## ***Low-Sodium Salt Prevents Strokes***

Eating a diet high in salt is linked to high blood pressure and an increased risk of stroke, but replacing salt with a low-sodium substitute lowers the risk in people who have high blood pressure or who have already had a stroke. A study published in the New England Journal of Medicine found that salt substitutes, which replace part of the sodium chloride in regular salt with potassium chloride, lower the risk of strokes by 14 percent in "at-risk people" when compared to regular salt.

## ***Potassium-Rich Foods Improve Women's Heart Health***

A study published in the European Heart Journal found that women who eat potassium-rich foods such as bananas and avocados could reduce the negative effects of salt in their diets. Potassium-rich diets were linked with lower blood pressure, particularly in women who ate diets high in salt. As the consumption of potassium went up, blood pressure went down. Every gram increase in potassium was associated with a 2.4 mmHg lower Systolic Blood Pressure, but only in women and only in those with high sodium intake. Study participant, Liffert Vogt, M.D., Ph.D., of Amsterdam University Medical Centers, the Netherlands, stated, "Potassium helps the body excrete more sodium in the urine."

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Sunday Worship: 8:00 a.m. (Traditional) and  
9:30 a.m. (Blended)/11:00 a.m. (Contemporary)

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TO:



*Connect ~ Grow ~ Serve*

