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Church Office-397-2748  
www.GraceLutheranChurch.com

**NEWSPAPER TREATMENT**

**CALENDAR - March 16-22**

**Friday**

Sunrise Bible Study/Creed—Parlor .....6:30 a.m.  
NA Home Group—Stafford Room ..... 9:00 p.m.

**Saturday**

Worship—Chapel .....6:00 p.m.

**Lent 5**

**Jeremiah 31:31-34, Psalm 51:1-12,  
Hebrews 5:5-10, John 12:20-33**

Worship—Nave .....7:45 a.m.  
Kyrie Bells—Balcony .....8:30 a.m.  
Congregational Meeting—Fellowship Hall ...9:00 a.m.  
Christian Formation Hour .....9:00 a.m.  
Worship—Nave .....10:30 a.m.  
Matu—Chapel .....1:00 p.m.  
NA Home Group—Fellowship Hall .....7:00 p.m.

**Monday**

Staff Meeting—Office .....10:00 a.m.  
Dramability—Auditorium .....5:00 p.m.  
Gloria Bella—Balcony .....6:30 p.m.

**Tuesday**

Lancaster Flute—Fellowship Hall.....7:00 p.m.

**Wednesday**

Community Meal—Fellowship Hall .....5:30 p.m.  
Small Group/Creed— After School Room .....6:15 p.m.  
Sanctus Bells—Balcony .....6:30 p.m.

**Thursday**

Small Group/Creed—Stafford .....10:00 a.m.  
Grace Choir—location TBA .....7:15 p.m.  
Band Practice—Stafford .....8:30 p.m.



**Like us on Facebook!**  
**Grace Lutheran Church**

To view monthly events go to our website  
[www.gracelutheranchurch.com](http://www.gracelutheranchurch.com)

(click on the calendar link at the top of the page)

**Attendance for Worship**

**Worship** 21 / 38 / 116 = 175  
**Sunday School** 42

**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.

**3. Breathe!**

Deep breathing, meditation, yoga, and exercise are great ways to promote healthy and normal breathing patterns.

If you are like me, you may often find yourself holding your breath or taking shallow “mini” breaths much of the day.

Instead, we want to optimize the lungs ability to circulate oxygen to aid in the removal of unwanted contaminants. I love Dr. Andrew Weil’s 4-7-8 breathing technique that supports a deep breathing pattern.<sup>3</sup>



**Grace NEWS**  
LUTHERAN CHURCH **HOLY WORSHIP + WHOLLY SERVING**

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

**Support Grace Youth attending ELCA YOUTH GATHERING - 2018**



Paloma Bolt is an 8th grade student at Wheatland Middle School.

She enjoys being with friends, playing basketball, snowboarding, skateboarding and exercising at the gym.

Paloma is excited to visit Houston and gain more knowledge about being Lutheran!



Emma Ries is 15 years old, and a sophomore at Hempfield High School.

She enjoys playing soccer, hanging out with her friends and family, and traveling. She has traveled to many places around the world and hopes her next stop is Houston, Texas.

Emma is looking forward to going to Texas with the other youth group members because it will be a great experience to help out others and learn and worship god with tons of other kids.



Danielle Oatman is 14 years old and in the 8th grade at Manheim Christian Day School.

She plays volleyball, basketball, and soccer for her school. She also participates in gymnastics at Prestige Gymnastics.

She is excited to be able to meet Lutheran youth from all over the country.

**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.**



## "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 Pennsylvania Avenue between the capital and White House.

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](mailto: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.

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

## Deborah/Elizabeth Circle Meeting March 20th at Luther Acres

The Deborah/Elizabeth Circle will gather on Tuesday, March 20th (the first day of spring!) at 10:30 AM in the Round in the Muhlenberg Building at Luther Acres.

This month's session of the Bible study "Multiple Meanings", presented by Sue Smith, will focus on the story of the Good Samaritan found in Luke 10: 30 – 37.

At about 11:30 we will conclude with lunch together. We would love to have you join us for conversation and study. For further information, please contact Joyce Saeger or Carol Main.

## Announcing a new English Literacy (ESL) Program at Grace



Through working with Florida and her family who moved from the Democratic Republic of the Congo to Lancaster, we saw the need for a basic English class for recently resettled refugees that would provide childcare for their young children.

Our class will be focusing on 'survival English' for adults while their children learn in a preschool environment. Classes will be held on Tuesday and Thursdays mornings from 10-11:30 am, starting April 3rd and ending May 31st. If you would like to help with the classes please call the office or Barb Andersen.

If you would like to help in other ways we could use the following: beginner puzzles and books, diapers, baby wipes, feminine and personal hygiene supplies. Useful items to use as Bingo prizes: hand towels, wash cloths, cleaning supplies etc..



## 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.

## Fountain Flowers



Opportunities to share plants and flowers for the fountain will be available beginning Sunday, April 8th and continuing through May 20th.

Families may buy plants and flowers to decorate the Fountain on the Sunday they choose, delivering them to church Saturday morning or afternoon, and following the Sunday services, take their plants home to be planted in their own garden.

Please call the church office @ 397-2748 with questions or to sign up for a Sunday.

## Parish News ...

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

Lucie Hellberg, Joseph Nolt, Chris Payonk, 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, Barbara Kline, Flo Koenig, Barb Krimmel, Pat Long, Jan Lutz, Tom Miller, Jeremy Morant, Jim Morant, Mike Ober, Myrna Pierson, George Ries, Ann Ross, 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.



**Please note\***  
Shopping cards note that cards will not be available on Sunday April 1 (Easter Sunday)

## Stewardship Snippet

**March 18, 2018 (5th Sunday in Lent, Year B)**

**John 12:21** – They came to Philip ... and said to him, "Sir, we wish to see Jesus."



*The visitors give voice to the faithful prayer of all steward-disciples. We wish to see Jesus. We wish to see Jesus in the many ways Jesus appears in the world around us. Most dearly, we want to see him in the eyes and lives of our brothers and sisters.*

**STEWARDSHIP**