

## Announcement Page – September 13, 2020

**LaGrave congregation:** If you have something to put on this announcement page, please send an email to Annette in the office ([abredeweg@lagrave.org](mailto:abredeweg@lagrave.org)).

**Vacation:** Rev Boven will be on vacation September 10-23.

### **Note of Thanks:**

Thank you for your cards and especially for your prayers. Those were a comfort and encouragement. **Nancy Buth**

**Flu Shot Clinic:** There will **NOT** be a flu shot clinic here at LaGrave this year.

**Spiritual Journey:** We are all on a journey – and not just a through a pandemic. We are all also on a spiritual journey. Starting on September 23, a group of women will meet together every other Wednesday morning at 9:30 a.m. to encourage each other on our own spiritual journeys. We will read personal letters written to us by Paul—Ephesians and Philippians. Paul has a lot to say to us to encourage us as we encourage each other. We will probably meet on Zoom for at least the beginning of our year. To join us, send your name and email address to Ellie Vanderwell at [handevan@sbcglobal.net](mailto:handevan@sbcglobal.net) or 616-443-5025.

**The Pastoral Care Committee** is gathering used medical equipment for a lending program for members. We currently have several walkers and a few other devices. If you have something available at your home - walkers, canes, wheelchairs, etc.- that you would be willing to donate or lend, please contact Dick Kanten ([richardkanten1953@gmail.com](mailto:richardkanten1953@gmail.com)), the coordinator or Jennifer Schroder ([jennschroder@gmail.com](mailto:jennschroder@gmail.com)), PCC chair. Thank you for caring for the members of LaGrave.

**Sanctuary Devotions:** Remember, Tuesday and Thursday mornings, from 7:30-9:00 am, we welcome up to ten people into the sanctuary for prayer and reflection. Sign up by clicking on the link and filling out an empty spot in the schedule. Make sure to click "Submit and Sign Up" once you've picked your day. <https://www.signupgenius.com/go/904054ea4ad29a4fa7-sanctuary>.

**Did you know** that as a LaGrave member you have access to three sessions with a counselor or therapist through Pine Rest at no out of pocket cost to you? LaGrave partners with Pine Rest to offer counseling resources for anxiety, depression, relationship tensions, isolation, learning difficulties, attention problems, cyberbullying, and many other emotional or psychological challenges. You simply need to call Pine Rest at 455-6210 and say that you are a LaGrave member and want to utilize **CAP (Church Assistance Program)**. You may access three free sessions for each different challenge you may be facing. Feel free to call Rev. Boven with questions.