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May 2009

Emanuel Lutheran Church
*A Member of the New England Synod of the
 Evangelical Lutheran Church in America,
 a "Reconciling In Christ" Synod*



Visitor

From the Pastor

My Dear Sisters and Brothers of Emanuel,

Toward the end of May we will celebrate Pentecost. One result of the Spirit's work in and through the Church was a remarkable hospitality. As Peter said in his first public sermon: "For the promise [of new life in Christ] is for you, for your children, and for *all* who are far away, *everyone* whom the Lord our God calls to him." (italics are mine)

This deeply confident and spiritual welcome does not begin at the church door. It begins in the streets, in the work places, around dining room tables and in our gatherings with friends, neighbors and acquaintances. It begins with an attitude of openness, friendliness, helpfulness and gentleness in our daily contacts with others. Walking up the hard, cold steps into a strange building takes determination. This is especially true if you feel like you will be the only one there who does not know what to do or say, or how you will be received. But if a newcomer already has formed an opinion about Emanuel from encounters with you in the world, they will find it easier to make that effort.

We can all (or most of us anyway) muster up an hour's piety on Sunday morning. But our faith is a gift for daily use. If we want our community of faith to grow, we must represent Emanuel in the most positive way we can to all people. We don't have to describe programs, or explain liturgies, but we do need to be people that other

people want to be around. We need to be (not just seem, but really be) interested in the people we meet. We need to be glad to see them, ready to listen to them, ready to assist them, and eager to invite them. We cannot be overheard griping, sniping, moaning and complaining. We cannot be seen disparaging people, spreading rumors, sounding judgmental or getting all huffy about some minor offense. We must be the most ready to recall someone's good qualities and the quickest to forget their mistakes or failings. If we have complaints about Emanuel or the Church more broadly, we can express those in-house with who are already committed Christians. Never should we belittle the Church or the Gospel or Christ in any public setting. You are our face in the world; how do we look? What perception of us do you project? What image of our congregation is formed if your life is taken as a typical Emanuel member? What word or deed can you do today that sends out the message of God's hospitality to those you meet?

I know we can't be perfect, but most of us can be a lot better. Pentecost is a daily renewal in spiritual blessings. There are no such blessings that matter apart from an attitude of real, engaging love for the world and the people we meet in the world.

*From the Pastor
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Council Highlights

The April meeting of Emanuel Council began with devotions. Discussion of the Book of Faith was continued with a study of John 8.

Jim Hamilton, Treasurer, reported that expenses exceeded income by \$2,902 in March.

Motions / Resolutions:

The following motions were approved by the council:

Approval of the Consent Agenda:

- Approval of March minutes
- Approval of Annual Meeting minutes
- Parochial and Property Reports
- Approval of Treasurer's Report
- Approval of Pastor's and Executive Director's reports
- Approval of Mutual Ministry recommendations for Staff Salary reporting
- Approval of Worship Team recommendation for Service Time changes
- Approval of Schedule for Mission Team presentations to Council
- Approval of Scholarship for Heriel Mushi
- Approval of the Endowment Distributions as recommended by the Endowment Team

Discussion:

Lynne Gustafson continued working with the Council on the Results Accountability process. The Council has set up retreat dates in April and May to begin definition of the population and results statements.



emanuelonline.org
Social Networking that Love Builds
log in ... join the conversation
Main | My Page | Members | Photos | Videos | Forum | Events | Blogs | Notes | Groups

Inspirations
Gifts for all Life's Special Occasions

Through 5/9/09 MACC Charities is offering its
Member Churches 50% off an entire order
(one time offer/one flyer per person)

If you would like a copy of the flyer needed to redeem the 50% off,
please contact the church office at 643-1193 or access the link directly
on Emanuel's Weekly Update.

Inquirer Class

Prospective Members and anyone who wants to know more!

Are you curious about Emanuel? Would you like to learn more? Meet some others who have been coming here?

Come join us for a conversation about our congregation and its programs!

The meeting will be held on Sunday, May 17th, after the potluck. (Read more information about the Church-wide potluck on page 4) It will be relaxed and informative.

If you plan to attend, please call 643-1193 or you can email aheinrich@emanuelmanchester.org.

If this session interests you, but you cannot be with us that day, please speak to Pastor Cady.

We look forward to seeing you there!



Sunday, May 3rd
Healing Prayer at both Worship Services

Reiki
11:45 a.m. in the Youth Room

From the Pastor
Continued from page 3

If we want Emanuel to grow, we must be the first to exhibit spiritual growth in our selves for the sake of others. No one needs another self-congratulatory congregation. No one needs another cliquish parish. What the world needs is a genuinely compassionate and committed body of disciples of Jesus to take the love of Christ into the love-hungry world. Some will notice. Some will be intrigued. Some will come and some will join. As they do, we will all be blessed.

Yours In Christ,
Pastor Scott Cady

From the Parish Nurse

By Lynne Gustafson

Obesity and Medications

Recently, I was reviewing health articles when I came across an article entitled "More U.S. Kids Taking Diabetes, Blood Pressure Drugs: Prescriptions rose by more than 15 percent in 3 years." Researchers accessed the CVS Caremark prescription database to ascertain the number of prescriptions filled for children and adolescents. CVS Caremark is a supplier of medications to people with health insurance. They found that in mid 2004 there were 3.3 per 1000 children prescriptions filled for these diseases; in late 2007 the number rose to 3.8 per 1000.

Sorting out these medications they found that there was a 23% rise in oral diabetic medications and a 15% rise in blood pressure medications. During this same period there was a 23% decrease in prescriptions for cholesterol lowering medications such as Crestor, Lipitor and Zocor. It is thought that this drop is due to the controversy in prescribing these medications to children.

What is concerning children's health care providers is the fact that high blood pressure, high cholesterol and type 2 diabetes were all once considered to be exclusively adult diseases. However, over the past years the rate of overweight children has been rising at an alarming rate. Now one out of three children is considered to be obese. Medical providers have long known that there is a direct correlation between obesity and hypertension, diabetes and high cholesterol. Doctors recognizing the long term affects of these diseases are now treating diagnosed children ages 6-18 with medications. This study further indicates that the fastest growing population actually is between the ages of 6-10 years of age.

To determine one's weight, health care provider's measures body fat by using a body mass index known as the BMI. The BMI is a good indicator of body fat but it does not directly measure it. There are

Parish Nurse
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May Scripture Readings

May 3rd

4th Sunday of Easter

Acts 4:5-12
Psalm 23
1 John 3:16-24
John 10:11-18

May 10th

5th Sunday of Easter

Acts 8:26-40
Psalm 22:25-31
1 John 4:7-21
John 15:1-8

May 17th

6th Sunday of Easter

Acts 10:44-48
Psalm 98
1 John 5:1-6
John 15:9-17

May 21st

Ascension of Our Lord

Acts 1:1-11
Psalm 47
Ephesians 1:15-23
Luke 24:44-53

May 24th

7th Sunday of Easter

Acts 1:15-17, 21-26
Psalm 1
1 John 5:9-13
John 17:6-19

May 31st

Day of Pentecost

Acts 2:1-21
Psalm 104:24-34
Romans 8:22-27
John 15:26-27; 16:4b-15

Stewardship

By Micki Zelesky

Stewardship—What Is It...Really?

Often, when we contemplate stewardship relative to the church, we think of one thing – the annual pledge drive. But stewardship is so much more. That is why our Stewardship Mission Team continues to strive to educate all of us on different ways to be **stewards**. We are finding that we're learning as we go, and it has truly been a fun, creative and enlightening experience.

According to the Standing Rules of the Ecumenical Stewardship Center as spelled out in the Episcopal Church website, Christian Stewardship is the grateful and responsible use of God's gifts in the light of God's purpose as revealed in Jesus Christ.

They go on to say that stewardship is lived out in:

- 1) living and telling the Good News
- 2) hearing God in seeking justice, peace and the integrity of creation in an interdependent universe
- 3) wisely employing God-given human resources, abilities and relationships
- 4) sharing the material resources we hold and giving them in service, justice and compassion
- 5) providing for future generations, sharing in the life, worship and responsible stewardship of the Church and of its mission.

Both for the individual and the community, stewardship is a joyful act for the sake of God's world.

Stewardship has also been defined as:

"What I do, with all that I have, after I say, 'I believe.'"

That sums it up quite well. We have been the recipients of God's innumerable and immeasurable blessings throughout our lifetimes, and we need to continuously reflect on how we can open our hearts to share these gifts. Join with us in our year-round stewardship activities.

Mark your calendar for Sunday, June 28th...

There will be a joint worship service with Concordia at 9:30 a.m. at Concordia Lutheran. There will not be worship services at Emanuel that morning. We hope that you are able to join us at Concordia for this service on June 28th.

An Exciting Afternoon on May 17th

Church-wide Potluck and Ice Cream Social Sunday, May 17, 2009 at 12:00 noon

Join us on Sunday, May 17th for a church-wide potluck and ice cream social. Guests are asked to bring a main dish or salad to share. The Sunday School will host their Annual Ice Cream Social and provide dessert for the event. All are welcome. Come as you are. Bring what you have.

Meet participants in the new member class, which will convene after our potluck. And, **meet Barbara Ruhe**, a Wethersfield lawyer and member of Grace Lutheran, Hartford, whose generous gift of time and talent are given in support of our Grow the Endowments Fundraiser.

Then, stay for **How to Thrive in Retirement**, a fun, interactive program that explores how you can start now to enhance the richness of your retirement and meet personal goals regarding your family and giving back to your congregation and community.

How to Thrive in Retirement is packed with eye-opening facts and thought-provoking insights from nearly 30 years of research by the nation's leading expert on aging in America.

You'll learn:

- How a longer life can mean new beginnings with personal growth, lifelong learning, a second career, volunteering, adventure, travel and more.
- How to prepare for your own unique retirement dream.
- What challenges might be in the way and how to avoid them as you prepare for retirement.

Grow the Endowments Fundraiser

Did you know more than 60% of American adults don't have a will? Perhaps you're one of them. Or, perhaps you need to have your will updated. There are many reasons to do so, not the least of which is that it can support Emanuel's endowments if you do so now.

Barbara Ruhe, a Wethersfield lawyer and member of Grace Lutheran, Hartford, has developed an expertise in Family Law and representing children and the grownups who love them. She has offered her legal expertise to prepare or update wills for folks at Emanuel at a fee of \$350.00, three hundred dollars of which will be given to Emanuel in support of our endowments.

That's **\$300 for Emanuel's endowments!**

Learn more on May 17th!

Family Ministry

From Tara Arner

Faith Trek & Little Lutheran Landing

Paul's Call to Peace is our last rotation of this year. It runs from April 5th through May 3rd.

We will have FaithTrek and Little Lutheran Landing on May 10th, Mother's Day. We will be doing a whole group activity on this day.

May 17th is our last day of FaithTrek and Little Lutheran Landing until September. We will be meeting together in the Community Room. We invite all families to our end of the year celebration after second service. There will be a potluck luncheon and ice cream social.



Are your kids ready to sink their teeth into BIG fun?

That's just what they'll do at Crocodile Dock, where fearless kids shine God's light! Crocodile Dock is filled with incredible Bible-learning that kids see, hear, touch, and even taste! Bible Point crafts, team-building games, cool Bible songs, and tasty treats are just a few of the Crocodile Dock activities that help faith flow into real life. (Since everything is hands-on, kids might get a little messy. Be sure to send them in play clothes and safe shoes.) Plus, we'll help kids discover how to see God in everyday life—something we call God Sightings. Get ready to hear *that* phrase a lot!

Your kids will also participate in a hands-on mission project called Operation Kid-to-Kid™ that involves millions of other children across North America!

We are excited to be partnering with **Concordia Lutheran Church**, (860) 649-9349, again this year!

Register your kids today!

Online registration at www.emanuelmanchester.org

First come/first served. Space is limited. Checks payable to Emanuel Lutheran Church or pay online by credit card. Your child(ren) will be officially signed up once the registration fee is processed and permission slip/photo release form has been received.

COST

\$30 for first child

\$20 for each additional sibling.

Scholarships available upon request.

VOLUTEERS

Please fill out the volunteer registration forms and make a note on the top of your permission slip/photo release form what position you are signing up for.

Crew Leader's children are half price.

Station Leader's children are free.

Mission Teams

From Cindy Hall

Emanuel has a rich history establishing social service agencies which serve people in the greater Manchester area. These agencies include: Manchester Area Conference of Churches (MACC), MARCH, Inc. of Manchester, MARC, and Manchester Area Network on Aids (MANA). So it is of no surprise that another vision has emerged from the needs of the community to establish Creative Living Community of Connecticut, Inc. (CLCC).

CLCC recently achieved significant organizational milestones.

The Certificate of Incorporation form and narrative, Bylaws, Conflict of Interest Policy, and the Organization and First Report were filed with the Connecticut Secretary of the State. The Board of Directors was formed and the officers of the corporation were elected: Richard Boy, Vyrjil Buus (president), Heidi Chromik (secretary), Sallie D'Attilio (treasurer), Lynne Gustafson (vice-president), Brian Murphy, Janette Peracchio, Jody Wynn Rodiger and Cheryl Sanderson. The Parent Advisory committee includes: Doti Dienst, Eric Ellison, Cindy & Randy Hall, Christa McManus, Linda Vogler and Lynn Wytas. CLCC became a Connecticut nonprofit corporation effective Sept 9, 2008.

The Application for Recognition of Exemption under Section 501(c)(3) of the Internal Revenue Code was submitted to the IRS in December 2008. In February 2009 the IRS determined that CLCC is exempt from Federal income tax as a public charity. The 501(c)(3) status is critical in pursuing and obtaining funding from various sources for the development of CLCC.

The mission of CLCC is to provide supportive housing and vocational services for Connecticut adults diagnosed with Autism Spectrum Disorder or other developmental disabilities in a sustainable farmstead setting in eastern Connecticut.

Congratulations!

College Scholarships

Emanuel College Scholarship Applications

are now available and can be picked up in the Narthex and the Church Office. Please note that the scholarships are for all college students and not just first year students. The deadline to submit your application to the Church Office is May 31, 2009.



Church Events

Celebrate the Yield Sunday Sunday, May 3rd

Endowment Disbursements will be presented at both Worship Services. A special coffee hour will follow in Luther Hall. Every individual or family will leave with a special gift.



BOOK CLUB NEWS

Emanuel's Book Club meets on the first Sunday of the month at 6:30 PM in the Library.



May 3, 2009

The Guernesey Literary & Potato Peeling Society
by Mary Ann Shaffer & Michael Henry Heim

June 7, 2009

Uncle Tom's Cabin by Harriet Beecher Stowe



The next meeting for Ruth Circle is a Potluck on Tuesday, May 5th at 6:30 p.m. in Luther Hall. This will be a planning meeting for the 2009-2010 year. All women are welcome!

A Greater Gift Fair Sunday, May 3rd Luther Hall during Coffee Hour

Purchase beautiful crafts for yourself or for others during coffee hour and help support artisans from around the world. Eradicate Poverty wherever it resides! www.serrv.org



Prayer Shawl Gathering Tuesday, May 5th 9:30 a.m. in Luther Hall

Everybody who is interested in prayer shawls is invited to join us. Refreshments will be served.

Womens' Faith Group "Come to the Waters" Sunday, May 31st 6:30 p.m. Marti Eddy's home 70 Otis Street, Manchester



If anyone would like an advance copy of the study to read over, please call Marti at (860) 643-8222 or (860) 305-0743 (cell). Please bring your Bible.

HomeMade Jam Night Saturday, June 13th Luther Hall Doors open for coffee and dessert at 7:00 p.m. Fun starts at 7:30-8:30 p.m.



Come and share an evening of fun and song with friends at Emanuel!

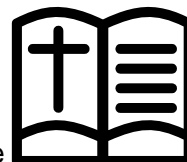
What's a HomeMade Jam Night?

It's a cross between an open mike where anyone who signs up can perform a song or two and a sing-a-long. Let's say it's a little of both! Even if you don't sign up to perform or lead a song you can still bring your instrument to play along when we share songs.

Who can perform?

Anyone who'd like to perform or lead a song is welcome to sign-up by contacting Linda Jackson at 228-3043 or by email at louej6@aol.com. Also, if you have questions or would like to contribute a dessert or to help out, please call Linda.

Bible Study and Potluck Saturday, May 9th 5:30 p.m. in Luther Hall



This gathering is for the people who are taking part in reading the "Bible in a Year". We'll share a potluck dinner and have fun discussing where we've been in the Old Testament. Please consider joining us for reading, sharing, discussing, eating and socializing, or any part of it. **Please RSVP for the potluck by contacting the church office at 643-1193.**

Got Crayons?

As of April 22, 2009, Earth Day, The Stewardship and Christian Education teams partnered to collect used, broken crayons. These crayons will be collected for the nonprofit organization, Crayons for Cancer. Crayons for Cancer will recycle the crayons, melt them down and make new crayons. They sell the new crayons that are made for \$1 a bag. The proceeds go to support the Family Fund on the Oncology floor at Connecticut Children's Medical Center. For more information visit: CrayonsforCancer.org. If you have any old, worn out broken crayons, please peel the paper wrapper and deposit the crayons in designated boxes located around Emanuel.

Caring Commission



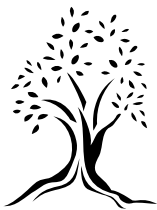
May Birthdays

75 years old and older

Elvie Johnson	May 3rd
Thomas Elliott	May 4th
Althea MacLean	May 6th
Louise Bengtson	May 10th
Harold Lehmus	May 10th
Elsie Swanson	May 11th
Jean Kearney	May 19th
Viola Lumpkin	May 20th
John Johnson	May 22nd

PASTORAL ACTS

Graveside Service
James L. Dodson



Attention Knitters!

Would you like to make a difference in a child's life?

Elise Graber, a colleague from school, and her sister, are collecting/making comfort dolls for children in Haiti. They are planning to deliver them in early June. It takes about an hour for an experienced person to complete one doll. Dolls can be made using yarn left over from other projects (no red, please). For detailed instructions, please visit this link <http://comfortdolls-ct.blogspot.com/> For more information or questions, please contact Kathy Purtell at 228-2788.



March, Inc.
6th Annual Don Tencellent
Memorial Miniature Golf Tournament
Saturday, June 6th
10:00 a.m.-2:00 p.m.
Connecticut Golf Land

95 Hartford Turnpike, Route 83, Vernon, CT

Cost: \$25 (Foursome), or \$7. (Individual)
prepay a Foursome by May 25th and save \$5!

Cost includes 18 holes of miniature golf and lots of fun! All ages! Form a team with family, friends, office or school. Prizes for the top three best team scores. Raffle prizes too! Lunch and refreshments will be available for purchase. For more information, call Jordan Scheff at (860) 646-4446.

Register online at www.marchinc.org/special events



Thank You Notes

We wish to thank our Emanuel family for the cards we received for Valentine's Day and Easter. Also, a belated thank you to Julie, Jonathan, Joel and Stephanie Reuning-Scherer for coming to our house bearing cookies and singing Christmas carols. It was a wonderful evening.

Sincerely,
Elvie and John Johnson

Dear Pastor Scott Cady,

Good afternoon, my name is Marian Michaliszyn and I am one of the chaplains at Hartford Hospital and Conference of Churches. I want to thank your prayer shawl ministry group for the prayer shawls donated on behalf of the patients at Hartford Hospital.

There are many testimonials of patients from different faith traditions who appreciate their prayer shawl on their journey of healing. These shawls are gifts of love and compassion.

Thank you again.

Sincerely,
Rev. Marian Michaliszyn
Community Chaplain Hartford Hospital
Prayer Shawl Ministry Network Coordinator

Yesterday, the altar was soooooo amazingly beautiful with all the flowers everywhere and the cross displayed on the left side of the altar.

We stopped just to gaze at how beautiful the set up was and we took pictures! I don't know who was in charge of all that, but they did an AMAZING job and Pastor Cost wanted to let you all know that.

We had a wonderful time yesterday, we didn't use the cross after all, we didn't need to with such a beautiful set up. Your church is beautiful and the flowers that were displayed yesterday just made everything stand out even more. thanks for allowing us to share such a beautiful space with you all.

Sincerely,
Minister Kamua Starks
Christ Church of the Living God

Geraniums for Pentecost



Once again the Altar Guild would like to decorate the sanctuary at Emanuel with geraniums for Pentecost on Sunday, May 31st. For just \$3.50 each, you can honor or memorialize a loved one. Complete a form that can be printed from the Weekly Update or pick one up in the Narthex or the Church Office. Deadline to order is May 20th. Please note, all geraniums have to be picked up this year.

Things Seen and Unseen

By Crystal Hall



The longer I'm here in South Africa, the fewer pictures I take. I no longer feel the need to "document" the people I know and the places where I work. I find myself looking at people face to face instead of

through a camera lens. It makes me very uncomfortable when people refer to my year of service with YAGM as "traveling." Although I hardly blend into a crowd here in South Africa, I've become fairly good at picking out the tourists. They stick out for any number of reasons: dress, mannerisms, accent. In December I had the opportunity to be a tourist again when I visited Johannesburg for the first time since I arrived in the country. Living here for several months now, I chafed under adopting the tourist mentality again. I visited the Apartheid Museum and Constitution Hill. Both trips were moving, provocative explorations into South Africa's history; tributes to how much the country has overcome in the ugly, brutal face of apartheid.

Tourists skim along the surface of a country. Bound to their guidebooks like Bibles, tourists want to see the "sights," "attractions," and "highlights," within a maximum of three to four days per city. They visit the museums, shopping centers, and recommended restaurants. To enjoy the "ethnic flavors" they might even enjoy a traditional dance performance or buy hand crafted jewelry. None of these activities require any real engagement with the people(s) and the culture(s). Interaction may be reduced to ordering food from a waiter at a restaurant or asking questions of a scripted tour guide. The rest of one's time can easily be spent in the company one's fellow travelers. As a tourist, one sees what the South African Department of Tourism wants one to see, and the guidebooks will not make mention of certain areas. It's so easy to get caught up in the national narrative, the public discourse that one is "supposed" to hear.

As a visitor to Johannesburg, I did not stay in a recommended hotel, or even a youth hostel. I stayed in the flat of a colleague in Hillbrow, arguably one of the most notorious neighborhoods in all of South Africa.

One of the stark realities of this country is that it is possible to move between different worlds in a matter of minutes. Constitution Hill, home of the Constitutional Court, lies just outside Hillbrow.



The South African constitution is arguably one of the most liberal in the world, holding human rights such as access health care, education, social security, and other basic services (among many other things) sacrosanct. And yet, a five minute walk from the highest court in the land I heard gun shots every night and was told that I was not allowed to walk around the neighborhood without an escort (preferably without a purse for fear of petty theft). A few blocks away from Constitution Hill the government can not provide basic services like police protection and consistent access to electricity and running water. Is the South African government living out its ideals through policy implementation and political will? The reality on the ground for many, perhaps most, suggests no.

But is any government sincerely any different? In Washington D.C., American politicians consistently espouse values like equality and democracy. Parts of the city are indeed beautiful. But it is also a city with one of the highest crime and prostitution rates in the country. In any American city, some have the luxury to avoid certain neighborhoods, pretending that they don't exist, or that they're not "our problem," and are told to stay away for their own safety. It is easy to forget that fellow citizens live a life of poverty in those very neighborhoods, completely removed from the experience of some. Some, perhaps most, willingly don't "see" those places. Their sight becomes selective. Have we become tourists in our own country, cutting ourselves off from experiencing those places that aren't recommended in the guidebooks? Avoiding certain places out of fear (rational or irrational)? Living in South Africa has helped me to see my own country in new ways as the scales continue to fall from my eyes. I hope to continue to see not only South Africa, but also the United States, not through a camera lens, but with my own eyes, wide open.

article taken from Crystal's blog at: www.rootedinlife.blogspot.com

AIDS Life Campaign 8th Annual AIDS Awareness & Lobby Day Wednesday, May 6th

MANA will host a breakfast at 8:00 a.m. at Emanuel Lutheran Church, 311 Capitol Avenue, Hartford. March to the Capitol steps following at 10:00 a.m. Make your voices heard! Rally for Funding!

MANA

By Jody Wynn Rodiger

Manchester Area Network on AIDS was a mission outreach organization which started in the mid 80's with the support of volunteers from Emanuel Lutheran Church of Manchester, CT. During the years MANA grew to offer outreach to clients with AIDS/HIV east of the river in Connecticut. MANA is the only AIDS Service Organization that services people living with AIDS/HIV within a 20 mile radius.

MANA experienced another challenging year during 2008. As the Ryan White funding is reducing on a yearly basis MANA struggles to find new sustainable funding sources. We are hopeful that the Ryan White Funding at the state level might reissue more of the monies for the next fiscal year 2009-2010 since the drop in center models are still a vital resource for the AIDS/HIV community of clients.

We are reviewing the ARRA – Stimulus Package and hope to work on collaborations with other area organizations and offer additional services to the rising population of AIDS/HIV in the teen and senior demographics.

Executive director, Maureen Cacace, continues and will continue to write grants for MANA however the competition is strong and funding opportunities keep shrinking for AIDS/HIV. The federal and state funding has shifted to focus on medical services and limited other services which MANA provides and are much needed by the clients.

However the new federal funds coming through the pipeline offer a new hope for people suffering with this chronic disease that affects not only the homosexual world but mostly the heterosexual world including single mothers and elderly widowed women.

MANA continues to offer a wealth of services to support people in need such as lunch on both Thursday and Friday, support groups, mental health and substance abuse counseling, acupuncture for relapse prevention, AID-A-PET, clothing, Thanksgiving Food Baskets, Annual Meeting and Volunteer Appreciation Dinner, weekly Summer Education Services and medical case management offered by appointment.

The volunteers continue to be the life blood of MANA including clients, college interns, retiree's, case workers, church ladies, and church members from several denominations, etc. On average there are 6-8 volunteers weekly who offer their time cooking and serving meals, answering phones,

pickups of food and clothing, data entry, maintenance, etc. Corporations such as Pratt and Whitney continue to donate time for the "United Way Day of Caring" to organize several projects at MANA including landscaping, interior painting and cleanup and have also arranged computer donations and have also adopted MANA thru other groups. We receive a tremendous amount of gifts in kind from the generous friends of MANA including the church community.

MANA continues to look for ways to serve the AIDS/HIV community at large and is in constant transition to find more creative ways to fund and to serve the clients in need.

To learn more about how you may help or get involved please speak with Jody Wynn Rodiger, MANA Board Member and Treasurer.

Cell 860-951-6394

Email: jwrodiger@yahoo.com

www.mana-ct.net

Parish Nurse

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a couple of ways to calculate the BMI. Many health care professionals will use a BMI calculator. If a calculator is not available one can figure it out by dividing weight (in pounds) by height (in inches) squared and multiply the result by the conversion factor 703. If one uses the metric system the formula is divide weight in kg by height in meters squared. Once the child's BMI is known, it can be plotted on a standard BMI chart. Children fall into one of these four categories:

1. underweight: BMI below the 5th percentile
2. normal weight: BMI at the 5th and less than the 85th percentile
3. overweight: BMI at the 85th and below the 95th percentile
4. obese: BMI at or above 95th percentile

The BMI is not a perfect measurement of body fat. For example children with a great deal of muscle may have a high BMI without being overweight because extra muscle adds to body weight. During puberty the BMI is hard to measure because adolescents are experiencing rapid growth.

Recently the surgeon general and the Institute of Medicine recommends that obesity-prevention efforts begin early in life. Suggested prevention activities will be the focus of my next article.

Information from KidsHealth.org and Health Day Reporter Steven Reinberg

MAY 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 Koinonia Retreat Nursery Care provided during both services Reuning-Scherer Farewell Coffee Hour Rev. Ted Steege preaching 8:45 AM Worship Service 10:15 AM Sunday School 10:30 AM Worship Service 1:00 PM MACC Walk - St. Bart's 1:30 PM Christ Church 6:30 PM Womens' Faith-Eddy's	27 9:00 AM Arts from the Heart - CR 7:00 PM Boy Scouts - LH 8:00 PM St. Paul's-Sanctuary	28 9:00 AM Painting of Nursery 9:30 AM Visitor Mailing - LH 10:00 AM Beethoven-MR 1:00 PM MACC Teen Class - LH 6:00 PM Council Retreat - CR 6:30 PM New Day Singers - SA 7:30 PM AA-LH	29 11:00 AM Staff Meeting - Library 6:30 PM Head to Heart - CR 7:00 PM Joint Choir Rehearsal at Concordia	30 1:00 PM MACC Teen Class - LH 7:00 PM Christ Church CLG/Bible Study-Youth Room 7:30 PM Bell Choir - SA	1 5:30 PM CHP Ice Cream Social in Luther Hall / Open House in Classrooms	2 1:00 PM Hockanum Valley Ringers Concert - Glastonbury Community Center 5:00 PM Celebration of Jonathan - Concordia
3 Celebrate the Yield Endowment Disbursement Greater Gift Craft Fair Healing Prayer Nursery Care 8:45 AM Worship Service 10:00 AM Finance-Lib. 10:15 AM Sunday School 10:30 AM Worship Service 11:45 AM Reiki-YR 1:00 PM Foodshare Walk Against Hunger - Hartford 1:30 PM Christ Church CLG/Worship-Sanctuary 6:30 PM Book Club-Lib.	4 9:00 AM Arts from the Heart - CR 7:00 PM Boy Scouts - LH 7:00 PM NYG - Community Room 8:00 PM St. Paul's-Sanctuary	5 9:30 AM Prayer Shawl Mtg.-LH 1:00 PM MACC Teen Class - LH 6:00 PM Council Executive-Pastor's Office 6:30 PM New Day Singers - SA 6:30 PM Ruth Circle - LH 7:00 PM Housing Corp.-Lib. 7:30 PM AA Smile - YR	6 8:00 AM MANA Breakfast - Emanuel in Hartford 9:30 AM Moms' Faith Group - Library/CR 10:00 AM 8th Annual AIDS Awareness & Lobby Day - State Capitol in Hartford 7:00 PM Joint Choir Rehearsal at Center Cong.	7 10:00 AM Bible Study/Library 1:00 PM MACC Teen Class - LH 6:00 PM Werner Piano Recital Rehearsal - SA 10:00 AM Christ Church CLG/Bible Study-Youth Room	8	9 9:00 AM Property Clean-Up of Attic 1:30 PM Werner Piano Recital - SA/CR/LH 5:30 PM Potluck Dinner and Discussion of the Bible - LH 7:00 PM Hockanum Valley Ringers Concert - Trinity in Vernon
10 Nursery Care provided during both services 8:45 AM Worship Service (Rosenberg baptism) 10:15 AM Sunday School 10:30 AM Worship Service 1:30 PM Christ Church CLG/Worship-Sanctuary	11 9:00 AM Arts from the Heart - CR 7:00 PM Boy Scouts - LH 8:00 PM St. Paul's-Sanctuary	12 10:00 AM Beethoven-MR 1:00 PM MACC Teen Class - LH 6:30 PM New Day Singers - SA 6:45 PM Council Devotions- CR 7:00 PM Council Meeting-CR 7:30 PM AA Smile - LH	13 9:30 AM Head Start Policy Council - LH/Nursery 11:00 AM Staff Meeting - Library 7:00 PM Worship Team - Library 7:45 PM Emanuel Choir - MR	14 9:30 AM Head Start - LH/Nursery 10:00 AM Bible Study/Library 1:00 PM MACC Teen Class - LH 7:00 PM Christ Church CLG/Bible Study-YR 7:30 PM Bell Choir - SA	15 VISITOR NEWSLETTER DEADLINE 6:30 PM Scrapbooking Night - LH	16 Coffee Break - NYG - 184 Rest Stop 9:00 AM Lay Preachers - Sanctuary/Library
17 Coffee Break - NYG - 184 Rest Stop Last Day of Faithtrek Mindy McVey preaching Nursery Care provided during both services 8:45 AM Worship Service 10:15 AM Sunday School 10:30 AM Worship Service 12:00 PM Churchwide Potluck Luncheon - LH 1:00 PM New Members 1:00 PM Thriving in Retirement Seminar - CR 1:30 PM Christ Church CLG/Worship-Sanctuary	18 MACC Shelter Week 9:00 AM Arts from the Heart - CR 6:30 PM CLCC-CR 7:00 PM Boy Scouts - LH 7:00 PM Property - Library 7:00 PM Storytellers-YR 8:00 PM St. Paul's-Sanctuary	19 MACC Shelter Week 1:00 PM MACC Teen Class - LH 6:30 PM New Day Singers - SA 7:30 PM AA Smile - LH	20 MACC Shelter Week 9:00 AM CHP Graduation Picnic Luther Hall (rain date) 9:30 AM Moms' Faith Group - Library/CR 11:00 AM Staff Meeting-Library	21 Ascension of Our Lord MACC Shelter Week 10:00 AM Bible Study/Library 1:00 PM MACC Teen Class - LH 7:00 PM Christ Church CLG/Bible Study-Youth Room 7:30 PM Bell Choir - SA	22 MACC Shelter Week	23 MACC Shelter Week 2:00 PM B.White/Family party-LH
24 MACC Shelter Week Nursery Care provided during both services 8:45 AM Worship Service 10:30 AM Worship Service 1:30 PM Christ Church CLG/Worship-Sanctuary	25 Memorial Day - Office Closed 7:00 PM Boy Scouts - LH 8:00 PM St. Paul's-Sanctuary	26 10:00 AM Beethoven Chorus-MR 1:00 PM MACC Teen Class - LH 6:30 PM New Day Singers - SA 7:30 PM AA Smile - LH	27 9:30 AM Head Start-LH/Nur. 11:00 AM Staff Meeting - Library 7:00 PM MISH Meeting - LH 7:00 PM Mutual Ministry - Library 7:45 PM Emanuel Choir - MR	28 NE Synod Assem.- Sturbridge, MA 10:00 AM Bible Study/Library 1:00 PM MACC Teen Class - LH 7:00 PM Christ Church CLG/Bible Study-Youth Room	29 NE Synod Assembly - Host Hotel in Sturbridge, MA 9:30 AM Visitor Mailing - LH	30 NE Synod Assembly - Host Hotel in Sturbridge, MA 4:00 PM Stewardship Meeting - Zeleskys' home
31 Day of Pentecost Deadline for College Scholarship Applications New Members Received during Worship Nursery Care provided during both services NYG - Stock Sale LH 8:45 AM Worship Service 10:30 AM Worship Service 1:30 PM Christ Church CLG/Worship-Sanctuary	1 9:00 AM Arts from the Heart - CR 7:00 PM Boy Scouts - LH 7:00 PM NYG - Community Room 8:00 PM St. Paul's-Sanctuary	2 1:00 PM MACC Teen Class - LH 6:30 PM New Day Singers - SA 7:00 PM Emanuel Housing Corp. - Library 7:30 PM AA Smile - LH	3 9:30 AM Moms' Faith Group - Library/CR 11:00 AM Staff Meeting-Library	4 10:00 AM Bible Study/Library 1:00 PM MACC Teen Class - LH 7:00 PM Christ Church CLG/Bible Study-Youth Room	5	6 10:00 AM MARCH, Inc.'s Miniature Golf Tournament - Golf Land in Vernon

Lay Minister Schedule for May 2009

	May 3	May 10	May 17	May 24	May 31 Pentecost
Worship Assistants					
Greeters 8:45	Tim & Jeannie Martin	Pat Nelson, Carol Pender	Eric & Katie Protulis	Steve & Patti Quatrocelli	Jim & Mary Reuter
Greeters 10:30	Martin & Tina Johnson	Dave & Cindy Kent	Rosario & Erika LaBella	Ron & Ruth Lehrach	Tim & Gina Lyons
Acolyte 8:45	Kent Zelesky	Rachel Hansen	Thomas Quinn	Kent Zelesky	Rachel Hansen
Acolyte 10:30	Emily Chromik	Chris DiBella	Ryan Davis	Katy Davis	Tobias Boerner-Mercier
Assisting Minister 8:45	Marge Andersen	Pete Baron-Krieger	David Bukowky, Jr.	John Helmke	Fred Hughes
Assisting Minister 10:30	Gene Coleman	Brian DiBella	Joe Jauss	Doug Johnson	Ron Lehrach
Lector 8:45	John Helmke	Ivan Wasko	Beverly Leo	Bev Niemann	Kaylee Niemann
Lector 10:30	Marissa Shanbaum	Ruth Lehrach	Mindy McVey	Chris Rothe	Karin Schmidt
Communion Assts. 8:45	Carol Kohl Patti Quatrocelli	Bev Niemann Kaylee Niemann	Elsa Robinson Marianne Wilcox	Rod Andersen Pete Baron-Krieger	Carl Benson Joyce Brown
Communion Assts. 10:30	Gary Stough Rowena Stough Zachary Stough Sue Tracey	Kevin Uznanski Nancy Whiton Mark Anderson Gene Coleman	Kristin Uznanski John & Kim Boerner-Mercier Sallie D'Attilio	Donna Connolly Garrett Connolly Jennifer Davis Brian DiBella	Kris Fournier Betsy Grupe Hannah Jauss Joe Jauss
Ushers 8:45	Bruce Johnson Joe Mactone Nelson & Elsa Robinson	Matt Heinrich Steve Johnson Pat Nelson, Jon Norris	Judy Anderson Eric Haaga Mel & Sylvia Hellstrom	Kent Carlson Keith Carriere Len Johnson Paul Margelony	Karin & Vytjil Buus Bruce Johnson P.J. Muniz
Ushers 10:30	John Berk Richard Marsh Dan Reel, Melody Ryan	Mark Anderson Chris Harju, Jan Harju Dave Kent	Dave Jackson Shawn McVey Ray Purtell Tom Schurmer	Bob & Sandy Coulombe Ron & Ruth Lehrach	Richard Marsh Doug & Gail Porter Dean Soares
Nursery Helper 10:15 w/ Monica Swanson	Leah Kent	Brian Swanson	Stacy Baumgartner	Hannah Jauss	Kim Boerner-Mercier
Hospital Visitor	Sylvia Hellstrom	Susan Plese	Len Johnson	Carol Kohl	Sylvia Hellstrom

Change in Worship Times at Emanuel

Beginning on Sunday, September 6th, we will begin a **new worship schedule**.
The early service will begin at 8:30 a.m. and the later service will begin at 10:45 a.m.

This change will allow us to address several concerns that I've been hearing about since I arrived. We will have time for an Adult Forum in between services. Musicians and singers will have more rehearsal time. Parking issues will be easier. If first service runs a bit long, such as might happen with a baptism or healing, it will not leave us pressed for time between services.

The Worship and Music Team was of one mind that this is a good idea, and the Staff and Council also were supportive. We will advertise this during the summer to assure that no one is surprised in the fall.

Pastor Scott Cady

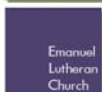
Change in Emanuel's *Visitor* Mailing

The next issue of the *Visitor* that will be mailed at the end of June, will cover the months of June, July and August. This summer issue will be the last issue published until September 2009. If you would like anything published in the summer issue, please be reminded that the deadline is Monday, June 15th.



Emanuel Lutheran Church

60 Church Street
Manchester, CT 06040



ADDRESS SERVICE REQUESTED
TIME VALUE — PLEASE DO NOT DELAY
MAILED 4/28/09