

# Messiah

Evangelical Lutheran Church

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Answering God's call to love

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## Messiah ENewsletter for July 9, 2025

On the web... go to [messiahlutheranmqt.org](http://messiahlutheranmqt.org) for more information about our congregation and “like” us on Facebook to receive updates and information there.

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*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!*

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### Brookridge Worship Today!

Join us for worship at Brookridge Heights at 1:30 pm today. All are welcome!

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### Upcoming Events –July

- July 9 Brookridge Worship at 1:30 pm
- July 10 Bible Study at 10:30 am
- July 10 Centering Prayer at 1:30 pm
- July 11 Senior Men's Bible Study at 9:00 am
- July 13 Norway Grove arrives at Messiah
- July 14 11-Step Centering Prayer at 5:30 pm

July 14	Book Study “The Ungrateful Refugee” at 7:00 pm
July 15	Centering Prayer at 11:00 am
July 16	Fellowship Team at 1:00 pm
July 16	Council at 6:30 pm
July 17	Bible Study at 10:30 am
July 17	Centering Prayer at 1:30 pm
July 18	Senior Men’s Bible Study at 9:00 am
July 19	Norway Grove leaves Messiah early this morning
July 21	11-Step Centering Prayer at 5:30 pm
July 22	Centering Prayer at 11:00 am
July 23	Brookridge Worship at 1:30 pm

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

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 available in the church office have sold out.

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## **Sunday School Families Evening Out – July 25**

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.

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## **Pray for the 2025 Churchwide Assembly**

From July 28 to August 2, delegates from across the ELCA (our denomination) will gather in Phoenix, Arizona, for the Churchwide Assembly — a time of worship, decision-making, and discernment for our whole church.

The delegates from our Synod are Bishop Katherine Finegan, Charlotte Strom, Pastor Alex LaChapelle, Hayley Smith, Chuck Thomas, Pastor Scott Ehle, and Adam Matyska.

We invite you to keep our Synod's delegates and the greater church in your prayers. Ask the Spirit to guide their conversations, honor the richness of our varied experiences, and renew our shared calling to love and serve in Christ's name.

*God of wisdom, be present in every voice and vote. Let your church be led with courage and grace. Amen.*

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## **Beach Worship Is Back!**

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

Mark your calendars:   • **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!

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## **Pastor Molly's Maternity Leave**

Messiah's parental leave policy is for 12 weeks of leave. Pr. Molly started her leave on Monday, June 16th & is taking 10 full weeks off. She will then return on Monday, August 25th and take the next 4 weeks half time, being in the office on Tuesday/Thursday each week and weekends until September 21st. She will be back full-time starting Monday, September 22nd.

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## **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.

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## **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 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 five months out from Giving Tuesday where we raise most 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 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?
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## **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 (except for Friday, July 4; no Bible study that day because it's a holiday).

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## **Knotty Knitters**

The Knotty Knitters will continue to meet at Messiah on the 2nd & 4th Tuesday of each month. The knitters typically meet in Magnuson Hall but occasionally meet in the atrium. They do join one another for lunch at Vangos prior to coming to Messiah. Please contact Shelly Johnson for more information.

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## In The Hospital

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

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## A/V Project Update: Let's Keep Going

Thanks to your generosity, we've already raised **\$12,000** toward our **\$30,000** goal to complete the next phase of A/V improvements at Messiah. These upgrades will make our worship more accessible for those with hearing aids, improve sound in shared spaces like the atrium and nursery, refresh Magnuson Hall's system, and strengthen our internet & streaming capacity. With matching funds approved by Church Council, **every dollar you give is doubled**, bringing us even closer to the finish line. Let's keep going. Let's finish what we started—together.

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## Jam News

The 2025 jam season is in full swing and there are freshly made jam jars on the shelves in the atrium. There is a small increase in cost, so in turn there will be an increase in price. The jam has been offered at \$5.00 per jar since 2015. It is now priced at \$6.00 per jar. We are offering a new product which is smaller jars at \$3.00 each. The smaller jars will be limited in quantity. These smaller jars will provide an opportunity to try a flavor you hadn't tasted before or get a few at \$3.00 each for a gift for someone. As always, your purchase goes to Messiah's community assistance fund throughout the year.

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## Brookridge Worship

Our worship service at Brookridge is held on the 2nd & 4th Wednesday at 1:30 pm. Several of our members live there & attend our service regularly. Our service includes hymns, confession, absolution, thanksgiving, psalms, scripture, a homily, Apostles' Creed and Holy Communion. It is a real worship service.

Worshipping with this congregation is a blessing. The singing is robust, the prayers are from the heart, communion and forgiveness is truly felt and the fellowship is sincere.

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## Asylum Family Update

For the past four years, our congregation has had the privilege of accompanying a family from Honduras as they sought asylum in the United States. This ministry has been possible

because of the incredible generosity of our community—through financial support and, most especially, through the time and care offered by so many volunteers.

Recently, the family made the decision to relocate to Los Angeles, California. From the beginning, we understood that our role was one of accompaniment—that ultimately, the family would make choices that best serve their future. Still, their departure is a loss. It's especially hard not to have had the chance to say goodbye together as a congregation.

While their move means our physical and day-to-day support has come to an end, we will continue to uphold the legal support already in process as part of their asylum journey. Please know that your pastors, along with the Task Force that has walked closely with the family, are holding this transition with both tenderness and hope.

We invite your prayers—for the family as they begin a new chapter in Los Angeles, and for our congregation as we hold both grief and gratitude: sorrow in their leaving, and joy in their continued independence and strength.

In July, we'll be sharing a letter with more details about how the family is doing and how we can find meaningful closure as a congregation. Until then, thank you for being a part of this sacred journey of accompaniment.

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## **Summer Generosity Matters**

Summer brings a welcome change of pace—time for rest, travel, and renewal. But while many of us shift into vacation mode, the ministry of the church continues in full swing. From worship and music to outreach and care, our shared mission doesn't take a break.

Historically, summer is a time when financial giving dips, simply because routines change. Yet your consistent generosity helps sustain the work we've committed to together. Whether it's supporting local food programs, keeping our building cool and welcoming, or planning for fall ministries, every gift matters.

If you're traveling, consider setting up automatic giving or making a one-time summer offering to keep momentum strong. Your support ensures that we remain a steady presence of hope and hospitality—even when calendars get full and rhythms shift.

Let's continue to be faithful stewards in every season, trusting that God multiplies even the simplest gifts offered in love.

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## **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

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## **Centering Prayer**

I've practiced meditation now for 37 years. I began when I was struggling with the stresses of daily living. Later, I used meditation not only to deal with stress, but with physical issues (no doubt exacerbated by stress). After many years of practice on my own, I decided to attend a Buddhist retreat because those Buddhists sure knew how to meditate and I wanted to make sure I was doing it "right."

Long story short, I make it a priority to attend one retreat per year. At a retreat, the world is placed in the background. My basic need for food and shelter is provided and all the time is spent in prayer.

Prayer has really changed for me. No longer do I pray for specifics, because I have come to learn that what I think I want and what I truly want do not always match. God knows exactly what I want, and what I need to make it in this world, and when I practice 'being still' I allow that wisdom to arrive. Since I am not relying on any other person to tell me how to get what I want, but rather I am trusting in the "Advocate" to guide me, the things that are revealed to me are customized for my own personal growth and so God's Will can be done.

For some people who practice meditation, blissful spiritual experiences happen, but most sincere spiritual teachers warn that this is not the goal and often becomes a hindrance towards continued spiritual growth. It never has happened for me and I believe this is because if it had, I would be chasing that experience again for the remainder of my life. Instead, I have found that wisdom comes to me in insights, not while I am meditating, but in day-to-day life. The longer I practice this form of prayer, the more I see that everything that happens in life has the potential to teach me.

Now, in my old age, I recognize the value of being still and welcoming God's Presence. I start to believe that I am loved and accompanied by God in all situations. I realize that God is removing false identities from me and giving me a new vision of my fellow humans. I understand that it is only Divine Love that ever heals. More and more, with faithful practice, I receive God's grace and then am able to surprise myself when that grace comes forth for me to give to others.

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

[Mondays at 5:30 pm](#) -20-minute centering prayer practice with a short reading from Divine Therapy & Addiction by Thomas Keating

[Tuesdays at 11:00 am](#) -20-minute centering prayer practice with Lectio Divina

Thursdays at 1:30 pm - 20-minute practice with a short reading from Invitation to Love by Thomas Keating

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## **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.

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## **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:

\*July – *Deodorant – male or female*

\*August – *Diapers, size 3-6 & Baby Wipes*

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## **A Daily Guide for July**

July 1 – Begin Again

Let today be a creative threshold. Ask: What can I co-create with God this month that brings hope or justice into the world?

July 2 – A Prayer for Justice

Pray: "God of righteousness, stir my heart for what is good and fair. Let my life reflect your justice and mercy."

July 3 – Doodle Hope

Take five minutes to sketch, doodle, or scribble whatever comes to mind when you think of hope. Let it be messy and free.

July 4 – Reflect on Freedom

As you mark this day, reflect on the meaning of true freedom—not just for some, but for all. Pray: "God of liberation, help me use my freedom not for comfort or silence, but for compassion and courage. Teach me to seek justice in love."

July 5 – Create Something New

Bake, build, write, plant, or paint. Let your creativity be a quiet resistance to despair.



#### July 6 – Pray with Your Hands

Engage in a hands-on task—gardening, kneading dough, folding laundry—as a form of prayer. Let every motion become a sacred rhythm.

#### July 7 – Listen Deeply

Seek out a story you don't usually hear. Listen to a podcast, read a book, or watch a documentary from a different perspective.

#### July 8 – Write a Justice Haiku

Write a short poem about justice, mercy, or hope in haiku form. Even a few words can move hearts.

#### July 9 – Celebrate Progress

Notice a way the world has changed for the better—big or small. Give thanks for those who made that change possible.

#### July 10 – Plant Hope

Plant wildflower seeds or herbs, either in your yard, a pot, or a community space. Trust that small actions bloom.

#### July 11 – Name What Breaks Your Heart

Write down a justice issue or need that burdens you. Offer it to God, and ask what small role you might play in healing it.

#### July 12 – Joy Is Resistance

Do something joyful today on purpose. Dance, laugh, sing, or play. Let your joy stand as a defiant act of hope.

#### July 13 – Create Space

Declutter a corner of your life—your home, schedule, or inbox. Make room for what really matters.

#### July 14 – Honor a Changemaker

Reach out to someone who works for justice or healing and thank them. A note or kind word can be fuel for their journey.

#### July 15 – Scripture of Creative Justice

Read Amos 5:24 – “But let justice roll down like waters, and righteousness like an ever-flowing stream.” Reflect on how you might be part of that flow.

#### July 16 – Gratitude for Mentors

Pray for mentors and role models. Honor those who have shaped you with love and integrity.

#### July 17 – Make Art with Children

If you can, spend time creating with a child—coloring, crafting, imagining. See the world through their lens of wonder and hope.

#### July 18 – Pray with Movement

Take a walk, stretch, or do yoga as a way of praying. Let your body carry your hopes and petitions.

#### July 19 – Pray for Repair

Hope and justice begin with truth. Take time today to learn about a harm—historic or ongoing—in your community or country. Ask God to show you what repair might look like, and how you might be part of it.

#### July 20 – Midyear Check-In

We're halfway through the year. Ask: What's growing in me? What needs to be pruned or planted?

#### July 21 – Bless the Light

Step into the sunlight and bless the warmth. Say, "God, thank you for the light within and around me."

#### July 22 – Create a Visual Prayer

Use images, magazine clippings, or found objects to make a collage prayer. Let your creativity express your longings.

#### July 23 – Pay Attention to Injustice

Notice one injustice in your community today. What do you see that others might ignore? Ask God how you might respond.

#### July 24 – Bless the Artists

Pray for artists, poets, and creators who help us see truth and beauty. May their work challenge, comfort, and inspire.

#### July 25 – Reach Out Across Difference

Connect with someone whose background, politics, or worldview differs from yours. Approach with curiosity and grace.

#### July 26 – Sabbath of the Imagination

Take a break from your usual routines and do something playful or spontaneous. Let your soul breathe.

#### July 27 – Hope in Scripture

Read 2 Corinthians 4:8–9: "We are afflicted in every way, but not crushed... struck down, but not destroyed." Let this truth steady your heart.

#### July 28 – Invite Collaboration

Ask someone to join you in a creative or justice-focused act. Hope grows when we don't go it alone.

#### July 29 – Share a Story

Tell a story—your own or someone else's—that reflects resilience, grace, or redemption. Stories keep hope alive.

#### July 30 – Pray for Co-Creation

Pray: "God of imagination and justice, shape my heart for your work. Help me co-create a world where all can flourish. Amen."

## July 31 – Give Thanks for the Journey

Take time to reflect on how you've grown this month. Give thanks for each step, each effort, each breath of hope.

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## Devotions Link

[www.prayfaithfully.org](http://www.prayfaithfully.org) is an on-line devotional reading service maintained by the Northern Great Lakes Synod and written by various pastors and laypersons.

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## Messiah Birthdays

July 9	Sara Johnson
July 10	No birthdays
July 11	No birthdays
July 12	Abigail Reynolds, Emma Ziegler
July 13	Jackson Benam, Barry Johnson
July 14	Jessica Gummerus, Erin Langenberg
July 15	Bennett Gordon
July 16	Ruth Koehler
July 17	Ruth Anne Davidson
July 18	Kim Alanko, Paul Marin
July 19	No birthdays
July 20	No birthdays
July 21	Greg Larson, Penny Streeter
July 22	Mary Hammerstrom
July 23	No birthdays

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## In the Hospital

Please inform the church office when you are hospitalized. 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.

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## Your Prayer Requests at Messiah

At every Saturday & Sunday worship service, we ask people to fill out a welcome card that is found in the bulletin. The card asks people to put their prayer requests on the back, and these requests are prayed for every Tuesday morning at Messiah's staff meeting. If you wish to have

your name or a loved one's name read during worship, please call the office or let the pastors or Jen know. We will need to get permission before we include anyone's name in the worship prayers.

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## **In Our Prayers**

Penny Streeter, Sherry Labbe and family upon the passing of their mom, Joy Schlais; Judy Quirk; Lois LaBrecque; Ellen Symons; Darlene Dreisbach; Ruth Koehler; Sherrie Wagner; Jan Brown; Betsy; Carrie Oslund; John Collins; Myra; Katie; John Kiltinen; Mary Ruman; Jeremy; 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

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## **Pastor on Call:**

Pastor Andrew is on call July 9-16

Pastor Molly is on parental leave through August 24th

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## **Worship Volunteers**

### **Saturday, July 12 – 5:00 pm in atrium**

Assisting Minister: Carol Bell

Communion Assistant: Bab Salmela

Provide Refreshments: Shari Brugman

### **Sunday, July 13 -- 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: Kathy Maynard, Dave Blomquist, Larry Pagel, Marina Shinkarenko

Greeters: Marina Shinkarenko, Cathy Seblonka

Nursery: Maddie Dykema

Provide Refreshments: Pat Vacilek

## **Sunday, July 13 –10:30 am in sanctuary, on Vimeo/Facebook**

Assisting Minister: Mike Hill  
Reader: Nancy Hamlin  
Ushers: Fred and Jeanne Groos  
Communion Assistants: Kerry McGinley, Karen Burkman, Gayle Mack, Sandy Lindberg  
Greeters: Marina Shinkarenko,  
Projection Technician: Kathy Godec

Nursery: Maddie Dykema  
Flower Delivery: Kathy Godec

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## **10:30 am Worship Volunteers**

We need more volunteers for our 10:30 worship service. Specifically, ushers and communion assistants. If you are interested in either of these roles or if you have questions about them; please visit Jen or Kathy in the office and they will let you know what is involved. Thank you!

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## **Radio Broadcast & Livestream Sponsorship**

We are in need of sponsors for weekly/ongoing radio broadcasts & livestream. If this is something you would like to support, please contact the office & share what you would like written for your sponsorship; it can be in honor or in memory of a loved one.

You can reach us by phone at 225-1119 or email at [office@messiahlutheranmq.org](mailto:office@messiahlutheranmq.org). The cost of the Radio Broadcast or Livestream sponsorship is \$110.00 each.

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## **Announcements and Classified Ads**

### **Medication Help Available**

If you have questions or concerns regarding your medications, you can contact retired pharmacist, Barb Salmela. Contact the office to get her number. All inquiries are confidential. She can help find discounts for medication, ways to possibly obtain them for free, or suggest less expensive alternatives.

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### **Support Local Lions Club**

Support the Marquette Lions Club by renting a 3 x 5 American Flag for your front yard for Labor Day. Flags will be delivered prior to the holiday and picked up after that time. 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.

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### **Marquette City Band – Summer Concerts**

Due to the construction of the new Peg Hirvonen Bandshell at Presque Isle Park, the Marquette City Band is going “on the road” this summer! Follow us as we present our concerts in various locations around the city – **and BYOC (bring your own chairs)!**

\*Thursday, July 17 @ 7:30 pm – Children’s Concert – Lower Harbor (Kid’s Cove Playground)

\*Thursday, July 31 @ 7:30 pm – On the Waterfront – Founders Landing Piers

\*Thursday, August 14 @ 7:30 pm – Encore Performances – NMU Northern Center (North Lawn)

Admission is free but donations are appreciated.

In case of inclement weather, performances will be held at NMU’s Reynolds Recital Hall.

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### **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](mailto:ejohnson@nmu.edu) or 906 228-9422

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### **Garden Tour – July 24**

The Marquette Beautification & Restoration Committee, Inc. announces the 31<sup>st</sup> Annual Garden Tour on Thursday, July 24 from 1:00 pm to 7:00 pm (rain or shine). Tour beautiful neighborhood gardens in the area! Tickets are \$15.00; children under 12 are free. Tickets are available at the following locations: Forsberg’s A New Leaf, FlowerWorks, Lutey’s, Nagelkirk

Gardens, All Season's Floral (Ishpeming), and at the sites on the day of the tour. For more information, go to [mqtbeautification.org](http://mqtbeautification.org).

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### **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](http://www.marquettecountyfair.org).

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### **Sister City Scholar to Attend NMU**

The Sister City Board will welcome our latest Japanese scholar to NMU for the 25-26 school year. He is 20 years old and will arrive just in time to move into the dorms at NMU. He enjoys travel and outdoor sports and watching American football and baseball. He has two sisters and his dad is a city hall worker and mom a medical office administrator. He is majoring in Marketing. We are seeking a "home base" family who can help him feel at home in Marquette and provide some experiences he would not get in the dorms and house him during times the dorms are closed for breaks. This is a rewarding, educational experience for the local family. Please contact the church office for Mary Lou Blomquist's contact information if you are interested in this experience.

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### **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

n, contact Mary Jane Lynch 906 360-5279 or [maryjanelynch62@yahoo.com](mailto:maryjanelynch62@yahoo.com).

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## **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](mailto: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.

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## **Lake Superior Life Care & Hospice Events**

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 to our hospice is required. Please call 906.225.7760 if you have any questions.

### Gwinn

Forsyth Senior Center

165 N. Maple St

July 9th

2:00 - 3:00 pm

### Marquette

Lake Superior Life Care & Hospice

914 W. Baraga Ave

July 31st

4:00 pm

Caregiver Support Groups – 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 on relevant topics as well. This group is free and open to the public! The group is Moderated by Jamie Barbieri, RN Community Outreach Coordinator from Lake Superior Life Care and Hospice. Please call 906.225.7760 if you have any questions.



### Marquette:

2nd Wednesday of every month

July 9th from 2:00-3:00 pm

Lake Superior Life Care & Hospice

914 W. Baraga Ave

### Telephone Based:

3rd Wednesday of every month

July 16th from 2:00-3:00 pm

Call 906.485.5527 to register

Landline or Cell phone required to participate

Memory Café: Asahi for all: Mindful Movement for Care & Connection – Experience the gentle, flowing movements of Asahi, a simple and calming exercise from Finland designed to support balance, relaxation, and overall well-being. This free class is *open to individuals living with dementia and their caregivers*, offering a supportive space to move, connect, and care for both body and mind – together. No experience needed. Just wear comfortable clothing and come as you are. Please RSVP at 906.225.7760 by July 15 or call for more information. Takes place on July 16th from 1:00 - 2:00 pm at Lower Mattson Harbor Park, near playground.

### Memory Café: Welcome Wednesday at the Trillium House – July 23

A friendly, supportive gathering for individuals living with memory loss and their care partners. Enjoy lunch, connect with others, and hear from special guests from the Alzheimer's Association. Plus take a tour of Trillium House & learn more about how they support families and caregivers with their short-term respite stays & hospice support in a warm, home-like setting. Please RSVP by July 16th by calling 906.264.5026. This event is scheduled for July 23rd from 12:00 - 1:00 pm at the Trillium House located at 1144 Northland Dr. Marquette.

### Memory Café: Dementia Friendly Movie matinee: 80 for Brady - August 20

Join us for a special Memory Café event designed for individuals living with dementia and their caregivers. Enjoy a free, relaxed screening of 80 for Brady – a lighthearted comedy celebrating friendship and adventure. Free with pre-registration – all ticket fees are generously covered by Lake Superior Life Care & Hospice. Space is limited so please RSVP to 906.225.7760 or outreach@lakesuperiorhospice.org by August 13th. Come share a joyful dementia-friendly movie experience at Thomas Theatre, 1525 Commerce Drive. The movie will play from 1:00 – 2:45 pm on Wednesday, August 20th.

### Powerful Tools for Caregivers – 8/21-9/25 Thursdays

In Person class starting in August at the Negaunee Senior Center! Now is your chance to register for our in-person class which only occurs once a year! This 6-week workshop is designed to help YOU the caregiver and will help you take care of yourself while caring for a parent, spouse, or friend, at home, in a nursing home, or across the country. This workshop will provide YOU the caregiver tools to reduce stress and help you relax, make tough decisions, reduce guilt, anger, and depression, communicate effectively with family members,

your doctor, and paid help, take care of yourself, and set goals and problem solve. Thursdays, August 21 – September 25, from 1:00 – 2:30 pm at 410 Jackson St. in Negaunee. Call 2-1-1 to register or register online at [www.upcap.org](http://www.upcap.org) (click on OTHER then EVENTS).

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### **Do you have an announcement?**

Send announcements & ads to Kathy Godec ([kathy@messiahlutheranmqt.org](mailto: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.

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### **Messiah Contact Information**

Messiah Lutheran Church  
305 W. Magnetic St.  
Marquette, MI 49855

Phone: 906-225-1119  
Fax: 906-225-5025  
Email: [office@messiahlutheranmqt.org](mailto: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 & Jon Banitt  
Pianist – Jacob Schmeltzer & Jocelyn Basse