

# Messiah

Evangelical Lutheran Church

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Answering God's call to love

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## Messiah ENewsletter for February 4, 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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### Community Meal Tonight!

Our February community meal is tonight (Wednesday, February 4<sup>th</sup>) 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 for a warm meal tonight! We are looking forward to it!

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## **Help Needed – Community Meal**

We need 2 more volunteers to help with cleanup tonight following the community meal. If you can help, please do & we thank you for your help!

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## **Upcoming Events – February**

Feb 4	Community Meal at 6:00 pm
Feb 5	Bible Study at 10:30 am
Feb 5	Building & Grounds at 5:00 pm
Feb 6	Senior Men's Bible Study at 9:00 am
Feb 8	Annual Meeting following 10:30 am worship
Feb 9	Book Study at 12:00 pm and 7:00 pm
Feb 9	11-Step Centering Prayer at 5:30 pm
Feb 10	Centering Prayer at 11:00 am
Feb 10	Ruth Circle at Brookridge at 1:00 pm
Feb 11	Council at 6:30 pm
Feb 12	Bible Study at 10:30 am
Feb 13	Senior Men's Bible Study at 9:00 am
Feb 15	Last day to submit application for a 2026 Endowment Grant
Feb 15	Potluck Luncheon for Pastor Molly following 10:30 am worship
Feb 16	11-Step Centering Prayer at 5:30 pm
Feb 17	Rachel Circle at 9:00 am
Feb 17	Centering Prayer at 11:00 am
Feb 17	Community Assistance Meeting at 3:00 pm
Feb 18	Ash Wednesday worship at 12:00 pm and 7:00 pm

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## **Going Away GIFT for Pr. Molly**

If you would like to contribute to a going away gift for Pr. Molly, please bring your monetary donation to the church office. The church is getting her a gift card from Menards. Molly & Ethan have bought a home in Illinois; they have some painting they would like to do and possibly a make-over to some flooring. There are always things to update in a home! This will help them to get a good start to the homeowner "to-do" list. If you are giving by a personal check, please make it payable to Messiah and in the note/memo area write Pr. Molly gift. If you would prefer to give her a gift on your own, that is fine too.

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## **Annual Meeting – Sunday, February 8**

Join us for Messiah's Annual Congregational Meeting on Sunday, February 8th, 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 will meet in the sanctuary after the 10:30 am worship and there will be refreshments in the atrium to pick up before the meeting starts.

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.

Copies of the written Annual Report for 2025 are available in the narthex. Your presence matters—we hope you'll come hungry for refreshments, fellowship, and vision for the year ahead!

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## **World Hunger Meeting – February 9**

Mary Lou Blomquist is looking for someone with a passion for World Hunger to join her next Monday, February 9 at 11:00 am at the synod office to plan for our synod assembly World Hunger drive this year. Please let Mary Lou know if you are able to help. Her email is [dmlb1530@gmail.com](mailto:dmlb1530@gmail.com)

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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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## **Potluck Luncheon for Pr. Molly – February 15**

On Sunday, February 15, we'll gather to celebrate Pastor Molly and her family and give thanks for her 6 ½ years of ministry among us at Messiah. Pastor Molly has accepted a new call in Illinois, and while we will miss her deeply, we are grateful for the many ways she has shaped our life together with care, faith, and steady presence.

We'll celebrate with a potluck following the 10:30 am worship service (around 11:45 am). Please bring a dish to pass. The church will provide chicken and cake. Come help us send Pastor Molly and her family with love, gratitude, and full hearts.

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## **Join us for Ash Wednesday Worship – February 18**

Wednesday, February 18, 12:00 pm & 7:00 pm in the sanctuary

Come as you are. Bring your questions, your burdens, your hopes. Bring your whole self. There is a seat for you here. This Lent, let's listen for the good news together.

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## **Sunday School Movie Night – February 20**

On Friday, February 20<sup>th</sup> there will be a Movie & Pizza night at Messiah. Sunday School students are invited to come at 5:00 pm in their Jammies with their stuffies and blankets to watch a movie, eat pizza and enjoy some time with their peers and teachers. For those who plan to attend, there is a sign-up sheet on the welcome table.

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## **Confirmation Update: Gathering on February 21**

Our next Confirmation gathering will be held on Saturday, February 21, from 9:00 am - 12:00 pm at Bethel Lutheran Church in Ishpeming. We're looking forward to a great morning together!

Thanks for staying engaged and growing in faith. See you in worship—and in Ishpeming on the 21st!

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## **Brookridge Worship - February 25**

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.

Our next worship service at Brookridge Heights is on Wednesday, February 25 at 1:30 pm. Please join us for this worship service if you are able.

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### **Hildegarde Johnson Music Scholarship - 2026**

Applications will be accepted in February for anyone with interest in applying for the 2026 Hildegarde Johnson Music Scholarship. The applications are available on the welcome table near the office. Please turn in completed applications to the church office by Sunday, February 22, 2026.

Hildegarde Johnson was a member of Messiah and was passionate about music. Members of the Hildegard Johnson Music Scholarship Team will evaluate the applications and inform recipients in March. Funds from this scholarship can be used for private music lessons, music camp, purchase of an instrument or music supplies, music books, or sheet music. Scholarship funds will be awarded to actively participating Messiah members who are in elementary, middle, or high school. If you have any questions, please feel free to contact the office.

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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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### **Dream Big: Apply for a 2026 Endowment Grant**

Application window: January 1 – February 15, 2026

Have a bold idea to grow Messiah's mission? The Robert Malette Mission Endowment is launching its first-ever grant cycle—supporting creative, impactful projects in our congregation, community, synod, and the wider ELCA.

Grants of up to \$10,000 are available, depending on project scope and category.

Applications open January 1 and are due in hard copy to the church office by February 15. Materials will be available on [messiahlutheranmqt.org](http://messiahlutheranmqt.org) and at the Welcome Table. This is an exciting moment in Messiah's life. Through this endowment—and through your ideas, hopes, and proposals—we can extend our ministry in bold and meaningful ways. Questions? Reach out to the church office or any member of the Endowment Committee (Judy Quirk, Ann Johnson, Maddie Dykema, Gail Edgar, Grant Soltwisch).

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## **UP Wild February Events**

Friday, February 5th from 6:00 - 8:00 pm: Crafting in Community - Making Valentines for Room at the Inn. Bring a project, share a project, DIY makers space. Candles, twinkle lights & mellow music for a calming atmosphere. St Paul's Church at 201 E. Ridge. St. in Marquette.

Thursday, February 19th from 12:00 - 1:00 pm: Coffee in Community - Join us at Provisions Cafe, 401 S. Lakeshore Blvd in Marquette for a cup of coffee and some conversation.

Sunday, February 3:30pm: Wild Church Service -Join us for this service at Marquette Commons, 112 S 3rd St. in Marquette.

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## **Baby Care Kit Collection**

Messiah's Rachel Circle will be collecting items in February for the Baby Care Kits that we assemble for Lutheran World Relief. The kits contain the following items in 12-24 month sizes:

- \* PJs - long or short sleeves, without feet
- \* Hoodies, jacket or sweatshirt with hood or include a baby cap
- \* Pairs of socks

*The above items are those most needed; we are also accepting:*

- \* Lightweight cotton t-shirts (no onesies)
- \* Hand towels, dark colors
- \* Ivory soap, bath size (8-9 oz), in original wrapping
- \* Receiving blankets (could be crocheted or knitted with lightweight yarn (up to 52" square)
- \* Diaper pins or large safety pins

Monetary donations are welcomed as well & may be dropped off or mailed to the church office. Rachel Circle would like to thank you in advance for your help and your contributions. The collection bin is in the narthex.

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## **You Are Invited: Ash Wednesday & the Journey Through Lent**

This Lent at Messiah, we begin with a simple yet profound truth: all are invited.

In a world that often draws lines and builds walls, the gospel does the opposite. It pulls up another chair, opens the door wider, and reminds us—again and again—that there is a place for every one of us at God's table.

On Ash Wednesday, we'll gather to mark the beginning of this holy season. With ashes on our foreheads and grace in our hearts, we'll remember who we are and whose we are: beloved, dust-born, and held by God. This is not a journey of shame or scarcity, but of invitation—into deeper connection, community, and love.

This year's theme, "Tell Me Something Good," (from A Sanctified Art) invites us to ground ourselves in the good news of the gospel. And the good news is this: no matter who you are, no matter where you've been, you are loved. You are welcomed. You are enough.

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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 is meeting every Friday at 9:00 am in room #202. We meet for about an hour. Please join us on Fridays!

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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 February 2026**

**February 1 – Begin with Truth**

February invites honesty. Ask yourself: What is true about my life right now?

Offer that truth to God without editing or fixing.

Pray: *God of truth, help me be honest with myself and with you. Hold what is real in me with mercy. Amen.*

**February 2 – Ground Yourself**

Place your feet flat on the floor. Notice your breath.

Say: *“I am here. God is with me.”*

**February 3 – Learn a Story**

Read or listen to the story of a Black leader, artist, or elder.

Give thanks for their courage and the legacy they leave.

**February 4 – Remember the Unnamed**

Say a prayer for those whose contributions were never recorded, whose labor was taken, whose stories were silenced. Justice begins with remembering.

**February 5 – Act with Intention**

Support Black-owned work today—buy a book, share art, donate, amplify a voice.

Small acts build shared good.

**February 6 – Rest Is Sacred**

Honor the wisdom of rest, especially in a culture that glorifies exhaustion.

Take rest seriously today.

**February 7 – Speak Life**

Offer words that affirm dignity—to yourself or to someone else.

Let your language carry care.

**February 8 – Watch for Courage**

Notice acts of quiet courage around you. Name them.

Courage often looks ordinary.

**February 9 – Listen Before Responding**

In conversation today, practice listening without planning your reply.

Let understanding come first.

**February 10 – Body Awareness**

Notice how your body feels today—tired, strong, tense, calm.

Give thanks for how it carries you.

**February 11 – Hope in Community**

Reflect on a time you were supported by others. Hope grows when it's shared.

Pray: *God of connection, remind me that I am not meant to do this alone.*

*Help me receive help as freely as I offer it. Amen.*



**February 12** – Name What Needs Healing

Write down one thing—in yourself or the world—that needs healing.

Hold it in prayer, not urgency.

**February 13** – Love with Action

Do one thing today that puts love into motion: show up, speak out, give, or serve.

**February 14** – Love Beyond Romance

Today, widen the meaning of love.

Honor friendship, solidarity, care, and commitment to the common good.

**February 15** – Prepare Your Heart

Lent is near. Ask: *What am I carrying that feels heavy?*

You don't have to drop it yet—just notice it.

**February 16** – Remember the Long Arc

Reflect on this truth: justice and transformation take time.

Ask God for patience and perseverance.

**February 17** – The Day Before

On the eve of Ash Wednesday, slow down.

Pray: *God, help me enter this season with honesty and courage.*

**February 18** – Ash Wednesday

Hear the words: *"You are dust, and to dust you shall return."*

This is not shame—it's truth and tenderness.

Let the ashes remind you: you are fragile, finite, and deeply loved.

Pray: *God of dust and breath, I remember that I am fragile and finite. Hold me in my limits and meet me with grace. Amen.*

**February 19** – Sit with the Ashes

Resist the urge to rush past yesterday.

What did the ashes awaken in you—grief, clarity, resolve, relief?

**February 20** – Choose One Practice

Lent isn't about doing everything.

Choose one simple practice—letting go, showing up, telling the truth.

**February 21** – Make Space

Clear physical or emotional space today.

Say: *"I am making room for what matters."*

**February 22** – First Sunday of Lent

Lent begins not with answers, but with trust.

Reflect: *What does it mean to walk with God through uncertainty?*

Pray: *God of the wilderness, walk with me when the path is unclear. Give me courage to keep going, one step at a time. Amen.*

**February 23** – Stay with the Question

Don't resolve everything today.

Let one meaningful question accompany you through the week.

#### **February 24 – Honest Prayer**

Pray without polish.

God can hold your frustration, doubt, and hope all at once.

#### **February 25 – Attend to Justice**

Lent is personal and communal.

Notice one place where your life connects to others' suffering—and pray for wisdom to respond.

#### **February 26 – Gentle Discipline**

Choose one small act of faithfulness today.

Consistency matters more than intensity.

#### **February 27 – Carry One Another**

Check in on someone who might be struggling.

Say: *"You don't have to carry this alone."*

#### **February 28 – End with Hope**

Look back over the month. Despite the weight, where did you glimpse hope?

Thank God for that light—and trust it will grow.

Pray: *God of hope, thank you for every small sign of light this month. Help me trust that you are still at work, even now. Amen.*

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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**

"When we no longer know what to do,

We have come to our real work

And when we no longer know which way to go,

We have begun our real journey." - - - By Wendell Berry

Wendell Berry is one of my go-to inspirational writers, along with Maya Angelou, Thich Nhat Hanh, Thomas Merton, Mary Oliver, Joan Chittister and Thomas Keating. These wonderful authors take me where I want to go before I begin to sit in silence.

2026 came in cold and hard. We had a terribly terrific winter storm where neighbors were without power, some for days. The waves ran high over the black rocks while, inland from the lake, many trees came down from the force of the wind, ice and snow. We were in the dark, quiet and alone for a period of time. And maybe that was a good thing, because we had just found out that the United States went into the capital of Venezuela to capture the President and his wife. It was a lot to take in.

This is when I am grateful for Centering Prayer that teaches me to sit, breathe, and let everything go, just for now. Give it space. The practice is not easy for me, especially when I sit by myself. Sometimes I only last 5 minutes. Yet, those 5 minutes help me to breathe through the day. To be present without fear or anxiety. Tomorrow I will sit again. Most days I sit for 20 minutes with a morning zoom group. On Mondays, I sit at Messiah in room 202 at 5:30 pm. I would love for you to join me.

- - - Laura Petrie

Nancy Hamlin leads Centering Prayer on Tuesdays @ 11:00 am

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

Every Monday at 10:00 am The OWLs walk at the Dome. After their walk, they go to Provisions for coffee. They walk at different rates and all are welcome. 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:

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

**\*March** – *Shampoo (male/female), Feminine pads & tampons*

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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. **The devotions for February 23 - March 1 were written by Dave and Mary Lou Blomquist.**

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### **Messiah Birthdays**

Feb 4	No birthdays
Feb 5	No birthdays
Feb 6	No birthdays
Feb 7	No birthdays
Feb 8	No birthdays
Feb 9	Everett Davis, Marion DeLarye, Sarah Stevens
Feb 10	Jocelyn Basse, Julia Crimmins, Aegis MacIvor-Andersen
Feb 11	Ken Bullock
Feb 12	No birthdays
Feb 13	John Sarkela
Feb 14	No birthdays
Feb 15	Annabel Sander
Feb 16	Mary Beth Carstens, Jackie Gilbert
Feb 17	Diana Magnuson, Andrew Plocher
Feb 18	Betsy Cooper

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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:* Darlene Dreisbach; Karen Sundeen; Linda Ruohoniemi; Charlie Blake; Rick; Jan Brown; Sam Elder; Doug Morton; Jackie Greising; Art Ortlieb; 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 February 4-11

Pastor Molly is on vacation February 4-9

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## **Worship Volunteers**

### **Saturday, February 7 – 5:00 pm in atrium**

Assisting Minister: Chris Kotila

Communion Assistant: Barb Salmela

Provide Refreshments: Betsy and Paul

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

Assisting Minister: Chris Harkness

Reader: Fred Maynard

Ushers: Cathy Seblonka, Anne Rydholm

Communion Assistants: Judy Quirk, Marina Shinkarenko, Dave Blomquist,

Greeters: Marina Shinkarenko, Chris Harkness

Nursery: Maddie Dykema

Provide Refreshments: **Need a volunteer.**

### **Sunday, February 8 –10:30 am in sanctuary, on Vimeo/Facebook**

Assisting Minister: Molly Luty

Reader: Jeanne Groos

Ushers: Fred and Jeanne Groos

Communion Assistants: Gayle Van Osdol, Gayle Mack, Marina Shinkarenko, Emma Ziegler  
Greeters: William Kaurala, Ellen Symons  
Projection Technician: Kathy Godec

Nursery Maddie Dykema  
Flower Delivery: Shari Brugman

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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**

#### **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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#### **Diabetes Undone Event – February 20 and 21**

Dr. Wes Youngberg, a clinical nutritionist and lifestyle medicine specialist, will present “Diabetes Undone” at the Marquette Seventh-day Adventist Church, located at 270 E US 41, Negaunee. The event is scheduled for Friday, February 20<sup>th</sup> at 7:00 pm and Saturday,

February 21<sup>st</sup> at 3:00 pm. Light refreshments will be available on Saturday. To RSVP, please call 906 475-4488 or contact [mqtsdachurch@gmail.com](mailto:mqtsdachurch@gmail.com). Seating is limited.

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## **Help Needed**

Louise Anderson needs occasional help with heavy lifting, climbing, and odd jobs; probably not more than ½ 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 – *February 25 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.

Caregiver Support Groups Marquette – *February 11 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: *February 18 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 Barbieri at 906.225.7760.

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 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@messiahlutheranmgt.org](mailto:kathy@messiahlutheranmgt.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@messiahlutheranmgt.org](mailto:office@messiahlutheranmgt.org)  
Website: <https://www.messiahlutheranmgt.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 and Jon Banitt

Pianists – Jacob Schmeltzer and Daniel Cipriano