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NEWSPAPER TREATMENT

CALENDAR - March 2-8

Friday

Sunrise Bible Study/Creed—Parlor6:30 a.m.
Stewardship—Stafford Room9:00 a.m.
NA Home Group—Stafford Room11:00 p.m.

Saturday

Prayer Retreat—Good Shepherd9:00 a.m.
NA Speaker Jam & Dance—Fellowship Hall .130 p.m.
Worship—Chapel6:00 p.m.

Lent 3

Exodus 20:1-17, Psalm 19
1 Corinthians 1:18-25, John 2:13-22

Worship—Nave7:45 a.m.
Kyrie Bells—Balcony8:30 a.m.
Christian Formation Hour9:00 a.m.
Worship—Nave10:30 a.m.
Sunday Social—Fellowship Hall12:00 p.m.
Matu—Chapel1:00 p.m.
LANCO Umpires—Library7:00 p.m.
NA Home Group—Fellowship Hall7:00 p.m.

Monday

Staff Meeting—Office10:00 a.m.
YMCA Meeting—Library1:00 p.m.
Dramability—Auditorium5:00 p.m.
Gloria Bella—Balcony6:30 p.m.
Worship Team—Library7:30 p.m.

Tuesday

Small Group/Creed—Stafford10:00 a.m.
Ed Building Steering—Library7:00 p.m.
Lancaster Flute—Fellowship Hall7:00 p.m.

Wednesday

Community Meal—Fellowship Hall5:30 p.m.
Small Group/Creed— After School Room6:15 p.m.
Sanctus Bells—Balcony6:30 p.m.
Congregational Care—Parlor7:00 p.m.

Thursday

Grace Choir—location TBA7:15 p.m.
Band Practice—Stafford8:30 p.m.



Like us on Facebook!
Grace Lutheran Church
To view monthly events go to our website
www.gracelutheranchurch.com
click on the calendar link at the top of the page.

Attendance for Worship

Worship 17 / 40 / 117 = 174

Sunday School 44

5 Tips to Support Your Body's Natural Detoxification Process

author: Sarah Kolman RN, MA, CHPN, INHC

Our bodies come equipped with several natural detoxification systems. Systems like our kidneys, bowels, sweat glands, lungs, and liver all work to remove toxins we encounter everyday from our bodies.

We can be exposed to pollution, toxins, and certain chemicals through the air we breathe, water we drink, and even the food we eat. Therefore, our kidneys, bowels, skin, lungs, and liver need to be in top working condition!

Here are 5 tips to support your body's detoxification systems:

1. Sweat!

Many chemicals can be stored in our fat cells. Exercise is a great way to shrink and change our fat cells, thus removing content and potentially removing contaminants from them in the process. They can also be eliminated through the skin via sweat—during exercise as well as sauna therapy. Sweat it out!

(#2 next week)



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For where two or three are gathered in my name, there am I among them.
Matthew 18:20

Young Adult Update

Our Young Adult Ministry, The Grace YAs, is one of our many small groups. Our group's first activity was a game night hosted by the Heidels in 2014. Our most recent activity was spending the afternoon with Quentin Miller (whose four brothers and sisters are all away at Milton Hershey School).

In between we have gone to Barnstormers' games, a Hershey Bears' game, The Escape Room, many of the Longs' Park Summer Concert Series concerts, more game nights, painting pottery, Super Bowl parties, and a new tradition of an Epiphany Party. We are also hosted a Sunday Social Soup Lunch sponsored by Thrivent Financial.

Our group is open to members of the congregation between 18 and young at heart, who enjoy breaking bread, clinking glasses, and the blessings of friendship!

Therefore encourage one another and build one another up, just as you are doing.
1 Thessalonians 5:11



Upcoming Events

March 4: Road trip to Victory Brewing in Parksburg (we will be leaving after the Sunday Social)
March 25: An Afternoon with Quentin
April 15: Dinner at Iron Hill 5:30 PM (please RSVP to Angie by April 8)
May 6: Barnstormers' Game 1PM
June (most Sundays): Long's Park Summer Concert + Potluck Picnic
July (most Sundays): Long's Park Summer Concert + Potluck Picnic
August (most Sundays): Long's Park Summer Concert + Potluck Picnic

If you are interested in joining this group please contact Angie Smith, 717-538-5862 (cell), 717-397-2748 (church office), or graceelcaapd@gmail.com.

March 4 Fellowship! Hosted by the Board of Worship!



Please consider joining the Worship Board, following late service, to chase away the last signs of winter, as they will provide a meal of chili, corn bread, beverages and dessert.

An optional activity will be a music trivia sheet.

Official Notice - Congregational Meeting Sunday March 18, 2018—Next steps for the Renovation!

"March for Our Lives" March 24



Jay and Mindi Graver invite you to stand in solidarity with the students from Parkland, FL and every other community that has been impacted by gun violence.

The Gravers have chartered a bus to leave Lancaster at 7am on March 24 to attend the "March for Our Lives" on the National Mall in Washington DC.

A light breakfast will be provided on the bus, and the plan is to spend the entire day in DC, leaving for home around 7pm.

To cover the cost of the bus, they are asking for \$45 per person/seat, which includes all transportation expenses including driver gratuity.

Please let them know as soon as possible if you are interested in reserving seats. Call or Text [717-572-2930](tel:717-572-2930) or email jmcegraver@aol.com. NEVER AGAIN!

Maundy Thursday Seder - March 29



Christians celebrating Passover is not new, in fact, from the time of the Apostles until being forbidden by Roman emperor Constantine in the 4th century, early Christians devoutly celebrated Passover.

It is not a coincidence that Jesus instituted the Holy Eucharist during Passover Seder. As we go through the Seder the ties between the Old Testament and the New, that Jesus fulfilled the prophecies of old, should become apparent.

Ray D'Agostino will be offering a Temple talk inviting you to participate in our Grace Seder Meal.

We hope you will join us! Sign up sheets will be in the Narthex and outside St Peter Chapel.

Parish News ...

Please Keep in Your Prayers For healing from illness or surgery this week:

Lucie Hellberg, Barbara Kline, Barb Krimmel, Joseph Nolt, Chris Payonk, Ann Ross, Cass Schnader, Lorraine Steele

Grace folks who have asked for our continued prayers: Gloria Ashby, Bonnie Beecher, Mary Bitts, John & Dolores Byers, Barbara Elder, Rose Fasig, Ruth Galebach, Jennie Hanna, George & Judy Hansalik, Ellen Hines, Krisi Johnson, Flo Koenig, Pat Long, Jan Lutz, Tom Miller, Jeremy Morant, Jim Morant, Mike Ober, Myrna Pierson, George Ries, Jean Schaum, Dave Schober, Corey Smith, Jay Smoker, Mike Snyder, Harvey Stewart, Pat Stewart, Emma Stumpf, Peter & Suzanne Verkouw, Carolyn Wenger, Janet Wood

Grocery Card Ministry

THANK YOU for your purchases of shopping cards!

Grocery cards are available every Sunday morning or by calling ... Duane and Kitty Weiss at (717) 464-2536.

Stewardship Snippet

March 4, 2018 (3rd Sunday in Lent, Year B)

Exodus 20:3 – You shall have no other gods before me.



What do you love more than God? If most of us are honest, we might answer, "Possibly my family, or my own life." Or, maybe "my money," or "my country." This first commandment seems simple but gets complex as we ponder it. Stewards and disciples know that the more they desire to put God above all else, the smoother their lives are.

STEWARDSHIP

Support Grace Youth attending ELCA YOUTH GATHERING - 2018

Isaacs Gift Cards are still available! \$10.00 each!

Flocks are waiting to be sent to a friend or neighbor near you! \$20.00



Mark your calendars!!



The Youth are sponsoring a Spaghetti Dinner on Saturday, April 21st. There will be two seatings that evening—5:00 p.m. and 6:30 p.m. Suggested donation of \$10.00 for adults and \$5.00 for children.



Easter Flower Orders—Due Friday, March 23

Order forms are available in the Narthex and outside of St. Peter Chapel. The cost is \$10.00 per plant. Plants may be picked up following the Easter Sunday (10:30 a.m.) service. Plants that are not picked up will be taken to our homebound members.