

Messiah

Evangelical Lutheran Church

Answering God's call to love

Messiah ENewsletter for March 18, 2026

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 – March/April

- Mar 18 Sunday School Meeting at 4:30 pm
- Mar 18 Lenten Worship: Holden Evening Prayer at 6:30 pm
- Mar 18 Council at 7:00 pm
- Mar 19 Bible Study at 10:30 am

Mar 20 Senior Men's Bible Study at 9:00 am
Mar 20 Gender Fair at NMU at 10:00 am
Mar 23 11-Step Centering Prayer at 5:30 pm
Mar 24 Centering Prayer at 11:00 am
Mar 24 Christian Nationalism Meeting at 7:00 pm
Mar 25 Brookridge Worship at 1:30 pm
Mar 26 Bible Study at 10:30 am
Mar 26 Global Mission at 6:00 pm
Mar 27 Senior Men's Bible Study at 9:00 am
Mar 28 First Communion Class at 10:00 am
Mar 30 11-Step Centering Prayer at 5:30 pm
Mar 31 Centering Prayer at 11:00 am
Apr 1 Community Meal at 6:00 pm

Messiah's 2026 Directory

Please stop in the office to check our 'draft' directory for 2026. Check all of your household information and make any necessary changes. If you review your household information and everything is the same, please write OK by your name. This directory is for members as well as visitors. We will have this draft out for edits through March 29 (a week's extension because of the blizzard).

Lent Evening Worship: Simple, Beautiful Prayer in Community – March 18

Lent invites us to slow down, to breathe a little deeper, and to turn our hearts again toward God's steady love. We'll gather on Wednesday, March 18 at 6:30 pm for Holden Evening Prayer, a beautiful and simple setting of evening prayer that creates space for reflection, song, and quiet hope.

Many in our congregation hold this beloved service close to heart. Its lyrical setting, memorable melodies, and spacious liturgy gently draw us into reflection. Holden's beauty lies in its simplicity—it allows the Word, the music, and the community's voice to carry us into a deeper awareness of God's presence among us.

Come as you are. Come weary or hopeful, questioning or confident. Come to sing, to listen, to pray, and to be reminded that even in the wilderness season of Lent, God's light continues to shine. We hope you'll join us for this meaningful Lenten gathering—and consider inviting a friend. There is room at the table, and there is room in prayer, for all.

Confirmation Update: Gathering - March 21

Our next Confirmation gathering will be held on Saturday, March 21, from 9:00 am to 12:00 pm at Messiah. We're looking forward to a great morning together!

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

Christian Nationalism Meeting – March 24

You are invited to an informative meeting of people who may be interested in learning about the Christian Nationalism movement and its implications for our country. The meeting will be held on March 24 at 7:00 pm at Messiah Lutheran Church. The theme of the meeting will be “Living the Gospel in the Age of Christian Nationalism.” A group of Messiah members attended former pastor, Dave Van Kley’s Synod Lay School classes on the topic and would like to share what was learned. All are welcome. No need to be a member of Messiah to attend.

Maundy Thursday Radio Sponsorship

We will have a radio broadcast for our Maundy Thursday worship service on April 2nd. We are hoping to get someone to sponsor this broadcast for our radio listeners. Would that be you? Can you help? Thank you for considering.

Potluck Luncheon for Pr. Andrew – April 12

On Sunday, April 12, we'll gather to celebrate Pastor Andrew & his family and give thanks for his 7 years of ministry among us at Messiah. Pastor Andrew is leaving and while we will miss him, we are grateful for the many ways he 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 celebrate Pastor Andrew.

Bible Study – Thursdays at 10:30 am

DID YOU KNOW there's a book in the Bible which never mentions God? It is, however, the inspiration for an annual feast which includes fruit-filled cookies. Come join us on Thursday morning at 10:30 and read the book of Esther!

Thank You for Financial Assistance

“Thank you for being so kind to me today when I was seeking help for my hot water heater. I was dreading the event but after raising 5 children, I’ve learned that I have to do many unpleasant things in order to keep a home for them. You were a joy to talk to and you made the job very tolerable. Thank you again.” From Sue.

Bell Choir - Members Needed

The bell choir needs some additional players. The Easter season is approaching and the bell choir has a need for players. Join us for rehearsal on Monday evenings from 5:45-6:45 pm. When we play we gather Sunday morning at 7:30 am so the senior choir can rehearse at their usual time. We usually play at both Sunday services.

God Gives the Growth (1Corinthians 3:6-7)

The theme for our Synod Assembly this year is “God Gives the Growth”. This will also be the theme for Messiah’s ELCA World Hunger appeal this year as God uses us to **GROW** our commitment to feeding the hungry.

We traditionally begin our World Hunger focus during Lent. This year we are challenged to get 100 people to each pledge \$40.00 to kick off the appeal. This represents \$1.00 a day for each of the 40 days of Lent.

Cards are on the table to the right of the office to pledge support to this effort. Write your name on one and the amount of your pledge and put it in the basket on the table. Let’s watch our fund **GROW** between now & the month of May when we deliver our gift to the Synod Assembly.

Lenten Series: Tell Me Something Good

This Lent, we are journeying together with the devotional Tell Me Something Good by A Sanctified Art. Rooted in the good news of Jesus’ life and ministry, this series invites us to ground ourselves in what is true, beautiful, and life-giving—even in a world that can feel heavy.

Each week explores themes at the heart of our faith: radical welcome, love of neighbor, justice, mercy, nonviolence, and resurrection hope. Through art, poetry, scripture, and reflection, the devotional reminds us that the good news is still alive in the world—growing like

mustard seeds, overflowing like water turned to wine, and expanding like a table with more than enough room.

We invite you not only to read the devotional, but to share the journey. This Lent, consider signing up to gather in a small group (around four people) or one-on-one to discuss the weekly reflections, share stories, and build deeper community. Sometimes the good news becomes even clearer when we hear it in one another's voices.

You can add your name to the sign-up sheet on the welcome table. Whether you've been part of Messiah for years or are just finding your way here, there is space for you at the table—and in this conversation.

Let's look for the good together.

UP Wild March Events

[Thursday, March 19 12:00 -1:00 pm: Coffee in Community](#)

We will see how meeting around the gas stoves in Caribou Coffee goes for our monthly coffee time. Econo Foods, 1401 Odovero Dr.

[Sunday, March 29 3:30pm: Wild Church Pine Sunday Service](#)

Outdoor Bonfire area TBA. Check website www.upwild.org

Keep the Leprechauns Happy—Give Them JAM!

Generally speaking, we love leprechauns because they leave us gold at the end of the rainbow. But they can actually be pretty mischievous! Keep the leprechauns happy & buy them JAM! The small jars are only \$3—a perfect sample size for the littler leprechauns. And the large jars (\$6) are perfect for the taller leprechauns! 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).

The Way of the Dream, God's Forgotten Language

A Lenten Opportunity - A series of three workshops on the role of dreams in Scripture and the appropriation of listening to one's own dreams as part of personal spiritual practice.

Led by Jon Magnuson, Barb Ojibway, Will Sharp, and Ken Kelley. Saturdays, February 28, March 21 and March 29 from 11:00 am - 2:00 pm at St. Paul's Episcopal's Morgan Chapel, 201 E Ridge St. Participants are invited to consider making a donation of \$25 per workshop to

cover meal and resource materials. To Register call: 906-228-5494 or email:
jonwmagnuson@gmail.com

Sponsored by The Cedar Tree Institute in partnership with the NGLS Lutheran Synod of the ELCA and the Episcopal Diocese of Northern Michigan

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.

Personal Care Kits

In March and April donations will be collected for personal care kits. These kits are sent by Lutheran World Relief where needed around the world. Donations can be brought to the church and will be assembled by Ruth Circle.

Items needed for each kit include:

- 1 bath size towel, dark color preferred
- 1 toothbrush, adult size in original packaging
- 1 comb, large toothed preferred
- 1 metal nail clipper
- 2 bath size bars of soap

Items can be placed in the container provided in the narthex.

Monetary donations are also welcomed to purchase needed items - just write "personal care kits" in the memo line.

Thank you for your generosity!

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!

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 Jane Phillips for more information.

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!

A Daily Guide for March 2026

March 1 – Second Sunday in Lent

Read Luke 7:36–50. A woman brings what she has. Jesus protects her dignity.

Today, show love in a way that fits your capacity: Draw a picture for someone. Make a phone call. Pray for someone by name. Say, “I’m sorry.” Give a small gift.

Prayer: *God of mercy, help me love with what I have. Amen.*

March 2 – Say Thank You

Write, text, or say thank you to one person. If writing is hard, simply speak it aloud in prayer.

March 3 – Practice Receiving

When someone helps you today, don’t wave it away. Smile and say, “That means a lot.”

March 4 – Share Something Small

Share a cookie, a story, a memory, or a joke. Goodness grows when shared.

Prayer: *Generous God, open my hands. Amen.*

March 5 – Stay Present

Sit with someone for five full minutes — in person or on the phone — without multitasking. If you’re alone, sit quietly with God.

March 6 – Feed Someone

Bring soup to a neighbor. Donate canned goods. If mobility is limited, pray for those who prepare meals for others.

March 7 – Rest Without Guilt

Take a nap. Read a chapter. Sit in sunlight by a window. Lent is about honesty, not exhaustion.

March 8 – Third Sunday in Lent

Read Mark 6:32–44. The disciples think it isn’t enough. Jesus says, “Bring it.” Make a list of what you do have: Time, Prayer, Encouragement, Creativity, Experience, Energy (even a little). Choose one to offer this week.

Prayer: *God of abundance, use even my small offering. Amen.*

March 9 – Ask for Help

Call someone and say, “Can you help me with this?” Or offer help to someone else.

March 10 – Donate Something Useful

Clean out one drawer and give away something in good condition.

March 11 – Encourage the Young

Tell a child or young person something you admire about them.

March 12 – Learn a Name

If you encounter someone regularly — nurse, cashier, custodian — learn or use their name.

March 13 – Eat Simply Together

If possible, share a simple meal. If alone, pray for others eating at the same time.

Prayer: *God, thank you for daily bread and daily people. Amen.*

March 14 – Share a Story

Tell someone a story from your life that shaped you. Passing on wisdom is holy work.

March 15 – Fourth Sunday in Lent

Read Matthew 19:13–15. Jesus moves toward children others dismiss. Today, move toward someone easily overlooked: A shy person, an elder, a newcomer, or someone who feels different. Offer simple attention.

Prayer: *God of welcome, teach me to notice who is missing. Amen.*

March 16 – Gentle Words

Lower your voice in one tense moment. Tone matters.

March 17 – Pray for Protection

Pray for children, elders, and those living without stability.

March 18 – Write a Card

Send a note to someone in a nursing home, hospital, or far away.

March 19 – Practice Patience

In a line, in traffic, in conversation — breathe instead of reacting.

March 20 – Offer Warmth

Shovel snow. Drop off tea. Call someone as winter lingers. If you cannot go out, pray for those who are outside.

Prayer: *God, make me someone’s warmth today. Amen.*

March 21 – Invite Participation

Ask someone, “What do you think?” Make space for another voice.

March 22 – Fifth Sunday in Lent

Read Matthew 23:23. Jesus names what carries weight: justice, mercy, faithfulness. Choose one word for your week. Write it somewhere visible.

Prayer: *God of justice and mercy, anchor me in what matters most. Amen.*

March 23 – Practice Justice

Learn one local issue affecting your community. Pray for wisdom and courage.

March 24 – Practice Mercy

Let go of one small irritation. Say, “It’s okay.”

March 25 – Practice Faithfulness

Keep one small promise — take medication on time, show up to worship, follow through on a task.

March 26 – Repair

Mend clothing. Fix something broken. Repairing is an act of hope.

March 27 – Budget with Intention

Look at one area of spending. Does it reflect who you want to be?

March 28 – Show Up

Attend worship, a community event, or call into an online gathering. Presence builds community.

Prayer: *God, help me keep showing up. Amen.*

March 29 – Palm / Passion Sunday

Read Mark 11:1–11. The crowd made hope visible. Where can your faith be visible this week?

Kindness in public, a word of truth, standing with someone, wearing a symbol of welcome.

Prayer: *God of courage, give my hope hands and feet. Amen.*

March 30 – Choose Peace

In conversation or online, refuse sarcasm and cruelty. Let your words build rather than break.

March 31 – Slow Down

Holy Week begins tomorrow. Remove one unnecessary task so you can pay attention.

Prayer: *God who walks toward the cross, steady me for what is ahead. Amen.*

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. -

Centering Prayer

“But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you.” Matthew 6:6

“Meditation, it is said, is a way to evoke the relaxation response. Meditation, others say, is a way to train and strengthen awareness; a method for centering and focusing the self; a way to halt constant verbal thinking and relax the body-mind; a technique for calming the central

nervous system; a way to relieve stress, bolster self-esteem, reduce anxiety, and alleviate depression.

All of those are true enough; meditation has been clinically documented to do all of those things. But I would like to emphasize that meditation itself is, and always has been, a spiritual practice.” From “Grace and Grit” by Ken Wilber

Centering prayer is meditation with the intention of accessing the God within, or the Holy Spirit, or the Christ within, or whatever you identify with as the “God of your understanding.” In order to do that, one must release all one’s concepts about God. In other words: Be still. It does not mean that we won’t feel emotions or have thoughts or desires or expectations...it only means we do not allow those things to distract us for too long from our quiet listening for the Voice for God.

There are “fruits of the spirit” to be received from a regular meditation practice. Those “fruits” help us to discern how close we are to doing God’s Will. Those fruits also help us become peaceful, more compassionate, less judgmental, firmer in faith and trust, and remind us that our happiness lies in serving our Creator. We serve our Creator when we treat everyone as though they are the Christ. “Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.” *Matthew 25: 40*

- - Nancy Hamlin

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.

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:

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

***April** – Laundry Soap, Dish Soap, Bar Soap

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.

Messiah Birthdays

Mar 18	Sam Elder, Dave Gilbert, Kristen Gordon
Mar 19	Keith Abraham, Marybeth Marin
Mar 20	Leah Heron
Mar 21	Maddie Dykema
Mar 22	Morgan Matthews, Brad Muscoe, Michael Sauer
Mar 23	Bruce Gauthier
Mar 24	Dan Niemi
Mar 25	Herb Grenke, Allan Johnson
Mar 26	Darren Smith
Mar 27	No birthdays
Mar 28	Dick Balding, Janice Gebeau, Jerry Godec
Mar 29	Jack Mendelin
Mar 30	Jeff Dodge, Dennis Gustafson
Mar 31	Brenton Fitzpatrick, Janet Skytta
Apr 1	Jeanne Groos, Karl Kaukola

In the Hospital

Please inform the church office when you are hospitalized. Pr. Andrew Plocher & Pr. Steve Solberg 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: the Osier family upon the passing of their mother, Kathy; Billie Johnson and family upon the passing of her sister, Tina; Fred Maynard; Laura Goodney; 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 Magnuson; Peter; Shawn; Mae Desonia; Lisa Douros; Wayne Hanmer; Judy Donckers; Sierra; Charlene Avery

Pastor on Call:

Pastor Andrew Plocher is on call March 18, 22-25

Pastor Steven Solberg is on call March 19-21

Worship Volunteers

Saturday, March 21– 5:00 pm in atrium

Assisting Minister: Carol Steinhaus

Communion Assistant: Barb Salmela

Provide Refreshments: **Need a volunteer.**

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

Assisting Minister: Marina Shinkarenko

Reader: Brenda Blett

Ushers: Cathy Seblonka, Bruce Robertson

Communion Assistants: Beth Krznarich, Marina Shinkarenko, **need 1 more volunteer.**

Greeters: Chris Harkness, **need 1 more volunteer.**

Nursery Sarah Bleckiner

Provide Refreshments: **Need a volunteer.**

Sunday, March 22 –10:30 am in sanctuary, on Vimeo/Facebook

Assisting Minister: Inga Banitt

Reader: Nancy Hamlin

Ushers: Jim and Carrie Ketchum

Communion Assistants: Sandy Lindberg, Linda Chapman, Gayle Van Osdol
Greeters: Gayle Van Osdol, Marina Shinkarenko
Projection Technician: Abby LaForest

Nursery Sarah Bleckiner
Flower Delivery: **Need a volunteer.**

10:30 am Worship Volunteers

We are in need of more volunteer ushers & volunteer communion assistants for our 10:30 worship service. 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 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.

Announcements and Classified Ads

Coming Home: Hospice and Palliative Care – March 18

Fear & Hope: An Indigenous Perspective on Illness and Health by Sophina Manheimer, MD is scheduled for Wednesday, March 18 at 7:00 pm at the Marquette Regional History Center (145 W. Spring Street). Admission is free. The event is presented by Cedar Tree Institute.

Dinner with the Doctor – March 20 and March 22

The next Dinner with the Doctor will be “The Relationship CPR Seminar” (Conflict Prevention & Resolution) on Friday, March 20 at 6:00 pm and Sunday, March 22 at 2:00 pm at the Marquette Seventh Day Adventist Church (270 E US 41 in Negaunee). On Sunday, a free vegetarian meal will be served following the presentation. The speaker, Ron Price, MA, is the author of three books in the PLAY NICE in Your Sandbox series. He has been a mediator for over 35 years and a life and relationship coach since 2002. Please RSVP @ 906 475-4488 or mqtsdachurch@gmail.com.

Poetry Without Borders – March 25

On Wednesday, March 25 at 5:30 pm, join us at the UNITED Conference (Northern Center Ballrooms 3 & 4) for an evening of poetry in many languages to celebrate the linguistic diversity of NMU! English translations, appetizers, and refreshments will be provided. Please contact Dr. Anna Zimmer at anzimmer@nmu.edu with any questions.

Magnificent Mozart Concert – April 25-26

The Marquette Choral Society will present Magnificent Mozart on Saturday, April 25 at 7:30 pm and on Sunday, April 26 at 3:00 pm. Both concerts will be in Kaufman Auditorium. Soloists are Keri Lee Pierson, Erin Sura, Tony Beacco, and Alexander Romero Wilson. Tickets are \$15 for adults and \$5 for children under 12. Tickets can be purchased at nmu.edu/tickets.

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

[Drop-in Grief Support: Marquette](#) – *March 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.

Telephone Based Caregiver Support Group: March 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.

Powerful Tools for Caregivers – Virtual Workshop: Caring for a loved one can be deeply meaningful—and incredibly demanding. If you're feeling stretched thin, overwhelmed, or just in need of practical support, our Powerful Tools for Caregivers workshop is here for you. Beginning March 19, 2026, this 6-week virtual workshop meets weekly from 1:30–3:00 pm via Zoom and is designed for unpaid family caregivers. Participants will learn proven tools to help reduce stress, improve self-care, communicate more effectively, and feel more confident in their caregiving role—all while connecting with others who truly understand.

This evidence-based program offers a supportive, judgment-free space to:

- Manage caregiver stress and emotions
- Set boundaries and solve problems
- Build confidence and resilience
- Take better care of yourself while caring for others

Workshop Dates: March 19 – April 23, 2026

Time: 1:30–3:00 pm

Location: Virtual (Zoom)

Registration Deadline: March 2, 2026

To register, call 2-1-1. Registration is required and space is limited.

You don't have to do caregiving alone—let us walk alongside you.

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

Phone: 906-225-1119

305 W. Magnetic St.
Marquette, MI 49855

Fax: 906-225-5025

Email: office@messiahlutheranmqt.org

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

Pastoral Staff

Senior Pastor - Andrew Plocher

Interim Associate Pastor – Steven Solberg

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