

Light of Grace

a monthly publication of:
GRACE UNITED METHODIST CHURCH
1120 17th St S, Moorhead, MN 56560-5752

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April 1, 2021

Office Phone: (218) 233-1857 Office Hours: Monday-Friday, 9:00 AM-1:00 PM

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Church Website: www.graceumcmoorhead.org

Pastor: Roger Grafenstein

Pastor's E-Mail Address: graceunitedmethodistpastor@gmail.com

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Adult Sunday School: 9:00 AM

Sunday Worship: 10:00 AM

Dear Friends,

Grace will be worshipping "in-person" and "online" at 10 AM Easter Sunday. The leadership team is keeping in mind that Covid-19 case numbers are rising. Masks are required over the mouth and nose at Grace. Covid-19 tests are often taken through the nostrils, so full coverage is important. Social distancing will be practiced and some pews will be blocked off to encourage that. Please know worship will not feel exactly the same as pre-covid worship just yet. We will refrain from congregational singing. However, the choir, all vaccinated, will sing. Also, there will NOT be communion even though it is the first Sunday. Hearing numerous examples from other UM Churches as they, too, begin re-gathering, the first few times have some challenges so we are keeping it simple.

Please be understanding of those who choose not to gather quite yet, even if vaccinated. This is a chance to enjoy Easter worship at Grace within our church sanctuary, especially for those who haven't had the chance to even worship with Grace online. If you are not vaccinated, we'd still encourage you to opt for online worship with the variants and increase case numbers. Even if you are vaccinated, the precautions of masking, distancing and hand-sanitizing are still important. With the variants MN has at least 89 fully vaccinated people who have been diagnosed with Covid-19 and some of them have been hospitalized. Medical professionals remind us Vaccine is almost 100% effective at preventing death; however, it is still possible to contract Covid-19 and feel miserable for a time. The best advice I can give to all of us is remember our precautions are a way of taking care of ourselves and caring for the most vulnerable person in our midst. There will be people in worship who are trusting us to follow the safest Covid-19 practices. Safe practices are a powerful way of showing love.

April 11th we will worship ONLY on-line: a break for our faithful worship leaders. The MN Annual Conference is providing an online worship experience for us. Grace's response to the conference services has

been amazing. April 18th and April 25th will depend upon how serious the current surge in cases becomes. By May experts suggest the surge will most likely be wrapping up, with no more noteworthy surges. So, we are very close to in-person consistently.

If we step back 2,000 years, there was another pandemic of sorts—Roman rule in Jewish territory. People were weary of it: extreme taxes, extreme punishments for like crosses and floggings for doing anything that appeared to be anti-Roman. Jewish leaders who couldn't protect their people, and often did harm to them. People were tired, weary and on-edge: definitely not sure of what came next, certainly not in control of their own destiny. Sure, a few tried to get some control—Judas betraying Jesus, probably hoping Jesus would start a revolution. Crowds yelling "crucify him" more than likely trying to save themselves in case he did try to start a revolution and they became

collateral damage. Most of Jesus' closest followers engaged in a fearful disappearing act on "Good Friday." It's hard not knowing what comes next and not being in control.

That said, my wife and I often share an image with each other that both of us keep on our phones. It simply says, "God isn't asking you to figure it out. God's asking to trust, God already has." The empty tomb—that was all God's doing. The risen Christ—God's doing. The birth of the church, God's timing. Easter is all God's doing! Easter is an invitation to place our worst fears in God's hands, trusting God's highest hopes will reign supreme. Easter is knowing in God's time and in God's way all will be made right. Easter is a whispering light in the darkness, "no matter what, keep an attitude of hope." "God's will, will prevail."

May the Easter promise uplift you and me each day, to a hope-filled life.

Easter Blessings,
Pastor Roger and
The Leadership Team





PRAYER LIST

CARE FACILITIES:

Peggy Anderson (R.E.M. House)
 Bonnie Wagner (Fergus Falls)
 Pat Walter (Villa Maria)
 Don Walter (Villa Maria)
 Marilyn Wollitz (Fairmont)
 Jim Jameson (River Pointe)

AT HOME:

Carol Devine Shirley Mohr
 Ilo Koenning Luann Larson
 Del Larson John Fraundorfer
 Lynette Andel



Ministry TEAM Program. A Way of Being the Church at GUMC! The TEAM's mission is to provide ushers, greeters, opening welcome and readers to our congregation. TEAM #3 (Apr/Oct) TEAM coordinators are: T. & P. Newgard and P. and K. Anderson

218-299-2022—J. & L. Denny
 218-329-2837—J. & J. Eide,
 218-236-8820—B. & S. Frangrud & Family
 218-236-7319—C. & R.n Goldade
 218-233-1969—D. & J. Graning
 218-233-6411—B. & C. Krogen
 218-233-1409—B. Paulson
 218-790-6829—B. Rowland
 —B. Wagner
 701-388-6690— R. Wagner
 218-236-1643—I. Koenning
 218-287-4316—B. & S. Martin
 701-364-3950—P. & D. Walter
 763-438-6746— P. Welsh & Family

April Birthdays

3— E. Fangrud
 11—S. Gedrose
 J. Burkhardt
 17—M. Borgen
 23—E. Thiseth
 25—A. Severson

APRIL Anniversaries



11—J. & B. Fraundorfer
 15—S. & N. Grow
 29—L. & S. Simmons

CONDOLENCES

Our sympathies to D. Larson and his family. Del's brother, Bernie, passed away on March 14th. A celebration of life service will be held in May.

LECTIONARY TEXTS

April 4 - Acts 10:34-43; Ps 118:1-2, 12-24; I Cor 15:1-11; John 20:1-18
April 11 - Acts 4:32-35; Ps 133; I John 1:1-2:2
April 18 - Acts 3:12-19; Ps 4; I John 3:1-7; Luke 24:36b-48
April 25 - Acts 4:5-12; Ps 23; I John 3:16-24; John 10:11-18

WORSHIP AT GRACE - 10:00 A.M.

FACEBOOK LIVESTREAM ON:
 Grace UM Church Moorhead page
 Roger Grafenstein's page

WORSHIP ALSO LIVESTREAMS ON THE WEBSITE:
www.graceumcmoorhead.org

Kids Devotions on the Website and on FACEBOOK: Grace UM Church Moorhead

AS OF OCTOBER 27th THE BUILDING IS LIMITED TO FAMILY-ONLY FUNERALS OF NO MORE THAN 25.

WE NEED GUILTY PLEASURE

By Del Larson, CLM

I can imagine the faces and thoughts that are spraying out of your head right now. First, let's clear the air. I am not talking about sinful pleasures, rather the pleasures we enjoy, but seldom partake because our thoughts don't always have time for us to enjoy personal pleasures without feeling guilty. I read an article on *Quality Pleasure* from the 2020 summer edition of Reader's Digest, while hospitalized in March.

Pleasure **does not** include the sins against God like: idolatry, sexual immorality, impurity, strife, jealousy, fits of anger, drunkenness, dissensions, division. Galatians 5: 19-21.

God is not opposed to our pleasure.

He is opposed to sinning to experience pleasure. Apostle Paul wrote in 1 Cor. 6: 12-13: "*All things are lawful for me, but not all things are helpful. 'All things are lawful for me,' but I will not be dominated by anything.*

'Food is meant for the stomach and the stomach for food'—and God will destroy both one and the other." Let's clarify that it is OK to enjoy a great meal in moderation. However, if you have an unhealthy condition, or lack the money to pay for it without hurting others, then this is sinful. For me, an unhealthy pleasure is eating BBQ ribs until they come out my ears. Now, I order a half rack of ribs and feel much better. All that we do in our lives should be for the glory of God.

How many times have we seen on TV, the mother of the family being dragged every which way and is exhausted by the end of the day. As you know, it happens in real life too. There is no pleasure in her life, and it might leave her angry, jealous, or create strife in the family. As mom rests her feet on a stool, she thinks of the things that bring her joy. She makes an appointment for the Spa the next day. What about her responsibilities of taking care of the family? Will she feel guilty? Probably, but this is the point. If we don't take care of ourselves, and our physical and

mental health, we soon find it harder to enjoy anything in life, especially our loved ones.

As a caregiver, this is what I face. As I learned while hospitalized for two weeks, God is in control. He helped my family develop a plan to keep Luann safe over that time. Do you want to make God laugh? Tell him your plans! God is in charge of everything.

Men, you face the same situation working hard night or day. There are those golf matches on weekends, or a month full of weekend hunting, or the weekly poker game that gives us relief. We have to decide which are beneficial for our own personal health, and which are becoming sinful pleasures. Children are great examples of this situation. If not mentored by their parents (guided,

hands-on teaching, observation) children can pick up bad habits. Look at what video games are doing to our young people. They are spending more time and money than ever before.

What is the result? Unhealthy, obese kids, with very few gaining the physical and mental strength they desperately need. Going back to the first paragraph, when the pleasures take over your body, mentally and by time, they are sinful and God is not pleased. God created nature for us to enjoy, and bodies to be active, but most important God created people to love one another. I think we desperately need a lot more love.

Most pleasant things in moderation are good for us. They cannot be allowed to control our lives and how we behave. When we hear those whispers and have questions whether it is right or wrong, we know the answer. If you need a pedicure, a round of golf, or a nice dinner in a fine restaurant, go for it. You deserve it and probably need it. God wants us happy and healthy so that we may serve the Lord in all we do. Praise Him for fulfilling your needs.



What's Your Guilty Pleasure?

Grace United Methodist

April 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 7:00 pm Holy Thursday w/ Communion on WWW. graceumcmoorhead.org Facebook Live Worship	2	3
4 Easter Sunday 10:00 am in person Worship or WWW. graceumcmoorhead.org Facebook Live Worship	5	6	7	8	9	10
11 2nd Sunday of Easter 10:00 am NO in person Worship only WWW. graceumcmoorhead.org Facebook Live Worship	12	13	14	15	16	17
18 3rd Sunday of Easter 10:00 am Worship WWW. graceumcmoorhead.org Facebook Live Worship	19	20 6:30 pm Vision and Operations and Resources	21	22	23	24
25 4th Sunday of Easter 10:00 am Worship WWW. graceumcmoorhead.org Facebook Live Worship	26	27	28	29	30	

Date	Psalm	OT	Epistle	Gospel
Thur, Apr 1	am: 102, pm: 142, 143	Jer 20:7-11	1 Cor 10:14-17, 11:27-32	John 17
Fri, Apr 2	am: 95, 22, pm: 40, 54	Gen 22:1-14	1 Pet 1:10-20	John 13:36-38
Sat, Apr 3	am: 95, 88, pm 27	Job 19:21-27a	Heb 4:1-16	-
Sun, Apr 4	am: 148, 149, 150, pm: 113, 114	Exod 12:1-14		John 1:1-18
Mon, Apr 5	am: 93, 98, pm: 66	Jon 2:1-9	Acts 2:14, 22-32	John 14:1-14
Tues, Apr 6	am: 103, pm: 111, 114	Isa 30:18-21	Acts 2:26-47	John 14:15-31
Wed, Apr 7	am: 97, 99, pm: 115	Mic 7:7-15a	Acts 3:1-10	John 15:1-11
Thur, Apr 8	am: 146, 147, pm: 148, 149	Eze 37:1-14	Acts 3:11-26	John 15:12-27
Fri, Apr 9	am: 136, pm: 118	Dan 12:1-4, 13	Acts 4:1-12	John 16:1-15
Sat, Apr 10	am: 145, pm: 104	Isa 25:1-9	Acts 4:13-31	John 16:16-33
Sun, Apr 11	am: 146, 147, pm: 111, 112, 113	Isa 43:8-13	1 Pet 2:2-10	John 14:1-7
Mon, Apr 12	am: 1, 2, 3, pm: 4, 7	Dan 1:1-21	1 Jn 1:1-10	John 17:1-11
Tues, Apr 13	am: 5, 6, pm: 10, 11	Dan 2:1-16	1 Jn 2:1-11	John 17:12-19
Wed, Apr 14	am: 119:1-24, pm: 12, 13, 14	Dan 2:17-30	1 Jn 2:12-17	John 17:20-26
Thur, Apr 15	am: 18:1-20, pm: 18:21-50	Dan 2:31-49	1 Jn 2:18-29	Luke 3:1-14
Fri, Apr 16	am: 16, 17, pm: 134, 135	Dan 3:1-18	1 Jn 3:1-10	Luke 3:15-22
Sat, Apr 17	am: 20, 21, pm: 110, 116, 117	Dan 3:19-30	1 Jn 3:11-18	Luke 4:1-13
Sun, Apr 18	am: 148, 149, 150, pm: 114, 115	Dan 4:1-18	1 Pet 4:7-11	John 21:15-25
Mon, Apr 19	am: 25, pm: 9, 15	Dan 4:19-27	1 Jn 3:19-4:6	Luke 4:14-30
Tue, Apr 20	am: 26, 28, pm: 36, 39	Dan 4:28-37	1 Jn 4:7-21	Luke 4:31-37
Wed, Apr 21	am: 38, pm: 119:25-48	Dan 5:1-12	1 Jn 5:1-12	Luke 4:38-44
Thur, Apr 22	am: 37:1-18, pm: 37:19-42	Dan 5:13-21	1 Jn 5:13-21	Luke 5:1-11
Fri, Apr 23	am: 105:1-22, pm: 105:23-45	Dan 6:1-15	2 Jn 1-13	Luke 5:12-26
Sat, Apr 24	am: 30, 32, pm: 42, 43	Dan 6:16-28	3 Jn 1-15	Luke 5:27-39
Sun, Apr 25	am: 63, 98, pm: 103	Josh 4:19-24, 5:1-9	1 Pet 5:1-11	Matt 7:15-29
Mon, Apr 26	am: 41, 52, pm: 44	Josh 10:16-27	Col 1:1-14	Luke 6:1-11
Tue, Apr 27	am: 45, pm: 47, 48	Josh 10:28-43	Col 1:15-23	Luke 6:12-26
Wed, Apr 28	am: 119:49-72, pm: 49, 53	Josh 11:1-23	Col 1:24-2:7	Luke 6:27-38
Thu, Apr 29	am: 50, 59, 60, pm: 114, 115	Josh 13:1-13	Col 2:8-23	Luke 6:39-49
Fri, Apr 30	am: 40, 54, pm: 51	Josh 13:14-32	Col 3:1-11	Luke 7:1-17

LAUGH



A TIME TO LAUGH

On the Monday after Easter, some Greek Orthodox Christians gather to swap jokes. Why not? What's more uplifting than God's triumphant victory over sin and death?

Easter is absolute proof that God is Lord of both life and death. That's cause for not only rejoicing but hearty laughter.

ON THE LOOSE

In John Masfield's play *The Trial of Jesus*, Pilate's wife, Procula, asks one of the guards about the crucifixion. He tells her about Christ on the cross and says, "Jesus' body has been buried, but I don't think he is dead."

"Then where is he?" Procula asks.

The soldier replies, "Let loose in the world, lady, where neither Roman nor Jew can stop his truth."

EVERYBODY, SOMEBODY, ANYBODY AND NOBODY



There is a little story about four people: Everybody, Somebody, Anybody and Nobody.

There was an important job to be done, and Everybody was sure that Somebody would do it. Anybody could have done it, but Nobody did it.

Somebody got angry about that because it was Everybody's job. Everybody thought that Anybody could do it, but Nobody realized the Everybody wouldn't do it.

It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done.

ADDRESS SERVICE REQUESTED

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