



# GraceNet

Knoxville, TN

November 2023

## *So, What is a Deaconess, Anyway?*

I'm so glad you asked! First, let's start with the textbook definition. A deaconess is a woman that is a professional church-worker. As a deaconess trained at Concordia Seminary in St. Louis, I have a Master of Spiritual Care with a deaconess certification. This means that I have a ministerial master's degree similar to a Master of Divinity, as well as an academic Master of Spiritual care. A deaconess' training focuses on mercy work, spiritual care, and teaching the faith. My personal focus, along with the others, has been counseling.

Now onto a more personal definition, a deaconess is a woman in pursuit of her biblical role of "helper" (Genesis 2:20) as a career. This means that a deaconess can serve in many different roles in the Church, depending on where there is a need. I like to think of it as a need-based service. This could include, but is not limited to, any of the following: youth ministry, visiting shut-ins, teaching a Bible study, hospital calls, counseling, administration, or event planning! One of the great benefits of having a deaconess in Church work is that they bring a uniquely feminine perspective to ministry.

Everyone has limitations to how they connect with people, even the most talented of male Lutheran Pastors. Deaconesses are able to provide spiritual care in ways the Pastor, by no fault of his own, may not be equipped. An adult man has no idea what it is like to go through menopause, afterbirth, or start their first menstrual cycle. When it comes to distinctly feminine issues, deaconesses are more approachable and are able to provide spiritual care from a more understanding perspective. In all actuality, a deaconess in the Church allows for a broader range of spiritual care to be provided.

The term Deaconess comes from the Greek word *diakonos* which means servant (1 Timothy 3:8). Deacons are specified as being servants of the church. Although the word for deacon only carries a masculine ending, this does not prevent Paul from lumping women into the qualifications for a Deacon (1 Timothy 3:11).

As for me and my work here at Grace, I will be leaning into my areas of expertise as I look to serve Jesus and His Church. One of the needs at Grace when we first arrived was accomplishing our worship slides and announcement slides each week. I have worked as a graphic designer for my home congregation, so helping in this role was an easy transition. I have also been able to utilize my Master of

Pastoral Counseling to work with different members of Grace. As I begin to build more relationships here at Grace, I hope that people will feel comfortable coming to me if they need to talk about anything. I have also been serving the ministry and getting to know so many young people in the congregation. One of my greatest joys has been connecting with the youth here. So far,

I have loved these roles which I have been able to step into here at Grace. I am able to help, serve, and be a true Deaconess whenever there is a need in this Church.

I am truly grateful to have a church family that supports me and the role of deaconess! If you have any questions, please come see me. This is my favorite topic!



~ Christina Childers





**Operation Christmas Child  
Shoebbox Collection Week  
November 13-20, 2023**

**Coffee or Lunch with  
Pastor Danny?**

**P**astor Danny would like to share a cup of coffee or meal with you—no strings attached! You can sign up to meet with Pastor Danny at:

<https://calendly.com/pastordannygraceknoxville/breakfast-lunch-meeting>

## AARP Tax-Aide

**T**his is the second tax season that Grace Lutheran Church will be hosting an AARP Tax-Aide site for free preparation and e-filing of federal and state individual income tax returns.

This site will be managed by Allen Schultz, who has volunteered with the Tax-Aide program for 16 years. The program always needs more volunteers to help taxpayers with their tax filing requirements. The program provides all the training necessary to provide this service. No prior knowledge of taxes or experience in this field is needed. If interested or have questions, please contact Allen (865-947-0334) or sign up at [www.volunteers.aarp.org](http://www.volunteers.aarp.org).

AARP membership is not required to volunteer for this program or to participate in having your tax return prepared. The Tax-Aide program is national in scope, therefore, this site will be open to the greater Knoxville community.

Operating days for this site are planned for Tuesdays from February 6 to April 9, 2024. Contact information for phone or website arranged appointments will be published in January 2024.



## 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 fami-



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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.



### ***Lutheran Women in Mission***

**T**he Lutheran World Relief “Quilt Truck” will be coming to Grace in November, and we will need to box up all the quilts that have been made this year so they can be shipped to foreign countries where there have been disasters. Please watch for information about how you can help to share the love of Jesus with those around the world!

The Lutheran Women in Mission (LWML) will be meeting in Morristown on **November 11** for the East TN Zone Fall Rally. All women are invited to join us at Our Savior Lutheran Church, 2717 Buffalo Trail, Morristown, TN. Registration is at 9:00 a.m., and lunch will be provided. Our own Tom and Juanita Matthews are presenters for the program! The Ingathering will benefit the new “Isaiah 117 House” in Jefferson County. They are requesting new clothes for teenagers and especially need underwear.

### **“West of Bethlehem” by WordPlayers**

Everyone is invited to the **WordPlayers’** presentation of “West of Bethlehem” on **December 9** at 1:00 p.m. at Grace! A lunch will be served from 11:30 a.m. —12:30 p.m. in the Family Life Center by the LWML. This is a multigenerational event for families and children. The **WordPlayers** are a local Christian theater group and the performance will be very professional. Please mark your calendars now and watch for more information on the BIG EVENT for ALL to celebrate the birth of Christ.



**November 11, 2023**

### ***An Opportunity to Serve with the ASSIST TEAM***

**A**re you looking for a way to encourage others and love to sing? Please join our **ASSIST** (**A**lways **S**milin**G**, **S**haring **I**n **S**ong **T**o**G**ether) **TEAM**.

We meet at Arbor Terrace Assisted Living on the first and third Sundays of each month at 6:15 p.m. to share God’s love through music.

Please text Todd Stock at (865) 604-1183, or Penny Perry at (865) 287-6553 for more information.



### ***Needs for Diaper Ministry***

**G**race’s Diaper Ministry is in need of diapers and wipes– sizes 4, 6, and pullups. Thank you for any contributions you can make to this ministry!

### ***Help Wanted***

**C**hildren’s Ministries is now hiring childcare workers to help during MOPS meetings. Must be 18 and pass a background check. See Frieda Guthrie for more details, if interested.





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|------------------------|------------------------------|
| 11/1 B.J. Huffaker     | 11/15 Rachel Vick            |
| 11/1 Leslie Poker      | 11/15 Calen Wright           |
| 11/1 Catherine Smithey | 11/16 Will Baker             |
| 11/2 Luke Duenckel     | 11/17 Russell Hembree        |
| 11/2 Marlene Landon    | 11/18 Easton Harter          |
| 11/2 Luke Stapel       | 11/19 LaVonda French         |
| 11/4 Bruce Collet      | 11/19 Philip Roth            |
| 11/5 Vera Elseroad     | 11/20 Stephanie Schoenfelder |
| 11/5 Jill Murphy       | 11/21 Sloane Haase           |
| 11/5 Jack Newport      | 11/21 Linda Jaekel           |
| 11/7 Will Haynes       | 11/21 Mason Martin           |
| 11/8 Robby Anderson    | 11/21 Erick McIlwain         |
| 11/8 John McCay        | 11/23 Ava Abraham            |
| 11/10 Leah Cleland     | 11/23 Marlene Cole           |
| 11/11 Mike Pyles       | 11/24 David Haase            |
| 11/12 Peggy Koelsch    | 11/26 Carrie Fisher          |
| 11/12 Nancy Surprenant | 11/26 Esther Kabela          |
| 11/13 Mark Frizzell    | 11/26 Ethan Spradlin         |
| 11/13 Tripp Keeton III | 11/27 Oliver Anderson        |
| 11/13 Joe McGhee       | 11/28 Hank Jones             |
| 11/13 Scott Zimmerman  | 11/28 Debra Wolfe            |
| 11/14 Don Mings        | 11/29 Christian Guthrie      |
| 11/15 Theresa Angelino | 11/30 Mark Klemmer           |



- |                                 |
|---------------------------------|
| 11/1 David & Jennifer Kessler   |
| 11/2 Patrick & Sherri Buchanan  |
| 11/4 Joe & Sarah Dew            |
| 11/6 Edward & Jaci Richards     |
| 11/12 Rich & Debra Wolfe        |
| 11/15 Dan & Becky Hoag          |
| 11/15 Sandy & Tom Seay          |
| 11/17 Tommy & Sherry Colwell    |
| 11/18 Todd & LaWanda Duenckel   |
| 11/18 Erik & Megan Kabela       |
| 11/22 Steve & Marjorie Jergesen |
| 11/24 Randy & Donna Bueckman    |
| 11/24 Bob & Beverly Miller      |
| 11/27 Craig & Janet Schmitt     |
| 11/28 Jim & Katha O'Hatnick     |



**November 5, 2023**

### Bible Quiz

Fill in the blank: "Rejoice always, pray continually, give \_\_\_\_\_ in all circumstances; for this is God's will for you in Christ Jesus."

- A. alms
- B. praise
- C. thanks
- D. offerings



### November Scripture of the Month

Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.

~ Colossians 3:16, ESV

## November Children’s Curriculum Themes

**I**n 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 November .

~ Frieda Guthrie

<i><b>DATE</b></i>	<i><b>THEME</b></i>	<i><b>VERSE</b></i>
November 5	<b>God has good plans for us.</b>	<i>For I know the plans I have for you, declares the Lord, plans to prosper you and not harm you, plans to give you hope and a future. (Jeremiah 29:11)</i>
November 12	<b>God does amazing things.</b>	<i>For nothing is impossible with God. (Luke 1:37)</i>
November 19	<b>Thank God for His gifts.</b>	<i>Rejoice in the Lord always. I will say it again: Rejoice! (Philippians 4:4)</i>
November 26	<b>God always hears us when we pray.</b>	<i>So I say to you: Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. (Luke 11:9)</i>



## Operation Christmas Child

**T**is the Operation Christmas Child season! ***Shoebox collection week is November 13-20!!!*** Join us in this opportunity to share the spirit of Christmas with children around the world who would not otherwise receive gifts. ***This year we have a goal of filling 400 shoeboxes from our Grace family, and we are currently running behind our goal! We need your help! We can do this!!*** 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).



## What of Martin Luther?

**W**hat is a healthy way to view Martin Luther? Often he is quoted so much that he appears someone to venerate. God did give him admirable, personal gifts and used him in enduring important ways. Yet, he was all too human when he did and said things we wish could be totally forgotten by everyone, like his often intemperate remarks laced with crudities and his infamous second tract on the Jews.

He had a fine intellect and could make important “both/and” arguments without falling into an “either/or” trap. Where some Christians load people up with lots of guilt because someone’s sins make others wonder if that person is really a Christian, Luther understood that we humans are forgiven through the gracious promises of God in Christ, and yet, we live this side of the grave in corrupted human flesh at odds with God’s will. We are at the same time forgiven saints and also terrible sinners. It is not either/or, but both/and. Where some groups in his time were throwing out anything done by Roman Catholics, Luther understood something helpful to people and neither commanded nor forbidden by God could be kept and used beneficially.

His writings can be pithy and often include great phrases, even if a little verbose. On Galatians he said beginning with God’s grace and then adding obedience to the law for salvation is like asking Christ to build a house that Moses completes. On Romans 6 he said in baptism we are like raisins baked into a cake with Christ. On



priests and nuns falling in love despite vows of celibacy he said anyone who hangs a lit torch in a hay mow should not be surprised when the hay catches fire. If you put men and women together you should not be surprised when something happens between them.

Luther’s devotion to “Scripture Alone” led him to read the Bible through twice a year, and yet an additional time if he had a question about what the Bible really says on a particular matter. While he was hidden as a knight in the Wartburg Castle he translated the New Testament, presumably from Greek rather than Latin, into the spoken language of ordinary people. His 1522 German New Testament became a best seller and was the first Bible to achieve that. Despite being hidden in Wartburg Castle, his draft copies went back and forth to Philip Melancthon and others for review and correction. The whole Bible was completed in 1534 with much weekly consultation from others.

Through teaching the Psalms in a university classroom he came to understand “the righteousness of God” in Romans 1 with the help of Psalm 71:2. It is what God does for us, not what we must do for Him. In His righteousness God makes us righteous.

We can look to Luther for a great quote, but should also check him against the Bible like any other human interpreter.

~ Rev. Phi Bohlken

## 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



## Honey Lowers Cardio Risk

**A**ccording to researchers at the University of Toronto who analyzed 18 controlled trials, honey improves key measures of health, including blood sugar and cholesterol levels. Study participants who ate an average of about two tablespoons of honey a day reduced fasting blood glucose, LDL (“bad”) cholesterol, triglycerides, and a marker of fatty liver disease, while increasing HDL (“good”) cholesterol and some markers of inflammation. Researcher Tauseef Khan, Ph.D., said, “*These results are surprising, because honey is about 80 percent sugar. But honey is also a complex composition of common and rare sugars, proteins, organic acids, and other bioactive compounds that very likely have health benefits.*” Researchers stress you should substitute honey for other sugar, rather than adding to your sugar intake. Raw honey, as well as honey from a single floral source such as acacia or clover, appeared to be responsible for many health gains.

## *Mission of Christ Network (MCN)*

### *Connect to Costa Rica—Sarah Parrish*

The beginning part of September was dedicated to packing, saying final goodbyes, and joyfully preparing to arrive in Costa Rica! It was a huge blessing to spend time with family before leaving and especially to have this incredibly special moment at my home church, Immanuel Lutheran in Prior Lake, MN. The evening before my departure, I was blessed with a sending service in which both my dad and my brother participated, surrounded by family and friends. It was a blessing to be sent off in such a beautiful way!

The morning of September 17th was filled with so many emotions but ultimately, the joy of feeling like it was time to begin God's calling for me to serve in Costa Rica. All day, I was filled with God's peace as I took on this journey. In the Houston airport, I was especially filled up when I saw a sign reminding me that "this present moment used to be the unimaginable future." What an incredible reminder that not only was I following God's calling, but that my dream of over 6 years was coming true.

For the first three weeks that I am here, I have been attending language school in San José. Right now I have finished two weeks which means I have just one more week before I move to Parrita! Overall, it has been a joyous experience. I have greatly enjoyed getting to know my host mom, having great conversations with the teachers, and learning more about Costa Rica. It has been a great blessing to take this time to improve my Spanish skills in order to better prepare for ministry opportunities in Parrita with the high schoolers and the community as a whole. The classes also have opened many doors for great conversations with the teachers and it is evident that God has been working here!

The two weekends I have spent here have been great opportunities to venture beyond the city and see more of the country. I have deeply enjoyed getting to know this beautiful country and culture of Costa Rica which is an incredibly important part of living in a new country. Although I have enjoyed my time here in San José, I am eager to move to Parrita on Saturday (10/7)! It is so exciting to think about all that God has planned for the Lighthouse team and I cannot wait to join the ministry happening there.

#### **Fundraising Update**

I am so grateful for you all and am blown away by the amount of support I have received! God is so good and it has been a great blessing to watch Him work through you all to create such an incredible support team.

Currently, I am 90% funded! I cannot say thank you enough for all of your support. This does mean, however, that I still need 10% to complete my fundraising goal for this year. I ask that you would prayerfully consider giving a gift to help me reach that percentage and complete my goal. Any and all gifts are greatly appreciated and God has already blessed me immensely! [You may donate online at: [missionofchrist.org/sarahparrish/](https://missionofchrist.org/sarahparrish/)]

Again, I am so grateful for each and every one of you and that God has called you to support me either as prayer partners and/or as financial partners. God's richest blessings to you all!

#### **Prayer Requests**

- Thanksgiving for all who have supported me in getting to his point in my journey to Costa Rica.
- Thanksgiving that I arrived safely in San José and the blessing that the language institute (ILISA) has been in preparing for ministry.
- For the team in Costa Rica and the transition of receiving 2 new mission partners as they prepare to welcome me this Saturday.
- That God would bless the ministry in Parrita and all the students who are a part of the community being made there.
- For Costa Rica as a whole as it is in a state of emergency with the vast number of immigrants traveling through to the States. That they would be treated well and would find the asylum they are seeking.



~ Sarah Parrish  
September 2023

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

**RETURN SERVICE REQUESTED**

TO:



**Connect ~ Grow ~ Serve**

