

Messiah

Evangelical Lutheran Church

Answering God's call to love

Messiah ENewsletter for October 29, 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 – October/November

- Oct 30 Bible Study at 10:30 am
- Oct 30 Centering Prayer at 1:30 pm
- Oct 30 Global Mission at 6:00 pm
- Oct 31 Senior Men's Bible Study at 9:00 am

Nov 3	11-Step Centering Prayer at 5:30 pm
Nov 4	Centering Prayer at 11:00 am
Nov 5	Community Meal at 6:00 pm
Nov 6	Bible Study at 10:30 am
Nov 6	Centering Prayer at 1:30 pm
Nov 7	Senior Men's Bible Study at 9:00 am
Nov 10	11-Step Centering Prayer at 5:30 pm
Nov 11	Centering Prayer at 11:00 am
Nov 12	Brookridge Worship at 1:30 pm

All Saints Worship – November 1st & 2nd

Each year on All Saints, we pause to remember and give thanks for those who have gone before us—those we've lost in the past year, and those whose memory still lives deep in our hearts.

During worship on **Saturday, November 1 (5:00pm) and Sunday, November 2 (8:30am & 10:30am)**, we'll honor the names of loved ones who have died this past year and light candles in remembrance. It's a tender, holy space to grieve, to give thanks, and to find hope again in the promise of resurrection.

Whether your loss is recent or from years past, you are invited to come, remember, and be held in God's love—together with your church family.

Community Meal - November 5

Our next Community Meal will be on Wednesday, November 5th at 6:00 pm. Our cooks will be making a Thanksgiving meal! Please join us for an evening of food & fellowship. We look forward to seeing you & sharing a meal with you!

Sweatshirts For Sale

We have 4 Messiah sweatshirts left for sale. All four are size XL. The cost is \$20 and goes to our Global Mission Team and its work with our sister congregations. The sweatshirts are in the church office.

Community Meal Cook Team

We are in need of one more cook team to make our community meal program a success. Have you ever considered doing this? Do you have questions regarding our community meals? If so, please do not hesitate to inquire in the office. You can cook with a friend or two or you and your spouse/partner could cook... the options are endless. Messiah pays for the meal. Please consider participating in this ministry!

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.

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.

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.

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.

A Daily Guide for November 2025

November 1 – All Saints Day

Light a candle and remember those who've shaped your faith and your story. Say their names aloud. Prayer: *"God of all generations, thank you for the saints who carried your light. Let their love live on in us."*

November 2 – Letting Go

What do you need to release this season—an expectation, a fear, a grief? Offer it to God. You don't have to carry it alone.

November 3 – A Prayer for the Heavyhearted

Pray for those who find these darker months difficult—those grieving, isolated, or struggling. Ask God to be a quiet companion for them.

November 4 – Before Sunrise

When you wake in the dark, resist the urge to rush. Light a lamp, a candle, or sit near a window. Let the darkness be a place where God meets you.

November 5 – Together for Good

Reflect: *What does it mean to live "together for good" in this season?* Where are you seeing that hope take shape?

November 6 – Scripture of Endurance

Read Romans 5:3–5 – *"Suffering produces endurance... and hope does not disappoint."* Where has hope held you steady in the past?

November 7 – A Small Act of Hope

Do something hopeful today—light a candle, write a note, make a plan. Small gestures can hold big weight in dark months.

November 8 – Share a Memory

Call or write to someone and share a story from years past. Memory can warm the cold edges of the day.

November 9 – Watch the Wind

Look out at the movement of snow, branches, or water today. Let it remind you that unseen things can still be powerful.

November 10 – Pray for Helpers

Pray for those who serve others in the cold: caregivers, shelter staff, hospitalworkers, teachers, and volunteers.

November 11 – Stewarding Peace (Veterans Day)

Pray for veterans and for peace in every sense—global, communal, personal. Hope often begins with peace.

November 12 – Candle Prayer

Before bed, light a candle. Sit quietly. Let its glow be your prayer: flickering, faithful, enough.

November 13 – Quiet Gratitude

Name three ordinary things you're thankful for on a cold day—a warm blanket, a working furnace, a neighbor's kindness.

November 14 – Stay Connected

Reach out to someone who might be feeling winter's early isolation. A simple check-in can be a lifeline.

November 15 – Scripture of Light

Read John 1:5 – *"The light shines in the darkness, and the darkness did not overcome it."* Let that truth steady you.

November 16 – Create a Winter Corner

Set aside a small, warm corner for prayer or quiet: a lamp, a chair, a cup of something hot. Let it be a refuge.

November 17 – Speak a Blessing

Offer this aloud to someone—or whisper it to yourself: *"May you be held. May you find light. May you know you are not alone."*

November 18 – Remember the Forgotten

Pray for those unsheltered or vulnerable in the cold. Ask God to stir your heart toward tangible care and communal hope.

November 19 – Generosity in Small Things

Buy someone a warm drink, donate socks or gloves, send a card. Small acts of warmth carry great weight this time of year.

November 20 – Honor Grief

Name something—or someone—you've lost. Sit with it. Light a candle in remembrance. God meets us in the shadows.

November 21 – Watch the Sky

The U.P. sky holds its own kind of beauty—gray, heavy, clear, or starlit. Notice it tonight. Let it remind you of vastness and wonder.

November 22 – Offer Your Hands

Shovel a walk, deliver soup, hold a door. Stewardship is also what we do with our bodies.

November 23 – Scripture of Belonging

Read Isaiah 43:1 – *"I have called you by name, you are mine."* Let that promise wrap around you like a warm coat.

November 24 – Reconnect

Reach out to someone you've drifted from. Even a short message can be a light in a long night.

November 25 – Thank Your Body

Your body has carried you through cold mornings, icy sidewalks, and the weight of days. Offer thanks—not for perfection, but for endurance.

November 26 – Make Space for Gratitude

Prepare for Thanksgiving by making room—clearing clutter, softening your heart, pausing long enough to notice.

November 27 – Thanksgiving Day

Pause. Breathe. Give thanks—to God, to those around the table (or screen), to the land beneath the snow. Prayer: *“Generous God, thank you for grace that finds us in winter’s chill, in warm hands, and in bread we share.”*

November 28 – Rest in the Quiet

The day after a holiday can feel still and heavy. Don’t rush to fill it. Let quiet be a gift, not a void.

November 29 – Begin Again

As Advent nears, ask: *What hope am I carrying into the new season?* Write it down. Keep it close.

November 30 – First Sunday of Advent

Light the first candle. Pray: *“God of hope, awaken us again. Let your light rise in the darkness, and in us.”* We wait together—not for easy answers, but for the light that always comes.

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

But when you pray, go to your room, shut the door, and pray to God who is in that secret place, and your Abba God—who sees all that is done in secret, will reward you...Your God knows what you need before you ask it. Matthew 6:6, 7 The Inclusive Bible

The Spirit of God has made a home in you. Romans 8:9

Be silent and know that I am God! Psalm 46:10

“There are all kinds of ways in which God speaks to us—through our thoughts or any one of our faculties. But keep in mind that God’s first language is silence. Prepare yourself for silence in this prayer, and if other things happen, that is His problem, not yours. As soon as you make it your problem, you tend to desire something that is other than God. Pure faith will bring you

closer to God than anything else. To be attached to an experience of God is not God, it is a thought. The time of centering prayer is the time to let go of all thoughts, even the best of thoughts. If they are really good, they will come back later.

Don't judge centering prayer on the basis of how many thoughts come or how much peace you enjoy. The only way to judge this prayer is by its long-range fruits: whether in daily life you enjoy greater peace, humility and charity. Having come to deep interior silence, you begin to relate to others beyond the superficial aspects of social status, race, nationality, religion and personal characteristics." Thomas Keating

We meet every Tuesday for 20 minutes of centering prayer practice followed by Lectio Divina. All are welcome and you do not need to have been practicing centering prayer as the instructions are simple and we go over them for newcomers. You also do not need to commit to attendance every week. Come when you can. Tuesdays from 11-noon.

- - - Nancy Hamlin

OWLs (Older, Wiser Lutherans)

The OWLs meet on Monday morning at 10:00 am at the lower harbor/Mattson Park. If the weather is rainy, they walk at the Dome. Afterwards they go to Provisions for coffee. They walk at different rates and welcome everyone to join them. If you're not interested in walking, join us for coffee. If you have any questions, please contact Betsy Little 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:

***October** – *Hand Sanitizer & Toilet Paper (packs of 4 or 6 rolls)*

***November** – *Toothbrushes, Toothpaste, Dental Floss & Denture Cleaner*

CROP Walk Update

The CROP Walk held on October 12 raised \$6,926.00. Messiah raised \$350 of this total. Thanks to all who helped in any way.

Hildegarde-Johnson Music Scholarship Recipients

We are delighted to announce the recipients of this year's Hildegarde Johnson Music Scholarship. Hildegarde was a longtime member of Messiah, a gifted choir director, and a woman whose passion for music and education shaped generations. In her honor, this scholarship supports children and youth in our congregation as they explore music through lessons, camps, instruments, and other opportunities.

This year's recipients are:

- Aegis MacIvor-Anderson
- Simeon MacIvor-Anderson
- Levin MacIvor-Anderson
- Sophie Sander
- Camden Fitzpatrick
- Sarah Bleckiner

We celebrate these young musicians and look forward with joy to hearing their gifts shared in worship in the months ahead. Through their learning and music-making, Hildegarde's legacy of faith, song, and love for community lives on.

Devotions Link

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

Messiah Birthdays

Oct 29	Jon Ruuska, Mya Skaw
Oct 30	Michelle Sellers
Oct 31	Karen Kimar-Johnson
Nov 1	Valerie Dragon, Etta Lafayette
Nov 2	No birthdays
Nov 3	David Nocerini
Nov 4	No birthdays
Nov 5	Sherry Labbe, Leslie White
Nov 6	Jane Kamps
Nov 7	Kate Ziegler
Nov 8	Theresa Delpier, Janice Johnstone
Nov 9	Mary Davis, Jeremy Labbe
Nov 10	Wayne Hanmer, Viola Sundman
Nov 11	No birthdays
Nov 12	Linda Carlson

In the Hospital

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

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.

In Our Prayers

Please remember the following people in your prayers at this time: Family of Lois LaBrecque upon her passing; Herb Grenke and family upon the passing of his wife, Sandy; Former and current CDC employees; Sam Elder; Jan Vickstrom; Doug Morton; Tom Osier; Jackie Greising; Art Ortlieb; Christine and Jason; 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; Don Hillegas; Grant; Kai Dolan; Samantha; Ted; Bruce Lindberg; Grace Chien; Jamie; Donna; Brian; Ben; Evelyn; Akira Carlson; Karen Eldevick; Grace; Shannon; Marshall Lovan; Peter; Shawn; Mae Desonia; Lisa Douros; Tina; Wayne Hanmer; Judy Donckers; Sierra; Charlene Avery

Pastor on Call:

Pastor Andrew is on call October 29, November 2-5

Pastor Molly is on call October 30-31, November 1

Worship Volunteers

Saturday, November 1 – 5:00 pm in atrium

Assisting Minister: Carol Bell
Communion Assistant: Barb Salmela

Provide Refreshments: Julie Blemberg

Sunday, November 2 -- 8:30 am in sanctuary, on 101.9 FM, Vimeo/Facebook

Assisting Minister: Chris Harkness
Reader: Louise Reichert
Ushers: Bruce Robertson, Cathy Seblonka
Communion Assistants: Marina Shinkarenko, Grant Soltwisch, **one needed**
Greeters: Chris Harkness

Nursery: Maddie Dykema
Provide Refreshments: Penny Streeter and Sten Taube

Sunday, November 2 –10:30 am in sanctuary, on Vimeo/Facebook

Assisting Minister: Mike Hill
Reader: Marina Shinkarenko
Ushers: Amy Diedrich, Jill Luoma
Communion Assistants: Mike and Joan Hill, Bronce Reece
Greeters: Gayle Van Osdol,
Projection Technician: Lesley Williams

Nursery: Maddie Dykema
Flower Delivery: Jill Luoma

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; please visit Jen or Kathy in the office and they will let you know what is involved. Thank you!

Radio Broadcast & Livestream Sponsorship

We need 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@messiahlutheranmqt.org. The cost of the Radio Broadcast or Livestream sponsorship is \$110.00 each.

2025 Ecumenical Statement on Hunger Justice

In addition to supporting this year's CROP Walk, there is one more powerful step you can help with: signing the 2025 Ecumenical Statement on Hunger Justice. It is a bold declaration from Church World Service that says hunger isn't just a problem, it's a justice issue.

To sign, go to <https://cwsconnect.org/hunger-statement/>. It takes 30 seconds to sign and sends a powerful message.

And what does the Lord require of you but to do justice, to love kindness and to walk humbly with your God? (Micah 6:8 NRSVUE)

WHAT WE BELIEVE

Hunger is an affront to justice. Today, although food is abundant in our country and our world, hunger is surging in communities near and far – driven by conflict, climate-fueled disasters, failing economies and unjust policies that have undermined the safety nets so many of our neighbors rely on to survive.

But it doesn't have to be this way.

As people of faith, our vision is a world where everyone has access to enough nutritious food to thrive. We believe that, by standing shoulder to shoulder, our vision can become reality, around the corner and around the world.

Hunger is deeply tied to other injustices. Across the globe, it robs millions of people of health and opportunity – especially those who lack access to clean water and safe sanitation. Hunger disproportionately affects refugees and immigrants, families recovering from disasters, people experiencing homelessness and others whose voices are too often ignored or silenced. But by bringing together our skills, experience and passion to this vital shared mission, we can heed God's call *"to loose the bonds of injustice...to let the oppressed go free, to break every yoke and to share your bread with the hungry."* (Isaiah 58:7).

Through this Ecumenical Statement on Hunger Justice, we are answering the scriptural call to "Love your neighbor as yourself" (Mark 12:31) to ensure all have what they need to thrive. We pledge to be the neighbor that everyone in our world deserves so that no one goes hungry in a nation and world of such plenty. In faith and solidarity, **Your signature.**

Announcements and Classified Ads

TV6 Canathon Collection – November 3-28

The TV6 Canathon Collection runs from November 3 – November 28. Help feed a hungry neighbor in Upper Michigan! Make a nonperishable food donation today to restock the shelves of your local food pantry. Messiah Lutheran Church is one of the drop off points. The food will be collected from drop-off sites beginning December 5. For online monetary donations, go to www.tv6canathon.com.

2025 Finnish Sister City Delegation Reception – November 8

The Marquette Area Sister Cities Partnership (MASCP) is excited to welcome an eight-member delegation from Marquette's Sister City of Kajaani, Finland from November 7-13.

Community members are invited and encouraged to attend a special welcome reception featuring a presentation by the delegates about the City of Kajaani and information about the MASCP. This is a wonderful opportunity for citizens to meet and greet our Finnish friends and engage in meaningful cultural exchange. The Welcome Reception and Presentation will be on Saturday, November 8 from 2:00 pm to 4:00 pm at the Peter White Public Library Community Room.

MASCP is partnering with the Marquette Senior Center to coordinate door-to-door bus service to and from the Library through MarqTran. The approximate pick-up time is 1:00 pm and the approximate drop-off time is 5:00 pm. To reserve a seat, please contact the Marquette Senior Center at 906 228-0456. Pickup locations are Cherry Creek Village Apartments, Snowberry Heights, and Lost Creek Apartments.

Prince of Peace Fall Bazaar – November 8

Prince of Peace Lutheran Church in Harvey will hold a fall bazaar on Saturday, November 8 from 10:00 am to 1:00 pm. There will be pies, crafts, baked goods, and a tea table.

Music Workshop for Adult Strings Players – November 8

For many people, their best memories of high school include the time they spent in their school's music program. After graduation, the demands of college and jobs make it hard to find the time or the opportunity to keep playing. But it's never too late to return to music!

All former adult string players (violinists, violists, cellists, bassists) are invited to a strings

refresher course on Saturday November 8. The course will be held from 10 am to 4 pm at St Paul's Episcopal, 201 E. Ridge St, Marquette. Teachers for the day will be Inga Banitt, Wendy Larson and Janis Peterson. Cost is \$25 (cash only) and participants will need to bring a playable instrument. **In-person registration will be held at St. Paul's Episcopal on Sunday October 5 from 1:30 to 3:30 pm; and registrants will also be able to have their instruments evaluated at that time.**

Following the one-day course, participants will have the opportunity to continue playing and learning together. The emphasis of the program is to have fun and experience the camaraderie found in making music. For more information, email MqtCountySOS@gmail.com.

Manna: Spiritual Nourishment for the Journey – November 9 and December 14

The First Presbyterian Church (120 N Front St. Marquette) invites everyone to worship and a community meal on November 9 and December 14. Join them at 4:30 pm for a modern worship service (including music by Porter's Gate, The Many, Sandra McCracken & others). A community meal will follow the worship service. The meal will be served at 5:30 pm and is free for all seeking food and friendship.

Marquette Male Chorus Concert – November 14

The Marquette Male Chorus presents Autumn Echoes featuring the music of Gordon Lightfoot. The concert will be held on Friday, November 14 at 7:00 pm at Messiah Lutheran Church (305 W Magnetic). The suggested donation is \$10.00.

Floriani – Sacred Music Concert – November 15

Floriani will present a sacred music concert on Saturday, November 15 at 7:00 pm at St. Peter Cathedral in Marquette. Floriani is a men's vocal ensemble dedicated to performing and reviving sacred music. At their concert they offer a meditative experience as they perform an assortment of Gregorian chant, music from the Eastern and Western traditions, and original pieces. A freewill offering will be taken; suggested donation is \$20.00. Sponsored by the Diocese of Marquette.

St. Paul's Creative Aging Lunch and Learn – November 19 and December 17

St. Paul's Episcopal Church (201 E Ridge in Marquette) will host a "Creative Aging Lunch and Learn" on Wednesday, November 19 from 12:00 to 1:00 pm. The topic will be "Marquette Senior Center: What Is Available at a Senior Center?" presented by Maureen McFadden.

They will host another "Creative Aging Lunch and Lean" on Wednesday, December 17 from 12:00 to 1:00 pm. The topic will be "Drivers Licenses: Senior Driving Presentation and How to Know When It Is Time to Stop Driving" presented by Trooper Tom Kinnunen

Marquette Choral Society Concert – December 6 and 7

The Marquette Choral Society presents Hallelujah! (highlights from "Messiah" by C.F. Handel along with other holiday classics). The concert will feature Keri Lee Pierson, soprano; Ava-Fett, mezzo-soprano, and Tony Beacco, tenor with Erin Colwitz, Conductor and Jan Brodersen, collaborative pianist. The concerts will be on Saturday, December 6 at 7:30 pm and Sunday, December 7 at 3:00 pm in the Reynolds Recital Hall at NMU. General admission is \$15.00 for adults, \$5.00 for children under 12 years of age. To purchase tickets, go to nmu.edu/tickets.

Grandparent-Aged Allies for LGBTQ+ Community: Book and Conversation Club for 2025-2026

What is the Idea? A small group of grandparent-aged individuals gather eight times between October 2025 and May 2026 to explore the terrain of being an ally to the LGBTQ+ community in the Upper Peninsula.

What is Expected? To read two books which contain LGBTQ+ themes and using the books as a catalyst for conversation, to talk openly about the LGBTQ+ experience.

How often, where, and when will the meetings be? Gathering will be on the third Tuesday of the month at St. John's Episcopal Church in Negaunee from 11:30 am to 1:00 pm. January's gathering and May's gathering will be at a different time and place and will involve a larger group of folks reading the same book. Details concerning these meetings are yet to be determined.

What is an Ally? An ally is someone who walks beside and stands up for another person. Allies continue to be curious and naturally seek out ways to be and stay informed. Allies are motivated by compassion. ALLYSHIP is something that can be learned.

What else do I need to know?

1. It only takes one caring and accepting adult to decrease an LGBTQ+ youth's risk for suicide by 70%. It is possible to learn how to be that caring adult.
 2. This Grandparent-Aged Ally group is part of the new iteration of last year's LGBTQ+ book conversation group. It is being spearheaded by Equality Michigan. Our partnership this year includes ELCA Lutheran Churches in Ishpeming St. John's Episcopal Church in Negaunee, and Equality Michigan.
 3. There will be delicious soup for lunch at each of these meetings.
 4. Our first meeting on October 21st will be a meet and greet: no reading will be necessary in advance of that meeting.
 5. Who do I contact to say that I am interested or for more information? You can contact Marna Franson: marna@upepiscopal.org or 906 458-6395.
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Board Members Needed

Lake Superior Village Youth and Family Center is seeking dedicated new board members who want to help shape the future of our community. If you're passionate about supporting youth, strengthening families, and bringing meaningful programs to life, we would love to have you join us. If you are interested in making a difference, please contact us at JBeard@mqthc.org or 906 225-1900 ext. 5.

Lake Superior Village Youth and Family Center

Do you struggle with before and after school care? Does your job have an unreliable schedule? Do you only need help a few days a week? Do you need an emergency back up plan for the unexpected? We have a free program to help. Visit us at 1901 Longyear Ave. in Marquette or call us at 906 225-1900 ext 5 (cell/text 906 458-7550) or email us at jbeard@mqthc.org.

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.

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.

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

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	Marquette
Forsyth Senior Center	Lake Superior Life Care & Hospice
165 N Maple St in	914 W. Baraga Ave
October 8th	October 22nd
2:00 - 3:00 pm	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 for 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:	Telephone Based:
2nd Wednesday of every month	3rd Wednesday of every month
Oct. 8th 2:00-3:00 pm	Oct. 15th 2:00-3:00 pm
Lake Superior Life Care & Hospice	Call 906.485.5527 to register
914 W. Baraga Ave	Landline or Cell phone required

Memory Café : The Power of Play - Board Games

Join us for a welcoming, stigma-free social gathering for individuals with memory loss and their care partners. Learn why playing games is beneficial for memory, cognition, and social engagement. Enjoy guided play, try out new games—or bring your favorite to share! This relaxed, supportive environment is a wonderful way to connect and enjoy time together. Hosted by Speech-Language Pathologist Christine Harkness. No cost to attend. Registration encouraged at 906.225.7760 or at Outreach@LakeSuperiorHospice.org
Peter White Public Library Shiras Room on October 14th from 1:00 – 2:30 pm

Memory Café at the Marquette Regional History Museum

Join us for a Memory Café—welcoming, stigma-free social gatherings for individuals with memory loss and their care partners. This month, enjoy a welcoming space to connect, reminisce, and explore together at the Marquette Regional History Museum with guided tours of immersive exhibits showcasing the Upper Peninsula's past. Registration encouraged 906.225.7760 or by email at Outreach@lakesuperiorhospice.org
-Date/Time: October 22nd, drop in any time between 1:00 & 3:30 pm
-Location: Marquette Regional History Museum
-Admission: \$5 for the caregiver, free for the care receiver
Come connect, share, and enjoy a meaningful afternoon in a supportive setting!

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
305 W. Magnetic St.
Marquette, MI 49855

Phone: 906-225-1119
Fax: 906-225-5025
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 & Jon Banitt

Pianist – Jacob Schmeltzer