

# Messiah

## Evangelical Lutheran Church

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Answering God's call to love

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### Messiah ENewsletter for January 21, 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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### Upcoming Events – January/February

Jan 21 Fellowship Team at 1:00 pm

Jan 21 Council at 6:30 pm

Jan 22 Grief Group at 12:00 pm

Jan 22 Centering Prayer at 1:30 pm

Jan 23 Senior Men's Bible Study at 9:00 am

Jan 25 Reconciling in Christ Sunday

Jan 25 Proposed 2026 Budget Information Meeting between services

Jan 28 Brookridge Worship at 1:30 pm

Jan 29 Bible Study at 10:30 am

Jan 29 Grief Group at 12:00 pm

Jan 29 Centering Prayer at 1:30 pm

Jan 30 Senior Men's Bible Study at 9:00 am

Feb 1 Annual Meeting & Potluck Lunch at 11:30 am

Feb 2 11-Step Centering Prayer at 5:30 pm

Feb 3 Centering Prayer at 11:00 am

Feb 4 Community Meal at 6:00 pm

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## **New Noontime Grief Group – Beginning January 22**

Thursdays at Noon in Room 202, Beginning January 22

Grief is a journey that looks different for each of us—and it's not meant to be walked alone.

Beginning Thursday, January 22, Messiah will offer a Noontime Grief Group for anyone navigating the loss of a loved one, whether recent or long ago.

This weekly gathering will meet Thursdays at 12:00 pm in Room #202. We'll create a gentle, confidential space to share stories, reflect on the complexities of loss, and support one another through conversation, prayer, and quiet presence. There's no pressure to speak—just come as you are, with whatever you're carrying.

Brown bag lunches are welcome, so feel free to bring something to eat as we meet.

You are welcome whether you're part of the Messiah community or not. This group is open to all, including those who may not consider themselves "church people," but who are seeking a place of compassion and understanding.

Grief doesn't follow a schedule—but sometimes, setting aside time in our week can help us begin to heal. If you or someone you know could benefit from a circle of care and companionship, we hope you'll join us.

For more information or to let us know you're coming (though drop-ins are always welcome), please contact Pr. Andrew.

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## **Sunday School**

Sunday School began again on January 11th and ends this year on Sunday, May 17th. We won't have Sunday School on Easter - April 5th. This Winter/ Spring we are planning on a Y Night for kids and parents from 5:00-7:00 on Friday night, January 23<sup>rd</sup>. On February 20th we

will have a movie night in Messiah's atrium. Stay tuned for more info on both events. Our teachers are excited for the coming season and looking forward to being with your children again in the new year!

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## **Bell Choir**

Thank you for all the great comments about the bell choir this month. We appreciate your compliments.

Several people have wondered how to become members, and we would welcome more ringers. Can we use you - yes. We have bells for 4 octaves but usually only have people to use 3 octaves. There are bigger brass bells that have seen very little use. There is also a bell tree that someone can ring with mallets. Though it helps, you do not need to know how to read music because your part can be marked.

January 5th or 12th is an excellent time to join as we are beginning to learn music for Lent & Easter. Rehearsals are from 5:45 to 6:45 pm on Mondays. Please come and see if this choir is a good fit for you.

--- Judy Quirk, *Bell Choir Director*

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## **UP Wild January Event**

Sunday, January 25th at 3:30pm: Wild Church Service

Come for an afternoon of fellowship. Experience a Wild Church Service & socialize with others. Meeting at the Marquette Commons (112 S. 3rd St.). This is an indoor space with a gas fireplace located in the heart of downtown with an outdoor area for our wander & ponder.

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## **2026 Budget Information Meeting – January 25**

Mike Hill, our parish accountant, will be in Magnuson Hall on Sunday, January 25 to answer any questions you may have regarding the proposed 2026 budget. He will be there during the time between our two worship services.

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## **Brookridge Worship - January 28 at 1:30 pm**

Messiah has a worship service on the 4th Wednesday of each month at 1:30 pm. This is a change from our two services per month schedule. We need more pianists to accompany the worship, as some of the regulars are no longer able to do this. Please contact Kathy Godec in the office if you are willing to help.

This new schedule started in December. The next worship service at Brookridge Heights is on Wednesday, January 28 at 1:30 pm. You are invited to join the worship & visit with our members who reside at Brookridge and other residents who attend.

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## **Annual Meeting & Potluck – Sunday, February 1**

Join us for Messiah's Annual Congregational Meeting on Sunday, February 1st, following the 10:30 am worship service. This important gathering is a time to reflect on where we've been, look ahead to where we're going, and celebrate all the ways God is at work in our congregation.

We'll begin with a potluck lunch! The church will provide chicken, and we invite you to bring something to share (based on the first letter of your last name):

- A–K: Side dish or casserole
- L–S: Salad
- T–Z: Dessert

During the meeting, we will: elect and install new Council & Committee members, approve the 2026 budget, receive an update from the Endowment Committee and vote on proposed by-law changes (available on the church website and at the Welcome Table), and celebrate this past year – including the incredible visit from our Tanzanian companions.

The written Annual Report for 2025 will be available in late January. Your presence matters—we hope you'll come hungry for food, fellowship, and vision for the year ahead!

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## **Community Meal – February 4**

Our next community meal will be on Wednesday, February 4th at 6:00 pm in Magnuson Hall. The cooks will be preparing sloppy joes, chips, coleslaw, green beans, and cookies. There will also be a vegan option available. Please join us!

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## **Book Study: When Bad Things Happen to Good People – February 9**

Monday, February 9 at 12:00 pm or 7:00 pm

Why do good people suffer? Where is God when life hurts?

Join us for a one-session book study on Harold Kushner's classic, When Bad Things Happen to Good People. This thoughtful, faith-filled book has guided millions through grief, loss, and life's hardest questions—and it still speaks powerfully today.

We'll meet on Monday, February 9, with two identical sessions offered at 12:00 pm & 7:00 pm. Come to the time that works best for you.

Because this is a classic text, we won't have copies for sale—but we encourage you to check out a copy from the public library (available in print or ebook) or consider purchasing a used copy online. Someone from our Messiah community has purchased five used copies of this book; we have them in the office if you would like one. There is no charge. Whether it's your first time reading it or a return to a trusted favorite, all are welcome.

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## **Hildegarde Johnson Music Scholarships – February**

In February, you can pick up a scholarship form for our Hildegarde Johnson Music Scholarship. Fill it out and return it to the church office by Sunday, February 22nd. Shortly after this deadline the scholarship recipients will be notified of what they have been awarded for the coming year.

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## **Everyone's sweetheart loves JAM!**

Jam makes everyone's Valentine's Day a little sweeter! It's especially delicious between layers of that heart-shaped pound cake you are planning to make for all of your sweethearts (partners, kids, grandkids, friends). The small jars are only \$3—a perfect sample size; and the large jars (\$6) are perfect when you know your favorite flavor! There is a convenient QR code located near the jam section for payment. Or simply use one of the available envelopes to pay. Questions? Contact Rebecca Ulland ([rjulland@yahoo.com](mailto:rjulland@yahoo.com)).

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## **Giving Tuesday Totals**

Our latest Giving Tuesday total is \$44,199.00 given by 101 different individuals. Thank YOU to each and every one of you who so generously donated to this cause, this is remarkable!

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## **Endowment Committee News**

The document governing the Robert Malette Mission Endowment Fund has been reviewed and approved by the church council. This document is available on Messiah's website. In anticipation that the congregation will adopt this revised document, applications for grant funding are also available online and at the church office.

The deadline for submission is extended for this first round to grants to February 15, 2026. If you have questions about the fund or the application, talk to a committee member (Judy Quirk, Ann Johnson, Maddie Dykema, Gail Edgar, Grant Soltwisch) or a pastor.

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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](mailto:pcarsten@alumni.nmu.edu).

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## **Senior Men's Ministry**

Messiah's Senior Men's Ministry will resume on Friday, January 9 at 9:00 am in room #202.

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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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## **Wanted - Nursery Staff**

Messiah is in need of another staff person or two for our nursery. This is a paid position. Any person interested needs to be 18 years of age or older. Please inquire in the office if this is something you might be interested in. Thank you!

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## **A Daily Guide for January 2026**

### **January 1 – Begin Gently**

Start the year not with pressure, but with grace. Say aloud:

*“I am already enough. I am already loved. And I am growing.”*

### **January 2 – Set One True Intention**

Rather than a long list of resolutions, write down one guiding value for this year—something like compassion, joy, justice, or rest.

### **January 3 – Breathe On Purpose**

Take five deep breaths today. No agenda. No goal. Just presence.

Let each breath be a prayer.

### **January 4 – Choose Kindness**

Say something kind to yourself. Then say something kind to someone else.

Let both be acts of resistance and hope.

**January 5 – Step Outside**

Even for five minutes—step into the world. Look around.

Let your body remind you that you're alive, and God is near.

**January 6 – Epiphany: Follow the Light**

Read Matthew 2:1–12. Light a candle and pray:

*“God of light, help me go where love leads—even when it’s a new way.”*

**January 7 – Try Again**

Is there something you've already dropped or delayed this year? Try again today. Start over, kindly.

**January 8 – Do One Brave Thing**

Send the email. Make the call. Say the truth.

It doesn't have to be perfect. Just brave.

**January 9 – Affirm What's Good**

Name three things you like about yourself—your strengths, quirks, or growth. They are not accidents. They are gifts.

**January 10 – Make Room**

Clear out one drawer, bag, shelf, or mental distraction. Let go of what you no longer need.

**January 11 – Start Small**

What's one small practice that would bless your body, your spirit, or your relationships this week? Begin with just that.

**January 12 – Listen Differently**

Talk less today. Listen more—especially to someone younger, older, or different from you.

**January 13 – Share a Meal**

Eat with someone if you can. If not, eat with intention and say:

*“Thank you for this gift. May it nourish more than just me.”*

**January 14 – Forgive a Little**

Release one resentment today—big or small. Whisper: *“This doesn't need to rule me anymore.”*

**January 15 – Ask for What You Need**

Whether it's help, rest, clarity, or encouragement—ask. It's okay to need things.

**January 16 – Stretch**

Move your body gently and thank it for all it's carried. Stewardship includes our bones and muscles too.

**January 17 – Speak Up**

If something's bothering you—or if something's beautiful—say it. Don't silence your voice.

**January 18 – Pray with Action**

Do something concrete today in response to a concern: donate, volunteer, advocate, or reach out.

## **January 19 – Martin Luther King Jr. Day**

Read or listen to one of Dr. King's speeches or sermons. Reflect: *Where am I being called to join the work of justice today?*

Pray: "God of justice and mercy, let my courage rise. Let my love take shape."

## **January 20 – Celebrate Progress**

Look back at something you've grown in over the past year.

It doesn't have to be big. Growth is slow and sacred.

## **January 21 – Try Silence**

Set a timer for 5–10 minutes. Sit in silence. Let God speak without words.

## **January 22 – Care for the Earth**

Do one thing today to reduce waste or show kindness to creation. Even small acts help.

## **January 23 – Say Thank You**

Write or speak a specific thank-you to someone who has made your life better—this month or years ago.

## **January 24 – Prepare to Celebrate**

Reflect: *What does it mean for the church to be a place of radical welcome?*

What stories of inclusion shaped your faith?

## **January 25 – Reconciling in Christ Sunday**

Celebrate God's full welcome of all people—of every orientation, gender, race, and background.

Say aloud: "There is room for all of us. Thanks be to God."

Reach out to someone who might need that reminder today.

## **January 26 – Rest on Purpose**

Schedule rest into your week. You are more than your tasks. You are loved—even in stillness.

## **January 27 – Let Joy Be Enough**

Do something just because it brings you joy. Not to earn it. Not to share it. Just because.

## **January 28 – Reflect with Honesty**

What's been hard this month? What's brought you hope? Name both without judgment.

## **January 29 – Write a Blessing**

Write a short blessing for yourself or someone else: "May you be held. May you grow. May you know you are not alone."

## **January 30 – Share the Light**

Do one generous thing today: a donation, a compliment, a favor, or simply being present with someone.

## **January 31 – Close with Gratitude**

Light a candle and say: "Thank you, God, for every step this month—strong or shaky. Let me walk forward 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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## What I Know & Centering Prayer

Consciousness can be defined as our ability to know, the experience of knowing. The subject knowing the object. When we look at objects and name them, we think we know them. We think we know this person or that person because we have a name or a memory of them. We think we know all kinds of things because we remember them. Our ability to know is of the conditioned sort—knowing about, rather than knowing directly.

Buddhist practice is to abide in pure mindfulness in which there is what we call insight knowing, or direct knowledge. It is a knowledge that isn't based on perception, an idea, a position, or a doctrine, and this knowledge can only be possible through mindfulness. What we mean by mindfulness is the ability to not attach to any object, either in the material realm or the mental realm. When there is no attachment, the mind is in its pure state of awareness, intelligence, and clarity. That is mindfulness. The mind is pure and receptive, sensitive to the existing conditions. It is no longer a conditioned mind that just reacts to pleasure and pain, praise and blame, happiness and suffering. That which observes and investigates is what we call a reflective mind. The human mind is a reflective mind.

We ask questions: Who am I? Why was I born? What is life all about? What happens when I die? Is there meaning or purpose to life? But because we tend to think that other people know and we don't, we often seek the answers from others, rather than opening the mind and watching through patient alertness for truth to be revealed. Through mindfulness and awareness, revelation is possible. This revelation of truth or ultimate reality, is what the religious experience really amounts to. When we bind ourselves to the divine, and engage our whole being in that bond, we allow this revelation of truth, which we call insight—profound and true insight—into the nature of things. Revelation is ineffable as well. Words are not quite capable of expressing it. That is why revelations can be very different. How they are stated, how they are produced through speech, can be infinitely variable.

So a Buddhist's revelations sound very Buddhist and a Christian's revelations sound very Christian. There's nothing wrong with that. But we need to recognize the limitation of the

convention of language. We need to understand that language is not ultimately true or ultimately real; it is the attempt to communicate this ineffable reality to others.

Today we have an opportunity to work toward a common truth among all religions; we can all begin to help each other. It's no longer a time when converting people or trying to compete with each other seems to be of any use or value. Rather than attempt to convert others, religion presents the opportunity to awaken to our true nature, to true freedom to love and compassion. It's a way of living in full sensitivity, with full receptivity, so we can take delight in and open ourselves to the mystery and wonder of the universe for the rest of our lives. - - -

*The Mind and the Way* by Ajahn Sumedho

Centering Prayer is the God-oriented way of meditation/mindfulness. We meet on Tuesdays from 11:00 am-12:00 pm. We meditate for 20 minutes together & then read and share from spiritual literature. Other opportunities to practice meditation together are here at Messiah with Laura Petrie, or online at [www.meditationchapel.org](http://www.meditationchapel.org) via zoom, or with <https://www.minnesotaccontemplativeoutreach.org/> via zoom or at Peter White Public Library with MeditateMarquette on Tuesday evenings from 6:00 pm-7:00 pm in the Heritage room.

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### **OWLs (Older, Wiser Lutherans)**

The OWLs meet on Monday morning at 10:00 am 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.

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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:

**\*January – Dental Floss, Toothpaste, Toothbrushes (adult & child size)**

**\*February – Laundry Soap, Dish Soap, Bar Soap**

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### **Devotions Link**

<https://nglsynod.org/prayfaithfully/> 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**

Jan 21	No birthdays
Jan 22	Amy Froiland, Minna Salmela
Jan 23	No birthdays
Jan 24	No birthdays
Jan 25	No birthdays
Jan 26	Rose Collins, Rich Matthews
Jan 27	Terri Bocklund, Amie Evans
Jan 28	Nine Nelson, Scott Vanlerberghe
Jan 29	No birthdays
Jan 30	Janice Bolster, Ruth Hill, Lesley Williams
Jan 31	Jeanne Sekely
Feb 1	Kathy Grisham, Steve Mattson
Feb 2	Bill Angeloff
Feb 3	Betty Brunton, Laurel Kniskern
Feb 4	No birthdays

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## **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.

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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**

*Please remember the following people in your prayers at this time:* Karen Sundeen; Jan Vickstrom and family upon the passing of her husband, Ken; Linda Ruohoniemi; Charlie Blake; Rick; Jan Brown; Sam Elder; Doug Morton; Jackie Greising; Art Ortlieb; Darlene Dreisbach; Ruth Koehler; Sherrie Wagner; Betsy; Carrie Oslund; John Collins; Myra; Katie; John Kiltinen;

Mary Ruman; Jeremy; Sally Olson; Carol Bell; Dorothy; 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

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### **Pastor on Call:**

Pastor Andrew is on call January 21-28

Pastor Molly is on vacation January 21-25

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### **Worship Volunteers**

#### **Saturday, January 24 – 5:00 pm in atrium**

Assisting Minister: Chris Kotila

Communion Assistant: Kathy Godec

Provide Refreshments: Need a volunteer.

#### **Sunday, January 25 -- 8:30 am in sanctuary, on 101.9 FM, Vimeo/Facebook**

Assisting Minister: Mary Lou Blomquist

Reader: Brenda Blett

Ushers: Cathy Seblonka, Sten Taube

Communion Assistants: Mike Coyne, Judy Quirk, Dave Blomquist, Marina Sinkarenko

Greeters: Al and Gail Edgar

Nursery Maddie Dykema

Provide Refreshments: Grant Soltwisch and Susy Swanson

#### **Sunday, January 25 –10:30 am in sanctuary, on Vimeo/Facebook**

Assisting Minister: Nancy Raisanen

Reader: Mark Paulsen

Ushers: Sally Davis, need one more volunteer.

Communion Assistants: Gayle Van Osdol, Gayle Mack, need 2 more volunteers.

Greeters: Gayle Van Osdol, need 1 greeter.

Projection Technician: Kathy Godec

Nursery Maddie Dykema

Flower Delivery: Need a volunteer.

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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, 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 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 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](mailto:office@messiahlutheranmqt.org). The cost of the Radio Broadcast or Livestream sponsorship is \$110.00 each.

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## **Announcements and Classified Ads**

### **Creative Aging Lunch and Learn – January 21**

Join Dawn Lundin, registered dietitian for a presentation on Nutrition: What to Eat as We Age for Optimum Health. The presentation will be from 12:00 – 1:00 pm at St. Paul's Episcopal Church (201 E Ridge St in Marquette).

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### **Dinner with the Doctor – January 25**

On Sunday, January 25 at 2:00 pm at the Marquette Seventh Day Adventist Church (270 E US 41, Negaunee), Dr. Michael and Melanie Quion will present an informative session on naturally strengthening your immune system. The event will feature hands-on demonstrations, including how to prepare charcoal and onion poultices. Additional topics will cover hydrotherapy and massage techniques. Following the program, guests are welcome to enjoy a free vegetarian dinner at 5:00 pm and enter for a chance to win a prize. Please RSVP at 906 475-4488 or [mqtsdachurch@gmail.com](mailto:mqtsdachurch@gmail.com).

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### **Dance for the Dogs Fundraiser – February 15**

Cast off your snow boots, pull on your rag socks and boogie the winter blues away! This community dance is a fundraiser for Leader Dogs for the Blind. Live music courtesy of the

Marquette Arts, Music and Wellness Lions Club. Bucket raffle sponsored by the Marquette Lions Club. Tickets at the door: \$5 individual, \$10 per family. 100% of ticket and raffle sales will be donated to Leader Dogs for the Blind. The dance will be held at the Elks Lodge in downtown Marquette (127 N Front St) from 1:00 pm to 4:00 pm

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## **Help Needed**

Louise Anderson needs occasional help with heavy lifting, climbing, and odd jobs; probably not more than  $\frac{1}{2}$  hour at a time. She will pay. If you are interested in helping, you can get Louise's contact information from the church office.

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## **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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## **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.

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**

Drop-in Grief Support: Marquette – January 28 at 4:00 pm Grief doesn't follow a schedule - and neither do we. Our drop-in grief support group offers a safe, welcoming space for anyone navigating the loss of a loved one. Join us to share, listen, or simply be among others who understand. No registration required. Come as you are when you need it most. Takes place on the 4th Wednesday of every month. No registration or affiliation to our hospice is required. 914 W. Baraga Ave. Marquette.

Caregiver Support Groups Marquette – January 14 from 2:00 – 3:00 pm 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. Lake Superior Life Care & Hospice Office, 914 W. Baraga Ave.

Telephone Based Caregiver Support Group: January 21 from 2:00 – 3:00 pm 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 our new phone-based support group. For family, friends, and other caregivers who are caring for a person with a chronic illness or disability. This group is a great opportunity for caregivers who are unable to leave the person they are caring for. Please call Jamie Barbiere at 906.225.7760.

#### Find Your Balance — and Keep It!

#### Informational Presentation: “A Matter of Balance”

Worried about falls or avoiding activities because of balance concerns? A Matter of Balance is an award-winning program that helps older adults reduce fall risk and stay active through practical strategies and gentle exercises.

Registration is open and required for this program.

Class runs from January 8 - February 26 at Lake Superior Life Care & Hospice, 914 W. Baraga, Marquette from 1:00 - 3:00 pm each week on Thursdays.

Who should attend:

- Anyone concerned about falls and are 60+
- Those wanting to improve balance, flexibility, and strength
- Individuals who have fallen or limited activities due to fear of falling

Take control and keep moving safely!

Call Jamie at 906.225.7760 or email at [Outreach@Lakesuperiorhospice.org](mailto:Outreach@Lakesuperiorhospice.org)

Mindful Aging - Aging U.P. Learning Series. Shifting attitudes and perspectives as they relate to getting older. Have you ever walked into a room and forgotten why you are there? You're not alone! Join us for a 4-part Virtual Zoom workshop series that explores the everyday "Senior moments" we all experience. We'll guide you through understanding how our brains work, what sets us up for forgetfulness, and — most importantly — practical strategies to strengthen memory and cognitive connections. Walk away with tips you won't forget and plan to turn those senior moments into senior momentum! Registration is open but limited.

This class will meet on Wednesdays, January 14th - February 4th, 10:30–11:30 am virtually over Zoom. The cost is FREE & open to the community.

Note: Participants must have a device with internet connection & an email address to attend.

Register now by calling Jamie Barbiere at 906.225.7760 or

[Outreach@LakeSuperiorHospice.org](mailto:Outreach@LakeSuperiorHospice.org).

#### Grief Support Series

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 to learn and share about the tender moments of grief.

This is a 4-part series every other Thursday starting January 8th – February 19th. They meet at Lake Superior Life Care & Hospice, 914 W. Baraga, Marquette from 10:30 – 11:30 am. This is open to the public – No affiliation to our hospice is required, but registration is required. Please call our office to let us know if you will be attending. 906.225.7760 or email at: [Grief@LakeSuperiorhospice.org](mailto:Grief@LakeSuperiorhospice.org)

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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