

## **Evangelical Lutheran Church**

## Answering God's call to love

# Messiah ENewsletter for June 18, 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!

# **Upcoming Events –June/July**

June 18	Council at 7:00 pm
June 19	Church Office Closed in Observance of Juneteenth
June 19	Building and Grounds Beautification Day at 2:00 pm
June 20	Senior Men's Bible Study at 9:00 am
June 20	OWLs tour of workshop and lunch at Iron Bay at 11:00 am
June 21	Tree Planting in Big Bay at 9:00 am
June 23	11-Step Centering Prayer at 6:00 pm
June 24	Centering Prayer at 11:00 am
June 25	Brookridge Worship at 1:30 pm
June 26	Bible Study at 10:30 am

June 26	Centering Prayer at 1:30 pm	
June 27	Senior Men's Bible Study at 9:00 am	
June 30	11-Step Centering Prayer at 6:00 pm	
July 1	Centering Prayer at 11:00 am	
July 3	Church Office Closed in Observance of Independence Day	
July 3	Bible Study at 10:30 am	
July 3	Centering Prayer at 1:30 pm	
July 6	10:30 am Worship at Clark Lambros Beach	

# **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!

## **OWLS (Older Wiser Lutherans) - June 20**

Have you seen the "Bowls for a Cause" in the atrium? Have you been curious about how turned wooden bowls are made? Paul Carsten's has offered to show us his home workshop & the bowl turning process on Friday, June 20th at 11:00 am. Paul lives in Marquette.

Afterwards, we will head to the Iron Bay restaurant for lunch. All are welcome to join us. Please see the sign-up sheet near on the welcome table. This way we can give Iron Bay a number of attendees for our table. Call the church office with any questions.

## **Healing the Earth Tree Planting – June 21**

You are invited to our tree planting event that will take place on Saturday morning, June 21. We will meet at Messiah at 9:00 am and carpool to Big Bay for an orientation. After coffee & morning prayer and a brief gathering at First Presbyterian Community Church, we will travel to the planting sites and return to Marquette by 1:30 pm. 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 & Kathy. This project will happen rain or shine, so please dress for the weather. This tree planting project is coordinated by the Interfaith Water Stewards and the Cedar Tree Institute

## **Beach Worship Is Back!**

We're heading back to the beach this summer—and you're invited. On the first Sundays of July and August, and on Labor Day weekend, our 10:30 worship will take place at Clark Lambros Beach Park.

#### Mark your calendars:

July 6
 August 3
 August 31

Bring a chair, bring a friend, and come ready to worship with sand between your toes and Lake Superior as our chancel. There's nothing quite like singing, praying, and sharing communion with the waves rolling in.

If the weather doesn't cooperate, we'll be in the sanctuary like usual. But here's hoping for sunshine and a light breeze!

## **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!

#### **Bowls for a Cause**

Turned Wooden Bowls are available for a donation to the community assistance fund. They are located next to the homemade jams in the narthex. All bowls are homemade and are finished with a food safe finish. If you have questions about the bowls they can be directed to Paul Carstens at pcarsten@alumni.nmu.edu.

# **Messiah's Community Assistance Fund**

A mid-year 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?

## A Daily Guide for June

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."

# **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.

# **Book Study on The Ungrateful Refugee – July 14th**

Monday, July 14th, 7:00 pm - Atrium

"Every day of her new life, the refugee is asked to differentiate herself from the opportunist." — Dina Nayeri

Join us for a timely and moving book study on The Ungrateful Refugee by Dina Nayeri. With honesty and depth, Nayeri weaves her own story of fleeing Iran with the lives of others displaced around the world—revealing what it means to seek safety, navigate suspicion, and search for belonging.

Together we'll explore themes of identity, hospitality, resilience, and faith. This book doesn't offer easy answers—but it does offer an invitation: to listen, reflect, and see with new eyes. Whether you read often or are picking up your first book in a while, all are welcome. Guided discussions will help us wrestle with complex questions and connect them to our call as people of faith.

Copies of the book are available in the church office for \$18 each.

## 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 18	Meghan MacPhee, Mylee Muscoe, Jane Phillips	
June 19	Courtney McGovern, Joel Tervo, Jan Vickstrom	
June 20	Carol Bell, Taylor McGovern	
June 21	Mackenzie Beaudoin, Grace Chien	
June 22	Bette Dellangelo	
June 23	Marjorie Andersen	
June 24	Clayton Evens, Elder Wilder	
June 25	Jon Magnuson, Logan Peterson, Sophia Sander	
June 26	Eliisa Herman	
June 27	Ellyn Delpier, Stephen Luty, Ben Taylor	
June 28	Jessica Boehlke, Simeon MacIvor-Andersen	
June 29	Jaime Olson	
June 30	Melissa Hill, Chuck Suckow	
July 1	Lincoln Gordon	
July 2	Garrett Crimmins, Olivia Ruuska, Paula Taylor	

## 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**

<sup>\*</sup>June – Hand Sanitizer and/or Razors (male/female)

<sup>\*</sup>July - Deodorant - male or female

Susi Dahlke and family upon the passing of her son, Shawn Longtine; Ellen Symons; 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 18-25

Pastor Molly is on parental leave beginning June 16

## **Worship Volunteers**

## Saturday, June 21 – <u>5:00 pm</u> in atrium

Assisting Minister: Karen Kimar-Johnson

Communion Assistant: Ron Tervo

Provide Refreshments: Inga Banitt/Cindy Kotila

Sunday, June 22 -- 8:30 am in sanctuary, on 101.9 FM, Vimeo/Facebook

Assisting Minister: Brenda Blett Reader: Fred Maynard

Ushers: Cathy Seblonka, Chris Harkness

Communion Assistants: Beth Krznarich, Kathy Maynard, Marina Shinkarenko, Larry Pagel

Greeters: Marina Shinkarenko,

Nursery: Maddie Dykema Provide Refreshments: Boli Soderberg

# Sunday, June 22 -10:30 am in sanctuary, on Vimeo/Facebook

Assisting Minister: Molly Luty

Reader: Marina Shinkarenko

Ushers: Nancy Raisanen, one needed

Communion Assistants: Marina Shinkarenko, Sandy Lindberg, Gayle Mack, Evan Busick

Greeters: Marina Shinkarenko, Linda Carlson

Projection Technician Jennifer Dodge

Nursery: Maddie Dykema Flower Delivery Clare Sauer

# **Announcements and Classified Ads**

## Stories of our Sister City Friendships – June 26

Join the Marquette Area Sister City Board for an Art Week event on June 26. Informal sharing of stories that have kept our relationships going with Higashiomi, Japan and Kajaani, Finland for decades .The event will be held in the Peter White Library, Sister City Room on June 26 from 3:00 pm to 6:30 pm. Light refreshments and a chance to win a door prize of original art work from one of our cities.

## **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.

## Helen Johnson Quilting Estate Sale – July 12-13

The Helen Johnson Quilting Estate Sale will be held July 12 and 13 at the Marquette Township Hall (1000 Commerce Drive, Marquette). The sale will be from 9:30 am to 6:00 pm on Saturday, July 12 and from 12:00 pm to 4:00 pm on Sunday, July 13. Included in the sale will be fabric (of every color, type, season, or holiday), quilting kits, supplies, and books. EVERYTHING MUST GO. For more information, contact Ernie Johnson at ejohnson@nmu.edu or 906 228-9422

## **Marquette County Fair – August 7-9**

Come to the Marquette County Fair on August 7, 8, and 9 from 10:00 am to 10:00 pm daily; fun for all ages! The fair will feature 3 full days of fun-filled acts, amusements, vendors, livestock, equine shows, entertainment, delicious fair foods, new additions and more. The gate

admission is \$7 for adults; \$4 for children, and free for those 4 yrs old and under. The fairgrounds are located 3 miles south of the crossroads. For more information, go to www.marquettecountyfair.org.

## 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.

## **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 Marquette County Community Resource Fair – June 26

Come to the Marquette County Community Resource Fair to connect with programs and resources available to assist with your everyday life. Get onsite assistance from over 70 local

community organizations with free or reduced services, This event is free and open to the public: Thursday, June 26 from 2:00 pm to 5:00 pm at Lakeview Arena in Marquette.

<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.

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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.

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

#### **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

**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 & Jon Banitt

Pianist – Jacob Schmeltzer & Jocelyn Basse