MESSIAH EVANGELICAL LUTHERAN CHURCH

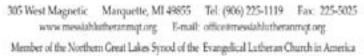
WWW.MESSIAHLUTHERANMQT.ORG

Worship Services

Saturday 5:00 PM

Sunday 8:45 AM (with Nursery) This service is broadcast on Sunny 101.9 PM

> Sunday 10:30 AM (with Nursery)





January 3, 2021 Second Sunday after Christmas

Flowers: To the Glory of God...

* from Bill Maki

Radio: To the Glory of God...

* from our Messiah family

Family in Christ,

As we sit at the dawn of 2021, it's hard not to look back in wonder at the year we have come through. There are so many different feelings that have coursed through those days. They have been exhausting, but also life giving. In the midst of all that has been hard this year, all that has been stressful and anxious, there have been times of joy and light. Indeed, the Christmas season is a reminder that light comes into the darkness and the darkness does not overcome it.

Thinking back on 2020, I wanted to share some of what has happened at Messiah over the last year. This isn't an all-inclusive list, but hits on some of the ways that light has come through during this challenging time.

- A group, including both pastors, went to New Mexico, Texas, and Mexico as part of a learning experience with Border Servant Corps. It was a powerful experience for those who went and we still look forward to sharing the experience with the rest of the congregation. It was educational, emotional, spiritual, and built relationships. In fact, Pr. Molly and I grew together in ways that have helped us navigate our congregation through the pandemic. I look forward to the sharing and to having a new group go in 2022.
- We tumbled head first into livestreaming. It wasn't always pretty (thanks for bearing with us!), but we have now moved to a level of professional cameras, audio, and streaming equipment that will help carry us into the future. In fact, it's helped us reach over 1000 people on a given Sunday! With the radio broadcast added, our worship continues to be a ministry to our community locally and beyond!
- We worshiped in the park, on the beach, and in our homes. We saw each other from a distance and rejoiced in community. And, when we've been apart, we've been together with phone calls, cards, and connecting online. Thank you for continuing to be the church for one another!
- We all got to get creative! With a virtual Vacation Bible School and Sunday School, with story times and cards. Pr. Molly and I learned new stories and shared some favorites, too. And the creativity wasn't just for kids.

- we hosted book studies and Bible studies, started a podcast and, with the help of Messiah's publicity team, launched a new website (check it out! messiahlutheranmqt.org)!
- We did a 21-day Racial Equity Challenge together. We stretched, learned, and grew in so many ways, and know that we have more work to do as we seek to be a truly welcoming and inclusive community. Check out the article about the synod wide 40-day challenge in Lent. We hope you'll join us in it!
- We were generous! On Giving Tuesday we received more than \$21,000 in donations to support the work of our Community Assistance Fund and in offering a matching donation of up to \$20,000, our congregation has helped Room at the Inn raise over \$40,000 for their shelter project. That's above and beyond helping assure a steady financial footing for our congregational budget during this challenging time. Thank you!

Lastly, we're grateful for your incredible faithfulness. That you have been present in Spirit, if not in body, and supporting this community as we all have adapted and stretched. You have been there for one another, through illnesses and celebrations, funerals and weddings. You have been partners in prayer and in ministry for us and for one another. This is why we are hopeful as we begin 2021 – because of each and every one of you.

In the light of Christ,

Pr. Andrew & Pr. Molly

Bulletin for At-Home Worship - Online or Radio

Please contact the church office if you would like a worship bulletin mailed to your home weekly for each weekend's worship. Thank you.

Messiah Calendar

Monday, January 4

9:00 am Men's Bible Study (zoom)

Tuesday, January 5

11:00 am Men's Cursillo (zoom) 1:30 am Staff Meeting (zoom)

Wednesday, January 6 Nothing Scheduled

Thursday, January 7 5:00 pm TaiChi (zoom)

Friday, January 8

Pr. Andrew & Pr. Molly's day off Nothing Scheduled

Saturday, January 9 Nothing Scheduled

Sunday, January 10 8:45 am Worship-online

3

2

2021 Annual Meeting & Report

Due to the pandemic, our Council has decided to reschedule our annual meeting for a future date in June or July. While a remote (Zoom) meeting was discussed at length, the Council believes that any congregational meeting should allow all members to participate. The 2020 Annual Report will still be compiled by the end of January and will be shared in early February. Council will approve a preliminary 2021 budget at their January meeting that will also be shared with the 2020 report. Formal approval of that budget and the election of Council & committee members will take place at the rescheduled meeting. Ordinarily, Council would approve the budget at the January meeting and the congregation would vote on it at the annual meeting (in late January/early February). This year, the Council will approve the budget in January, but it will not be voted on by the congregation until the summer. There are no major changes to the budget anticipated and a narrative description of the budget will accompany it and the 2020 annual report. The Council/church will operate with the preliminary budget and Council and committee members will serve extended terms (they have voluntarily agreed to do so!) until the rescheduled meeting. If you have questions about these decisions please don't hesitate to contact Pr. Andrew or Erik Bergh (Council President).

Special Events for January & February

Jan. 4 Communion servings available for pick-up or delivered within the city limits of Marquette. Call or email Messiah's office for your order (office@ messiahlutheranmqt.org)

- Jan. 16 UP Wild snowshoe hike, tentatively scheduled for 3:30 pm
- Jan. 20 January Book Study-"Stations of the Heart" 7:00 pm
- Jan. 31 Reconciling in Christ Worship at 8:45 am
- Feb. 18 Ash Wednesday & start of the Lenten 40-Day Racial Equity Challenge

On Call

Pr. Andrew Plocher: January 10-13, 17-20, 24-27, 31 Pr. Molly Eversoll: January 1-9, 14-16, 21-23, 28-30

Newsletter Deadline

The deadline for articles to be included in the February Messenger is Monday, January 25, 2021. Messiah's Newsletter

January 3, 2021 Volume 103, Issue 1

Articles for Weekly Announcements are due by 6:00 pm the Wednesday prior to printing

Giving Tuesday

On December 1st Messiah celebrated Giving Tuesday by raising funds for our Community Assistance Fund. Through your incredible generosity we raised **over \$21,000**. Even in a challenging year, you raised more than we did last year. In fact - it was the most successful Giving Tuesday we have held (without a Thrivent match)! Thank you, thank you, thank you!

These funds will help our congregation continue to support those in need in our community, going above and beyond what many social service agencies can do. It is due to your generous giving that we are able to do this and touch the lives of hundreds of our neighbors.

A special thanks to Thrivent Financial Action Team for paying for our mealsto-go that day and for our staff and volunteers who helped out!

Lenten 40-Day Racial Equity Challenge

This Lent, you are invited to participate in a synod-wide Racial Equity Challenge. You may remember our 21-day challenge from May & June, and now Pr. Molly and Pr. Andrew are working with the synod to broaden the participation, include indigenous resources, and deepen the conversation.

Participating in the Racial Equity Challenge is a personal commitment to devote time every day during Lent to engage in provided resources about the history and impact of racism, and the ways that bias, prejudice, privilege, and oppression show up in our everyday lives. Each day of the challenge will be a new opportunity to consider different voices and perspectives—a time to read, watch, listen, and learn. It is a time for self-examination and honesty. It is a time to open ourselves to the Holy Spirit, to be remade as vessels for God's love and reconciliation.

We hope that you will consider joining others across our Synod in guided conversations. The Challenge <u>will begin February 18th</u> and run for the week preceding Holy Week. Each participant will access the Challenge material online and be encouraged, but not required, to join a small group that will meet weekly for conversation via ZOOM. More information about registration will be made available by the synod. Please check their website (ngl-synod.org) for further information. We will also try to share updates about registration on our Facebook page and in the February newsletter.

Poinsettias

We would like to thank you for sponsoring a poinsettia in memory or in honor of your loved ones. If you would like to enjoy your poinsettia at home, feel free to stop in and pick it up during our office hours - 8:30 am-3:30 pm M-Th. Thank you for your contribution.

Messiah's Birthdays January 2021

	January 2021
Friday 1	No birthdays
Saturday 2	Daphne Evans
Sunday 3	No birthdays
Monday 4	No birthdays
Tuesday 5	Pam Forsberg, Kevin McGrath, Kristine Tollefson
Wednesday 6	Kathy Godec
Thursday 7	Elizabeth Carr, Kira (Luoma) December
Friday 8	Anne Engman
Saturday 9	No birthdays
Sunday 10	Dave Blomquist, Sherry Johnson, Luke Stevens, Danielle VanDreel, Tom Wagner
Monday 11	Kathy Soltwisch
Tuesday 12	No birthdays
Wednesday 13	William Beauchaine, Bob Cambensy, Marie Sarkela, Kaitlin Sellers
Thursday 14	Paige Gilbert
Friday 15	Ginny Olson, Anne Rydholm
Saturday 16	Bev Evans, Kristian Jackson
Sunday 17	Janice Anderson, Inga Banitt
Monday 18	No birthdays
Tuesday 19	Lucy Contois, Mae Desonia, Bill Maki
Wednesday 20	Tanner Delpier, Mary Fleury, Gayle Van Osdol
Thursday 21	No birthdays
Friday 22	Amy Froiland
Saturday 23	Robert Groleau
Sunday 24	No birthdays
Monday 25	Mary Leslie, Laura Slavsky
Tuesday 26	Rose Collins, Rich Matthews, Nancy Russell

Wednesday 27	Amie Evans, Marie Voskuhl
Thursday 28	Nina Nelson, Scott Vanlerberghe
Friday 29	No birthdays
Saturday 30	Ruth Hill, Lesley Williams
Sunday 31	Madeline Malnor

Passages

In Sympathy to:

- * Ron & Jane Brow & family upon the passing of their son Ben on December 8, 2020. A private family service was held at Messiah on Sunday, December 27, 2020 (streamed on Messiah's Vimeo site & Facebook page).
- * Phil & Nancy Hoover upon the passing of Nancy's brother-in-law Bernie Fischbach who passed away on 12/22/2020.

Congratuations to:

- * Jaime Aho who became a member of Messiah on December 17th. She has been worshipping with us now for a while and has decided to make it official. We are happy to have her among us. Please welcome Jaime!
- * Dale & Kim Alanko who also recently joined our church family. Dale & Kim live in Marquette and have been actively viewing our online worship services during the pandemic. They come to us from Bethel Lutheran Church in Ishpeming. Please welcome Dale & Kim when you see them!
- * Richard Toyra who recently joined our church family. He became a member on December 17. Richard lives in Marquette, has been a long time visitor and has been involved in our Men's Ministry for a few years now. Richard comes from Spirit of Joy Lutheran Church in Arizona where he had vacationed during winter months. Please welcome him when you see him!

The New Free Store Donations...

The New Free Store needs your help. They are an inter-faith, non-profit group supporting people in the greater Marquette area who express a need for free clothing, linen, hygiene & cleaning supplies. Over 850 families are now registered to shop for free & that number continues to grow. When doing your weekly shopping, please remember the items noted below in the coming months. Thank you for your support! Feel free to leave these items in **The New Free Store** 'drop-box' in Messiah's narthex.

*<u>January</u> - toothbrushes (kids & adults), toothpaste, denture cleaner, dental floss

*February - toilet paper (packages of 4 or 6 rolls)

Thank You!

Thank you very much for all of your help, it is greatly appreciated! Happy Holidays, from Nancy (Community Assistance Fund recipient)

Messiah's 2021 Annual Report

Messiah's annual meeting will be delayed but the annual report will still be printed & distributed at the usual time during the last week of January. Please submit your reports to Inga (inga@messiahlutheranmqt.org) by Monday January 18. Thank you.

Council Highlights - December

- * Council approved the recommendation of the Re-Opening Task Force to remain in Phase 1 at this time. We will continue worship via radio and social media at this time. The Task Force will be monitoring developments.
- * Council reviewed the pastors evaluations with them. Goals for 2021 will be discussed & finalized at the January council meeting.
- * Council approved use of Messiah's facility for the Synod Assembly in May—it is being planned as a virtual event.
- * New members were received: Richard Toyra, Jaime Aho, and Kim & Dale Alanko.

Giving Envelopes

Please stop by Messiah to pick up your 2021 giving envelopes at your earliest convenience. The building is open Mon. - Thurs. 8:30 am - 3:30 pm.

If you don't currently have envelopes and would like them; or have envelopes and don't want them for 2021, just let Nancy Hoover know. She will accommodate what works best for you. Even if you give electronically, you may still receive envelopes for special donations.

Stewardship

Every new year gives us a time to reflect on all that we have and also what we hope for. We give thanks for your generosity - of time, talent, and treasure - in 2020. Your financial partnership and support have helped us confidently navigate a difficult year. Thank you!

Looking to 2021, we do not know exactly how our ministry will continue to grow and change. Thank you to those who have already submitted a "Plan for Giving" (pledge) card for 2021. Your plans for 2021 helps us know how to best be stewards of the resources entrusted to us. If you haven't already filled out a pledge card, you can do so online (https://bit.ly/Messiah2021), by calling our office, or requesting to have one mailed to you. We appreciate your assistance as we try to plan for the year ahead.

Thank you for your continued prayers & support. We look forward to 2021 and the ministry that we will partner in as a Messiah family!

- Messiah's Stewardship Team

Migrating Women & Their Experience with Gender-Based Violence

The allegations of medical neglect and invasive gynecological procedures in a privately-run detention center in Irwin County, Ocilla, Ga.—including coerced sterilization—quickly drew disbelief and condemnation worldwide this fall. Far from unique, these shocking allegations echo the historic and current reality of cruel and inhumane treatment towards migrant women. At every stage and step of their lives, migrants, immigrants, refugees and asylum seekers are at special risk of having their fundamental human rights violated.

GBV as a migration driver

What drives people to migrate will vary from person to person, but one of the most cited reasons is to escape from domestic abuse and violence. For countless women, girls, and LGTBQIA+ persons in the Northern Triangle of Central America–El Salvador, Guatemala, and Honduras — sexual- and gender-based violence (GBV) is inescapable reality. Every day, over 100 cases of violence against women are filed in Guatemala. In 2018, a woman was killed in Honduras every 18 hours. El Salvador has the highest rate of femicide in Latin America and in an 8-month span of time in 2020 at the height of pandemic quarantine measures, reported 84 femicides. Globally, gender-based violence is widely recognized as a key human rights issue, as highlighted in the international 16 Days of Activism Against Gender-Based Violence campaign.

Even these figures likely do not capture the full scope of the violence experienced by women. Social stigma, fear of retribution and lack of confidence in authorities often contribute to underreporting.

Shifts in U.S. Policy Toward Asylum Seekers

The United States has a policy of granting limited humanitarian protections to persons fleeing gender-based persecution and violence. Unfortunately, over time, these protections have become harder to access. Under President Trump, the U.S. government has undermined protections for people fleeing domestic abuse and gang violence and turned away asylum seekers, trapping families, men, women and children in precarious conditions without any meaningful access to protection. People at risk of GBV thus contend with persecution at home, in transit, and even from U.S. authorities.

ELCA responds to human need

While working with migrating, returned and deported women, civil society organizations and faith-partners have expressed the need for services geared at empowering women socially, politically and economically. The ELCA's AMMPARO strategy (Accompanying Migrant Minors with Protection, Advocacy, Representation and Opportunities) has placed a special emphasis on working with advocates in Central America who give witness to these perilous conditions and supported their advocacy efforts.

"Migrants, immigrants, refugees, and asylum seekers often suffer more when they are women, girls, or gender non-conforming people" notes the ELCA social statement Faith, Sexism, and Justice: A Call to Action." "Women, girls, and people who identify as non-binary must not be deprived of their human or civil rights." When the disturbing account of human rights violations against immigrant women in custody of the privately run Irwin County Detention Center surfaced, ELCA Presiding Bishop Elizabeth Eaton stated, "As the ELCA we strongly condemn gender-based violence and violations of human rights wherever they occur."

Threats in U.S. detention

Abuse of women is widespread in immigration detention centers and constitutes a serious threat to the civil and personal liberties of migrants. The detained population has multiplied over the last 30 years under a U.S. government policy to apprehend and detain increasing numbers of immigrants. Alternatives such as community-based alternatives to detention, although humane, less costly and more effective, have not been pursued, overburdening an already strained system at the expense of the people detained.

The United Nation High Commission for Refugees (UNHCR) guidance says that all immigration practices should implement special measures to protect women from sexual and gender-based violence and exploitation in detention. According to the UNHCR, other groups that are vulnerable to abuse, like children and members of the LGBTQIA+ community, should also be afforded special measures to guarantee their safety. The UNHCR mainly advocates that detention should be used as a measure of last resort and asylum seekers should be given every opportunity to seek protection. The U.S. government must do more to meet even this basic standard of care.

In fact, the U.S. federal government has become one of the most egregious perpetrators and accessories of GBV. Between 2010 and 2017, there was a staggering 1,224 complaints of sexual assault abuse in Immigration and Customs Enforcement (ICE) detention yet only 43 investigations. Based upon known patterns, these numbers likely reflect underreporting. We know people don't come forward out of fear of retaliation and are not consistently supported by confidence in prosecution of perpetrators. Like most cases of GBV, these acts are committed in nearly total impunity.

What can we do?

Increased scrutiny at Irwin creates new incentives for advocacy

- -Supporting policies that aim to curb profiting from people's suffering are one way to stamp out immigration practices in the U.S. that deprive women of their liberty and rights.
- -Restoring the asylum system so that victims have access to humanitarian protections goes without saying—though the underlying definition of gender-based asylum could stand to be improved.

-Supporting survivors of violence at the onset through advocacy in their home countries, so that they do not feel obligated to flee, must also be an objective of any strategy to prevent and mitigate acts of GBV. The escalation of intimate partner violence, evidenced by the spike in femicides in El Salvador, signals the need to expand local programs for women in need of protection in their homes.

-The Keeping Women and Girls Safe from the Start Act of 2020 (S. 4003) includes some important measures to expand the U.S. government's ability to prevent gender-based violence and provide early interventions at the onset of humanitarian emergencies.

These are just a few examples of systemic and institutional changes that can be made, and they are very likely to take some time to be implemented. However, these lay the groundwork for a just and compassionate solution to the unacceptable reality of sexual- and gender-based violence.

Lectionary Readings - January 2021

January 3 -- Second Sunday after Christmas

Reading.....Jeremiah 31:7-14 Gospel.......John 1:1-18

January 10 -- Baptism of Our Lord

Reading.....Genesis 1:1-5 Gospel......Mark 1:4-11

January 17 -- Second Sunday After Epiphany

Reading......1 Samuel 3:1-10 [11-20] Gospel.......John 1:43-51

January 24 -- Third Sunday After Epiphany

Reading......Jonah 3:1-5, 10 Gospel......Mark 1:14-20

January 31 -- Fourth Sunday After Epiphany

Reading.....Deuteronomy 18:15-20 Gospel......Mark 1:21-28

January Book Study: "Stations of the Heart" by Richard Lischer - January 20th

This poignant love story of a father for his son is at once funny, heartbreaking, and hopeful. In it a young man teaches his entire family "a new way to die" with wit, candor, and, remarkable grace. Richard Lischer's son, Adam, calls to tell his father, a professor of divinity at Duke University, that his cancer has returned. Despite the crushing magnitude of his diagnosis and the cruel course of the illness, Adam's growing weakness evokes in him an unexpected strength. This is the story of one last summer and the young man who lived it as honestly and faithfully as possible. We meet Adam in many phases of his growing up, but always through the narrow lens of his undying hope, when in the final season of his life he becomes his family's (and his father's) spiritual leader. Honest in its every dimension, Stations of the Heart is an unforgettable book about life and death and the terrible blessing of saying good-bye. We hope you'll join us to read and discuss this book, as it touches our own stories of grief and hope.

Books are available in the church office for \$16. The conversation will be on Wednesday, January 20th at 7:00 pm. The link to join the Zoom discussion is as follows: https://us02web.zoom.us/j/87887215318 (Meeting ID: 878 8721 5318). If you need any assistance with Zoom, please reach out to our church office.

Reconciling in Christ Sunday - January 31st

As a Reconciling in Christ (RIC) congregation, Messiah Lutheran Church will observe Reconciling Sunday in our worship on Sunday, January 31st. This is an opportunity to celebrate what it means to live a theology of reconciliation and lift up what being a Reconciling in Christ congregation means to us.

RIC is a program of ReconcilingWorks: Lutherans for Full Participation, begun in 1983 as a way for Lutheran communities of faith to answer the inclusive call of the Gospel by welcoming people of all sexual orientations and gender identities. Currently, there are over 930 Lutheran settings on the RIC roster, including congregations, campus ministries, synods of the ELCA and Evangelical Lutheran Church in Canada, camps, colleges, and other independent organizations. Additional information about the RIC program, including a complete listing of RIC settings and resources for personal and congregational use, are available on-line at the website www.reconcilingworks.org.

Mitten Tree

Throughout the winter, we will continue to offer a basket of donated yarn outside the church office for anyone who would like to knit hats, mittens, scarves, cowls or slippers for the Mitten Tree. Our neighbors in need will appreciate your work! The collection box is by the door to the sanctuary. Kate Sromalski 226-6682

Confirmation- January 2021

As the leader, I was apprehensive to move confirmation to an online format. My apprehension was because I thought the students would not be able to get to know each other. While it is true that we do not have our social time to play games, I think this has been a productive time to get to know one another and learn new things. The students really listen to each other in this format! It has been fun to discuss ideas and different scripture passages as well.

Taking classes at Wartburg Theological Seminary has also given me some new insights. I have developed some lessons & learned new techniques to teach. I have been invited to take another Master's level class in the spring about Youth Ministry by one of my professors. I am really looking forward to learning all that I can and bringing it back to Messiah!

We were able to send over 50 Christmas cards to refugee children through LIRS. It is always the most meaningful part of Christmas to me. The fact that our church sends joy to people who need it most warms my heart. We met as a class over Zoom to share the cards we had made. People also dropped off cards at church for me to mail. Thank you Messiah for all the support and participation!

We will continue to hold confirmation class online until we are sure it is safe to meet in person. Again, thank you for your support! - Jen Elsenbroek

Buildings & Grounds Team

One issue was brought to the attention of the Buildings & Grounds Team during December. The problem, a loose window in a door of the Synod Offices, has been analyzed, and a stop-gap solution performed. Leaving the door open to the winter elements while the window problem is being thoroughly addressed was not a popular working condition for the staff. Presumably, there will be a "warm" day during the January thaw when it will be possible to take thorough care of the problem.

Medication Help Available

If you have questions &/or concerns regarding your medications, you can contact retired pharmacist, Barb Salmela. To get her contact information, please contact the church office. All inquiries are confidential. She can help find discounts for medication, ways to possibly obtain them for free, or suggest less expensive alternatives. Also, if you need assistance signing up for Medicare, please call Barb for an appointment. She would be happy to help you through this process.

In The Hospital

Please inform the church office when you are hospitalized. Pastor Andrew Plocher & Pastor Molly Eversoll want to call you when you are there. If you can't notify Messiah, please ask a family member to do so.

12

In Our Prayers

Please remember the following people in your prayers at this time: Margo Fischbach & family upon the passing of her husband Bernie, Alice, Ron & Jane Brow and family upon the passing of their son Ben, Erin Andrews, Rose Collins, Candace, Tina & her roommate, Carol, Ted Koehler, Matthew Williamson, Mark Aho, Ron Hill, ill residents/patients & care workers at the Jacobetti VA facility & other nursing homes in our area, inmates & staff at Marquette Branch Prison, Susan & Sommer, Dennis Riutta, Bob & Deb Vidlund, Bill Van Effen, Roger B, Linda Ruohoniemi, Barry, Jim Shirtz, Cheryl, Ryan, Helen Steinhoff, Billi Jo, Pat Maki, Dan, Herb & Sandy Grenke, Wayne Hanmer, Judy Donckers, Ann Marin, Karen Johnson, Jill Krah, Michael Orhanen, Kristina Asta, Jim, Alli & Johann Elsenbroek, Alison Cory, John, Sierra, Sandy, Charlene Avery, Liz Kro

You may call the church office if you would like a person listed in the prayers. Please obtain permission from the person to list his/her name. In order to keep the list up to date and manageable in size, we will remove names from time to time. We also appreciate updates as to how people listed are progressing. Thank you!

Subscribe to Messiah's ENewsletter

Messiah publishes an electronic newsletter every Wednesday which is sent to subscribers via email and is also posted on Messiah's website www.messiahlutheranmqt.org. During this time when we are unable to gather in person for worship, receiving the ENews is a good way to stay abreast of church news and activities. If you are interested in subscribing, contact Inga at inga@messiahlutheranmqt.org And if you would rather not subscribe, you can access the ENews through Messiah's website. Click on "News" at the top of the homepage, then click on "E-Newsletter." Then you'll be able to click on a link for the most recent E-newsletters.

Zoom Qi Gong for Health & Wellness

This class is held every Tuesday from 12:00 pm - 1:00 pm Contact: Diana Magnuson 906-362-9386/ magnusondiana@gmail.com

Each class member applies their own range of motion to the qigong exercises. We use body structure for balance, stress and pain relief in daily life; walking, turning, lifting, reaching & sitting. The gentle movements can also be used with prayer disciplines, using breathing as an essential component.

Members turn off video and mute while I lead. It's a welcome anonymity -no competition, rest as you wish. In the beginning and at the end, we review together.

Instead of a fee, we invite you to make a contribution to Messiah Lutheran Church food bank at any time as a sign of thanksgiving. Happy New Year!

U.P. Wild

Nature Prayer Service & Snow(shoe) Hike

Tentative date/time for Saturday, January 16, 3:30 - 5:30 pm

An afternoon in the woods, with a (snowshoe if snow) hike & a prayer service afterwards. In a little wooden chapel*, north of Marquette, we will gather. Among the white pines we will walk. More details to come and date/time may change. To register and for location details, send an email to lanni@upwild.org or call 906-251-0065. *Chapel is not indoors but is made of window screens and seats a small amount of people on the porch safely with the ability to stand 'outside' and still be a part of the prayer service.

U.P. Wild will also air an online virtual hike towards the end of January. Check the website www.upwild.org or send an email for more details.

Lifelong Faith Formation Classes through the Synod

In these challenging and uncertain times, our Synod is offering online classes this winter. Online learning presents an opportunity to connect people from across the synod—people who share a love of learning and have discovered that adult studies help them to grow in faith. Classes are FREE, but may require the purchase of textbooks or other materials. Students will receive Zoom links from their instructor. For more information or to ask questions, please contact Deacon-Elect Lori Ward at (615) 519-1969 or lori.ward@ngl-synod.org. To learn more about the classes please visit the Northern Great Lakes Synod Website nglsynod.org/lifelong-faith-formation/

Pastor Molly will be taking the class, Walking Together: Companionship with the Evangelical Lutheran Church in Tanzania. Other classes being offered during the winter include:

- Introduction to Biblical Greek II with Pastor Nicole Hanson-Lynn of Salem & Zion, Ironwood
- Reflections on Bonhoeffer's Life Together, While We are Apart with Pastor Lisa Ubbelohde of Bethlehem, Florence
- The Doctrine of Discovery: From Myth to Reality with Pastor Bucky Beach, Good Shepherd, Houghton and others
- Bias in Our Communities: Addressing Race in Rural America with Pastor Christina Forsythe of Porterfield, Porterfield & Beaver American, Pound
- The Gospel of John with Pastor Tommy Richter of Zion, Manistique

Devotions Link

www.prayfaithfully.org is an on-line devotional reading service maintained by the Northern Great Lakes Synod and written by various pastors and laypersons.

14 15

NON-PROFIT ORC.

Messiah Lutheran Church

305 W. Magnetic Street Marquette, MI 49855

Marquette, MI Permit No. 62

Return Service Requested

U.S. Postage PAID

Messiah's Church Staff: Pastoral Staff:

.. Andrew Plocher Molly Eversoll Associate Paster.... Senior Pastor

Support Staff:

-NancyHoover Kevin McGrath Jennifer Dodge Inga Banitt Mike Hill Administrative Assistant Financial Secretary..... Parish Administrator... Parish Accountant... Custodian

Music Staff:

Kathy Strazzinski Dave Dagenais Lynne Lanczy Judy Quirk Bell Choir Director..... Organist/Planist. Music Director... Pianist ...