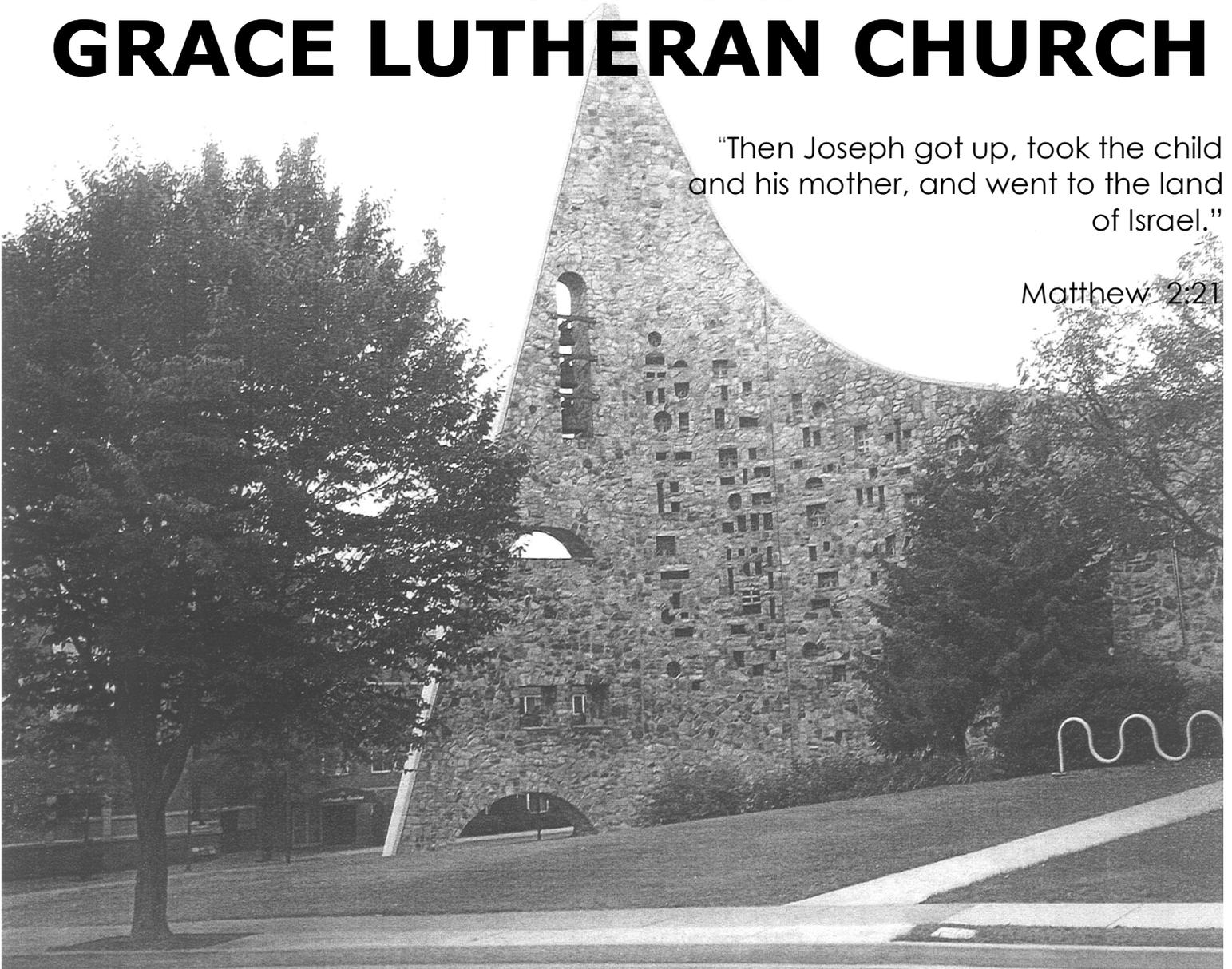


Welcome to **GRACE LUTHERAN CHURCH**

"Then Joseph got up, took the child
and his mother, and went to the land
of Israel."

Matthew 2:21



SUNDAY, DECEMBER 29, 2019
First Sunday of Christmas

205 S. Garner St., State College, PA 16801

phone: 814-238-2478

email: churchoffice@glcpa.org

web address: www.glcpa.org

9:00 and 10:30 a.m. worship service

Today's Hymns

#ELW 270

#ELW 275

#ELW 290

Distribution

#ELW 294

#ELW 269



Our Mission Statement: *"Grace Lutheran Church is energized by the Holy Spirit and nurtured through God's Word and Sacrament to **gather, feed, and send** people in the name of Jesus Christ."*

ABOUT TODAY'S THEME...As we celebrate the Twelve Days of Christmas, our gospel today confronts us with the death of innocent children at the hands of Herod. The birth of Christ does not remove the power of evil from our world, but its light gives us hope as we walk with all the "holy innocents" of past generations and today who have suffered unjustly. In our gathering around word and meal, God continues to redeem us, lift us up, and carry us as in days of old.

A WORD ON THE READINGS...**The First Lesson:** God does not delegate divine intervention to a messenger or angel. God's own presence brings salvation. The prophet and all who read these words join in celebrating God's gracious deeds. God trusts that God's people will not act falsely. **The Second Lesson:** Through Jesus' suffering and death, the trail to eternal salvation has been blazed for us. We do not fear death, because he has conquered the power of death. Thus Christ, our merciful and faithful high priest, has the final say over the destiny of our lives. **The Gospel Lesson:** In a dream, Joseph is warned to flee to Egypt to protect the infant Jesus from the jealousy of Herod.

Forgot your checks? Not carrying cash? No worries! You can still make an offering. Go to www.glcpa.org and click the word "**GIVE**" on the far right to make an online credit card donation. Thank you!

MILESTONE MINISTRY AT GRACE

At Grace we celebrate milestones. Milestones are designed to connect significant occasions in people's lives with their ongoing journey of faith. A Milestone Moment brings family, friends, and congregations together to mark a special time in their lives and acknowledge and affirm God's presence in their midst. It is a tool to connect home and church in the child's and family's faith life. In addition to naming (the occasion), blessing (the person) and gifting (the gift), we send along an "At Home" sheet to reinforce the milestone with caring conversation.

↑ = Please stand as you are able

↓ = Please be seated

Follow Grace on Social Media

Facebook:
www.facebook.com/glcstatecollege

Twitter:
[@GraceLCPA](https://twitter.com/GraceLCPA)

Welcome to Grace Lutheran Church - State College, Pennsylvania

PRELUDE *From Heaven Above to Earth I Come*.....J. Pachelbel; J. Brahms
What Child Is This.....arr. Richard Purvis

WELCOME AND ANNOUNCEMENTS

↑ Pastor: In the name of the Father, and of the + Son, and of the Holy Spirit.
Congregation: Amen.

P: God of all mercy and consolation, come to the aid of your people, turning us from our sin to live for you alone. Give us the power of your Holy Spirit that we may confess our sin, receive your forgiveness, and grow into the fullness of Jesus Christ, our Savior and Lord.

C: Amen.

P: Let us confess our sin in the presence of God and of one another.

Kneel/Sit

↓ P: Most merciful God,
C: We confess that we have turned from you and given ourselves into the power of sin. We are truly sorry and humbly repent. In your compassion forgive us our sins, known and unknown, things we have done and things we have failed to do. Turn us again to you, and uphold us by your Spirit, so that we may live and serve you in newness of life through Jesus Christ, your only Son our Lord. Amen.

P: In the mercy of almighty God, Jesus Christ was given to die for us, and for his sake God forgives us all our sins. As a called and ordained minister of the church of Christ, and by his authority, I therefore declare to you the entire forgiveness of all your sins, in the name of the Father, and of the + Son, and of the Holy Spirit.

C: Amen.

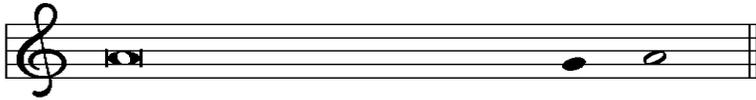
GATHER

The Holy Spirit calls us together as the people of God.

↑ PROCESSIONAL HYMN *Hark, the Herald Angels Sing*ELW #270

P: The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all.

C: And also with you.



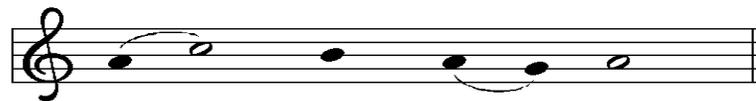
In peace, let us pray to the Lord.



Lord, have mer - cy.



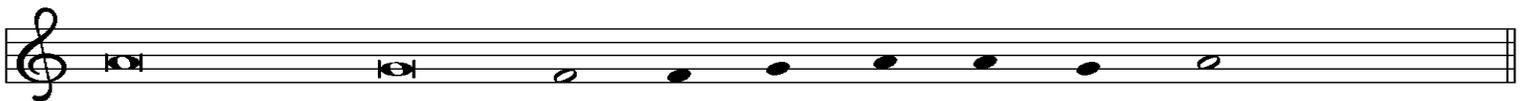
For the peace from a-bove, and for our sal - vation, let us pray to the Lord.



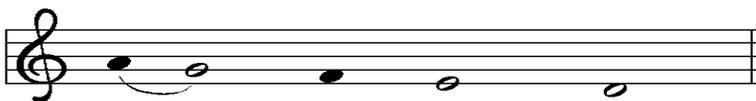
Lord, have mer - cy.



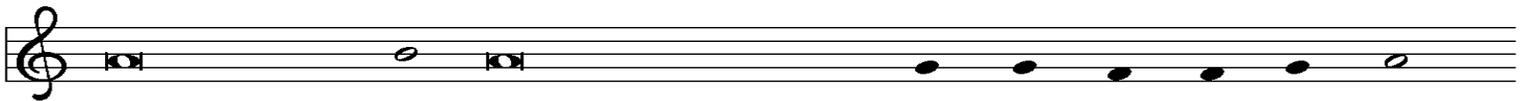
For the peace of the whole world, for the well-being of the church of God,



and for the unity of all, let us pray to the Lord.



Lord, have mer - cy.



For this holy house, and for all who offer here their wor-ship and praise,



let us pray to the Lord.

Lord have mer - cy.



Help, save, comfort, and de - fend us, gra-cious Lord.

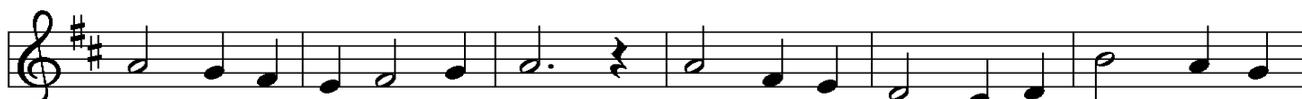
A - men.

Assisting minister

This is the feast of vic-to-ry for our God. Al-le - lu - ia.

All

1 Wor-thy is Christ, the Lamb who was slain, whose blood set us



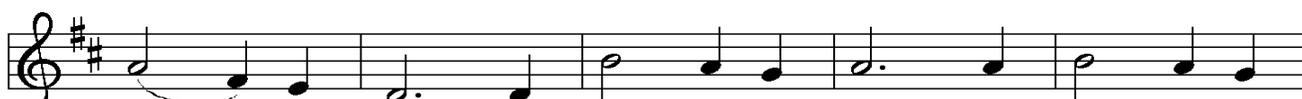
free to be peo-ple of God. Pow - er and rich - es and wis - dom and



strength, and hon - or and bless-ing and glo - ry are his.

Refrain

This is the feast of vic-to-ry for our God. Al-le - lu - ia.



2 Sing with all the peo - ple of God and join in the



hymn of all cre - a - tion: Bless-ing and hon - or and glo - ry and



might be to God and the Lamb for - ev - er. A - men.

Final refrain

This is the feast of vic-to-ry for our God, for the Lamb who was slain



has be - gun his reign. Al - le - lu - ia. Al - le - lu - ia.

PRAYER OF THE DAY

P: Let us pray.

C: O Lord God, you know that we cannot place our trust in our own powers. As you protected the infant Jesus, so defend us and all the needy from harm and adversity, through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

FEED

*God speaks to us in scripture reading,
and feeds us with the presence of Jesus Christ.*



(9:00) CHILDREN’S MESSAGE.....Amy Evanego

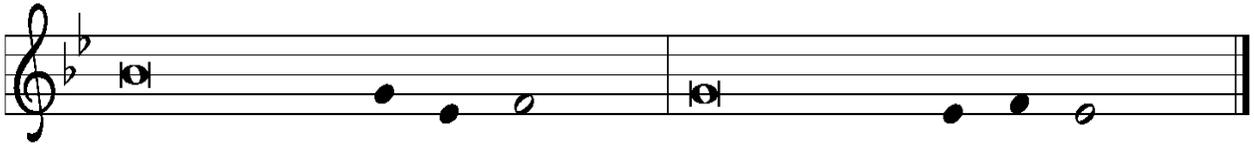
(10:30).....Courtney Morrison

We welcome everyone to worship and encourage children of all ages to participate fully in our service. Qualified nursery care is available as needed. The nursery is located in room 202.

FIRST LESSON.....Isaiah 63:7-9 (pew Bible p. 605)

⁷I will recount the gracious deeds of the LORD, the praiseworthy acts of the LORD, because of all that the LORD has done for us, and the great favor to the house of Israel that he has shown them according to his mercy, according to the abundance of his steadfast love. ⁸For he said, “Surely they are my people, children who will not deal falsely”; and he became their savior ⁹in all their distress. It was no messenger or angel but his presence that saved them; in his love and in his pity he redeemed them; he lifted them up and carried them all the days of old.

PSALM 148—*Please sing responsively from the selected verses.*



L: Hallelujah! Praise the LORD | from the heavens;
praise God | in the heights.

**C: mountains | and all hills,
fruit trees | and all cedars;**

L: wild beasts | and all cattle,
creeping things and | flying birds;

**C: sovereigns of the earth | and all peoples,
princes and all rulers | of the world;**

L: young | men and maidens,
old and | young together.

**C: Let them praise the name | of the LORD,
whose name only is exalted, whose splendor is over | earth and heaven.**

SECOND LESSON.....Hebrews 2:10-18 (pew Bible p. 958)

¹⁰It was fitting that God, for whom and through whom all things exist, in bringing many children to glory, should make the pioneer of their salvation perfect through sufferings. ¹¹For the one who sanctifies and those who are sanctified all have one Father. For this reason Jesus is not ashamed to call them brothers and sisters, ¹²saying, “I will proclaim your name to my brothers and sisters, in the midst of the congregation I will praise you.” ¹³And again, “I will put my trust in him.” And again, “Here am I and the children whom God has given me.”

¹⁴Since, therefore, the children share flesh and blood, he himself likewise shared

the same things, so that through death he might destroy the one who has the power of death, that is, the devil, ¹⁵and free those who all their lives were held in slavery by the fear of death. ¹⁶For it is clear that he did not come to help angels, but the descendants of Abraham. ¹⁷Therefore he had to become like his brothers and sisters in every respect, so that he might be a merciful and faithful high priest in the service of God, to make a sacrifice of atonement for the sins of the people. ¹⁸Because he himself was tested by what he suffered, he is able to help those who are being tested.

↑ GOSPEL ACCLAMATION (ELW p. 142a)



Al - le - lu - ia. Lord, to whom shall we go? You have the



words of e - ter - nal life. Al - le - lu - ia. Al - le - lu - ia.

HOLY GOSPEL.....Matthew 2:13-23 (pew Bible p. 784)

P: The Holy Gospel according to St. Matthew the 2nd chapter.

C: **Glory to you, O Lord.** (*spoken*)

³Now after [the wise men] had left, an angel of the Lord appeared to Joseph in a dream and said, “Get up, take the child and his mother, and flee to Egypt, and remain there until I tell you; for Herod is about to search for the child, to destroy him.” ¹⁴Then Joseph got up, took the child and his mother by night, and went to Egypt, ¹⁵and remained there until the death of Herod. This was to fulfill what had

been spoken by the Lord through the prophet, "Out of Egypt I have called my son."

¹⁶When Herod saw that he had been tricked by the wise men, he was infuriated, and he sent and killed all the children in and around Bethlehem who were two years old or under, according to the time that he had learned from the wise men. ¹⁷Then he fulfilled what had been spoken through the prophet Jeremiah:

¹⁸"A voice was heard in Ramah, wailing and loud lamentation, Rachel weeping for her children; she refused to be consoled, because they are no more."

¹⁹When Herod died, an angel of the Lord suddenly appeared in a dream to Joseph in Egypt and said, ²⁰"Get up, take the child and his mother, and go to the land of Israel, for those who were seeking the child's life are dead." ²¹Then Joseph got up, took the child and his mother, and went to the land of Israel. ²²But when he heard that Archelaus was ruling over Judea in place of his father Herod, he was afraid to go there. And after being warned in a dream, he went away to the district of Galilee. ²³There he made his home in a town called Nazareth, so that what had been spoken through the prophets might be fulfilled, "He will be called a Nazorean."

P: The Gospel of the Lord.

C: **Praise to you, O Christ.** (*spoken*)

↓ SERMON.....Pastor Hetrick

↑ HYMN OF THE DAY *Angels from the Realms of Glory*.....ELW #275

APOSTLES' CREED

C: **I believe in God, the Father almighty, creator of heaven and earth.
I believe in Jesus Christ, God's only Son, our Lord, who was conceived by the Holy Spirit, born of the virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried; he descended to the dead.
On the third day he rose again; he ascended into heaven, he is seated at the right hand of the Father, and he will come to judge the living and the dead.
I believe in the Holy Spirit, the holy catholic church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting.
Amen.**

PRAYER OF THE CHURCH

Response after each petition:

L: Lord, in your mercy

C: **Hear our prayer.**

WE SHARE THE LORD'S PEACE

P: The peace of the Lord be with you always.

C: And also with you.

↓ OFFERTORY *In the Bleak Midwinter*.....arr. Wilbur Held

↑ OFFERTORY SONG Sung to: "O Little Town of Bethlehem" (stanza 4)

C: O holy Child of Bethlehem, descend to us, we pray;

cast out our sin, and enter in, be born in us today.

We hear the Christmas angels the great glad tidings tell;

oh, come to us, abide with us, our Lord Immanuel!

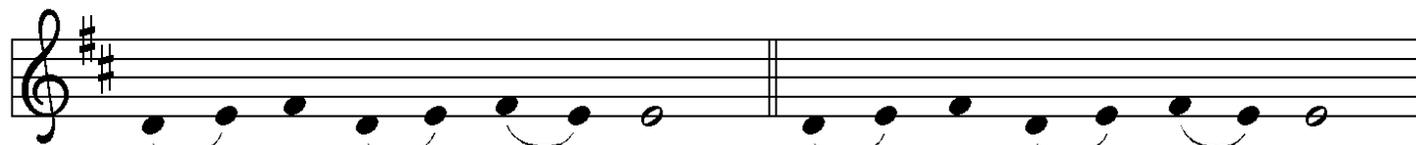
P: Holy God, gracious and merciful, you bring forth food from the earth and nourish your whole creation. Turn our hearts toward those who hunger in any way, that all may know your care; and prepare us now to feast on the bread of life, Jesus Christ, your only Son our Lord.

C: Amen.

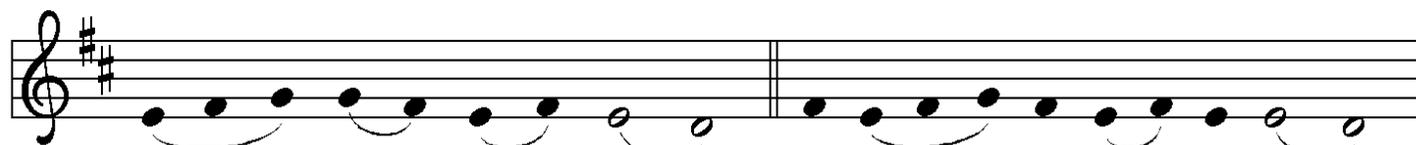
GREAT THANKSGIVING

(ELW p. 107)

P: It is indeed right, our duty and our joy that we should at all times and in all places give thanks and praise we praise your name and join their unending hymn:



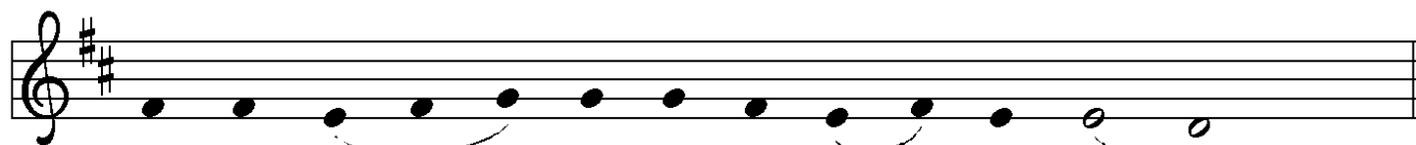
P: The Lord be with you. **C: And al - so with you.**



P: Lift up your hearts. **C: We lift them to the Lord.**



P: Let us give thanks to the Lord our God.



C: It is right to give our thanks and praise.

C: *Joy to the World* (stanzas 2 & 4)

2. Joy to the world, the Savior reigns! Let all their songs employ, while fields and floods, rocks, hills and plains repeat the sounding joy, repeat the sounding joy, repeat, repeat the sounding joy.

4. He rules the world with truth and grace and makes the nations prove the glories of his righteousness and wonders of his love, and wonders of his love, and wonders, wonders of his love.

P: Holy One, the beginning and the end, the giver of life: Blessed are you for the birth of creation. Blessed are you in the darkness and in the light. Blessed are you for your promise to your people. Blessed are you in the prophets' hopes and dreams. Blessed are you for Mary's openness to your will. Blessed are you for your Son Jesus, the Word made flesh.

In the night in which he was betrayed, our Lord Jesus took bread, and gave thanks; broke it, and gave it to his disciples, saying: Take and eat; this is my body, given for you. Do this for the remembrance of me.

Again, after supper, he took the cup, gave thanks, and gave it for all to drink, saying: This cup is the new covenant in my blood, shed for you and for all people for the forgiveness of sin. Do this for the remembrance of me.

With this bread and cup we remember our Lord's Passover from death to life, as we proclaim the mystery of faith.

C: Christ has died. Christ is risen. Christ will come again.

P: God of salvation and resurrection, pour out your Holy Spirit on us and on these gifts of bread and wine. Send us forth, burning with justice, peace, and grace. And to you, O God, Father, Son, and Holy Spirit, be praise and honor, now and forever.

C: Amen.

C: Our Father, who art in heaven, hallowed be thy name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, forever and ever. Amen.

P: The gifts of God for the people of God. Come, the meal is ready.

C: **Thanks be to God.**

↓ COMMUNION DISTRIBUTION

All are invited to join the congregation in receiving the Savior's Body and Blood. Children not yet receiving Communion are invited forward for a blessing. Rice wafers and grape juice are available for those who have sensitivities to wheat or alcohol. An acolyte has a special tray with these alternative communion elements.

Instructions: Upon receiving the bread, move to the chalice and dip the bread in the consecrated wine.

C: (ELW p.154)



Lamb of God, you take a-way the sin of the world; have mer-cy on



us. Lamb of God, you take a-way the sin of the world; have



mer-cy on us. Lamb of God, you take a-way the



sin of the world; grant us peace, grant us peace.

COMMUNION HYMNS:

ELW #294 -- *In the Bleak Midwinter*
 ELW #269 -- *Once in Royal David's City*



P: The body and blood of our Lord Jesus Christ strengthen you and keep you in his grace.

C: **Amen.**

Angels, from the Realms of Glory.....ELW #275

Angels, from the realms of glory, wing your flight o'er all the earth; once you sang creation's story, now proclaim Messiah's birth: Come and worship, come and worship, worship Christ, the newborn king.

P: O God, we give you thanks that you have set before us this feast, the body and blood of your Son. By your Spirit strengthen us to serve all in need and to give ourselves away as bread for the hungry, through Jesus Christ our Lord.

C: **Amen.**

SEND

God blesses us and sends us in mission to the world.

P: The Lord bless you and keep you. The Lord make his face shine on you and be gracious to you. The Lord look upon you with favor and give you peace.

C: **Amen.**

HYMN *Go Tell it On the Mountain*.....ELW #290

A: Go in peace; serve the Lord.

C: **Thanks be to God.**

POSTLUDE *Go Tell It on the Mountain*.....arr. John Behnke



The Rev. Scott E. Schul, Senior Pastorpastorschul@glcpa.org

The Rev. Carolyn K. Hetrick, Associate Pastorpastorhetrick@glcpa.org

Cindy Fritz, Peter Horn, Faith Formation.....faithformation@glcpa.org

Laurel Sanders, Music & Arts Ministry Coordinator.....lsanders@glcpa.org

Nathan Glocke.....Adult Choir Director

Ryan Ditmer, Pat Lloyd, June Miller,

Adam Smith & Chris Wilhelm.....Pianists/Organists

Joan Kovalchik.....Flute

Anna Carol Buffington.....The Bells of Grace Director

The Rev. P. Stevens Lynn.....Pastor Emeritus

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Grace Lutheran

Announcements for the Week of Sunday, December 29, 2019

A FRIENDLY GREETING TO ALL...who have joined us today to worship and praise our Lord & Savior. May this time of worship bless us to be a blessing to others. If you are a guest this morning please complete the beige contact card in the pew pocket where you are seated and place it in the offering plate. Thank you.

LECTORS...The January sign-up sheets are in the narthex. Thanks to those who have served as lectors in the past. Veterans and new readers of all ages are also encouraged to sign up!

SOUND SYSTEM ASSISTANT...Grace is looking to add additional people to our team of sound technicians. Running the sound board during worship is an important and interesting way to use your gifts to support Grace's ministries. No experience needed; training available. If Interested, contact Pastor Schul or Pastor Hetrick.

VOLUNTEERS NEEDED....to help with "coffee hour" at 10:00am in Harkins Hall. If you would like to learn more about this or to sign up please contact Joyce Arbutina at joycearb@comcast.net.

SUBSTITUTE TEACHER POSITIONS FOR 2019-2020...Grace Lutheran Preschool and Kindergarten (GLPK) is searching for substitute teacher's aides and teachers for the 2019-2020 school year. No experience is necessary for the substitute teacher's aides positions. Substitute teachers with a bachelor's degree in elementary education or early childhood education is beneficial, but not required. Send cover letter and resume to Cathy Smarkusky, GLPK Director, at csmarkusky@glcpa.org or call her at 238-8110 for more information.

WANTED: BOARD MEMBERS FOR 55+ERS... The 55+ers are looking for volunteers to serve on their steering committee, which plans group events. Board meetings are the second Monday of each month at 9:15 in the Stinson Library at Grace. Board members do not need to be members of Grace Lutheran Church. Interested? Contact Paul or Kathryn Mackes at 238-0440 or call George or Kay Weigand at 237-0099.

Worship Assistants for Sunday, December 29, 2019

	8:00 A.M.	9:00 A.M.	10:30 A.M.
Lectors	Jennifer Pencek		Barbara Vogler
Greeters	Martha Musser	Louise Tarman Mike Conron	Brenda & John Palmgren Sue Forster
Acolytes		Nicholas Kewitt	Caitlin Knowles Fiona Knowles
Deacons	Cindy Nicosia	Carl Bankert Sally Keiser-Bankert	Rich & Sharon Rivell
Worship Assistant	Carla Rossi		
Cantor		Angela Hardyk	Rick Tetzlaff
Ushers		Martha Musser Carol Findley Gorman Findley	Brian Bills Jeya Chandra Beth & Ken Shafranko Dave Heatwole
Radio Ministry; Sound			Karl Hosterman
Coffee Hour Hosts 10:00-10:30 a.m.			The Hardyk Family
Welcome Center Hosts			Sharon Rivell



The *altar flowers* are sponsored by the Kim Family
Dedicated to the honor of their daughters Juliana & Briana

This morning's *bulletin* is sponsored in honor of Billie Willits

Today's *radio broadcast* on WRSC - 1390 AM & 93.3 FM
is sponsored by Greg & Kathy Weimer
dedicated to the Glory of God

PRAYER CONCERNS for December 29, 2019

All Military & Nat'l Guard and all serving in war-torn countries
 Susan Antle
 Kip Barnett, friend of
 Ted & Jennifer Oylar
 Sylvia Belanger, mother of
 Joe Belanger
 Barbara Braun
 Debbie Bolthouse
 Melanie Buffington
 Linda Cataldo, step-mother of
 Deb Stewart
 Nancy Chapa
 Scott Cocolin
 Catherine Cutter
 William Davies
 Damaris Dougherty, daughter of
 Bob Hampton
 Mark Doyle, friend of
 Paul & Sandy Larson
 Eti Dvir, mother-in-law of
 Rachel Wolkenhauer
 Patrick Dugan, grandson of
 Paul & Kathryn Mackes
 Steve Ellis
 Craig Evanego

Vicki Garvin
 Bob Harris, cousin of
 Leslie Wagner
 Dick Houtz
 Chris Kohlhepp, friend of
 Sally & Carl
 Donna Kondash, friend of
 Deana & Don Coine
 Paul Larson
 Phil Lucas
 Aaron Lyon, nephew of
 Sue & Pete Forster
 Mardi McDonough
 Ed McGowan
 Danielle McHenry
 Bob Miller, father of
 Julie Miller
 Margie Prothro, sister of
 Ed Jenkins
 Dottie Roberts
 Dennis Robertson, cousin of
 Karen Mrsa
 Margaret Schrock, mother of
 Kathy Weimer
 Nancy Schuchert, mother of
 Joe Schuchert

Betty Shirk
 Ken Shultz
 William D. Snape Sr., brother
 of Phyllis Favorite
 Emily & Charlotte Spearly
 Paul Spearly, uncle of
 Sheri Rider
 Jack Sylves and family and
 grandparents Tom and Marj Eakin
 Marcile Tressler
 Tom & Claudette, friends of Helen
 and Dick Brenneman
 Karen Tupman, cousin of
 Phyllis Favorite
 Fonda, mother of Phyllis
 Verderame
 Leslie & Paul Wagner
 Brenda Walsh
 Ken Walsh
 Marie & Ross Weimer, parents of
 Greg Weimer
 Ash Woskob

Members in the hospital
 Patrick Belanger



Weekly Prayer Letter of Encouragement

“Don’t pray when you feel like it. Have an appointment with the Lord and keep it. A person is powerful on their knees.” ~ Corrie ten Boom

We at Grace strive to be a people of prayer. Each week in our bulletin we list Grace members or people connected to our Grace family who are in need of our prayers. Each week, one person is selected to receive a special letter of encouragement. Please sign the letter in the Upper Commons or Narthex and pray for that person this week.

This week the Prayer Letter will be sent to: Betty Shirk



Prayer is a powerful gift and tool God gives to us. *Please pray for the request each day of the week during your daily prayer time. Just think how powerful it would be if all our members prayed for the same thing each day.*

Please pray this week for Jesus to continue touching and transforming hearts throughout the Christmas season.

Adult Forum resumes January 12.

Come and learn with all kinds of Grace people in a Christ-centered discussion format. We meet at 9am Sundays in the Fireside Room.

Series January 12- February 23: **Dialogues on: Race**

Race can be hard to talk about. Join us for a structured series of conversations in which we learn to talk together about complex and challenging issues.

Using Scripture to center and guide us, we'll talk around today's issues, such as race and the bible, the Black vs White Christianity, the Native American experience, and the problem with racial reconciliation.

Copies of the book are available in the church office if you wish to read ahead, but homework is NOT required for participation. Just come join in when you can; sessions can stand alone!

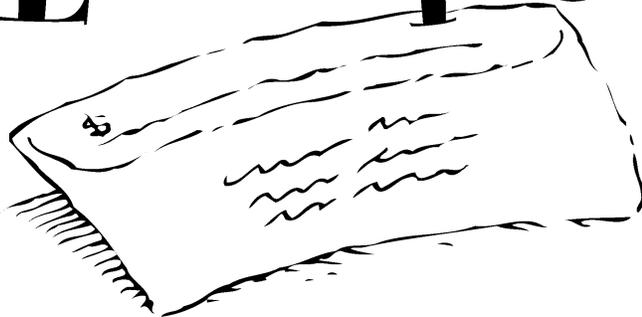
HOLIDAY COLLECTION FOR CENTRE SAFE

Through December, we will collect donations for Centre Safe (formerly Centre County Women's Resource Center), which provides counseling, advocacy, and shelter for adults and children who have experienced dating and domestic violence, sexual assault, or stalking. Much-needed items include gas and gift cards (\$10-\$50 value); adult PJs and slippers; diapers (any size); baby bottles, bibs, onesies; baby monitors; coffee canisters; floor or desk lamps; pots and pans; towels (bath and hand). [For a list of other items, visit: http://ccwrc.org/getinvolved/needed-items/](http://ccwrc.org/getinvolved/needed-items/)

No Super Wednesday activities till January 8th. Please have a joyous Christmas and a safe and Happy New Year.

***Happy
New
Year!***

Offering Envelopes



2020 OFFERING ENVELOPES

As we start a new church year, each of us must ask, "What are our priorities? Where are we placing our treasure?" The envelopes are on the tables in the narthex. Prayerfully ponder your priorities for the coming year, and use your offering envelopes to help direct them.

When picking up your 2020 envelopes, please confirm that the envelope number on the top label of the box matches the number in the little window on the front left side of the box. If they do not match, please let the office know immediately and please do not use those envelopes.

Munchkin Brunchkin

We are having an extra Munchkin Brunchkin this month. Families with children 0-4 years of age are invited to join us on December 30th at 10:00 a.m. in the Miller Center. There is playing, coffee, brunch food, an age appropriate Bible lesson, and adult conversation. If you have any questions please contact Cindy Fritz or Peter Horn at faithformation@glcpa.org.

Register for FREE Youth Mental Health First Aid Held Saturday, Jan. 11

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. Thanks to a Mental Health Ministry Grant Grace Lutheran earned from the ELCA, we are able to partner with the Jana Marie Foundation to offer this FREE course, which is open to anyone 18 and older. The course is from 8:30 a.m. to 5:30 p.m. Saturday, Jan. 11.

The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

Space is limited and advanced registration is required. Register at <https://janamariefoundation.org/learn-with-us/take-a-course/youth-mental-health-first-aid-registration/>.



**Sunday, December 29
No Sunday School**

- 8:00 a.m.....Worship with Holy Communion, Sanctuary
- 9:00 a.m.....Worship with Holy Communion
- 10:30 a.m.....Worship with Holy Communion
- 4:00 p.m.....Psalm 151 Rehearsal, Sanctuary
- 6:00 p.m.....Casual Worship w/ Holy Communion, Sanctuary

**Monday, December 30
GLPK no school**

- 10:00 a.m.....Munchkin Brunchkin, Miller Center

**Tuesday, December 31
GLPK no school**

- 9:30 a.m.....Staff Meeting, Fireside

**Wednesday, January 1
GLPK no school
Church Office Closed**

**Thursday, January 2
GLPK no school**

- 5:30 p.m.....Finance Committee Meeting, Fireside

**Friday, January 3
GLPK no school
No church calendar events**

**Saturday, January 4
No church calendar events**