

Evangelical Lutheran Church

Answering God's call to love

Messiah ENewsletter for June 4, 2025

On the web... go to messiahlutheranmqt.org for more information about our congregation and "like" us on Facebook to receive updates and information there.

Messiah Lutheran Church seeks to be a welcoming community for all people.

This includes people of every race, ability, sexual orientation and gender identity, ethnic background, economic grouping, religious affiliation, and political persuasion.

We do this simply because God created all people in God's own image and Christ Jesus came so all people might have abundant and eternal life.

We may not always be as welcoming as we should be, but this is our intention—all are welcome!

Community Meal Tonight!

We will have a community meal tonight (Wednesday, June 4) at 6:00 pm. The cooks will be serving salad, spaghetti & garlic bread. There will be a vegetarian option served as well. Please join us for food & fellowship. We look forward to sharing a meal with you!

Wear Red for Pentecost

This weekend (June 7-8) the day of Pentecost (fifty days of Easter and ten days after the Ascension), the clergy wear red vestments to signify the work of the Spirit. It is also a custom in many churches for the people in the congregation to wear red on the Day of Pentecost as well. We invite you to wear red to worship services this weekend to remind us of the fire of the Spirit. Additionally, the sanctuary will be decorated in red symbolizing the tongues of flame

(and by extension, the Holy Spirit) that appeared above those who were assembled on the original Pentecost (Acts 2:3).

Need Volunteers to Bring Refreshments on Saturdays & Sundays

We need volunteers to bring refreshments for our coffee time on Sundays and for pre-worship on Saturdays. It can be cookies, bars, cheese and crackers, donut holes, fresh fruit, and just about anything else that would serve as a snack. It does not have to be homemade. There is no need to do any set up or clean up; just put the refreshments on the table in the atrium. There is a signup sheet on the welcome table for Saturdays and for Sundays. You don't have to put down what you are bringing; just sign your name on the Sunday you plan to bring snacks. Thanks to everyone who volunteers.

Upcoming Events –June

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June 4	Community Meal at 6:00 pm
June 5	Bible Study at 10:30 am
June 5	Centering Prayer at 1:30 pm
June 5	Building & Grounds at 5:00 pm
June 6	Senior Men's Bible Study at 9:00 am
June 9	11-Step Centering Prayer at 6:00 pm
June 10	Centering Prayer at 11:00 am
June 11	Brookridge Worship at 1:30 pm
June 12	Bible Study at 10:30 am
June 12	Centering Prayer at 1:30 pm
June 13	Senior Men's Bible Study at 9:00 am
June 14	PrideFest 2025 beginning at noon in Lower Harbor Park
June 14	Tree Planting in Big Bay at 9:00 am
June 16	11-Step Centering Prayer at 6:00 pm
June 17	Rachel Circle at 9:00 am
June 17	Centering Prayer at 11:00 am
June 18	Council at 6:30 pm

Join Messiah at Pride Fest 2025 – June 14

Saturday, June 14 | 12:00–10:30 pm | Mattson Lower Harbor Park, Marquette

Messiah will once again be present at Upper Peninsula Pride Fest—because we believe every person is made in the image of God, and every story deserves to be seen, heard, and celebrated.

For us, this isn't just an event. It's a ministry of presence.

By showing up at Pride, we extend Christ's radical welcome to the 2SLGBTQIA+ community (two-spirit, lesbian, gay, bisexual, transgender, queer or questioning, intersex, asexual, or an identity not named). We embody the truth that God's love has no boundaries—and neither does our embrace. Whether it's through offering a blessing, sharing a smile, or simply listening, our booth becomes holy ground: a space where grace meets joy, sorrow, resilience, and hope.

Why it matters that we're there:

Because too many have heard the church speak rejection.

Because healing begins when love shows up—out loud and unafraid.

Because Pride is a celebration of belovedness, and we believe God delights in that.

We invite you to come:

- To volunteer at the Messiah table (contact the church office!)
- To march, mingle, dance, witness
- To be church in the park: visible, loving, and unashamed

Let's continue to show the U.P. what affirming faith looks like. For full festival details, visit uprainbowpride.org

Healing the Earth Tree Planting - June 14 & June 21

You are invited to one or both tree planting events that will take place on Saturday morning, June 14th and June 21st. We will meet at Messiah each of those mornings at 9 A.M. and carpool to Big Bay for an orientation.

After coffee and morning prayer and a brief gathering at the Township Hall (the 14th) and at First Presbyterian Community Church (the 21st), we will travel to the planting sites and return to Marquette by 1:30 P.M.

No prior experience is necessary. The trees being planted are small and fragile. The actual planting process is a gentle one. If you wish to join us as a volunteer or make a donation (\$10 a tree) we would be delighted. Please email Ken Kelley at: kenkelley2963@yahoo.com or call 906 - 869-1911

Each tree will be planted with prayers and gratitude. Many of these trees will be planted in memory of the passing in January of Bruce Maynard, beloved son of Fred and Kathy.

Building and Grounds Beautification Day – June 19

June 19th from 2:00 - 5:00 pm will be Messiah's Grounds Beautification Day: On this day we will be cleaning up around the grounds of the church, weeding, sprucing up, planting and eradicating some of the mildew on the sides of the building. If you love gardening and would be willing to continue helping to tend some of our plants over the summer, we would appreciate you showing up this day, signing up ahead of time on the welcome table or contacting Jen in the office prior to the day. Messiah's office will be closed this day, as it is the Juneteenth Federal holiday. The building will be open for you to get anything you may need from 2:00-5:00 pm. Thank you!

Sunday School Families – Summer & Fall

This summer there will be a fun gathering at the home of Jen Bleckiner, who teaches 3 year olds through kindergarten. Join our teachers and other families for a fun evening with a bonfire, swimming, dinner and s'mores at their house. July 25th from 5:00 – 7:30 at 545 Fisher Street. Rain date will be August 1st. You are invited to bring a side dish or dessert. Sunday School for the fall begins on Rally Sunday – September 7th. Mark your calendars!

Messiah's Community Assistance Fund

A midyear update on our assistance fund. Our dedicated group of volunteers - Mary Lou Bloomquist, Bill Davis, Mike Coyne, Laurel Kniskern, and Pam Christiansen - graciously give of their time throughout the week to see up to 12-15 people and help them with their needs. We most often give money for utilities, rent, medical bills, car insurance/repairs, and bus tickets. We are six months out from Giving Tuesday where we raise the majority of the monetary resources for the assistance fund, but with our calculations and the potential of cuts to social services, we expect that we will run out of funds well before then. I am asking for you to think about contributing at this time of the year if you have some extra funds to give. This ministry is essential to our community, it not only helps people with bills but it allows us to show God's love and care to those who are most in need.

How can you help?

- Donate to the assistance fund!
- Bring in food for our small pantry especially things that are easy to prepare like chili, cereals, pastas and sauce, etc. When bringing canned goods, check for an easy open top.
- Do you know of other organizations in the area that help people? Let us know so that we can expand the help each person is receiving.
- Do you know of any grants we could apply for?

June 1 - Wonderfully Made

Read Psalm 139:14 – "I praise you, for I am fearfully and wonderfully made." Let this truth shape how you see yourself and others today.

June 2 – Celebrate Courage

Take time to notice and celebrate the courage it takes to live with authenticity. Honor the quiet bravery in yourself or someone you know.

June 3 – Mirror Blessing

Look in the mirror and say, "I am a child of God, created with care and purpose." Repeat until the blessing feels true.

June 4 - Speak Life

Reach out to someone and offer them encouragement. Let your words remind them of their sacred worth.

June 5 – Scripture of Welcome

Read Galatians 3:28 – "There is no longer Jew or Greek... slave or free... male and female, for you are all one in Christ Jesus."

Reflect on God's expansive vision of belonging.

June 6 - Be True

Take one honest step today—share a piece of your story, wear something that expresses who you are, or make space for someone else to be themselves.

June 7 – Rest is Holy

Pause for deep rest today, not because you've earned it, but because you are beloved. Let your soul breathe.

June 8 - Create with Heart

Make something today: a poem, a song, a sketch, a prayer. Let creativity be a way of listening to your own spirit.

June 9 – Learn and Listen

Engage with a perspective you don't usually hear—especially from people at the margins. Let your learning deepen compassion.

June 10 - Name the Good

Write down five things about yourself that are good. Speak them aloud as a prayer of gratitude.

June 11 – Remember the Brave

Give thanks for those who have made the world more just, inclusive, and kind. Their legacy continues through you.

June 12 – Celebrate Community

Take time to notice what you love about your community—your neighborhood, church, family of choice. What makes it a place of belonging?

June 13 – Encourage the Young

Offer words of blessing to a child, teen, or young adult in your life. Let them know they are seen and loved.

June 14 – A Prayer for the Margins

Pray for those who feel excluded, unseen, or judged. Ask God to bring safety, affirmation, and healing wherever it's needed.

June 15 – Love Without Conditions

Reflect: When have you experienced unconditional love? How might you offer that same grace to yourself or someone else today?

June 16 - Scripture of Steadfast Love

Read Romans 8:38–39 – "Nothing can separate us from the love of God." Nothing. Let that promise give you strength.

June 17 - Tell Your Truth

Think of a moment when you felt fully yourself. Write or share that story with someone you trust.

June 18 – Faith that Expands

Explore a writer or teacher whose view of faith challenges and inspires you. Let your understanding of God grow bigger.

June 19 – Juneteenth: Freedom and Repair

Honor the day when enslaved people in the U.S. were finally told they were free. Reflect on the work of justice still unfinished. Pray: "God of liberation, help me seek freedom not just for myself, but for all."

June 20 - Celebrate with Pride

Take joy in who you are and who you are becoming. Celebrate the dignity and worth of all people. Pride is holy when it affirms love and truth.

June 21 – Summer Solstice: Shine Fully

Let the longest day of the year remind you to live fully and freely. You don't need to shrink. Let your light shine.

June 22 – A Blessing for Belonging

Pray: "God of welcome, draw near to all who've felt cast out or unseen. Make our communities places of love, healing, and home."

June 23 - Offer Your Gifts

What do you bring to the world? Share one of your gifts today—your kindness, insight, creativity, or care.

June 24 - Be Gentle with Yourself

When you speak to yourself today, use the same voice you would for a beloved friend. Let compassion guide your inner dialogue.

June 25 - Pray with Color

Use color to pray—doodles, paints, markers. Let the act of creating become a sacred offering. June 26 – Reclaim Sacred Words

Choose a word from faith that has hurt or inspired you. Sit with it again. Ask God to restore its meaning with truth and grace.

June 27 - Build Bridges

Reach out to someone across a divide—of belief, identity, or experience. Seek understanding over agreement.

June 28 – Remember the Movement

Reflect on the people who sparked change—activists, dreamers, protestors, preachers. Give thanks, and ask: Where do I stand?

June 29 – Imagine the Kin-dom

Picture a world where every person is honored, loved, and safe. Let that vision shape how you speak and act today.

June 30 - Prayer for Sacred Worth

Pray: "God of love, thank you for making me in your image. Help me live with courage, speak with kindness, and see your beauty in all people. Amen."

We Did It!

The generous folks at Messiah came through again. A total of \$7,902.00 was sent to the Synod Assembly offering this year. We continue to focus on the core ministry of our church – to "Love Our Neighbors". Note the correspondence below:

Special Recognition from ELCA WORLD HUNGER

Our congregation has recently received recognition from our national church as being among the congregations most generous to ELCA World Hunger and Disaster Response. The letter read in part:

"We are delighted to thank you personally for going above and beyond in your giving and being one of our most dedicated supporters of these ministries. Thank you for your dedication to working toward a just world where all are fed. I thank God for the faithful generosity of members of your congregation as you make an impact now and inspire hope for the future."

Rev. Daniel Rift, ELCA World Hunger Director

The certificate we received is on display outside the office – check it out. A heartfelt thanks to all who support this ministry.

- - - Global Mission Team

Senior Men's Ministry

Messiah's Senior Men's Bible Study has been meeting every Friday morning at 9:00 am in room #202. Please join them on Friday morning!

Let's Finish What We Started

Three years ago, a generous anonymous donor helped spark a transformation at Messiah—a transformation in how we hear, see, and connect. That gift launched a series of much-needed upgrades to our sanctuary's audio and visual systems: clearer sound, updated wiring, improved streaming, and a stronger internet foundation.

Already, we've felt the difference. Whether gathered in the sanctuary or joining from home, our worship is more accessible, more reliable, more connected.

But we're not done yet.

As our worship life continues to evolve—and as our building continues to serve as a hub for hospitality and community—it's time to take the next faithful step.

What's Next?

We're raising funds to complete the next phase of A/V improvements, including:

- Enhancing the T-Coil hearing system to better support those with hearing aids.
- Upgrading speakers in the narthex, atrium, and nursery—and connecting them to the sanctuary system, so even those outside the main worship space can fully participate.

• Creating a centralized A/V and internet hub for stronger, simpler management.

- Rewiring outdated internet infrastructure to support streaming, communication, and day-today ministry.
- Refreshing the Magnuson Hall sound system so it's ready for worship, meetings, and events.
- Adding a large screen to the Atrium for overflow worship and presentations—welcoming all, even when the sanctuary is full.

It's a bold vision, grounded in a simple commitment: everyone should be able to hear, see, and feel included in worship.

Matching Gifts—Double Your Impact

To help us reach our \$30,000 goal, Church Council has approved a matching initiative from undesignated memorial funds. Every dollar you give will be matched—doubling your impact. Gifts can be made online or by check with "A/V projects" in the memo line.

Thank you for your generosity, your vision, and your love for this community. With your help, we can finish what we began—not just for today, but for the generations who will worship here next.

Let's finish what we started—together.

Vacation Bible School at First Presbyterian Church – June 16-19

First Presbyterian Church (120 N Front Street in Marquette) is holding Vacation Bible School June 16-19 from 5:30 pm to 7:30 pm. Children from Messiah are welcome to register and attend. Dinner is provided for all participants starting at 5:30 pm every evening. It is for children ages 5-13 years and there is no charge. This year's theme is Harry Potter, "Let God's Light Be Your Lumos".

To register, go to:

https://docs.google.com/forms/d/e/1FAIpQLSf6OfM1ZHNwx8NpgJYT65UcjOyp1Y6cKDiykO1 AJYvMmYQPUA/viewform?usp=header

Jam News

It is time to clear the shelves to make them ready for <u>2025 fruits of the harvest</u>. We are reducing the price to \$3.00 per jar on all remaining 2024 jam jars as a thank you for supporting the assistance fund with your purchase.

What is Centering Prayer?

Centering prayer is a form of silent prayer that emphasizes resting in God's presence through silence and a sacred word. It involves finding a quiet space, sitting comfortably, and focusing on a chosen word to help maintain stillness and let go of thoughts. The goal is to cultivate a deeper relationship with God through stillness and receptivity. Several members of Messiah lead groups that practice this form of prayer throughout the week as a piece of their faith life. - *Pr. Molly Hunter*

Centering Prayer

"As the desert monastics suggest, the only way through the deserts of life is to remain in the practice of examining the self, to stay in the Divine's presence as we unveil ourselves, to truly see and be seen..."

This past April, I attended a ten-day silent centering prayer retreat at the Norbertine Abbey in Albuquerque, New Mexico. There were 20 of us that came from as far as Ireland to attend the Center of Contemplation of Snowmass, Colorado traveling intensive post retreat. We arrived in a sandstorm, which is as blinding as a blizzard but more annoying than snow with sand in your eyes nose and mouth.

We had distant views of the Jemez and Sandia mountains to the north and northeast. We heard the choral of coyotes in the evening and the morning birds. Nature was definitely not on silent retreat. The Abbey had a wonderful meditative walking trail that became an important part of my practice to be present and aware. Along the trail, I found several white bleached bones: a vertebra, a large jawbone, a whole skeleton of some small critter. I also saw prints in the sand from birds, mice, and rabbits. And some huge coyote paw prints very close to our courtyard; probably after the many roadrunners walking fast around the courtyard (I never saw one run). There was definitely a lot going on in this stark desert.

Each day, we woke at 5:15 am for two 30-minute sits with a meditation walk in-between, and three more 30-minute sits before lunch. I loved the early mornings with spacious skies full of stars, although the temperatures were cold. We never reached t-shirt weather while I was there. We were still in the dry winter months before the summer monsoons.

It was the afternoon time that gave me problems. The unstructured time alone. That is when the thoughts that are all-pervasive came out. The ones from home that I brush away with busy work, listening to a book or talking on the phone. Anything but paying attention. In talking with the spiritual director, I found it is the afternoon time that plaques me always. The unstructured time. Something I have more of in retirement. All the thoughts boil down to one; I should be doing more — I am not enough.

I really wasn't able to deal with these hours on the retreat. I found ways to escape. They had great wi-fi. But since I have been home, I have been slower, quieter and paying more attention. Allowing myself a loving nap without retribution has helped and has restored me to be more productive later in the day. I am continuing to listen with less judgement and more love.

What this retreat has given me is the time and space to listen and pay attention. Centering Prayer is becoming more important in my life. In this practice I am continually asked to surrender or consent, whichever word you prefer, to the God within. Each time a thought comes in I do what I can to let it go, to be with God. Absolutely nothing I am thinking is important, although I like to think it is and sometimes it is a struggle to let it go. That is my practice. It is a practice of letting my false self go to be of service. So, I practice. Laura Petrie, Co-Leader of Centering Prayer

If you are interested in practicing Centering Prayer, we meet in room 202 on the following days:

Mondays at 6:00 pm -20-minute centering prayer practice with a short reading from Divine Therapy & Addiction by Thomas Keating

<u>Tuesdays at 11:00 am</u> -20-minute centering prayer practice with Lectio Divina

<u>Thursdays at 1:30 pm</u> - 20-minute practice with a short reading from Invitation to Love by

Thomas Keating

OWLs (Older, Wiser Lutherans) Weekly Walk

Spring is (hopefully) here and on Mondays at 10:00 am we will be walking at the Lower Harbor Mattson Park if it's not raining. If the weather is rainy, we'll walk at the Dome. Afterwards we go to Provisions for coffee. We walk at different rates and all are welcome. If you are not interested in walking, join us for coffee. Questions? Please contact Betsy or the church office.

The New Free Store Donations

The New Free Store is an inter-faith, non-profit group supporting people who express a need for free clothing, linens, hygiene & cleaning supplies. Anyone in need is welcome. Free things are offered as "in God's economy three is always enough." There is a collection bin in our narthex at Messiah for The New Free Store. They are currently collecting:

Messiah Birthdays

June 4	No birthdays
June 5	No birthdays
June 6	Rick Beyers, Lois Kampe, Sally McQueen
June 7	No birthdays
June 8	John Gustafson, John Kiltinen, Judy Quirk
June 9	No birthdays
June 10	Mary Beals, Karen Goins, Rulon Jewett, Carrie Ketchum
June 1	1 Pauline Kiltinen, Bruce Lindberg
June 12	2 Eleanor Gustafson, Phil Hoover, Maggie Lindholm, Lillian Tuimala
June 13	No birthdays
June 14	4 No birthdays
June 15	5 No birthdays
June 16	6 Jean Reynolds
June 17	7 Terry Langenberg, Ross Larson, Betsy Little

^{*&}lt;u>June</u> – Hand Sanitizer and/or Razors (male/female)

^{*}July - Deodorant - male or female

In the Hospital

Please inform the church office when you are hospitalized. Pr. Molly Hunter & Pr. Andrew Plocher would like to visit you while you are there. If you are unable to notify Messiah, please ask a family member to do so.

In Our Prayers

Joy Schlais; Lois Raikko and family upon the passing of her husband, Dave; family and friends of Cary Bjork who passed away; Darlene Dreisbach; Ruth Koehler; Sherrie Wagner; Jan Brown; Betsy; Carrie Oslund; John Collins; Myra; Katie; John Kiltinen; Mary Ruman; Jeremy; Owen; Sally Olson; Charlie Blake; Carol Bell; Dorothy; Lynne Robertson; Karen; Rose Collins; Rick Castillo; Don Hillegas; Grant; Kai Dolan; Samantha; Ted; Bruce Lindberg; Grace Chien; Jamie; Donna; Brian; Ben; Sandy Grenke; Evelyn; Akira Carlson; Karen Eldevick; Grace; Shannon; Billy & Kathy S.; Leesa; Jesse Wright; Marshall Lovan; Peter; Shawn; Mae Desonia; Lisa Douros; Tina; Williamson family; Wayne Hanmer; Judy Donckers; Sierra; Charlene Avery

Pastor on Call:

Pastor Andrew is on call June 4, 8-11 Pastor Molly is on call June 5-7

Worship Volunteers

Saturday, June 7 – 5:00 pm in atrium

Assisting Minister: Chris Kotila Communion Assistant: Barb Salmela

Provide Refreshments: Shari Brugman

Sunday, June 8 -- 8:30 am in sanctuary, on 101.9 FM, Vimeo/Facebook

Assisting Minister: Chris Harkness Reader: Larry Pagel

Ushers: Joe and Chris Harkness

Communion Assistants: Larry Pagel, Judy Quirk, Beth Krznarich Greeters: Penny Streeter, Marina Shinkarenko

Nursery: Maddie Dykema Provide Refreshments: Penny Streeter

Sunday, June 8 –10:30 am in sanctuary, on Vimeo/Facebook

Assisting Minister Inga Banitt Reader: Jeanne Groos

Ushers: Fred and Jeanne Groos

Communion Assistants: Sandy Lindberg, Kerry McGinley, Karen Burkman

Greeters: Marina Shinkarenko Projection Technician Lesley Williams

Nursery: Maddie Dykema Flower Delivery Jean Reynolds

Announcements and Classified Ads

Iconography: Painting as a Spiritual Practice - October 13-18

Iconography is an ancient Christian tradition where painting becomes a form of prayer. More than just creating art, it's a spiritual practice—slow, reflective, and deeply rooted in centuries of sacred storytelling. Through color, shape, and tradition, icons invite us to see with new eyes and connect with the divine in a hands-on, meaningful way.

This 6-day workshop in October, led by a teacher from the Prosopon School, offers a unique chance to step into this sacred art form. It's open to anyone—no art experience needed. The workshop is an investment of both time and resources, but full details (including cost and registration) are available online.

The workshop will be held at St. Louis the King Catholic Church (264 Silver Creek Rd. in Marquette). For more information, contact Mary Jane Lynch 906 360-5279 or maryjanelynch62@yahoo.com.

Support Local Lions Club

Support the Marquette Lions Club by renting a 3 x 5 American Flag for your front yard for Memorial Day, 4th of July, and Labor Day. Flags will be delivered prior to each holiday and picked up after the event. The minimum donation requested is \$35. If interested, please contact Kerry McGinley at 231-250-1092. Make checks payable to Marquette Lions Club. Thank you for your support.

Financial Help for Cancer Patients

If you or someone you know is going through any financial hardships while going through cancer treatment, please do not hesitate to contact Dave Poirier of Cancer Care of Marquette County (CCMC). 906-362-9226 / poirph@msn.com or Barb Salmela 906-250-1016. There are no income guidelines. Assistance can be for travel expenses, insurance co-pay, medical bills & medications related to cancer care. This organization is all volunteer based. Money to support is from fundraising, grants and donations. This organization is a 501c3 group so donations are tax deductible. But I cannot emphasize enough....to CALL if you need help.

Lake Superior Life Care & Hospice Events

Got a Health Question? Ask the Doctor - Live!

Tune in to the *live* call-in show Ask the Doctors where real professionals answer your health questions on the spot! Our very own Nurse Practitioner *Regan Shuhmacher* will be on the panel ready to take your general health questions. Whether it's a weird symptom, a nagging worry, or just something you've always wondered—no question is too small. Call or email during the show and get real answers from trusted medical pros. Your health matters—let's talk about it! *June 12th at 8 PM*. You can also email your questions ahead of time at: dtv13@nmu.edu

<u>Grief Support Series</u> – Loss of a loved one can look different for everyone. We will be exploring feelings, support, and tools to help guide you on your grief journey. Please join us, in a safe place to learn and share about the tender moments of grief. This series will take place every other Thursday from June 5th – August 14th from 10:30 – 11:30 a.m. Facilitated by Lisa Martilla, Bereavement Coordinator & Social Worker. Please call our office at 906.225.7760 to sign up no later than 6/4/2025.

Grief Support Group - Grief can be overwhelming and navigating it alone can make the pain feel even heavier. A grief support group is a safe, compassionate space where individuals who have experienced loss come together to share, listen, and heal. Guided by trained facilitators, these gatherings offer comfort, understanding, and connection through shared experiences. Whether you've recently lost a loved one or are still coping with grief from the past, attending a support group can help you process your emotions, reduce isolation, and find strength in community. Healing doesn't mean forgetting — it means learning to carry your loss with support beside you. Choose the location that works best for you! Free & open to the public. No affiliation with our hospice is required. Please call 906.225.7760 if you have any questions.

<u>Gwinn</u> <u>Marquette</u>

Forsyth Senior Center Lake Superior Life Care & Hospice

165 N. Maple St 914 W. Baraga Ave

June 11 June 26 2:00 - 3:00 pm 4:00 pm

<u>Caregiver Support Groups</u> – Are you feeling isolated or burned out as a caregiver? Do you experience frustration or guilt and need a safe place to process? Join us for opportunities to share your feelings, develop friendships, receive emotional support, and to learn about available community resources. There will be occasional guest speakers for relevant topics as well. This group is free and open to the public! The group is Moderated by Jamie Barbiere, RN Community Outreach Coordinator from Lake Superior Life Care and Hospice. Please call 906.225.7760 if you have any questions.

Marquette: <u>Telephone Based:</u>

2nd Wednesday of every month

June 11 from 2:00-3:00 pm

Lake Superior Life Care & Hospice

3rd Wednesday of every month

June 18 from 2:00-3:00 pm

Call 906.485.5527 to register

914 W. Baraga Ave Landline or Cell phone required to

participate

If you have any questions about these events, please don't hesitate to contact Jamie Barbiere (Community Outreach Coordinator) at 906.225.7760 or jbarbiere@lakesuperiorhospice.org

Do you have an announcement?

Send announcements & ads to Kathy Godec (kathy@messiahlutheranmqt.org). Send concert or performance information, yard sale announcements, party invitations, requests for babysitters, yard maintenance, rooms for rent and items for sale. E-newsletter deadline is 12:00 pm on Tuesdays.

Messiah Contact Information

Messiah Lutheran Church Phone: 906-225-1119 305 W. Magnetic St. Fax: 906-225-5025

Marquette, MI 49855 Email: office@messiahlutheranmqt.org

Website: https://www.messiahlutheranmqt.org/

Pastoral Staff

Senior Pastor - Andrew Plocher

Associate Pastor - Molly Hunter

Office Staff

Parish Administrator - Jennifer Dodge Administrative Assistant – Kathy Godec Parish Accountant - Mike Hill Financial Secretary – Anne Rydholm

Music Staff

Director of Music – Sara Parks
Bell Choir Director - Judy Quirk
Organist/Pianist - Kathy Strazzinski
Pianist – Jacob Schmeltzer & Jocelyn Basse