



THE MESSENGER

September 2010

REMEMBER IN YOUR PRAYERS

Shut-in members: Please remember them not only in your prayers but with calls, cards and visits.

Terry Ackerman
Shirley Albert
Helen Blank
Ivy Boles
Leona Booker
Joyce Chamberlain

Evelyn Englehardt
Lera Hunzeker
Carolyn McBrayer
Debbie Noble
Helen Tezel
Winnie Pfiester



In our
thoughts
& prayers



Deployed Military & Civilians:
William Acosta and Susan Lantz

Hospitalized during August

Please let the church office know when you or a loved one is sick or hospitalized. We know only what you tell us. Due to stricter regulations, the hospitals will no longer give out patient room numbers. So please give the church office your room number or the room number of the person the pastor will be visiting. Thanks for your help.

CELL PHONES FOR SOLDIERS

Just to keep you informed we have collected and sent four cell phones and received three phone cards to the **Cell Phones for Soldiers program**. Thank you to everyone that has given so generously. This is an ongoing program and every little bit helps. If you have a cell phone that you are not using and would like to donate it, please bring it to the church and we will see that it gets to this charitable organization.

SCHOOL KITS

Even though the school kits are made up and sent out in spring, with all the school supply sales going on this would be a good time to purchase them for the Lutheran World Relief program. These items or donations can be left at the church office. Below is a list of the items that are needed.

Notebooks with ruled paper
(8.5 -11.0 150-200 sheets)
Pencil Sharpener
Eraser (2.5 inches long)

Blunt scissors
30 centimeter ruler
Construction paper
Boxed Crayons 16-24 ct

6 new pencils w/erasers

NEWS FLASH

Look for the Monthly Newsletter to come your way by Website. By the start of the new year your newsletter will be published on the website and we will stop sending out hard copies. More information to come

ALTAR FLOWERS ARE NEEDED

Flowers are needed for the 5th and 19th of September please call the office with the Sunday of your choice.



**GLCW CRAFT / BAKE
SALE**

This is it, September 19th is the big spectacular event you have been waiting for! Yummy bake goods, great crafts and do remember that Christmas will only be a few months away. All proceeds go to bereavement meals.

**ATTENTION ALTAR GUILD
MEMBERS**

Our annual banquet is scheduled for Sunday, September 26th in Fetter Hall after the worship service. If you and your family are planning on attending, payment must be given to Jeannette by September 1st. Thank you.

**HABITAT FOR HUMANITY
Prepare yourself for the event!
October 2nd**

Craig Johnson needs volunteers for this worthwhile cause so check your calendar and if it is free sign up today. Lunch will be provided

Everyone caravan's out to the site, you will get a warm and fuzzy feeling doing this!



OFFICE HOURS

Monday - Thursday
8:00 am - 3:30 pm
Friday - 8:00 am - 1:00 pm
Phone: 210-226-9131

The church's e-mail address is
cheryl@gracesa.org

READ ALL ABOUT IT
THE GRACE LUTHERAN CHURCH WOMEN

This organization is made up of the woman of the church and is about the Healing and Wholeness in the church, society and the world. We have many events scheduled for the remaining portion of the year so we encourage you to mark your calendar and become a part of this worthwhile group of ladies. We hope to see you!

September 19th At the annual Bake and Craft Sale

October 1-2 The annual SWT convention in New Braunfels.

November 14th - Our Thanks Offering Service.

Where we offer our thanks to God for our many blessings.

THE FOURTH SUNDAY

On the fourth Sunday of each month First Presbyterian Church provides meals for the homeless. They are looking for a covered dish and some humble hands to do the servicing between 3 and 5.

SYMPATHY

Our deepest sympathy is extended to the family of Al Steigleder who passed into the arms of our Lord, Tuesday, August 24th. His funeral was held at Sunset Funeral Home with burial following at Ft Sam Houston. Please keep Mary, his wife and family in your thoughts and prayers.

CONGRATULATIONS

Theodore Logan, was born June 11, 2010 to proud parents Ted and Julie Englehart. The proud grandparents are Ted L and Doris Englehart. This is Evelyn Englehart's great grandchild.

PARISH NURSE NOTES

September 2010 Betty Johnson RN

I recently was giving thought to our eating pattern – taking stock as the season is about to change! Eating healthy in the summer is somewhat of a hit and miss deal, with children out of school, schedules constantly varying, hot weather dulling your appetite. With the beginning of the school year and the fall season, our schedules usually take on a more normal routine.

For optimal performance, busy people need to eat regular, small, balanced meals and snacks that provide energy throughout the day, nutrition experts say. They recommend eating about every four hours during the day with perhaps a small snack in between. With a constant supply of energy the brain is less like to send out cravings for sweets and other simple carbohydrates. This way of eating usually prevents weight gain, though it doesn't necessarily promote weight loss unless the foods are low in calories.

A steady supply of slower-burning energy should make you feel more alert, improve your ability to deal with stress and level out mood swings caused by glucose spikes. Here are some of the nutrition experts' suggestions for successful "energy eating":

1. Keep a stash of nutrient-dense snacks handy such as cans of tuna, string cheese, whole-grain crackers, trail mix, fresh and dried fruit.
2. Try always to balance carbohydrates with protein and a little fat. Whole grains, fruits, vegetables – peanut butter on whole grain bread or an apple and a cheese stick.
3. EAT BREAKFAST, the most important meal of the day. After 10 to 12 hours without food, the body needs energy. Choose cereal or oatmeal with fruit and milk, yogurt with berries with granola, or eggs with whole wheat bread.
4. Don't be afraid of calories, even if you are trying to lose weight. Active people need about 2000 calories a day. The big problem is that people usually eat $\frac{3}{4}$ of their calories at the end of the day. Since you don't need that energy then, it gets stored as fat. Nutritionists recommend eating more during the day when energy can be used immediately, and less at night. Also be conscious of portion sizes at dinner.
5. Stay hydrated with plenty of water or unsweetened tea throughout the day. Stay away from soft drinks. Sugar in liquid form not only spikes glucose levels but provides empty calories. It doesn't fill you up, not even for a short time.
6. Think long-term as well as short-term. An occasional burger or nutbar is fine, but do your brain and body a favor by planning and eating meals full of vitamins, antioxidants, fiber and omega-3 fatty acids provided in fatty fish, berries, fruits, whole grains, certain nuts, beans and vegetables. If you eat in a way that supports your heart, it is going to be good for your brain as well.

If you take your lunch to work or school with you, here are some suggestions to know:

1. Fresh fruits and vegetables: Apples, bananas, berries, baby carrots, snow peas and bags of pre-washed greens for salads. (Foundation of healthy eating)
2. Fatty fish: Include tuna and salmon, can be eaten with salads or on crackers.
3. Sweet potatoes: They can be cooked in a microwave or oven-baked at home and eaten cold or reheated. (High in fiber and are filling)
4. Yogurt: Easy to pack and high in protein.
5. Avocados: High in calories but also high in fiber, potassium, and monosaturated fats, the kind that helps bolster HDL cholesterol.

Peace and be well!

Betty

Bit O' Blessing Box

- 2.5 lb. IQF Chicken Breast OR 4.5 lb. Perdue Whole Chicken
- 28 oz. Fully Cooked Meat Loaf
- 12 in. Supreme Pizza
- 1 lb. Lean Ground Beef
- 2 lb. Fully Cooked Mashed Potatoes
- 6.5 oz. Skillet Meal
- 1 lb. Rice
- Dessert

\$21.00

(plus sales tax where applicable)

Just 4 Me After School Box

*An assortment of child-friendly snacks.
Great for after school or any time.*

- 2 lb. Chicken Fingers/Popcorn Chicken
- 1.5 lb. Mini Corn Dogs
- 16 oz. String Cheese
- 2 (3 oz.) Hot Dogs in Bun (individually wrapped)
- 2 (4.5 oz.) Mini Cheese Burgers (2 twin packs)
- 4 (4 oz.) Hot Pockets
- 2 (6.5 oz.) Pizza's
- 2 (1.58 oz.) White Castle Hamburgers (2 twin packs)
- 2 (2.8 oz.) Peanut Butter and Jelly Jamwich

\$24.00

(plus sales tax where applicable)

Bread of Life Signature Box

Balanced nutrition and variety with enough food to help feed a family of four for about a week.

- 3 lb. (avg.) Family Tray Pack All Natural Split Chicken Breast
- 8 ct. Bean and Cheese Burritos
- 1.5 lb. Hamburger Patties (4 x 6 oz.)
- 1.5 lb. Center Cut Boneless Pork Chops (6 x 4 oz.)
- 1.5 lb. Breaded Chicken Breast Nuggets
- 1 lb. Lean Ground Beef
- 1 lb. All Beef Sausage
- 1 lb. French Cut Green Beans
- 1 lb. Garden Peas
- 1 lb. Whole Kernel Corn
- 24 oz. Natural Cut French Fries
- 1 lb. Kidney Beans
- 1 lb. Rice
- 6 oz. Corn Bread Stuffing Mix
- 5.5 oz. Pancake Mix
- 32 oz. 2% Shelf Stable Milk
- 1 Dozen Eggs
- 6 ct. Fried Apple Pie Sticks (2.75 oz. each)

\$31.00

(plus sales tax where applicable)

NEW!!!

Bountiful Blessing Box

- 28 oz. Fully Cooked Pot Roast (Pot Roast in Gravy with Red Wedge Potatoes, Carrots, Sliced Celery and Pearl Onions)
- 3 lb. (avg.) Family Tray Pack All Natural Split Chicken Breast
- 28 oz. Fully Cooked Broccoli, Rice and Chicken w/Cheese Dinner Entrée
- 8 ct. Bean and Cheese Burritos
- 1.5 lb. Hamburger Patties (4 x 6 oz.)
- 1.5 lb. Center Cut Boneless Pork Chops (6 x 4 oz.)
- 1.5 lb. Breaded Chicken Breast Nuggets
- 1 lb. Lean Ground Beef
- 1 lb. All Beef Sausage
- 1 lb. Crunchy Breaded Fish Wedges
- 1 lb. French Cut Green Beans
- 1 lb. Garden Peas
- 1 lb. Sliced Carrots
- 1 lb. Whole Kernel Corn
- 1 lb. Broccoli Florets
- 1 lb. Cauliflower Florets
- 24 oz. Natural Cut French Fries
- 1 lb. Pasta
- 25 oz. Pasta Sauce
- 6 oz. Corn Bread Stuffing Mix
- 5.5 oz. Pancake Mix
- 32 oz. 2% Shelf Stable Milk
- 1 Dozen Eggs
- 6 ct. Fried Apple Pie Sticks (2.75 oz. each)

\$41.00

(plus sales tax where applicable)

Fast & Flavorful Cuisine

\$28.00

(plus sales tax where applicable)

Convenience meals great for seniors and people living with diabetes!

Ten perfectly seasoned, nutritionally balanced, fully-cooked meals – just heat and serve. Each meal has been developed with dietary needs of senior citizens and people living with diabetes in mind.

Roasted Chicken with Red Wedge Potatoes, Lima Beans and a Carrot/Celery Blend

Chicken Alfredo with Fettuccini Noodles, Carrots and Broccoli

Chicken Chow Mein with Noodles, Green Beans and Cauliflower

Chicken Teriyaki with a Rice Blend, Carrots and Zucchini with Onions

Sweet and Sour Chicken with Rice, Okra with Onions and Carrots

Salisbury Steak and Gravy with Red Wedge Potatoes, a Green Pea/Carrot Blend, and Green Beans

Homestyle Chili made with Beef and Beans with a Yellow Squash/Red Pepper Blend and Green Beans

Beef Stew with Diced Potatoes, Broccoli and a Zucchini/Red Pepper Blend

Chicken Mexicana with Bell Peppers and Onions in a Chili Sauce over Rice, with Corn and Brussels Sprouts

Macaroni and Beef with Okra with Onions and Carrot

SEPTEMBER SPECIAL #1 **\$25.00***

Steak Combo Box (5 lbs.)

3 lb. T-Bone Steaks (4 x 12 oz.)

2 lb. New York Strip Steaks (4 x 8 oz.)

SEPTEMBER SPECIAL #2 **\$22.00***

Breaded Chicken Breast Nuggets (10 lb.)

10 lb. Breaded Chicken Breast Nuggets

SEPTEMBER SPECIAL #3 **\$23.00***

Premium Fresh Fruit and Veggie Box

3 lb. Idaho Potatoes

3 lb. Sweet Potatoes

3 lb. JonaMac Apples

2 lb. Yellow Onions

1 lb. Cello Carrots

1 Head Cello Lettuce

1 Head Green Cabbage

1 Avocado

1 Large Cantaloupe

1 Golden Ripe Pineapple

1 lb. Bag Kiwi

4 Lemons

4 Navel Oranges

4 Pears

AFM Fruit and Veggie Recipe Sheet

*Plus sales tax where applicable

Orders Due/Distribution Day:
Contact Your Local Host Site

**Please contact your local host site for information or visit our website to locate a host site near you
www.angelfoodministries.com*

Angel Food Ministries Reserves the Right to Substitute Any Items Due to Availability, Cost and Quality.
We Accept Food Stamps (EBT). Angel Food Ministries is an equal opportunity provider and employer. Complaints of discrimination should be sent to USDA, Director, Office of Civil Rights, Washington, DC 20250-9410



Grace Lutheran Day School

Mission: Partners with families to nurture young children through a Christian based early childhood education.

School Dedication & Welcome Luncheon

The school dedication and welcome luncheon which was held on Sunday, August 22 was absolutely a beautiful way of beginning this new endeavor of our day school I would like to thank all of those whom attended. Special thanks to all the people who gave us food donations. Thank you to everyone who helped with the clean-up of the hall after. The beautiful cake that Audrey Markert personally made. With our school logo was delicious! Also a special thanks to Jeannette Wohlfarth whom made the decorations for our tables and also decorated the hall. The offerings are greatly appreciated and will be used for supplies in the classroom. In conclusion, I am thankful for being part of such a friendly and

warm church. Thank you for making this day special. Also for welcoming me and as well as my family. I am truly blessed to be part of the Grace Lutheran family!!

Respectfully Yours,

Valerie Bocanegra
Day School Director

Day School
Wish List:
Old Magazines

Plastic small swimming pool.

Soda/Water Bottle caps.

Empty water/soda bottles.

Windssocks.

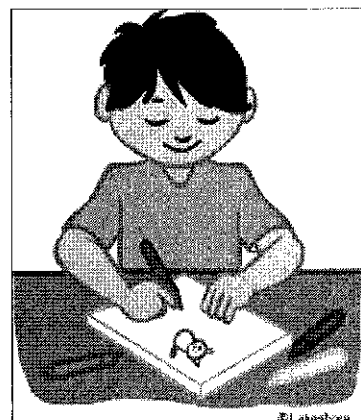
Teacher Orientation & First Day of School

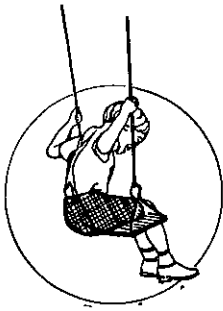
The day school will start teacher orientation on Wednesday, September 1. We will have 3 days of going over standards, policies and procedures. Curriculum planning and trainings.

The first day of school will be Tuesday, September 7, 2010!! The day after Labor Day.

Stop by and take tour our beautiful school!!!

We are currently enrolling students for our 2010-2011 school year. Ages 30 months to 4 years of age are welcome. We will offer a wonderful Christian based curriculum, small teacher student ratios. Please stop and by and visit.





GRACE NINOS NEWS

It's September, and school is back in session! Our annual open house night was held Thursday, August 26th, and classes started on Tuesday, August 31st.

We are enjoying our newly repainted classroom and are adjusting to the changes in space with the start of the Day School. We also look forward to sharing chapel time with the Day School students as we "make a joyful noise!"

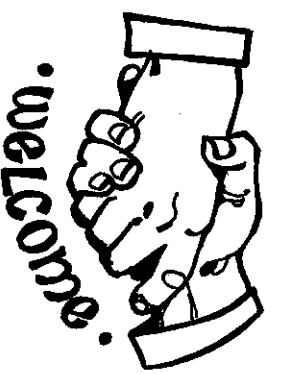
Our curriculum will change somewhat this year as we incorporate the alphabet into our weekly themes, starting with "*A is for Apple*" and lots of apple related activities! We anticipate another fun-filled year!

Just a reminder that Grace Ninos is eligible to receive Thrivent Choice Dollars for any Thrivent benefit members interested in designating funds to charitable organizations. Your donations would be appreciated. More information about Thrivent Choice is available in this newsletter.

Terracycle Program

Now that school is back in session, we encourage our students and families to resume donating empty Capri Sun or Honest Kids juice pouches to our recycling program. These can be placed in the bin marked "Juice Pouch Brigade" at the office entrance. Proceeds will benefit the Day School.





September 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 choir practice 	2	3 St John's Concert <i>Music concert at noon</i>	4
5	6 CLOSED FOR LABOR DAY 	7	8 choir practice Naomi Circle 9:00 am 	9	10	11
12 RALLY DAY	13	14	15 choir practice Angel Food Order <i>Deadline</i> 	16	17	18 Fetter Hall in use 3:00 -10:00 pm
19 Church Council 8:00 am GLCW Craft & Bake Sale	20	21	22 choir practice 	23	24	25 Angel Food PU
26 Altar Guild	27	28	29 choir practice 	30		



September

1 ST	Cynthia Johnson		
3 rd	Curt Pedder		
5 th	Rachel Wright		
6 th	Ronda Lantz		
7 th	Dana Eudy Lori Wenzel	7 th	Haley Durbon
8 th	Ron Durbon Karen Lynn Wright	8 th	Ida Cuthbertson
11 th	Kara Markert	9 th	Ronie Wright
12 th	Kassandra Fackler	12 th	Megan Fletcher
13 th	Delton Koehn Mary Horton		
15 th	Jeffrey Willing	15 th	Pam Noble
17 th	Carla Kilian	19 th	Barbara Durbon
20 th	Adam Allbright	21 st	Winnie Pfiester Joyce Englehardt
22 nd	Barbara Kilian		
23 rd	Doug Dupre	23 rd	True Kirkland
		24 th	Taylor Noblett Audrey Markert
25 th	Shea Kirkland		
26 th	Leroy Jonas Stephen Wenzel Alanya Tezel		
27 th	Mark Tezel	27 th	Charles Hansen
29 th	Pat Hansen Ryan Northcutt	28 th	Samuel Tezel

ATTENTION THRIVENT MEMBERS!

You may have money to spend! If you are an eligible member of Thrivent Financial for Lutherans, you may have Thrivent Choice Dollars available to you *right now* to designate to the charitable organization(s) of your choice. Choice Dollars may be directed to the church, the Grace Ninos program, or to thousands of other Lutheran organizations nationwide.

To find out more about how you can designate your Choice Dollars, visit Thrivent.com/thriventchoice, or contact your local Thrivent Financial representative.



**Touch lives. Warm hearts.
Your way.**

Help Lutheran organizations that are near and dear to you—even our congregation.

Eligible benefit members of Thrivent Financial for Lutherans can now help choose where Thrivent Financial distributes a portion of its charitable funds through Choice DollarsSM, part of the organization's new Thrivent ChoiceSM charitable grant program.

Here's how Choice Dollars works:

- Eligible benefit members receive a letter this summer about their designated Choice Dollars for 2010.
- Designated Choice Dollars are based on qualifying insurance premiums, qualifying contract values and Thrivent Financial volunteer leadership.
- Choice Dollars can be directed to thousands of Lutheran organizations nationwide, including our congregation, by visiting Thrivent.com/thriventchoice or by calling 800-THRIVENT (800-847-4836) and saying, "Thrivent Choice."

Potential amounts range from \$25 to \$500 for each eligible benefit member.

Help support what matters most to you by directing Choice Dollars

Learn more—and act today! Visit Thrivent.com/thriventchoice or contact

Your local Thrivent representative.

You're Invited... To Stay Home!

You, your family and your friends are cordially invited to NOT attend our second annual **Stay-at-Home Benefit**

in support of

Healy-Murphy Center

Celebrating Back to School
September 24, 2010

Please DO NOT dress up, hire a sitter, or leave your cozy surroundings. We are NOT inviting you to sit inside on a beautiful day, eat food that isn't on your diet plan, or pay \$6.00 for a glass of wine.

We ARE asking you to support Healy-Murphy Center by staying at home and sending a donation instead.

How your gift will help...

Funds received from foundations and corporations only cover a portion of what it costs to keep at-risk teens in school and their children in childcare while they continue their education. We must rely on private donations to make up the difference.

Your gift will help provide school supplies, nutritious meals and snacks, quality child care for the children of parenting teens,



RSVP Today!

Two easy ways to RSVP:

1. Online: www.healymurphy.org "Donate Now"
2. Mail: Send the bottom portion of this e-mail with your donation to Healy-Murphy Center, 618 Live Oak, San Antonio, TX 78202



Donation Form

Name: _____

First

M.I.

Last

Address: _____

City: _____ ST: _____ Zip: _____

E-mail: _____ Birthday: _____

Enclosed is my donation of:

- | | |
|----------------------------------|--------------------------------|
| <input type="checkbox"/> \$1,000 | <input type="checkbox"/> \$75 |
| <input type="checkbox"/> \$500 | <input type="checkbox"/> \$50 |
| <input type="checkbox"/> \$250 | <input type="checkbox"/> \$20 |
| <input type="checkbox"/> \$100 | <input type="checkbox"/> _____ |

