

The Emmanuel Envoy

September 2019

Whole-ly Holy

Or do you not know that your body is a temple of the Holy Spirit within you, which you have from God, and you are not your own? For you were bought with a price..."
1 Corinthians 6:19-20a

I floss my teeth every day. I'm sure that you're all delighted to know that I have good dental hygiene. I'm telling you that because of the reason that I floss my teeth every morning. I floss my teeth because of Jesus. I told my dental hygienist that once. She was confused, but happy that my teeth were in such great condition. Whatever works!

This is what I mean when I say that I floss my teeth because of Jesus. About 12 years ago, my church did an activity like the one that we have coming up here at Emmanuel, the **Whole and Holy Life Challenge**. The Whole and Holy Life Challenge is an opportunity offered by the Stewardship Team, a way for us to recognize that we are called to be good stewards of our money, but also of so much more than our money. We are called to be good stewards of our minds, our relationships, our bodies, our spiritual lives, and of the earth itself.

The Whole and Holy Life Challenge is a fun way for people of all ages to practice that good stewardship and to build healthy habits, that might, in fact, last a lifetime! The Challenge will begin on September 29th, 12:30-1:30 p.m. with a pot-luck salad luncheon (You know, healthy.). Participants will be given a packet of information about the challenge and will be put on a team. The packet of information will have a description of how to earn points in 6 categories, Physical Activity, Nutrition, Mind/Relationships, Spirituality, General Health, and Stewardship. It will also have point charts for every week of the five-week challenge. Participants will keep track of how many points they earn in each category and then report their weekly totals to their team captain at the end of every week. Part of what makes the challenge challenging is that you have to get at least one point in every category every day in order for any of your points for that day to count. So, you can't just focus on one aspect of life in order to succeed at the challenge. We are called to be whole; to lead balanced lives and this challenge helps us do that. For some people it will be easy to get points in the Physical Activity category, but getting a daily spirituality point might be more challenging. For other people, the opposite might be true. But the challenge is part of what makes it fun! It helps us to learn about ourselves and to grow as people.

There is friendly competition aspect of this challenge, which is why there are teams and points. At the end of the challenge, we will come together as a congregation, to celebrate the winning team, but mostly to celebrate, the way that God has called us together as a community, to work for God's purposes in the world together, to support each other and to live out our calling as stewards together. Because at the core of everything, we remember that we live by grace, the final celebration at the end of the challenge will be an ice cream social at the end of the challenge, on November 3rd, between the services. And of course, everyone is welcome!

So, back to my flossed teeth. One of the ways that you can get a point in the general health category is by flossing your teeth. So, 12 years ago, I started flossing my teeth every day. It was an easy way to get the general health point. But when the challenge ended, I kept flossing my teeth. I had discovered that it didn't take that long and for my whole life my dentists had been telling me to floss my teeth. It couldn't hurt and it *has* helped. But the crazy thing is that in addition to helping me have healthy teeth and gums, every time I floss my teeth, I remember that I am a child of God, that I am steward of my whole life, my teeth, my body, my mind and relationships, by spiritual life, my money, and the earth. Because of the challenge, flossing my teeth has become spiritual discipline! I must admit, when I was going for the easy point, I didn't see that coming!

A couple of logistics:

If you want to participate in the challenge, but you can't come to the luncheon on **September 29th**, you can sign up through the church website at <http://wip.emmanuelnorwood.org/whole-and-holy-challenge/> or by emailing me at pastor@emmanuelnorwood.org. You will be placed on a team and we will get you materials so that you can participate.

There is a step counting activity that can be a way to get points in the Physical Activity category. You do need a step counting device if you want to participate in this part of the challenge. There will be pedometers available for \$11.00 each at the Whole and Holy Life Challenge Kick-Off Luncheon on September 29th. You can also use your own step counting device if you already have one. There are also other ways to get points in the physical health category. A step counter is not required for participation.

There are ways for people of most ages to participate in the challenge, from kids in elementary school through seniors. It can be a fun thing for families to do together, either on a team together or competing with each other!

I hope that you will give the Whole and Holy Life Challenge a try. It's fun, it's a good way to learn about yourself, it's community building, it might help you develop a life-long healthy habit, it can even be identity forming. It can help us remember that God cares about every aspect of our lives!

In Christ,

Pastor Amanda

Prayer Concerns List

Sue Becker	Jack Gradijan
Christopher Upton	Bernie Byrnes
Susan Tomasello	Lyndsay Boysen
Tony Nikolassy	Jody Gebhardt
Patrick Donovan	Heather Crisafulli
Robert Flynn	Liz Easton
Pat Goodman	Jovanni Sanchez-Colon
Tom Ellard	John A. Grant
George Haras	Pat Sheek
Christine Howard	Joan Bussow
Emma White	Jeff Pitman
Rick Martin	Jody Spillane
Pastor Schlak	Gordon Sheek
Rebecca Sol	The Dimpel Family
Pastor Tim Flora	Ann-Marie Litcof



Thank You Notes

Dear Emmanuel,

Thank you so much for supporting me during the challenging and rewarding time that is college! It's nice to know I have such a caring community behind me wherever I go.

Thank you so much,
Katarina Ruda

Dear Emmanuel Lutheran,

Thank you all for your sympathy cards and prayers when my mother, Helen Hultman, passed away this summer. My family felt blessed to have our church family's support during this difficult time.

My mother loved being a Lutheran, drinking coffee and making Swedish coffee bread. I will miss her.

Sincerely,
Diane Bragg

Dear Friends,

On behalf of the Norwood Ecumenical Community Food Pantry, thank you very much for your recent donation of food. The

Pantry continues to be busy, serving over 350 families. We are most grateful for all your support.

Sincerely,
Eileen Hickey, Corr. Secy.

Dear Pastor,
Joan has received cards, calls, flowers, visits, cookies and prayers from our Emmanuel family. She has found comfort from this attention. My family and I appreciate this support during this difficult time.

Thank you,
Warren Bussow

Thank you to the good people of Emmanuel for providing me with a grant to help fund the costs of seminary. I am very humbled by this grant and to all the support that Emmanuel has, and is, providing me.

In Christ, Rebecca Sol

Friday Night Live

Our new Youth Ministry is beginning on **Friday, September 29th**, for youth in 7th-12th grades. The meeting will be held **7:00-9:00 p.m.** At the meeting on 9/29, there will be food, fun, fellowship, and planning for future meetings. The plan is for Friday Night Live to be a weekly event, that youth can come to whenever they're available. In October Friday Night Live will be meeting:

October 4
October 11
October 18
and October 25

Watch for more information in the bulletins, email, and Envoy about specific Friday Night Activities as well as special events!



Blessing of the Animals



Reminder – On Sunday, **September 29th, at 4:00 p.m.** we will be holding a Blessing of the Animals on the lawn at Emmanuel.

It is an opportunity for us to give thanks to God for the animals that are a part of our lives and to affirm God's care for all of God's creation and our stewardship of animals and the rest of the earth. Pets of any kind are welcome at this service as long as they are properly contained and cleaned up after. If your pet does not enjoy meeting other animals or new people, then he or she would probably not enjoy this event. If that is the case, please feel free to bring a picture and have your pet blessed in absentia! - *Pastor Amanda*

Visitor from the New England Synod

On **Sunday, October 6th**, Associate to the Bishop, Kim Bergstrand, will be visiting with us at Emmanuel. She will be preaching at both worship services and speaking between the services about how our congregation is interconnected with the work of the ELCA and the New England Synod. She will also be giving us more details about ministries in New England that our Synod giving (mission support) help to fund.

Jezebels Meeting

The Jezebels will be meeting on **Friday, October 11th at 7:30 pm** in the Founders' Room. The group chooses a spiritual based book to read. The group is open to all adult women. For our October gathering, we will be discussing "Chapter 10 - Mary Magdalene: Delivered From Darkness" from the book "Twelve Extraordinary Women" by John MacArthur.

Halloween Fun

On **Saturday, October 12th** we will have a vehicle at Norwood's "Trunk or Treat" in the town's municipal parking lot. We need



people who are willing to festively decorate a vehicle and hand out candy at this event. Set up is 10:00-11:00 am and candy will be handed out from 11:00am -12 noon.

We also are looking for a couple of people who would be willing to hand out candy at Emmanuel to our neighbors on Halloween, Thursday, October 31st. Trick or Treating in this neighborhood usually runs from 5:00-8:00 p.m.

Please contact Pastor Amanda or sign-up on the table in the hallway or in the Narthex if you would be willing to help with either of these Halloween outreaches!

Visitor/Newcomer Brunch



On **Sunday, October 13th**, there will be a brunch between the services (10:00-11:00 a.m.) for people new to Emmanuel, so that we can get to know you

better and so that you can learn more about this congregation and its ministries.

The brunch will be held in the Founder's Room. Please let us know that you are coming by emailing us at:

(office@emmanuelnorwood.org) or calling (781-762-9457) the church office. If you can't make it on the 13th, our next Visitor Brunch will be held on December 8th, 10:00-11:00 a.m.

Biblical Storytelling

This summer, we had two opportunities to hear samples of Biblical Storytelling when Katerina Gebhardt and I (Pastor Amanda) shared a memorized scripture reading during worship. Biblical Storytelling is the practice of memorizing a Biblical passage and sharing it like a story. Preparing for a Biblical Storytelling presentation is a wonderful way to dwell with scripture and hearing a Biblical Storytelling presentation can be very moving and can connect hearers to scripture in a whole new way.

On Sunday, **October 20th**, between the services, there will be a Biblical Storytelling introductory meeting, to introduce people to the concept of Biblical Storytelling and share some possibilities for the future. If you're reading this and are interested, but are also thinking "Oh, I could never do that." (i.e. memorize a scripture reading) then I would encourage you to come to the gathering on October 20th. It's just a learning opportunity, not a commitment to do Biblical Storytelling. If, after the meeting, there are people interested in trying it, we will move forward with that. If you would like to learn more about Biblical Storytelling between now and October 20th, please check out the Network of Biblical Storytellers website, www.nbsint.org.

Rummage Sale

The Rummage Sale is coming SOON!



The Rummage Sale will be **Friday, October 25** and **Saturday, October 26, from 9:00 am to 1:00 pm**. We will be setting up on **Wednesday, October 23 and Thursday, October 24**, starting around 9:00 until we're too tired to continue, usually sometime after lunch. We hope that you're available to help sometime during these hours. Some of our regulars are not available this year, so we'll need extra help. Feel free to bring a friend and pass the word along to the Emmanuel men and women that you know. Yes, men are very welcome.

Please start to bring your good stuff after services on Sunday, October 20, drop off in Kask Hall. Sorry, but please **do not bring** TV's, monitors, computers as it costs us to dispose of them. We, also, **cannot accept** baby car seats and cribs.

We can especially use some additional and younger help on Wednesday morning to set up tables and Saturday afternoon to bring our leftovers to Savers. **Any** time you can give is truly appreciated.

This past year we have used some of the proceeds to buy some items not covered by the church budget and for camperships to Calumet.

This is a fun event with much laughter and food. We supply coffee, snacks and yummy lunches all four days. If you have any questions, please talk to Arlene Cegelis (781-762-0360), email her at: acegelis@norwoodlight.com. Thank you.

Bible Sunday

On Sunday, October 27th (Reformation Sunday) during the 8:45 and 11:45 a.m. worship services we will be giving Bibles to children 3rd grade and older (if they have not yet received a Bible from Emmanuel). If your child fits into that category, please contact the church office at: office@emmanuelnorwood.org or 781-762-9457 or if your child will be here on October 27th to receive his or her Bible.



First Communion



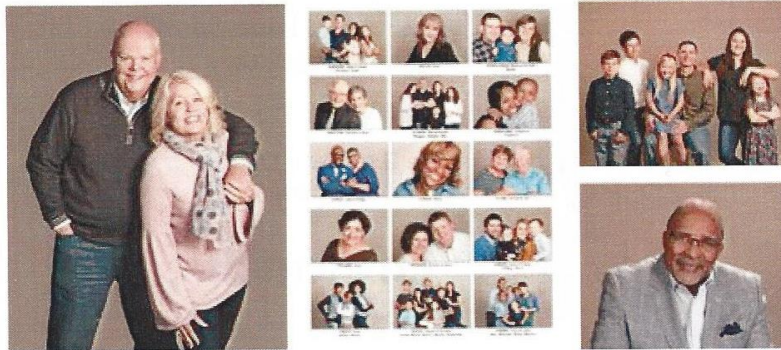
For all those parents who like to plan ahead, First Communion classes for children in second grade and older who have not yet received First Communion instruction will be held on **Saturdays, February 29th, March 7th, March 21st, 10:00-11:30 and Sunday, March 29th 12:30-2:00.**

There will also be a First Communion Event, for the students, on **Saturday, April 25th, 4:00-6:00 p.m.** The First Communion Event will include, skits, games, a tour of the sacristy, and baking bread for use at the First Communion worship services. **First Communion worship will be held on Sunday, April 26th.**

The children can receive their First Communion at the 8:45 or 11:15 worship services on that day. There will be a First Communion reception with cake and pictures of the whole group between the services (10:00-11:00 a.m.) on First Communion Sunday as well. Please contact Pastor Amanda if you have any questions about First Communion at Emmanuel.

Be included in the new Emmanuel Lutheran Church directory

Lifetouch will be photographing all of our families for a new church directory.



What to expect

- A professional photography session, no session fees.
- View your images after your session and make your selections.
- You will receive one FREE 8 x 10 standard print and church directory plus other special offers.
- Bring a canned/dry good food item photography date to donate for local hunger relief and receive a \$5 off a Portrait Order coupon.

Photography Dates

Thursday, November 14th – 2 to 9 pm
Friday, November 15th – 2 to 9 pm
Saturday, November 16th – 10 am to 5 pm
Monday- January 6th – 2 to 9 pm

Sign up information will be coming soon!



This is a big month at Emmanuel, with lots going on. Because of that, you get two Envoy articles!

Hopefully by now, you've heard about the **Ezekiel 37** meeting that is coming up on **October 6th**, but in case you haven't, the Ezekiel 37 meeting is an opportunity for us to get together as a community and learn about our ministry teams, the things that they do, the challenges that they face, and the way that those challenges make it hard for us to be as effective as we want to be at caring for each other, caring for our community, and being good stewards of the resources that God has blessed us with as a congregation. At the Ezekiel 37 meeting, in addition to learning about our current structure and challenges that we face, you'll also learn about plans to try

something new for our ministry teams, that will hopefully make it easier for them to welcome new people, do their work, and live out their purpose and calling.

We're calling this effort the Ezekiel 37 meeting because, when we first started talking about our ministry team structure, and how it's working and how it's challenged, someone said, "It's like we've lost our skeleton." That comment got me thinking about Ezekiel's vision of the Valley of Dry Bones (Ezekiel 37:1-14). In that vision, Ezekiel saw a valley of dry and scattered bones and was asked the question, "*Mortal, can these bones live?*" Throughout the vision, Ezekiel learned that through the power of the spirit of God and because of the love of God, the dry bones *could* live, *could* be restored to life, to vitality, to activity. That vision has continued to inspire me and us, to believe that the Holy Spirit, moving in our congregation, can give us our skeleton back, can give us the tools that we need to do the work that God has called us to do together, in our time and place.

But, speaking of challenges, I'll be honest, those of who have been planning the Ezekiel 37 meeting are metaphorically kicking ourselves, because no one thought about checking the Patriot's game schedule until the Ezekiel 37 meeting was two weeks away and had already been publicized for weeks. Yes, we know that there's a Patriot's game during our Ezekiel 37 meeting. Yes, if we had thought to look at the schedule, we might have planned this meeting for a day when the Patriot's are not playing or are playing later in the day. But this is a perfect example of why we need more people involved in our ministry teams, more people at the table, more ideas and engagement. If we had had a die-hard, never miss a game, never DVR a game Patriot's fan helping us plan the Ezekiel 37 meeting, we might have looked at the schedule and planned for a different day. But, we didn't, so here we are, moving forward. We need people to come to the Ezekiel 37 meeting. We need you to come to the Ezekiel 37 meeting. So, let me tell you the advantage of DVR-ing a football game. You don't have to watch any of the commercials. If you start at the beginning an hour into a game, you can fast forward through the commercials and see the entire game! It's really fun!

You know what else will be fun and can't be DVR-ed? The Ezekiel 37 meeting! Come and learn about how we're moving forward at Emmanuel and how you can be a part of it!

Here are the details:

- Who:** All of us. Everyone. **You!**
What: The Ezekiel 37 Meeting
When: October 6, 2019, 12:30-2:00 p.m.
Where: Emmanuel's Kask Hall
How: By the grace of God and through the power of the Holy Spirit
Why: To strengthen our organization structure, so that Emmanuel can be the inclusive, welcoming, caring community that it strives to be, and so that people can use their gifts to do to the work that we are called to together.

In Christ, *Pastor Amanda*