



From Pastor Bill

"In 2024 we will continue to emphasize physical health and physical movement as integral to the journey of discipleship." (First Lutheran 2024 Goal #3)

I am known for frequently quoting the adage "motion is lotion." I have always been convinced that movement is integral to a healthy life. It is no guarantee, of course. But I sense that the healthiest among us are those who resist the temptation to forever plant ourselves on the couch.

During my first year of seminary, I got quite sick with gallbladder disease. I lost all kinds of weight and dealt with a long recovery from what was at that time a very significant surgery. During the recovery I started to develop intestinal struggles, creating an irritable bowel. I spent a lot of time in those days focused on what was wrong with me. My worrying amplified my symptoms. Stress and anxiety made me sicker.

At that point, I decided that it was time for me to change the way I was living. I began running then. And the issues I was facing started to go away. Since then, I have found myself hooked on exercise. And I never have gone back. Motion has become lotion for me.

Now I know that this is not a cure-all for everyone. Life is too complicated for such an easy diagnosis. Some diseases don't respond to movement. Some problems are irritated by too much movement. But I am convinced that most of us do better when we get going, when we expend energy. Energy expended results in a flow of energy. Energy leads to synergy.

For me, this is true for our discipleship of Jesus. One of the first things that Jesus did with his disciples was to send them out in mission. In many ways, the church is not a static institution; it is a dynamic energetic movement. The church doesn't really have a mission. It is mission.

As we move closer to the fall, can I encourage you to think not only about the way you move your bodies, but the way you move your faith? Your connection to the church is best nurtured by active involvement. Your faith life is cultivated by your willingness to be active in service, fellowship, worship, and study. You will be a healthier disciple and our congregation will be a healthier congregation when you and I invest ourselves in these things.

Motion is lotion, even when it comes to the life of faith.



From Pastoral Assistant Paula

I would like to share with you a portion of one my journal entries written upon my return from Greece. Please note: These are my personal reflections as I begin to process this incredible journey.

From the moment the plane landed in Athens, Greece, we were on the move. In retrospect, the trip was awe-inspiring as it relates to the landscape and the ruins. It was reflective, as it relates to a larger story of spreading the “good news” of what Jesus was up to as God’s ambassador to bring love and truth. And... the journey was grueling. We were always on the move by bus, boat and both feet; footsteps on dusty paths. Footsteps that told a story of the apostle Paul and others as they journeyed over treacherous terrain only to have their message rejected at times or their life in peril.



You see, the young churches needed a reminder of who they were called to be. And believe me, it couldn’t have been easy as they carried out their mission among the powerhouse of Greek majesty: the mythical gods i.e., Zeus, Apollo, Athena and their perceived dominance over wind, sea, fertility, sexuality; their rituals of animal sacrifice (and people); their lust for power and their lack of recognition for those who were marginalized. All of it seemed so real as I ascended the dusty steps, gazed at the enormous structures and listened intently to the well-worn cracks and crevices. It was as if the stone was telling a story. And in a way, it seemed all too real and relevant to our story today.

Our pilgrimage took us to many ruins throughout Greece and Turkey and I was amazed at how they were still standing stately with Greek writing and symbols etched deep within the stone. And I wondered... what “ruins” will be uncovered after my generation is long gone? What have we (me) constructed - not necessarily carved in marble or stone - that will speak to the struggle of the people and the message of hope in the big story of God’s love? This journey for the Apostle Paul and others must have been grueling and certainly would have taken more than eleven days! I wonder, I just wonder, what *their* journey was like. Who washed their dusty feet? Where did they sleep? Who did they meet?



This Shakespearean quote from Othello caught my eye today, “How poor are they that have not patience; what wound did ever heal but by degrees?” I think of the woundedness of the world - a world back then and now. A world so desperately in need of love, justice and mercy. Jesus showed the deep pain of the world by his wounds. And yet, the healing continues ‘by degrees’. I truly believe our pilgrimage today - in whatever part of the world we happen to be at



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the time — calls us to keep walking. Calls us to keep healing the wounds of those unfairly treated in our systems of justice, those living under occupation and fear, and those badgered and beaten due to their racial ethnicity, gender identity and

those suffering from brokenness of any kind.

So Paula, shake off the dust from your feet; continue to be part of the ancient story. A story where rocky paths, towering columns and massive colosseums speak of a journey filled with struggle, incredible challenges and... hope. A story that heals wounds - if only by degrees. Patience, Paula. The world is still on the mend and I (we) are an integral part of its healing. (end journal entry)



With a grateful heart,
Paula



Official Acts



Baptism

07/12/2024

Michael Shields

Date of Birth: 11/19/1991

Deaths

David Kleis

Date of Birth: 07/03/1941

Date of Death: 03/28/2024

Nancy Hazekamp

Date of Birth: 12/30/1926

Date of Death: 06/19/2024

Aaron N. Rich

Date of Birth: 09/11/2002

Date of Death: 06/27/2024

Sunday

Weekly Scripture Readings

8/4

Exod 16:2-4, 9-15, Ps 78:23-29
Eph 4:1-16, John 6:24-35

8/11

1 Kings 19:4-8, Ps 34:1-8
Eph 4:25-5:2, John 6:35, 41-51

8/18

Prov 9:1-6, Ps 34:9-14
Eph 5:15-20, John 6:51-58

8/25

Josh 24:1-2a, 14-18, Ps 34:15-22
Eph 6:10-20, John 6:56-69

Confirmation

Big News! Confirmation is Moving to Sunday Mornings!!!

After much intentional thought on behalf of the church and in speaking with past, present and future families of confirmation students, we have made the decision to move the education portion of confirmation to Sunday morning during the Faith Formation time. Confirmation will also return to a 3-year format. Parent information meetings will be held prior to the start of class. Family information packets will be available at that time.

Who: Confirmation students 1st, 2nd, 3rd year
What: Confirmation Class
 Sunday, September 8th
When: 9:15 - 10:15 am.
Where: First Lutheran Youth Room

We are so excited to begin a new year, a new way, with new students! See you in September!

Please contact Paula or Pastor Bill with any questions. paula@firstlutheranmuskegon.org or bill@firstlutheranmuskegon.org

Parent Meetings Scheduled!

Parents: please plan on attending **one** of the following meetings:

Sunday, August 25 at 9:15 a.m.—9:45 a.m.
 Monday, August 26 at 6:00p.m.—6:30 p.m.

Exciting news! Mark your calendars September 14 (Saturday) and 15 (Sunday)!!!

We have the distinct honor of hosting Pastor Khader El-Yateem, Executive Director for ELCA Service and Justice on Saturday, Sept 14 and Sunday, Sept 15. Pastor El-Yateem is a Palestinian American and has served as assistant to the bishop and director for evangelical mission with the ELCA Florida-Bahamas Synod since 2018. He also served as pastor of Salam Arabic Lutheran Church in Brooklyn, N.Y., a congregation he started as a mission developer in 1995. El-Yateem also worked in patient relations at Maimonides Medical Center in Brooklyn from 2010 to 2017, and was chief financial officer at Bethlehem Bible College in Bethlehem, from 1990 to 1992.

Born and raised in Bethlehem, El-Yateem received his Bachelor of Theology from Bethlehem Bible College in 1989 and his Bachelor of Theology and World Religions from the Evangelical Theological Seminary in Cairo in 1991. He received his Master of Divinity degree from the Lutheran Theological Seminary at Philadelphia (now United Seminary) in 1996. United is one of seven ELCA seminaries.

Detailed information of Pr. El-Yateem's visit can be found on the next page.

If you have any questions or would like to chat about this visit, please contact Paula Dusseljee paula@firstlutheranmuskegon.org



A WEEKEND WITH PASTOR KHADER EL-YATEEM

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WE ARE THRILLED TO WELCOME PASTOR KHADER EL-YATEEM,
EXECUTIVE DIRECTOR FOR ELCA SERVICE AND JUSTICE, TO FIRST LUTHERAN IN
SEPTEMBER! PLAN TO JOIN US FOR ANY OR ALL OF THE FOLLOWING EVENTS:



BRUNCH FUNDRAISER

SATURDAY | SEPTEMBER 14TH | 10AM

DEBBY JAQUITH IS AT IT AGAIN WITH HER FAMOUS BAKED FRENCH TOAST! A FREE WILL OFFERING WILL BE TAKEN FOR DAR AL-KALIMA LUTHERAN SCHOOL

PERSONAL NARRATIVES FROM
PALESTINE AND ISRAEL
W/ PASTOR KHADER EL-YATEEM
SATURDAY | SEPTEMBER 14TH | 11AM



EXPLORE PERSPECTIVES ON PALESTINE AND ISRAEL IN AN OPEN DIALOGUE LED BY PASTOR KHADER EL-YATEEM



JOINT WORSHIP SERVICE

SUNDAY | SEPTEMBER 15TH | 10:30AM

WORSHIP TOGETHER WITH OTHER AREA CHURCHES,
LED BY PASTOR KHADER EL-YATEEM

ALL EVENTS WILL TAKE PLACE AT FIRST LUTHERAN CHURCH
PLEASE CONTACT PAULA DUSSELJEE WITH ANY QUESTIONS: PAULA@FIRSTLUTHERANMUSKEGON.ORG



Church Triathlon August 25

This annual event will be held after worship at the Meads home on Bear Lake

♦ *¼ mile swim* ♦ *11 mile bike ride* ♦ *2 mile run*

Teams can be formed, with individuals doing one or two parts of the race.

See Pastor Bill for info.

Kids Triathlon! August 25

The grownups don't get to have all the fun! This year the kids have three distance options to do their own triathlon:

- Single: 25m swim, 400m bike, 100m run
- Double: 50m swim, 800m bike, 200m run
- Super: 100m swim, 1 mile bike, 400m run

Swim (use a kick board, a life jacket, a pool noodle, a floatie, or just walk through the water!)

Bike (bike, trike, scooter, rollerblade—anything on wheels!)

Run (run, walk, skip, hop!)



Upcoming Events Celebrating 160 Years

- ◆ Tom Montgomery will be preaching on August 4.
- ◆ The concert series will be held in Walker Park in North Muskegon on August 7, 14 and 21 at 7:00 p.m.
- ◆ A hot dog supper will be held at the green space next to the North Muskegon Library at 6:00 p.m. before the concert on August 7. A free-will offering will be accepted.
- ◆ There will be a brunch after the 10:00 a.m. service on August 11. There are sign-up sheets at each information station.
- ◆ On September 8, a congregational picture will be taken following the 10:30 service.
- ◆ On September 8 there will be a catered picnic lunch with a hotdog bar for the kids. We will be asking you to sign up so we have a count for the caterer. There will be games for kids.
- ◆ Anything Goes will be held on September 28. There will be a meal prior to the program. Shar will be looking for performers. A skit will be performed highlighting the time period our church was formed. Tickets will be sold for this event.
- ◆ We hope to have another First apparel sale in the fall, plus we are working on an ornament that will be available to be ordered. Both will be great gifts for Christmas.



Chimes Assemblers

Thanks to Dave and Theresa Buchan who assembled the June/July Chimes.

Thank you for your support during this difficult time for our family. Aaron was our fun-loving boy.

Ron, Melissa, & Kaitlin Rich



August 23 and 24 (note date change!)

Please begin gathering those items you no longer use—clothing and shoes, athletic goods, housewares, furnishings, yard implements, etc. in good condition.

You may start bringing in your donations to the gym at noon on August 16. We will be set up to categorize and place your contributions. We would appreciate your help organizing the items you bring in—particularly clothing to be hung or placed on tables for display.

***Volunteers are needed to help setup, work, and tear down.
Please sign up at either information station.***

First Lutheran Golf Outing “PAR WARS” July 20, 2024



Sponsor List (\$100 or more)

Johnson Enterprises
Dale and Connie Mead
Doug and Kim Fenbert
Dennis and Kathleen Cobler
David and Susan Aker
Shafer Swartz, PLC

www. Safeguardpestsolutions.com - 231-300-9558

Valy Oriental Gifts & Market
Patricia Shafer
Phil Sielski
Ken and Marianne Newman
Steve and Rhonda Smith
Kent Johnson—Thrivent
Bill and Jan Naymick
Steve and Judy Dix

Besteman Properties Group
Mimi Irmscher
Roland and Karen Crummel
Patrick Clifford
Sandra Young
Pastor Bill and Bev Uetricht

In Memory of Golfers by Spouses
Gene Tietsort by his wife
Earl Gouine by his wife
Bernie Berntson by Cathy Berntson

In Honor of
Carl Luther by Andy Luther

Thank you!

Lorey Montgomery
Alice Habina
Diane Duell
Patricia Shafer
Kent Johnson
Gary Hansen
Pat Clifford
John Arter
Joe Dick
Lisa Ziemelis
Rhonda Smith

Diane Kroll
Steve and Judy Dix
Erin Claire Finn
Chase Hammond Golf Club—
(Four free passes)
Benona Shores Golf Club—
(Hospitality and two 18 hole golf passes)
All of Our Sponsors
All who provided food dishes for the luncheon
Anyone we've missed

Thank you everyone for your support
Your Stewardship Team

Weekly Offerings

Week ending 05/05/2024

General Fund: \$13,118.49
Building Enhancement Fund: \$310.00
Building Rent: \$169.00
Dollar-A-Day (FLC upgrades): \$744.70

Week ending 05/12/2024

General Fund: \$6,536.97
Building Enhancement: \$190.00
Building Rent: \$1,325.00
Noisy Offering (ELCA World Hunger): \$251.63

Week ending 05/19/2024

General Fund: \$7,311.48
Building Enhancement: \$305.00
Building Rent: \$390.00
Noisy Offering (ELCA World Hunger): \$184.66
Dollar-A-Day: \$467.00

Week ending 05/26/2024

General Fund: \$4,406.83
Building Enhancement: \$90.00
Building Rent: \$113.00
Noisy Offering (ELCA World Hunger): \$171.70

Week ending 06/02/2024

General Fund: \$5,984.83
Building Enhancement Fund: \$185.00
Building Rent: \$20.00
Dollar-A-Day: \$621.11

Week ending 06/09/2024

General Fund: \$10,286.01
Building Enhancement: \$295.00
Building Rent: \$1,786.75
Noisy Offering (Hope Project): \$341.05
Dollar-A-Day: \$145.85

Week ending 06/16/2024

General Fund: \$25,088.23
Building Enhancement: \$80.00
Building Rent: \$131.00
Noisy Offering (ELCA World Hunger): \$211.15

Week ending 06/23/2024

General Fund: \$4,668.08
Building Enhancement: \$115.00
Building Rent: \$59.00
Noisy Offering (Hope Project): \$146.10

Week ending 06/30/2024

General Fund: \$5,276.50
Building Enhancement: \$115.00
Building Rent: \$59.00
Noisy Offering (Hope Project): \$146.10





August Birthdays

1	Jason Bleich	10	Elizabeth Bachelder	19	William Gallo Haile Will
2	Erik Trulsen Betty Crenno	11	Cindi Archer-Mitchell	22	Kelly Smith
3	Susan Aker	12	Dani Zizak Noah Ziemelis	24	Cameron Moore
4	Carroll Loughrige Emily Traub Bonnie Gouine	14	Tyler Lindell	25	Logan Montgomery
5	Denise Studeman	15	Kaitlin Rich Matthew Badley RJ Wei Jen Giles	27	George Bramer
6	Mary Schoonover	16	Corky Gust	28	Ryan Camp Kristina Gallo
7	David Anderson Brady Wheeler	17	Ethan Lucht Michael Bevans Andrea Nisja	29	Carter Pruitt Haley Pruitt
8	Jeff Lindell	18	David Harrell	31	Sabina Freeman Kelley Peel
9	Michele Rogers				

Keepers

Gerald and Betty Crenno
1740 Village Dr Apt 318
Village at the Oaks
Muskegon, MI 49442-4288

Theresa Hansen
Robbinswood-Northcrest Campus
2650 Ruddiman Dr
North Muskegon, MI 49445

Pat Mullinex
Newaygo County Medical Care
Facility
4465 W. 48th St.
Fremont, MI 49412
Mailing Address:
2284 Riverwood Drive
Twin Lake, MI 49457

Warren Robinson
1845 Moulton Ave
Muskegon, MI 494445-3127

Linda Sahlhoff
Christian Care Nursing Center
2053 Sheridan Dr
Muskegon, MI 49442

Keith Stapel
1228 Lawrence St
Muskegon, MI 49442

Margaret Tyler
1901 Duck Lake Rd
Whitehall, MI 49461-9719

Marjorie Visscher
White Lake Assisted Living
6827 Whitehall Rd
Whitehall, MI 49461

Dave Walborn
18552 W Spring Lake Rd
Spring Lake, MI 49456

Mary Warden
1740 Village Dr. Apt 222
Muskegon, MI 49442-4283

First Lutheran Church

August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				10:00PM-Food Distribution 12:00PM-Lectioary Bible Study 5:00PM-VBS 6:00PM-In-Person Worship	7:00PM-AA Meeting	8:30AM-Stephen Ministry
Dollar-A-Day Weekend 10:00AM-In-Person Worship 10:00AM-Online Worship 7:00PM-AA Meeting				8	9	10
		Bulletin Deadline 9:00AM-Pickleball 9:00AM-Seniors Helping Our Parish (SHOP) 3:00PM-Burnished Brass 5:30PM-Council Meeting 6:00PM-Lion's Club Meeting 7:30PM-Band 9:30PM-Compline	9:00AM-Pickleball 12:00PM-Staff Meeting 6:00PM-160th Anniversary Play Practice 6:00PM-Pre-Concert Hot Dogs 6:15PM-160th Anniversary Play Practice 7:00PM-Concert Series-That Beatles Thing	10:00PM-Food Distribution 12:00PM-Lectioary Bible Study 6:00PM-In-Person Worship 6:30PM-Scouts Meeting 7:00PM-Cardio Drumming 7:00PM-Northside Parade	5:00PM-Sons of Norway 5:30PM-Bunco 7:00PM-AA Meeting	
				15	16	17
				Chimes Deadline 10:00PM-Food Distribution 12:00PM-Lectioary Bible Study 6:00PM-In-Person Worship 7:00PM-Cardio Drumming	6:00PM-Crafty Group 7:00PM-AA Meeting	
				22	23	24
				10:00PM-Food Distribution 12:00PM-Lectioary Bible Study 6:00PM-In-Person Worship 7:00PM-Cardio Drumming	8:30AM-Garage Sale 7:00PM-AA Meeting	8:30AM-Garage Sale
				29	30	31
				10:00PM-Food Distribution 12:00PM-Lectioary Bible Study 6:00PM-Worship 7:00PM-Cardio Drumming	7:00PM-AA Meeting	9:00AM-160th Anniversary Play Practice
				26	27	28
				12:00PM-Quilters' Group 6:00PM-Overeaters Anonymous 6:00PM-Parent Confirmation Meeting 7:00PM-AA Meeting	9:00AM-Pickleball 12:00PM-Staff Meeting 6:00PM-160th Anniversary Play Practice	
				23	24	25
				12:00PM-Quilters' Group 6:00PM-Overeaters Anonymous 7:00PM-AA Meeting 7:00PM-Cardio Drumming	9:00AM-Pickleball 12:00PM-Staff Meeting 6:00PM-160th Anniversary Play Practice 7:00PM-Concert Series-Westside Soul Surfers	
				30	31	1
				10:00AM-In-Person Worship 10:00AM-Online Worship 7:00PM-AA Meeting	8:30AM-Garage Sale 7:00PM-AA Meeting	8:30AM-Garage Sale
				37	38	39
				10:00AM-In-Person Worship 10:00AM-Online Worship 12:30PM-Triathlon 7:00PM-AA Meeting	7:00PM-AA Meeting	9:00AM-160th Anniversary Play Practice