



the **M**essiah messenger

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Grandmother- Mother-Daughter Banquet

Saturday, February 6 at 6:00 PM

All women are invited to this evening of fun, good food and a great program. Susan Bauer, wife of former Messiah Pastor Lou Bauer, will present the program with tales and anecdotes of their six years in Africa. Her book *Choosing Africa* takes you to modern Africa where they join the faculty of a seminary in Windhoek, Namibia. We will be introduced to unforgettable characters from thousands of miles away.

Tickets are \$10 for adults; \$5 for children 5 to 10; children under 5 are free. Tickets can be purchased in the fellowship hall before and after worship services on January 31.

A nursery will be available.

Donations of door prizes will be gladly accepted.

If you do not have a mother, grandmother, daughter, or granddaughter, "adopt" somebody. There are always a lot of "adoptees" or singles among us at the banquet!

Hats! If you like, wear a hat. Any type—old, new, sports, formal, casual—whatever is your style!

Come and enjoy a wonderful evening with great food and a wonderful program!



February 7, 2010 is Boy Scout Sunday

Messiah will recognize Cub Scout Pack 193 during the 8:30 AM worship.

Cub Scout Pack 193 meets at Messiah on the first and third Sunday of each month.

Souper Bowl of Caring



On Super Bowl Sunday, Feb. 7, high school youth of Messiah will collect donations in large soup pots as worshippers leave church. 100% of this year's donations will go to the ELCA World Hunger appeal.

ELCA World Hunger is a connected, comprehensive, and compassionate program that helps individuals and communities lift themselves out of poverty into self-sufficiency. Through our giving and caring, through our advocacy and action, we make a life-saving difference. ELCA World Hunger supports the hunger relief efforts of Lutheran World Relief and the Lutheran World Federation, it provides domestic hunger grants for efforts within the U.S., and provides relief funding for the ELCA Disaster Response.

Please plan to bring an additional monetary gift above and beyond your regular offering and drop it in the soup pot next Sunday. Doing so will support the efforts of our Messiah youth to raise money and serve "the least of these."



Ash Wednesday Worship and Imposition of Ashes

February 17, 2010

12:00 NOON & 7:00 PM

See related article on page 3.



House Cleaning

Pastor Eric Murray

Thomas Merton, in his book Seasons of Celebration writes,

The purpose of Lent is...above all a **preparation to rejoice in God's love**. And this preparation consists in receiving the gift of God's mercy - a gift, which we receive in so far as we open our hearts to it, casting out what cannot remain in the same room with mercy.

Thinking of Lent as *a preparation to rejoice in God's love* is quite frankly not how we have traditionally approached Lent. Usually our focus has been consumed with images and acts of *self-denial, sacrifice, and contrition*. This focus, what we call *the discipline of Lent*, is a good thing. But it's not the final purpose or end.

To use Thomas Merton's image, the discipline of Lent, those practices or works we do during this most holy season, is how we do a little house cleaning. The disciplines of Lent, as we say in our Ash Wednesday liturgy, are *self-examination and repentance, prayer and fasting, sacrificial giving and works of love—strengthened by the gifts of word and sacrament*. These disciplines or practices are our spiritual housework. They help us clear space in our lives and open more fully our hearts so that we can realize the mercy and love we have received from God. They are not the point, but the means by which we contend *against evil and resist whatever leads us away from love of God and neighbor*.

In other words, the purpose of Lent is not the housework itself, but the enjoying of the now clean and ordered house. Lent prepares us to rejoice in God's gift of love, and then in return, to love God and neighbor. Love - not the works, not the house cleaning - love is the end, the truly significant thing.

So, this Lent may you not get all caught up in what you will give up or what you will take on, whether you are practicing Lent rightly or not. Rather, may your Lent be a time of house cleaning, of casting out *what cannot remain in the same room with mercy*. And may you find room in your life for love, the love, which only God can give, the love, which God intends for you and for your neighbor.

Together, rejoicing in God's love,

Pastor Eric

Join us on
Tuesday mornings
in Lent
for



Service of Morning Prayer

Your input on the time of this service is requested. If you are interested in attending, please email us (office@messiahknoxville.org) and tell us what time works best with your schedule (between the hours of 7:00 and 9:30 AM.) We will choose and announce a time that serves the most participants.

Alleluias and Ashes

Joan McGinnis, Director of Music

February 14th is an important date on our calendar. I'm not talking about Valentine's Day, although love is still involved in the liturgical theme of the day. February 14th is Transfiguration Sunday. Imagine our Christian faith if such an event had not happened. It is through the love of Jesus that we, like him, are transformed.

The choirs will be singing lots of Alleluias that day. It is a day for all of us to see the glory of the Lord! But then...

...the tone of our liturgy again turns, with Ash Wednesday and the imposition of ashes. A dark and dusty cross is traced on our forehead in the same location as the cross of Christ is traced in baptism. Although the "Alleluias" of Transfiguration will not be sung during the weeks of Lent, the love of Christ is ever present with us.

Happy Love Day!

Joan

the Messiah Messenger

Deadline is the 15th of each month

Your contributions and suggestions are welcomed.
The editor reserves the right to edit for content and space.

Messenger Staff

Editor: Kristin Kennedy
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Church Office Hours

Monday through Thursday — 8:30 AM–5:00 PM
Friday hours vary.

Why and how do we use ashes on Ash Wednesday?



Ash Wednesday is the Wednesday of the seventh week before Easter and the first day of Lent. The day is named for the practice of imposing ashes, a practice which many Lutheran congregations have found to be a very meaningful part of the Ash Wednesday liturgy.

Using ashes as a sign of repentance is an ancient practice, often mentioned in the Bible (e.g., Jonah 3:5-9; Job 42:6; Jeremiah 6:26; Matthew 11:21.) The early Christians adopted the use of ashes from Jewish practice as an external mark of penitence.

Ashes symbolize several aspects of our human existence:

- ✦ Ashes remind us of God's condemnation of sin, as God said to Adam, "Dust you are and to dust you shall return" (Genesis 3:19.)
- ✦ Ashes suggest cleansing and renewal. They were used anciently in the absence of soap. On Ash Wednesday, ashes are a penitential substitute for water as a reminder of our baptism.
- ✦ Ashes remind us of the shortness of human life, for it is said as we are buried: "earth to earth, ashes to ashes, dust to dust."
- ✦ Ashes are a symbol of our need to repent, confess our sins, and return to God.

In the Ash Wednesday liturgy from *Evangelical Lutheran Worship*, pages 251-255, the confession and imposition of ashes follow the proclamation of the Word of God in biblical readings, sermon, and song. This confession marks the beginning of a season of penitence. The Maundy Thursday absolution is the structural response to the Ash Wednesday confession, marking off Lent as a penitential time. At the conclusion of the Ash Wednesday confession and imposition of ashes, a declaration of grace is used, coupled with a plea for mercy.

The Imposition of Ashes

You will have the opportunity to receive ashes during the Ash Wednesday worship service here at Messiah. During the service, those who desire to receive the ashes come forward and may kneel before the altar. Ashes are applied with the minister's thumb in the form of a small cross on the forehead of each person with the words: "Remember that you are dust, and to dust you shall return."

Please join us Ash Wednesday, February 17, at 12 NOON or 7:00 PM, for worship.



Anglo-Saxon: "spring"

As early as the mid-fourth century, Christians have observed a time of preparation before the Easter celebration. The Lenten season begins on Ash Wednesday and lasts for 40 days. The forty days of Lent recall the 40 day fast of Jesus in the wilderness after his baptism (Matthew 4:2, Luke 4:1-2) and Moses' 40 day fast on Mount Sinai (Exodus 34:28). It is a time of simplicity and preparation.

Principal Themes

- Penitence
- Baptismal renewal
- Preparation for baptism at the Easter Vigil
- Prayer, fasting, and service
- Confession of sin rooted in the promise of God that comes through the cross of Christ

Color of the Season

- Purple, suggesting somberness and solemnity.

At Home

- Commit to a Lenten discipline of devotion, prayer and service. biblical passages or Lenten themes.
- Teach children to make the sign of the cross offering them a way to bodily participate in the liturgy at church and prayers at home.
- Find ways to include children in ministries of service during Lent. Collect offerings or food for those in need. Create a way to track the progress in a way that will engage children.
- Concentrate on prayer during Lent. Collect prayer requests, write them on slips of paper and fashion them into a paper chain and collect them in a bowl as a tangible reminder of the prayers.

Lenten Soup & Bread Suppers & Midweek Worship Wednesdays in Lent

Feb. 24, March 3, 10, 17, & 24

Supper at 6:00 PM

Worship at 7:00 PM



ADULT DISCIPLESHIP

Sundays at 9:45 am

Study of Genesis
continues through Feb. 14

Tom Cole, Class leader

The adult Sunday school class continues the study of Genesis, based on the new Book of Faith Series, through Sunday, February 14. Each class begins at 9:50 AM and concludes prior to the 11 o'clock worship. Classes are held in the fellowship hall and led by Tom Cole. Bibles are available for use during the class, but if you have a favorite NRSV Bible, consider bringing it to class with you.

This is the beginning of a book-by-book journey through the Bible using resources from the ELCA's Book of Faith initiative. The studies in this series provide a fresh perspective on Scripture through the exploration of key themes and texts in the books of the Bible. While many core themes, story lines, and characters are shared by several books, each book is its own book of faith. There will be an optional study guide provided to each individual who wishes to do work outside of the classroom.



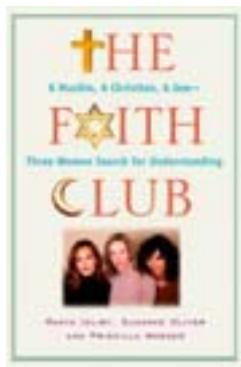
New Beth Moore Study: *Stepping Up - A Journey through the Psalms of Ascent*

Lynn White, Coordinator

All ladies are cordially invited to join in a new Beth Moore study—*Stepping Up - A Journey Through the Psalms of Ascent*—which began Monday, Jan. 25, 2010 at 6:00 PM. This is a 7-week course that will meet weekly on Monday evenings. It is an in-depth study of Psalms 120-134. Traveling pilgrims sang these psalms both on the way to the great festivals of the Jews and as key elements on the worship at those festivals. Students will interact with Beth Moore and the Scriptures in new ways. They will gain a new appreciation for the life of faith as a journey to greater fellowship with and worship of God. The course outline is as follows:

- Week 1 - Introduction
- Week 2 - Where Will My Help Come From
- Week 3 - Our Eyes Look to the Lord
- Week 4 - Great Things for Us
- Week 5 - A Fruitful Vine
- Week 6 - My Hope is in the Lord
- Week 7 - Blessings from Zion

Workbooks can be purchased at Cedar Springs Christian Bookstore or Lifeway Christian Bookstore.



Book Review: *The Faith Club*

On January 4, the Messiah Book Group had a very spirited discussion of *The Faith Club* by three mothers—a Christian, a Jew, and a Muslim (Idliby, Oliver, Warner.) The authors intended to write a book jointly for their children in response to 9-11. However, they got waylaid learning about the religions of the others and learning how to articulate their own religions and faith.

Those who read the book were struck by how little the writers seemed to know about the religions of the others and how most of what they thought they knew was based on stereotypes. There was discussion about the relationship of religions, culture, and politics including the Holocaust, Israel, and the plight of the Palestinians. There was also thought-provoking discussion about diversity (or the lack thereof) in our community and our lives. The discussion spilled over into what Messiah Lutheran can do to learn about other religions and how that might work into Messiah Vision 2010 goal of being more welcoming.

Upcoming Book Groups

The book group will meet next on Monday, March 1 at 7:00 PM to discuss *The Lost Gospel* by Krosney. The discussion will be led by Roy Biberdorf.

At the March 1 meeting, the books and the dates for the next 4-6 meetings will be chosen. Everyone is invited to make suggestions. Come to the meeting or email or call Beth Ford with your ideas for books to be read (ebford@aol.com or 470-9640.) Suggestions may be fiction or non-fiction. If anyone is interested in organizing a book group to meet during the day, let Beth know.



YOUTH NEWS

Angela Kronau
Youth Discipleship Committee

CrossMark (middle school)

Sunday School

Sunday school meets each Sunday morning with Danny Pressley & Debbie Sayers serving as teachers. We meet in the

middle school classroom (on the lower level) at 9:45 AM using the Akaloo curriculum published by Augsburg Fortress.

Wednesday night Confirmation classes

Confirmation class will meet on Wednesdays, February 3 and 10. We meet in the middle school classroom (on the lower level) from 6:30-8:00 PM. Classes will be led by Nikki Frye.

CrossMark serving at KARM on Saturday, Feb. 6

Middle School (CrossMark) Serving at KARM - The Souper Bowl of Caring isn't just collecting money in a soup pot on Super Bowl Sunday. This year youth across the nation are also adding a hands-on component to this event, participating in a Service Blitz by getting out and serving at a local charity. Middle school youth of Messiah will do so on **Saturday, February 6** by helping serve at KARM.

Meet at the church at 10:30 AM to be at KARM by 11. We should be done serving by 1:00 PM and back at the church shortly thereafter. Jon and Cindy Toth will confirm the time with the parents on the 6th so they know when to pick up at the church. Please let them know if you can attend (jwckt621@aol.com or 670-9505) no later than Monday, Feb. 1.

Luther League (high school)

Sunday School

Sunday school meets each Sunday at 9:45 AM. We'll be using *FaithLens*, a study that links a current world event with scripture texts from the Common Lectionary to explore and better understand all of life in the context of faith and God's Word.

Wednesday night Bible study

Luther League youth will join Vicar John's *Life Rhythms* class. Your participation in this class is critical, so plan to join us. Class meets in the fellowship hall from 6:30-8:00 PM.

Upcoming LYNK event

Messiah will host the next LYNK event on Sunday, Feb. 7. We'll get together to watch the Super Bowl in Messiah's fellowship hall, from 6:00 PM until the 3rd quarter (approximately 9:30 PM.) Each Youth needs to bring a lawn chair and a snack to share. Be sure to dress in support of your favorite team. We'll get to see which youth group raised the most money for *Souper Bowl of Caring*. If you have questions, feel free to talk Julie or Rich Gibson or Angela Kronau.

SAVE THE DATES:

The Luther League Lenten Retreat will be held February 26-28. Be watching for more information.



CHILDREN'S NEWS

Heidi Murray
Children's Discipleship Chair

Vacation Bible School dates set

Vacation Bible School has been scheduled for June 14-17, 2010. Watch for further details in upcoming *Messengers*.

Children's Discipleship Team

The next Children's Discipleship meeting will be Thursday, Feb. 4 at 6:00 PM.

Ash Wednesday

Mark your calendar for Feb. 17 and join the Messiah family as we enter the church season of Lent. It is common for us to give up "something" for lent (chocolate, coke, yelling at your sister or brother, etc.) I encourage all – adults and children – to take on something: daily prayer, helping around the house, doing homework without complaining or taking the paper to a neighbor's door so they don't have to get out in the cold. Be creative!!



Grandmother-Mother-Daughter Banquet

The annual Grandmother-Mother-Daughter Banquet will be held, Saturday, Feb. 6 at 6:00 PM. See the front page for all the details - and join us on February 6!

Grandfather-Father-Son Banquet

Looking ahead on the calendar—mark the date of Saturday, April 10 at 6:00 PM for the annual Grandfather-Father-Son Banquet. Our speaker will be Mark Banker, a history teacher at Webb School who just published a book on Appalachia. Look for more information next month.

Bible Study

WELCA holds a women's Bible study on the First Tuesday and the First Thursday of each month. All women are invited to participate.

WELCA Bible studies are taken from *Lutheran Woman Today* magazine. The current study is entitled, "To God's Beloved: Paul's Letter to the Romans" and is written by Rev. Sarah Henrich, a teacher at Luther Seminary in St. Paul, Minn. (Video introduction is available on the web site: www.lutheranwomantoday.org.)

First Tuesday Circle - Feb. 2 at 10:00 AM in church library

First Tuesday WELCA Morning Bible Study will meet Tuesday, Feb. 2 at 10:00 AM in the library. The lesson is from the January/February issue of *Lutheran Woman Today* magazine, Session 6 - "Does God Keep Promises?" (Paul's letter to the Romans continued.) Copies will be available. **Leader:** Doris Featherston

First Thursday Circle - Feb. 4 at 1:00 PM in church library

First Thursday WELCA Morning Bible Study will meet Thursday, Feb. 4 at 1:00 PM in the library. Brown bag lunch will begin at 12:30 PM. The lesson is from the January/February issue of *Lutheran Woman Today* magazine, Session 6 - "Does God Keep Promises?" (Paul's letter to the Romans continued.) Copies will be available. **Leader:** Lynn White.

Join us for either morning or afternoon Bible study. We welcome you!

SilverSneakers® and SilverSplash® Program



At our January WELCA meeting, the trainers from CURVES shared some information about a program called SilverSneakers. It is a program that some Medigap or Medicare supplemental insurance providers offer for FREE. SilverSneakers is available at CURVES and the YMCA's. SilverSplash is another program offered by some Medigap and Medicare supplemental insurance providers. More information on both of these programs is provided on the following page.

Ronald McDonald House Pop Tab Program

Remember the cans the children decorated for us to collect pop-tabs for the Ronald McDonald House? They are still available and we continue to collect pop-tabs. Last year we collected approximately 12 lbs. of tabs.

We ask you to pick a decorated container and place your pop-tabs in it. When it becomes full, empty the tabs into a baggy and bring it to church to place in the designated WELCA mail slot (in the mail room.)

We appreciate your participation in collecting pop tabs for the benefit of the Ronald McDonald House.

Calendar Notes:

- **Grandmother-Mother-Daughter Banquet**
February 6, 2010 - Fellowship Hall
- **Grandfather-Father-Son Banquet**
April 10, 2010 - Fellowship Hall

2009-2010 WELCA Leaders

President-Cristall Mount; Vice-President-Lynn White; Treasurer-Dawn Liner; Secretary-Gloria Nelson; Faith & Life-Illy Wood, chair; Outreach & Fellowship-Barbara Wilson, chair; Witness & Service-Anne Tinker, chair.



Silver Sneakers Fitness Program for Seniors

Physical Activity Bonus for
Senior Citizens in Some
Medicare Plans

SilverSneakers is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events.

Unlock the door to greater independence and a healthier life with SilverSneakers. Health plans around the country offer our award-winning program to people who are eligible for Medicare or to group retirees. SilverSneakers provides a fitness center membership to any participating location across the country. This great benefit includes:

- access to conditioning classes, exercise equipment, pool, sauna and other available amenities
- customized SilverSneakers classes designed exclusively for older adults who want to improve their strength, flexibility, balance and endurance
- health education seminars and other events that promote the benefits of a healthy lifestyle
- a specially trained Senior AdvisorSM at the fitness center to introduce you to SilverSneakers and help you get started
- member-only access to online support that can help you lose weight, quit smoking or reduce your stress

One of the critical issues for senior citizens is the need to be physically active on a regular basis without breaking their budget. Silver Sneakers is a great way!

As seniors look at possible Medicare supplement plans, it would be worth considering the value found in the health plans which participate in the program called Silver Sneakers. At no additional charge, people with participating Medigap plans find they have a free membership at local fitness centers.

History of Silver Sneakers Program

Starting in 1992, Healthways (earlier called HealthCare Dimensions Incorporated) began with this design and delivery of a preventive health program of fitness accessibility by partnering with a number of health plans, employers, and Medicare Supplement insurers. It is now managed from an Arizona office.

This program targets older adults with the goal of increasing physical activity by making fitness centers more available to seniors. The idea was to motivate individuals to choose healthier lifestyle habits, thus eventually to lower healthcare costs.

Benefits of Silver Sneakers Membership

In order to empower older adults to take charge of their health, this program offers a free fitness center membership along with access to any participating fitness center. **Classes and seminars are offered by a trained Senior Advisor to facilitate the process.**

One of the goals is to encourage and maintain an active and independent lifestyle while looking to the future by regular physical activity. The members have reduced high-risk, sedentary

behaviors by 70%. In addition, almost half reported physical activity at least two days a week. These preventive behaviors contribute to a transformation of health care approaches by this innovative program.

The SilverSneakers Fitness Program is offered by leading Medicare health plans and Medicare Supplement carriers throughout the country (including Puerto Rico).

See if your health plan or Medicare Supplement carrier offers SilverSneakers or find a participating health plan in your state. If your plan does not offer SilverSneakers, call the plan's customer service department and ask when it will add this valuable benefit!

Information taken from SilverSneaks website and Article from Feb 22, 2009, by Hildra Tague

Seniors Stay Fit With Water Aerobics

Older Adults Find Fitness and Fun Underwater

At many local YMCA pools, seniors are becoming fit with no pressure on their joints. Boomers are flocking to the pools to move in the water while enjoying their friends.

Senior citizens across the spectrum of age and fitness show up several days a week in a quest for fun and fitness at their local YMCA pool. From the smiles on their faces, one would think keeping fit could be a positive event in the lives of these seniors.

YMCA Water Aerobics Classes Help Seniors Stay Fit

As part of some Y memberships, water aerobics (some centers call it SilverSplash or Senior Watercize) is offered and well-attended, especially by seniors. Many older adults who have AARP and certain other insurance policies may find that their YMCA membership is included in their policies as preventive medicine with a program called Silver Sneakers.

Instructors remind participants to keep drinking water often as they exercise. Seniors hear familiar comments echo across the pool:

- 4, 3, 2, and 1.
- Now take it back.
- Travel to the right.
- Travel to the left.
- Step, touch, breathe.
- You can do it (a most welcome encouragement that brings grins all around).

Full Body Low-Impact Workout for Seniors Seeking Fitness

This full-body but low-impact workout contains no demands, yet offers constant movement ideas and motivation. People participate according to their own personal levels. (Even some in various stages of recovery from serious ailments find ways to participate.)

Almost every part of the body is addressed as most muscle groups are worked. Yet there is no strain on joints since all movements are under water. Some workouts even include finger exercises done under water. For a better part of a hour, older adults involved in water aerobics continue moving to the unrelenting beat while enjoying the companionship of others.

Article taken from Jun 12, 2009 Hildra Tague



UT Medical Health Seminar

Advancements in the Treatment of Heart Valve Disorders

Heart valve disease occurs when the heart's valves no longer work effectively to regulate blood flow, either by leaking or by not opening properly. Faulty valves generally create murmurs and other abnormal heart sounds that a doctor can hear with a stethoscope, but may require surgical treatments. Join Cardiothoracic Surgeon Jeffrey E. Everett, MD, as he discusses the latest advances in the surgical treatments of heart valve disease.

Tuesday, February 9

10:30 AM - 12:00 PM

Messiah Lutheran Church Fellowship Hall

The program is free, but registration is required by calling UT at 305-6877.



"EXCEPTIONAL!" says Garrison Keillor of the Concordia Choir

The world-renowned Concordia Choir of Concordia College in Moorhead, Minnesota, under the direction of Dr. Rene Clausen, will perform at Church Street United Methodist Church on Tuesday, March 2 at 7:00 PM. From new Clausen arrangements to familiar hymn tunes, the choir will amaze you with their technical mastery and incredible sound. Tickets (\$20 Adults, \$10 Students [K-Univ.]) are available at ConcordiaTickets.com, 1-800-838-3006, Church Street UMC 865-524-3048, and at the door.



In the church library

These books will enhance your appreciation of your spiritual roots.

Now that the holidays are over, it is a great time to curl up with a good book. You might consider one of the following:

The Wit of Martin Luther
by Eric Gritsch

Martin Luther: A Life
by James A. Nestingen

A History of Lutheranism
by Eric Gritsch

Winter Solstice
by Rosamunde Pilcher (on the book rack)

Children Are from Heaven
by John Gray, PhD

Looking for Salvation at the Dairy Queen
by Susan Gilmore



Are you looking for a place to serve at Messiah?

The Altar Guild could use a few more willing hands. The job is not stressful. It is not demanding of too much time. It is not hard. It is rewarding. It is helpful. It can be educational. Training and all the help you need will be provided.

If interested or if you have questions, call Nita Shealy at 693-2727.

Lost and Found

Please check the box located in the fellowship hall for any items you may have misplaced or lost over the last year or so. Any items remaining after February 15 will be thrown away or donated to a charity.



It's KARM time again!

Help serve the homeless on Saturday, Feb. 6

February 6th is our next day to serve at KARM. Please sign up on the bulletin board in the hall to provide food, cook and/or serve. We look forward to seeing you there and we know our KARM friends are looking forward to our famous spaghetti!

We need donations in the following categories:

- 5 lbs. hamburger meat
- spaghetti pasta to feed 20
- spaghetti sauce to feed 20
- 2 dozen rolls
- 3 lbs. of salad
- cakes, cookies, pies

Please call Ann Rita or Floyd at 938-8745 with questions. All food needs to be in the church kitchen labeled for KARM by Wednesday evening, Feb. 3. Cooks arrive at 10:30 at KARM and servers arrive at KARM by 11:00.

The LWR Coffee Project: your role in fair trade.

Micah 6:8 calls us, as Christians, to do justice, love mercy and walk humbly. The LWR Coffee Project helps Lutherans answer that call by righting the injustices faced by small-scale farmers around the world.



The LWR Coffee Project closes the gap between our parish and the kind of communities in which LWR works. By using fair trade coffee and other products in our parish and homes, we guarantee that farmers will earn the income they need to feed their families, educate their children, seek medical care and improve their communities.

What difference can a simple cup of coffee make? José Luis Castillo Vasquez, a member of a cooperative in El Salvador, put it simply: "I want to thank all of the congregations that purchase our coffee. It is thanks to you that we have a seed of hope in our lives."

Fair trade coffee (\$6 & \$7), tea (\$3), hot chocolate (\$5), and cranberries (\$4) are available for purchase in our church fellowship hall. We use the "honor system"—a basket is provided where you can leave your payment. Look for the display, as pictured above, in the church fellowship hall.

Celebrating in February...

Happy birthday to...

Feb. 1	Lynn White	Feb. 17	Ella Buck
Feb. 2	Donna Muir Erin Colbert	Feb. 18	Gwen Erpenbach Emily Booker
Feb. 3	Mike Goodin Clay Atherton	Feb. 19	Mike Helle Austin Brewer Carson Davis
Feb. 4	Maggie Murphy	Feb. 20	Kristie Marlow Taylor Pederson
Feb. 6	Raymond Cobble Gary Schneider	Feb. 22	Mary Williamson
Feb. 7	Andrew Coates	Feb. 23	Chris Camp
Feb. 9	Angela Phillips Helga Wagner	Feb. 24	Helen Neas Charles Fulford Gracie Burghardt Ian Margo
Feb. 10	Karen Clifton Allison Pressley	Feb. 25	Pat Kopp
Feb. 11	Matthew Adams	Feb. 26	Floyd Ditmore
Feb. 14	Anna Pearson	Feb. 27	Peter Riesing
Feb. 15	Angelia Rivera	Feb. 28	Ann Ashley Mary Alice Vowell Joseph Baker



Happy anniversary to...

Feb. 10	James & Melissa Wilson (10)
Feb. 13	Virginia & Kenneth Young (22)
Feb. 14	Dan & LeAnn Korth (4)
Feb. 17	Harry & Sally Oakland (43) Erin & Andrew Rust (3)
Feb. 18	Erin & Bobby Colbert (2)
Feb. 19	Marie & Raymond Bunn (23)
Feb. 20	Carla & Ted Hatfield (15)
Feb. 22	Cynthia & Jon Toth (24) Mike & Mary Jo Goodin (7)
Feb. 25	Charlie & Kay Bone (21)

WE WELCOME ELEVEN NEW MEMBER-DISCIPLES TO MESSIAH

Lynn White
Chair, Congregational Care

We welcomed 11 new members to Messiah in January and are glad to have all of them join our family here at Messiah.



EMILY HOCKMAN comes to us from Emmanuel Lutheran Church in Brandon, Wisconsin. She is currently a Master's Degree Student at the University of Tennessee in the Forestry Wildlife & Fisheries Department (Avian Ecology.) When not studying, Emily enjoys birding, running, knitting, reading, ultimate frisbee, skiing, and baking.

ROSS and MARJORIE JOHNSON come to us from First Presbyterian Church in Deland, Florida. They are now retired. Ross enjoys playing duplicate bridge, gardening, and walking. Marjorie enjoys watercolor painting.



JIM KRONINGER comes to us from Peace Lutheran Church, Knoxville, Tennessee. Jim is temporarily retired. He enjoys reading and running. Jim has done a fantastic job of supply preaching for us on a couple of occasions this past year and we are excited to have him join us.



BEN and ALICIA PEARSON and their 11-month-old daughter **ANNA** come to us from Bethlehem Lutheran Church, Dekalb, Illinois. Ben is an Assistant Professor of History at Tusculum College. Alicia is currently a full-time homemaker and mother which she loves. Alicia previously worked as an editorial assistant at Duke Divinity School and also part time as an ESL instructor. Ben enjoys reading, watching DVDs, walking, running, and cooking. Alicia enjoys reading, walking, running outdoors, horseback riding, and travel.



BURT and HELGA WAGNER come to us from Grace Lutheran Church, Elmwood Park, Illinois. Burt is a retired police officer. Burt enjoys motorcycles and archery. Helga enjoys sewing, reading, traveling, and baseball.

LARRY and CHRIS WARREN come to us from Gloria Dei Lutheran Church, Knoxville, Tennessee. Larry is a retired ELCA Pastor and Chris is a retired early childhood special education teacher. Larry enjoys canoeing, woodwork, camping, and reading. Chris enjoys hiking, canoeing, kayaking, tutoring at inner city schools, caring for her grandchildren, singing, and reading.



We are very excited to welcome these new members.

News and Notes from family and friends ...

We invite you to share items of interest and noteworthy news in this column. Submit information to Lois Sherman or send to: office@messiahknoxville.org

LINDA MENASCO'S daughter LEIA BELL and her partner are in the February issue of the Salt Lake Magazine. They were numbered in the top 43 Utahans who changed the state and were named for making Salt Lake City a "hipper place."

LESLIE SAYERS was named by the local newspaper on January 15 as a "Care-Acter State Athlete." She was representing Bearden High School.

MARINE 2ND LT. LEAH AMBER COBBLE, granddaughter of ERNESTINE AND RAYMOND COBBLE and daughter of Clark Cobble, and Marine Major Justin Stephen Bunne were united in marriage Saturday, January 2, 2010, in La Jolla, California. Clark was there to give her away.

TED HATFIELD will once again serve as MC for the Annual Hall's Prayer Breakfast on Good Friday, April 2, at 7:30 AM at Beaver Dam Baptist Church. The prayer breakfast is a non-denominational gathering, with Alan Williams, WVLT-TV anchor, as guest speaker. Catered breakfast. Tickets \$10 at the door.

ERIN RUST, daughter of RAY & GEORGIA PHILLIPPI, has been selected by one of her professors to argue an appeal in a State of Arkansas freedom of religion prison case which will take place in St. Louis on February 11.



Profiles of Messiah focuses on Richard A. Hess

Pat Kopp, Reporter

He is better known as “Dick,” and he was born in Ridgewood, Brooklyn, New York. Listen carefully, and you can still detect just a smidgen of a demure Yankee accent!

Now retired, Dick loved the travel involved in his job, and was so pleased that this allowed him to meet family that lived in Germany. Small wonder then, that his favorite foods are Wurst and beer—“Is there anything else?” He most likely enjoys an authentic Oompa German Band to go along with his favorite foods!

He would have loved to be a Pro Baseball Player, but contents himself by delving into computer work and fixing things that his wife Paula breaks!

Dick and Paula have three children: Scott, Steven who married to Stefanie, and Treena who is married to Craig. He cites his daughter’s birth and her wedding as two of his most memorable moments.

If all kinds of money and time presented themselves, he would not hesitate to take a cruise. He recognizes that he has “people skills” but negative people are a definite turn-off. Once upon a time, he served as a volunteer emergency medical technician in New York.

Dick has been a member of Messiah since 1979 and has been aligned with LMM, the Property Committee, Altar Guild, and currently serves as Bread Baker Coordinator.

His very favorite experience is the “Sending” at the end of worship, challenging us to “Go in peace and serve the Lord.” Dick certainly does that!



Notes of Thanks

My family and I want to thank you for the many expressions of love, prayers and caring you gave us during this sad time. Your cards, calls and presence at Nelson’s service meant so much to us. From its beginning, over 50 years ago, Messiah has always been a wonderful, loving group of people.

Thank you,
Lois Van Wie

Thank you to all you wonderful people who came caroling to my home! I loved it! And as you know, was totally shocked.

Love,
Jeanette



Thank you to everyone for all your prayers, cards & acts of kindness on the passing of my father. With God’s unending love we will struggle thru this.

Thanks again,
Carolyn R Solberg



Amazing, incredible, heart warming, and more has been the support members of Messiah have given to me through illness and the loss of my Mother this past month! Thank you all so much for your cards, visits and calls! You have surprised me and lifted my spirit with your kind words and your prayers. Several have sent money for a memorial gift, and we have decided that the bell choir is a most appropriate beneficiary. Mother was a good musician, and her piano playing inspired my own. During the last 35 years of her life, she played in several bell choirs, finally playing right up until she went into the hospital well after her 100th birthday. In fact, the choir in which she played at Waterman Village played at her 100th birthday celebration last March. Thanks again for all your support.

Ed Livingston

Note: Gifts in memory of Ed’s mother, Anna Mary Schwab Livingston/Peterson, may be given to the bell choir at Messiah.



Raymond has been away from home since November 23 from the results of three falls in five weeks. He has been either at Ft. Sanders Regional or Shannondale Health Care Center. Then I got down sick and had to join him on November 24 for two weeks and 2 days. Since coming home, I have been doing real well with my weight, gaining my strength and working to catch up while he has been away.

Raymond fell 3-4 weeks ago and fractured the ball of his right hip. He has been in therapy since, and will be there in daily therapy until he is able to walk with his cane before they will release him to come home.

Raymond and I wish to thank each and everyone of “our Messiah Family” for your prayers and support during this time.

Raymond will be 93 years old on Feb. 6 and we hope he will be home to celebrate his birthday.

May God bless you,
Ernestine & Raymond Cobble

A Message from our Council President

Beth Ford, 2009 Congregation Council President

This morning I picked up the newspaper, and it was bleeding red. Because of budget cuts, certain classes at UT will cost more. The public school system is several million dollars in the hole. There are multiple road projects that will go unbuilt, because the funding is not available. Despite those stories, we all have faith that our children can go to college, that the public school will continue to operate, and that we will be able to drive to work in the morning. I think that if you ask most people, they will say that they think the financial downturn is over or nearly over. There are rays of hope that things are going to be better.

We are certainly not immune to financial struggles here at Messiah. For the first time in many, many years, our budget is not exactly where we would like for it to be. We ended 2009 in the red, although not as much in the red as we had been. Our proposed budget, according to some, is more than a bit optimistic. However, I have faith that we will continue to feed the hungry through FISH and KARM, that when I sit in the sanctuary on Sundays the electricity will be on, and that Kristin will continue to do the hard work that has to be done for a congregation of over 400. Why is that?

Are we being irresponsible if we proceed with a budget that we do not know that we can meet? I do not think so. The reasons are many. The members of Messiah Lutheran Church have never failed to give when there is a need. From raising funds for an expensive ditch repair to a generous gift for one of our interns to providing scholarships for our youth to making sure that we can continue our FISH ministry, we have always given generously. I have no reason to believe that has changed. I have faith.

Can we do better in the stewardship of our time, talent, and treasures? Of course, we can. For the last three years or so, we have not really had a stewardship program, and we need to change that. We need people who are passionate about what we are doing here to lead us and educate us in taking care of what we have been richly given. We need to be reminded daily that all that we have is a gift from God and that we should give back as we have received. All gifts, no matter their size, are so important to the ministries of Messiah Lutheran Church. With your gifts we will see our vision for 2010 come to fruition. We will be a Book of Faith congregation. We will be a more welcoming congregation. We will better serve others by having an elder care advocate and a family and youth director. We will do all that we can to eradicate hunger.

For where your treasure is, there your heart will be also.

-Matt. 6

Peace,
Beth



COUNCIL HIGHLIGHTS

from meeting of January 19, 2010

By Doris Featherston, Secretary

1. Thanks to Carol Miller, Allison Pressley, Rob Shanahan, Nita Shealy, Rich Gibson and members of the Finance Committee for their hard work and diligence in oversight of the Messiah finances. We were able to approve an operating budget for 2010 in the amount of \$450,000. This is a "faith" or "stretch" budget but it was approved for presentation at the annual meeting.

2. We ended the year with an operating deficit of \$8,433; it could have been worse.

3. A retreat is being planned for February 13, 9:00 AM to 2:00 PM. This will take the place of our February meeting.

4. Ministry/goals were discussed and liaison assignment were made as follows:

Goal 1: Discipling

Adults - Gordon Burghardt

Youth - Della Cheak

Children - Susan Hamilton

Goal 2: Witnessing/Welcome - Rick Christian

Goal 3: Director of Children & Youth Ministry call team - Ellen Cole

Goal 4: Worshipping - Georgia Phillippi

Goal 6: Caring - Steve Hess

Goal 7: Serving - Curt Martin

Goal 8: Stewardship - Kent Solberg

Mutual Ministry - Beth Ford

Church Property - Paul Kronau

Finance - Rob Shanahan

for
FEBRUARY CALENDAR

see website

www.messiahknoxville.org

click on CHURCH CALENDAR link

How to access the online church calendar

You can view the church calendar online any time—day or night. And it will provide you the most up-to-date church calendar available.

1. Go to the church website at www.messiahknoxville.org.
2. Click on the Church Calendar link, found underneath the tabs on the left side of the main page.
3. Use the Next Month and Previous Month tabs on either side of the blue bar that indicate the name of the month to navigate to the month you need to view. (There is also a pull-down menu of months accessible from just above the calendar display on the left side of the page.)

After finding the month you are seeking, you can easily print the calendar by clicking on the grey tab (located at the top of the calendar) which indicates “Print View.” This will open the “Printing Instructions” screen. Follow the instructions indicated there to print out a copy of the calendar. If additional months are needed, simply exit the two print screens, maneuver to display the month desired, and click the “Print View” tab again, following the instructions indicated.

The church calendar constantly changes and this will provide you with the most current calendar available. Please reference it prior to your meetings or setting dates for church events.

To request an event, activity, or meeting to be added, changed, or updated on the church calendar , simply send an email to kristink@messiahknoxville.org or office@messiahknoxville.org or call Kristin in the church office (588-9753.)

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