

# The Light

GRACE LUTHERAN CHURCH  
OAK RIDGE, TN

JULY 2025



Our Mission Statement:





## A MESSAGE FROM PASTOR ROSY

### Summer Power-Up: Gearing Up for God's Adventures!

Hey Church Family!

Can you believe summer is officially here? Longer days, sunshine, maybe even a vacation or two – it's a wonderful time to relax and recharge. But while we're enjoying the lighter pace, let's also remember that even in summer, God has incredible plans for us!

You know, sometimes we think of spiritual life as something super serious and intense, especially when we hear passages about "spiritual warfare." But what if we thought of it more like... getting ready for an awesome summer adventure with God? That's kind of what I picture when I read Ephesians 6:10-18. Take a look:

*"<sup>10</sup> Finally, be strong in the Lord and in the strength of his power; <sup>11</sup> put on the whole armor of God, so that you may be able to stand against the wiles of the devil, <sup>12</sup> for our struggle is not against blood and flesh but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places. <sup>13</sup> Therefore take up the whole armor of God, so that you may be able to withstand on the evil day and, having prevailed against everything, to stand firm. <sup>14</sup> Stand, therefore, and belt your waist with truth and put on the breastplate of righteousness <sup>15</sup> and lace up your sandals in preparation for the gospel of peace. <sup>16</sup> With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. <sup>17</sup> Take the helmet of salvation and the sword of the Spirit, which is the word of God. <sup>18</sup> Pray in the Spirit at all times in every prayer and supplication. To that end, keep alert and always persevere in supplication for all the saints".*

Sounds like a superhero equipping station, right? But it's not about becoming actual superheroes; it's about being ready for whatever life throws our way, all while leaning on God's strength.

Think of it this way for summer:

- **The Belt of Truth:** Amidst all the summer fun and perhaps a little more relaxed schedule, let's keep our minds grounded in God's truth. Read your Bible, listen to a great podcast, or just spend some quiet time reflecting on what you know to be true about God.

## Pastor Rosy's Message Con't

- **The Breastplate of Righteousness:** This is about living right and doing the good things God calls us to do. Maybe it's being extra patient with family on a long car trip, or choosing kindness when someone rubs you the wrong way. Little acts of righteousness make a big difference!
- **Feet Fitted with the Gospel of Peace:** Summer is a fantastic time to share the good news of Jesus, even in casual conversations. Your peaceful demeanor, your joy, your willingness to listen – these are all ways you can share the "peace" of the Gospel.
- **The Shield of Faith:** Sometimes, doubts or worries can creep in, especially when we're out of our routine. But our faith is like a shield that protects us from those "flaming arrows" of negativity. Keep trusting God, even when things are uncertain.
- **The Helmet of Salvation:** This reminds us of the incredible gift of salvation we have through Jesus. It protects our minds and gives us confidence in who we are in Christ.
- **The Sword of the Spirit (God's Word):** Don't let your Bible gather dust this summer! God's Word is powerful and can guide us through any situation. Even five minutes a day can make a huge impact.
- **And PRAY, PRAY, PRAY!** This is our direct line to God. Talk to Him about everything – your joys, your concerns, your summer plans, your hopes. And remember to pray for each other too!

So, as we dive into summer, let's not just "take a break" from our spiritual walk. Instead, let's see it as an opportunity to truly *gear up* with the "armor of God." This isn't about fighting a physical battle, but about being strong, joyful, and ready to experience all the amazing things God has in store for us, wherever our summer adventures take us!

Have a blessed and fun-filled summer, everyone!

Always a servant of Christ,  
Pastor Rosy <><



## THE PRESIDENT'S CORNER

Highlights from the June Council meeting include:

- The Weber family has been tending to the church's vacant lot on the corner. Council expresses our appreciation for the Weber's initiative to make the lot look lovely and maintained for the church and the community!

- Income and expenses are still running a deficit at about \$14,000. Commissions and all are reminded to think twice about what we are purchasing and whether it is a "it would be nice to have" want vs. a "dire" need.

- Commissions should start discussing what they would like to budget for 2026. This may be a tough year for the budget task force as savings dwindle. I have begun praying for divine guidance.

- Council approved Worshipping Commission's recommendation to continue with one worship service thru July.

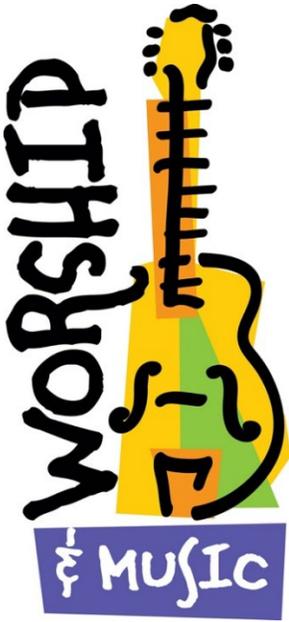
Worshipping Commission met in person on June 22 to decide on options for July services. Several non-commission members were welcomed and offered comments.

Worshipping voted to continue one 10 a.m. service in July with alternating formats. In August we will return to two services in conjunction with the start of the school year. As of now, July 6 and 20 will be the traditional format and July 13 and 27 will be the contemporary format.

Everyone gets something different out of each worship service, and we hope that everyone's needs are satisfied in some form or fashion. Sometimes we need to embrace just a little change to move forward.

Thank you to everyone who makes Grace the wonderful Christian community that it is!

Peace,  
Valerie



## MUSICAL NOTES



As the month of June gives way to July, we will begin worshipping musically by alternating styles at each service throughout the month. Special music will be provided by singers and instruments—including violin, and New Creation will continue to lead on the two contemporary Sundays. What all services will have in common, despite their varying styles and musical setting, is the emphasis on making a joyful noise. May we all continue to do this as a congregation!

New Creation performing at Coffeehouse on June 20<sup>th</sup>.



# SYNOD NEWS

This month starts a series of articles about information and ideas gathered at the Synod Convention in May of 2025. This month's article was contributed by Donna Gurecki.

## SHEPHERDING THE SOUL by Donna Gurecki

I attended a workshop at the Synod Assembly regarding mental health issues in a faith community. Here is a summary of that workshop. May you find it useful in helping someone in our faith community, a friend, or family member.

In today's fast-paced and often stressful world, mental health has become an essential aspect of our over-all wellbeing. This workshop was to explore the critical intersection of mental health and spiritual care. We discussed mental health issues in our society; the stigma that still exists and how

we as "the church" can feel comfortable in dealing with mental health issues in "our community." We all must be ready to deal with it!

We as a faith community must provide a supportive environment. We can encourage individuals who are having mental health difficulties to seek help. We can provide a place of safety and trust building so the person with mental health issues feels comfortable enough to share their issues with you. This will take time!

Our Stephen Ministry training provides some of these skills (listening, reflecting back what the person is saying, boundary setting, confidentiality...just to name a few). These skills also help in other situations.

We have to build collaborative support system: building a network of resources to help people with mental health issues. Unfortunately, there are not enough mental health providers so the first link may be you or perhaps our Pastor. Ridgeview is a helpful resource in our community.

Healthy leaders build healthy communities. Self-care will be important so one doesn't burn out. We all need time to care for ourselves so we can do our ministries. It is important to set boundaries and stick to them.

May you find these mental health intervention steps useful in helping a person with mental health issue.

Stages to a mental health intervention:

1. Build a relationship. When one feels connected, safe, and secure they are willing to trust enough to share. Really Listen. Use open ended questions to get the person with

mental health issues to talk. “ I see you are having some difficulties, can you tell me about it.” Reflect back what the person has said to let them know you understand the issues.

“What I hear you say is...”

2. Explore Resources. Do they have a mental health provider? Are they utilizing any resources...like Ridgeview, working with a pastor, etc.

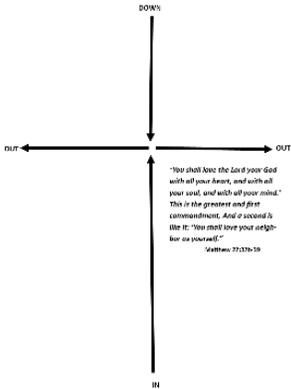
3. Develop a short-term plan. Will need to be specific. “On Tuesday I will make an appointment to see my mental health provider.” It will be important to assess if the person is wanting to harm themselves. This may require a more urgent action on your part and the person experiencing mental health crisis.

4. Pray

5. Follow-up plan. Check in with the person to see how they are progressing with the plan and take further steps if needed.

While this may seem daunting and you may not want to get involved, you may be the face of the faith community that someone is seeking. It is our commitment to love, care, and serve our friends, and neighbors in need that compels us to help.





Have you seen these signs around church? Have you wondered what they mean? You will be learning what these signs signify as the Stewarding Commission begins its year-round stewardship plan. The stewardship theme for this year is “Stewards of God’s Love.” Stewardship is not about budgets, money, & pledge cards. It is about God’s love and how we respond to God’s love.

Stewardship is a way of life. It is about our relationship with God. When we practice stewardship, we are making the sign of the cross. God makes the first vertical line **DOWN**; we follow by moving **IN** to the center and then **OUT** to our neighbors on either side both near and far. We form a cross with our lives and through our faith we are marked with the cross of Christ forever.

This month our emphasis is on **DOWN**. God has come down to us in love. Stewardship begins with God and how God has shown His love for us. We are first receivers. We belong to God and all that we have belongs to God. Out of this receiving, we are freed in Christ to love, give, & serve. God comes down to us in creation. Stewardship begins at creation where God first came down to us when He gave mankind dominion over all he had made. God’s love comes down to us in Jesus Christ. God also comes down to us in our baptism where we are claimed as a child of God and receive His grace. As stewards, we live out our callings as children of God by sharing God’s grace with the world. We thank God for the ways He has come down to us in love.



## Ecumenical Storehouse July 2025

Grace Lutheran, together with Kern Methodist, is in charge of operating the Ecumenical Storehouse during the month of July.

Volunteers are needed on Tuesdays, Thursdays and some Saturdays from 10-noon. The Storehouse has begun to serve clients on Saturday mornings, if they cannot come during the week.

If you have a couple of hours free on Tuesday, Thursday or Saturday morning, please contact Kathy Olsen at (865) 335-7240, [olsendk@comcast.net](mailto:olsendk@comcast.net). Volunteering at the Storehouse is very rewarding.

### Storehouse history:

In Spring 1984, a member of the Grace Lutheran Social Ministry Committee, Barbara Mazingo, presented the concept of an Ecumenical Storehouse. All churches in Oak Ridge were contacted, and eight responded with start-up pledges of \$100 each. Two members of Grace, Martha Bishop and Dot Alford, served as Storehouse president. Now a lack of volunteers could end Grace's commitment to the Storehouse.

The Storehouse accepts, stores, and distributes almost every type of household good - essentially everything a person would need to set up a small living quarters, except food and clothes. Many of the clients served are from among the poor or disenfranchised living in the area; others have lost everything in a fire or storm; still others find themselves in abusive situations and need emergency assistance to establish a new home. The Ecumenical Storehouse provides its services only by referral from area churches and recognized area support agencies.

The continued success of the Storehouse would not be possible without all of the volunteers who staff it. Volunteers from eleven participating churches now operate the Storehouse on a rotating basis. Household goods can be donated by bringing them to the Storehouse, 134 East Division Road, on Tuesday, Thursday or Saturday morning between 10:00 and noon.

Most pickups are made Saturday mornings after 9:00 a.m., but some pickups may be made during the week as men and trucks are available. Call 865-481-0274 to schedule a pickup.



ADFAC exists to provide effective and essential support through programs designed to guide our clients on the path to a secure future.

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Aid to Distressed  
Families of  
Appalachian  
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(ADFAC)

Post Office Box 5953  
Oak Ridge, TN 37831

Administrative Office  
865.425.0256  
Household Assistance Program  
865.483.6028  
Appalachian Housing Partners  
865.481.3837

May 22, 2025

Grace Evangelical Lutheran Church  
131 W. Gettysburg Ave  
Oak Ridge, TN 37830

Dear friends,

On behalf of the clients we serve, thank you for your gift of \$350 to support ADFAC's work in the community.

It is through the generosity of donors like you that ADFAC can answer more than 7,000 requests for assistance each year. ADFAC's three programs, Household Assistance, Appalachian Housing Partners, and School Supplies, are committed to providing essential services to families in need.

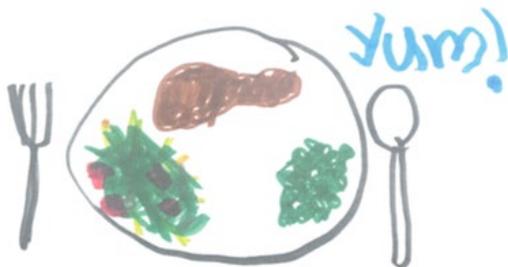
Founded in 1987, ADFAC is an independent 501(c)(3) non-profit agency working to serve the basic needs of primarily low-income residents in Anderson and surrounding Appalachian counties. Contributions like yours are essential to our ability to continue meeting the emergency needs of our low-income neighbors. If you have any questions about ADFAC or our services offered, please don't hesitate to contact us!

With warm regards and wishes for good health,

Annie Cacheiro  
Executive Director

We have not provided you with any goods or services in exchange for this contribution. Please retain this document for your records. It is an important document necessary for any available federal income tax deduction for this contribution.

Date: 5/13/25 Amount: \$350



Dear Friends with Grace Evangelical Lutheran Church,  
Thank you so much for your generosity! With your support, Second Harvest Food Bank can provide as many as 7,125 meals for our neighbors in need. We could not serve East Tennessee without you!

Thank you,  
Beilyn Bil

Note and picture from recipients of our food pantry.

# JULY EVENTS

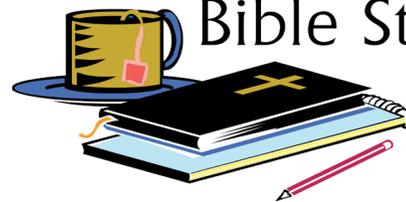


## SUMMER BIBLE STUDY

The summer Bible study *Living a Chocolate Life*, continues on Wednesdays at 6:30 pm in Room 101. The study is led by Donna Hoglund.

If you have any interest or questions, email her at [donna.hoglund40@gmail.com](mailto:donna.hoglund40@gmail.com) or call or text her at 931-248-5101.

## Women's Bible Study



## PUZZLES, PUZZLES, PUZZLES WITH JUDY JOY

Join Judy Joy at her home to work on jigsaw puzzles on the second Thursday of each month from 10:00-2:00. Bring your lunch.





**Free Movie Night**

**FAMILY MOVIE NIGHT**



**You're Invited!**  
Invite your friends!

**WHEN:** Saturday, July 5  
**TIME:** The movie starts at 6:00pm  
**WHERE:** Grace Lutheran Church 131 W. Gettysburg Ave. OR 37830

*We are showing*  
**Beauty and The Beast**



**Snacks**



### WOMEN'S TEA

The Grace Lutheran Women's Tea will be on Sunday, August 17, 2025, from 2-4 pm. Please RSVP to the Church office by Sunday, August 10, 2025.



Women's Tea	August 17
Fall Picnic	September 7

### FALL PICNIC

Grace's annual Fall Picnic will be September 7, 2025 from 5:00-7:00 pm at the Melton Hill Lake Pavillion. Nurturing will provide BBQ, drinks and paper products. There will be a sign-up sheet forthcoming for bringing sides and desserts.



MINISTRIES OF GRACE



We offer beginners classes (am & pm), intermediate classes (am & pm), early intermediate classes, and an advanced class. Please note that am beginner and early intermediate classes are on during July. They will resume August 5.



FOOD PANTRY

The Food Pantry served 81 households with 197 individuals in. The Food Pantry purchased 2531 pounds of food from Second Harvest at a cost of \$1506.68. If purchased at retail the same amount of food would have cost \$4986.07, so we saved \$3479.00.

BLANKET WORKSHOP



Those who attend Blanket Workshop make quilts for Lutheran World Relief. The group meets on the first, third, and fifth Thursdays of the month from 10 am to 2 pm. Everyone is welcome to join in, or just stop by to see what is happening. Sewing skills are not required. Bring your lunch.

FOOD ITEMS NEEDED FOR THE FOOD PANTRY

The Grace Lutheran Food Pantry is asking for help from the congregation to help stock the shelves. There are items that we have been giving out that are not currently available for purchase from Second Harvest. The pantry will be asking for monthly donations from the congregation to help supply those items.

July's need is 1-pound bags of pinto beans. Those donations can be placed in the baskets in the narthex and the back entry way. Thank you for your help in stocking our shelves.

July Love Offering

The July love offering is Christmas in July. This love offering supports Grace's Angel Tree Ministry during the holiday season.





## JULY BIRTHDAYS

Audrey Elam

Bill Moehl, Jr.

Lois Szluha

James Bauman

Neal Vaughn

Pat McMillan

Paula Pope

Chris Parton

Betty Dagley

Barbara Sparks

### Life Events

Flora Cumberland was born on May 18, 2025, to Margaret and Riley Cumberland.

Kingston Dill was born on June 5, 2025 to Kara Bafford and Austin Dill. Kingston is the great-grandson of Paula Pope and the grandson of Angelique and David Bafford.

Melanie Betsy Lorenz was born to Rachel Lorenz on June 27, 2025. Melanie is the granddaughter of Mike and Kim Lorenz.

# RECENT EVENTS

On June 1, 2025 Grace celebrated the Affirmation of Baptism of Gabriella Bauman.





On June 1, we also recognized our 2025 graduates during the service. Below from left to right are Kennedy Weber, Lana Haese and Dan Joy. Not pictured: Ellie Hattmaker and Olivia Bohannan.



On June 8, 2025, a baby shower was held for Rachel Lorenz at the home of Beverly Bauman.



## The Prince of Egypt Musical

A musical stage play called The Prince of Egypt was performed for public viewing at Grace Lutheran Church on June 9, 2025 by the Zion New Wine Ministry 2025 of Zion Lutheran Church, Cloquet, MN. The play is an extrapolation of the life of Moses as described in the biblical text. The story covers the life of Moses from the time he was sent floating down the Nile in a basket, found by Egyptians, and much later took his people out of Egypt.

The Prince of Egypt musical was performed by a cast of 24 students supported by a technical crew of three. The stage was created in our sanctuary with equipment supplied by Zion, including sound and cinematic backgrounds. The attached photos show the transformation to the musical stage.

New Wine's interpretation of the story, according to Zion Pastor Christina Johnson, seeks to express the emotions of Moses and Ramses as they lived together in Egypt, and also as Moses and his people were eventually forced out of Egypt.

The original Prince of Egypt movie was produced as an animated film by Dreamworks in 1998. It appears to be available today on Netflix and You Tube.

Donations toward the cost of this show and funding Zion's tour through Tennessee and North Carolina may be submitted at [newwine@ludus.com](mailto:newwine@ludus.com).





The following are selected scenes from The Prince of Egypt musical performed at Grace. Due to the size of the cast, I have not tried to include all the players, so only a few representative scenes are shown below.



On June 20, 2025, Grace held its second Coffee House of the year. Music, entertainment and good times were enjoyed by all.





Grace Lutheran Church  
131 W. Gettysburg Ave.  
Oak Ridge, TN 37830

Phone: 865-483-3787

Email: [office@graceor.org](mailto:office@graceor.org)

Website: [www.graceoakridge.org](http://www.graceoakridge.org)

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You can donate once, weekly or monthly.



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