



Join Us For Our "Leap of Faith" Lenten Journey

- **March 1** ~ Ash Wednesday 4:30pm & 7:30pm @ SoG North
- **March 8, 15, 22, 29 & April 5th** ~ Lenten Wednesdays Bible Study 4:30pm & 7pm with a light soup & bread meal in between at 5:45pm
- **April 9** ~ Palm Sunday (regular worship times at all locations.) 
- **April 13** ~ Maundy Thursday 4:30pm & 7:30pm @ SoG North 
- **April 14** ~ Good Friday 4:30pm & 7:30pm @ SoG North
- **April 15** ~ Holy Saturday 5pm @ SoG North 
- **April 16** ~ Easter Sunday
 - ◆ Beach service 7am @ Gulf Harbors Beach Club (bring chairs)
 - ◆ Trinity Sportsplex 10:10am
 - ◆ SoG North 10:10am
 - ◆ Dobies Funeral Home Time TBA

He is Risen Indeed

About Spirit of Grace

We are a caring and welcoming congregation whose mission is: As Christ's people in motion we connect, grow, and serve.

**We are ONE congregation
with TWO worshiping campuses**

NORTH Campus & Office

9525 Hudson Ave
Hudson, FL 34667

Worship

Saturday 5:00 pm (Contemporary)
Sunday 8:30 am (Contemporary)
11:00 am (Traditional)
Sunday School Sunday 9:40 am

SOUTH Campus: Soon to be Under Construction

8812 Old County Rd 54
New Port Richey, FL 34653

*Worship: 11:30am at Dobies Chapel directly
across the street
(Choir at 10am in classroom @ South building)*

Trinity New Start @ Trinity Sportsplex

11514 Pyramid Dr., Odessa

Worship

*1010 am Contemporary
11:10am Learning Time*



Mailing Address :9525 Hudson Ave
Hudson, FL 34667

Telephone 727-376-0919
Fax: 877-647-1818
www.soglutheran.org

Pastoral Staff

The Rev. Dr. Rita Gardner Tweed,
Lead Pastor

Ph: 813-230-4907

Email: tlprita@soglutheran.org

The Rev. Dave Kruger,
Sr. Ministry & Spiritual Care

Ph: 727-247-2982

Email: pastordave@soglutheran.org

Pastor Dave works Tue, Thurs, & Sun Afternoon



The deadline for the April issue
of *The GracePlace* is March 20th

Church Council Members

Welcome Kristie & our newly elected officer for '17	
Kristie Beaudry	727-243-3243
Jim Clifford <i>Vice Pres</i>	813-528-1021
Sharon Griffin <i>Secretary</i>	727-808-6490
Ken Key	813-416-8208
Charlene Lee	727-844-0412
Erik Reisner, Treas	727-534-7825
Lou Vuozzo <i>President</i>	727-389-2167
Elaine Waldrup	727-815-1117

The next church council meeting will be on Tuesday,
March 14, 7:00 pm at the North Campus.

Who To Contact



Deb Boland, Parish Secretary, 727-376-0919
churchoffice@soglutheran.org

Linda Phipps, Bookkeeper, 727-376-0919
bookkeeper@soglutheran.org

Christina Brennan, Sun Musician 8:30 & 10:10 am
services (727) 645-2571 christib8766@yahoo.com

Bob Sacco, Sat North Musician 5:00 pm service
727-815-5757 rmsaco55@aol.com

Karen Pudleski, North Musician 11:30 am service
(727) 944-5508 karen115@tampabay.rr.com

Debbie Bryant, South Musician 11:30 am service
727-967-5201 debenl@aim.com

Deacon Janet Boland, Volunteer Project Coordinator,
727-207-7835 vpc@soglutheran.org

Let Us Know

Please let the church office know if someone is ill,
hospitalized or in need of spiritual care. Hospitals
do not call churches. At times we do not find out
someone is hospitalized until they are home.
Telephone 727-376-0919.

Home Communion

Spirit of Grace has a team of trained Home
Communion Visitors. If you or a family
member are not currently being visited and
would like to receive a visit, please contact
the church office at 376-0919.





Welcome to the Lenten Season at Spirit of Grace,

What does it mean to you to take a *Leap of Faith*. Is it jumping into something new & trusting the result even if one hasn't read through the abundance of Google articles on the subject? Is it getting into a car to drive, or be a passenger? To be sure, it's a verb phrase full of action and it's connected with God in Christ Jesus – the exercise of faith that is a gift from God in the first place – but it's using it.

At SoG, ***Leap of Faith*** begins in March in several ways. Ash Wednesday, March 1st begins the season of Lent that will aptly be called, 'Leap of Faith.' As we enter this penitential season, it ushers in a focused time of devotion, self-reflection, and repentance that is the journey with Jesus to the cross; a Leap of Faith in and of itself.

The Sunday's in Lent are not counted in the official 40 days of Lent, but the Sunday's are considered refreshing mini-Easters to encourage us in our Lenten journey. The Sundays will also be called *Leap of Faith* as we look at God's activity among us that is foundational to living out and exercising our faith in the first place.

Leap of Faith will also be the theme of our upcoming capital appeal. It coincides with the season of Lent so our Lenten studies can fuel our spiritual growth and that next generous Leap of Faith for furnishings, facility and to follow where God is calling Spirit of Grace into future making-a-difference ministries.

Leap of Faith will be a three year, above-and-beyond regular giving, financial commitment AND even more so, it is a *spiritual appeal* throughout Lent. A spiritual appeal that we will be open to growing closer to Jesus these 40 focused days.

This spiritual appeal gives you the opportunity to be active & participate in many ways:

- ◆ The Lenten daily devotional is available for you to make it part of your everyday connection to our Lord.
- ◆ You are invited to attend & participate in the Wednesday Lenten study (& lite soup and bread!) about the marks of discipleship through the book: *Real Faith for Real Life* by Rev. Michael W Foss (book are available March 8 & if possible, a \$5.00 donation would help cover the book costs, too!)
- ◆ Become a Prayer Partner in your worship service – contact Deacon Janet for more info.
- ◆ Save the dates for Holy Week in your schedule right now because it's all connected -- our celebration of Easter has greater, deeper, wider meaning if we have prioritized & participated in Lent & Holy Week.

Preparing with you for that next ***Leap of Faith*** . See you in Worship & on Wednesdays

Pr. Rita Gardner Tweed, Lead Pastor

Girl Scout Sunday

*March 12th, 8:30 am Worship SoG North
Come and celebrate the Girl Scouts in service
and enjoy Girl Scout Cookies & Milk!*

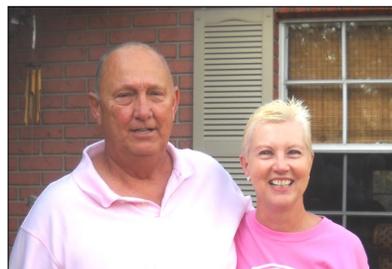
GRIEF SUPPORT GROUP

Sundays @ 2pm, SoG North

A new grief support group is continuing. All who are grieving are welcome Please call Pastor Dave Kruger if you have any questions. (727) 247-2982

NEW DISCIPLES

Please welcome **Sarah Burton, Linda Cassidy, Marjorie Neal and Bob & Nancy Ruoff**. These new disciples at Spirit of Grace were received at the North Campus on February 11 & 12. Please introduce yourselves and get to know them!



Bob & Nancy Ruoff



Marjorie Neal

Leap of Faith Capital Appeal

Spirit of Grace Lutheran Church is about to embark on the exciting next chapter in our life together. Our Leap of Faith capital appeal will begin the weekend of March 12 and run through Palm Sunday, which is April 9. During these four weeks, every member and friend of Spirit of Grace will have the opportunity to learn more about our congregation's amazing plans and will be invited to consider their generous response to turn these plans into reality.

Leap of Faith will provide vital funds for three aspects of our congregation's ministry.

This fall our South Campus will have a new building. As a result of our incredible relationship with Plato Academy/Superior Schools, we will be moving into our new worship space.

\$175,000 of the money raised through Leap of Faith will provide the furnishings necessary to turn an empty building into our own place to worship God.

The North Campus has several major needs. \$247,500 of the money raised will make it possible for us to replace the roof plus make many significantly needed updates inside our building.

As every homeowner knows, from time-to-time buildings need maintenance and updating. Our church home is no different.

We have been making financial strides in the gap between the money we need to do the important ministry of our congregation and the money given regularly by disciples. \$75,000 given to Leap of Faith will be used over three years to close in on this gap and enable us to do the ministry we know God is calling us to do.

If you have already done the math, you have figured out by now that the target financial goal of our Capital Appeal is \$497,500, to be given over a three year period. This is a bold goal for our congregation, but we believe it is an achievable goal – especially when we all pull together and search for ways to be as generous as possible.

This goal also reminds us that this year is the 500th Anniversary of the Reformation! (\$497,500) In such a significant year of faith, we are taking our own Leap of Faith for future ministry trusting in the ever forming and reforming work of the Spirit in, through, and beyond our lives century-after-century.

Our request of you is to pay careful attention during the Leap of Faith appeal. There will be mailings, meetings and memorable talks during worship. All of these are important. Please make it a point to pay attention to the appeal and begin to plan for your response on April 8 and 9.

Yours in Christ,
Karin Beeten and Paul Boivin,
Leap of Faith Capital Appeal Co-chairs



Tax Return Time is Just Around the Corner

Are you preparing to get a tax return this year? If so, congratulations – that's a great thing. It's also an opportunity to make a generous contribution to your Lord in thanks for the gifts and skills you put into service to make a living and get a tax return.

Prayerfully consider tithing (10%) of your tax return, or more, as a convenient way to "Give Thanks with a Grateful Heart."

Keeping the House in Good Order

Do you have an appreciation for good order and organizational structure? Do you like to read through Roberts Rules of Order for kicks? Spirit of Grace is looking for a volunteer parliamentarian. If you have experience as a parliamentarian or would like to, please contact Deacon Janet at to find out more about this key role during congregational meetings.

We welcome our Capital Appeal Consultant, Pr. Chick Lane, back for his 2nd weekend with us on March 4/5. In addition to training up our appeal leasers and helping us develop the appeal master plan/schedule, he will preach/teach at worship on the following Leap of Faith: God Provides.



Pastor Chick Lane serves as Pastor for Stewardship and Generosity at Lord of Life Lutheran Church in Maple Grove, Minnesota. Previously he worked as a consultant with Kairos and Associates, and served as Director of the Center for Stewardship Leaders at Luther Seminary, Director for Stewardship Key Leader in the Evangelical Lutheran Church in America, Assistant to the Bishop in the Northwestern Minnesota Synod of the ELCA, and pastor of three congregations, one in Pennsylvania and two in Minnesota.

He is the co-author of *Embracing Stewardship: How to put stewardship at the heart of your congregation's life*, the author of *Ask, Thank, Tell: Improving Stewardship Ministry in Your Congregation*, and the author of two annual stewardship programs, *Because of God's Great Mercy* and *Walk with Jesus*.

Pastor Rita has had the pleasure of working with Pr. Chick on several Stewardship Training events for the FBSynod several years ago. He is very personable, with a passion and heart for God's people and *Embracing Stewardship*. Copies of his book will be available! Ask Pr. Rita for one!

According to the original plan, the costs for the capital appeal & consultant are covered through the dollars from the sale of the Floramar property.

Pr. Chick will also be at SoG the weekend of **Mar 31, April 1-2.**

YOUTH GROUP & Confirmation *Schedule Resuming February 2017*



Meetings are Sunday 5-7 pm @ North Campus; always beginning with a lite meal — Thank you Fellowship Teams & Parents! Carpool available if you live closer to South Campus – Contact your youth leader for your group with the phone number below, if you want to be in the carpool leaving from South Campus.

HIGH SCHOOL & MIDDLE SCHOOL Schedule that begins after a lite meal will be:

- 1st Sunday of the Month: Serving** – we will do varieties of different types of serving projects. (confirmands will come at 4 pm for confirmation class before dinner/serving nite – this is the only variation on the schedule)
- 2nd Sunday: Beach Worship** – @ Hudson Beach (may need a few parents to help carpool over and back)
- 3rd Sunday: Discovery** – (learning in groups: 6th grade; Confirmation; High School)
- 4th Sunday: Recreation** – youth pick: movie, bowling, board games, field games, Wii, etc.
- 5th Sunday: A Combination** – of all of the above.

MIDDLE SCHOOL/CONFIRMATION CLASSES 1st & 3rd Sundays of the month is confirmation class.

2nd & 4th Sundays will be youth group.

- ◇ 1st Sunday of the month starts @ 4pm with a meal & service following class.
- ◇ 3rd Sunday of the month starts @ 5pm which starts with the meal then class.

6TH GRADE YOUTH GROUP

This group meets every Sunday **5pm @ SoG North.** They will have a meal with all, then meet as a separate group when necessary.

NEW ELEMENTARY GROUP 1st & 3rd Sundays @ 5pm @ SoG North. They will share a meal with all the other groups then split off to do their own session.

Youth Group Leaders:

- ◆ **Elementary Youth** (1st-5th grade) - **Elaine Waldrup** 727-457-3128 & **Sarah Conaway** 317-417-9529
- ◆ **6th Grade** - **Kevin Bixler** 727-657-8004 & **Lorri Vuozzo** 727-389-2363
- ◆ **Middle Schoolers** (7th & 8th Grades) - **Vicki Bixler** 727-657-8004
- ◆ **High Schoolers** (9th - 12th Grades) - **Kristie Beaudry** 727-868-3453
- ◆ **Confirmation Teachers** - **Deacon Darlene Weikel** 727-514-5164, **Ken Key** 813-416-8208 & **Pastor Rita** 813-230-4907

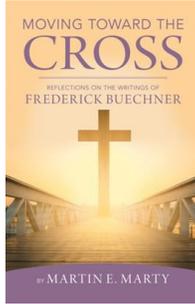


Easter Lilies

Help adorn our sanctuaries with Easter Lilies! You may purchase an Easter Lily for only \$10 before April 9th.

Order forms will be available in March.

You may choose to take your lily home or have our home communion assistants take your lily to a shut in. You may pick up a form from the Church office or on Sundays it will be inserted in the bulletin. Call the church office for more information.



Lenten Devotional Booklet

Along with the Lenten Wednesday Worship/ Bible Studies, we are offering a Devotional booklet that you can use daily in your own at home throughout Lent. They will be available Sunday, February 26th in time for Ash Wednesday, March 1st. They will also be available in the Narthex to pick up.

Thrivent Simply Giving



Giving Simplified! Spirit of Grace disciples have the option of automatic giving for their tithes and offerings. SOG is participating in Thrivent's "Simply Giving" program. This means that members may choose to have their offerings automatically deducted from a checking account, savings account, or a credit card. If you like to 'get points' on a particular credit card – Simply Giving is for you! Once you sign up, your giving happens automatically, when you choose, for as long as you choose. Authorization forms are available in the Narthex at BOTH Campuses. To turn in your forms, place in an envelope and place in the offering plate or drop off to the church office.

FOOD PANTRY NEWS

We have a mobile truck coming to King of Kings, Saturday, March 4th between 10 and 11:30 a.m. The truck is for anyone in need of food regardless of zip code.

We will need help packing and handing out boxes and need people who can stand and help those asking for food. If you are available to help in any way, please contact Marcia Baker 727-267-1719.

For the pantry we are in need of **peanut butter, tuna, pasta & sauce, and canned veggies.**

We especially want to thank everyone who so generously donated during Thanksgiving and Christmas.

We are feeding an average of 80 families per week which is about 740 people a month.

That number is up 50% from last year! Thank you so much for all you have done for the pantry.

Also if you need help getting clothing to King of Kings please contact Marcia.

Food Pantry Appreciation Luncheon

Friday, March 17, Noon @ King of Kings The Food Pantry Appreciation luncheon is open to all those who help with the food pantry. For more info, please contact Marcia Baker, 727-267-1719

****Save the Date****

Esther's School Field Day 2017

Tuesday, March 7th, 10am-2pm

Spirit of Grace is invited to the 2nd Annual Esther's School Field Day!

SoG will have popcorn and water available for everyone.

Fun for all ages! Esther's School is inviting 5 other Esther's School campuses to join them also. There will be a Water Slide, Bounce Houses, 75 ft. Inflatable Obstacle Course, Face Painting, Dunk Tank, Live Band & much more!

Please call the church office if you would like to help out 727-376-0919

Do you shop Amazon? If so, this is for you!



Spirit of Grace has registered with AmazonSmile and YOU can help SoG earn money by simply shopping!

What is AmazonSmile?

AmazonSmile is a simple and automatic way for you to support your favorite charitable organization every time you shop, **at no cost to you**. When you shop at www.smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization. You can choose from nearly one million organizations to support.

How do I shop at AmazonSmile?

To shop at AmazonSmile simply go to www.smile.amazon.com on your computer or mobile device. You may also want to add a bookmark to make it even easier to return and start your shopping at AmazonSmile.

Which products on AmazonSmile are eligible for charitable donations?

Tens of millions of products on AmazonSmile are eligible for donations. You will see eligible products marked "Eligible for AmazonSmile donation" on their product detail pages. Recurring Subscribe-and-Save purchases and subscription renewals are not currently eligible.

Can I use my existing Amazon.com account on AmazonSmile?

Yes, you use the same account on Amazon.com and AmazonSmile. Your shopping cart, Wish List, wedding or baby registry, and other account settings are also the same. Just log-in and make sure to go to www.smile.amazon.com and then shop!

How do I select a charitable organization to support when shopping on AmazonSmile?

On your first visit to AmazonSmile (smile.amazon.com), you need to select a charitable organization to receive donations from eligible purchases before you begin shopping. We will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation.

How much of my purchase does Amazon donate?

The AmazonSmile Foundation will donate 0.5% of the purchase price from your eligible AmazonSmile purchases. The purchase price is the amount paid for the item minus any rebates and excluding shipping & handling, gift-wrapping fees, taxes, or service charges. From time to time, we may offer special, limited time promotions that increase the donation amount on one or more products or services or provide for additional donations to charitable organizations. Special terms and restrictions may apply. Please see the relevant promotion for complete details.

Can I receive a tax deduction for amounts donated from my purchases on AmazonSmile?

Donations are made by the AmazonSmile Foundation and are not tax deductible by you.

AmazonSmile Donations to Charitable Organizations

100% of the donation amount generated from your eligible purchase on AmazonSmile will be donated. The donation amounts generated by your purchases are combined with the donation amounts from all other customers that selected the same organization, and each quarter the AmazonSmile Foundation makes donations to registered charitable organizations by electronic funds transfer. Donations are generally transferred approximately 45 days after the end of each calendar quarter.

You've Got Mail!

Spirit of Grace has a mounted mail box or communication box at each campus. The communication box is for you to provide ministry input &/or feedback, share ministry ideas, provide a ministry compliment, ask questions, get information, generate a conversation on a ministry area/topic.

If you are providing feedback, also be sure to include your idea to make it better for next time.
Look for responses in the monthly newsletter.

You've Got Mail Answers

No new mail!



Quilting Ministries At Spirit of Grace

Prayers & Squares

Prayers and Squares meets the 2nd & 4th Mondays of the Month @ 6:45 pm. Please contact Mae Haines for more info 863-4329

The purpose of Prayers and Squares is to promote prayer through the use of quilts. Our motto is: "It's not about the quilt: it's all about the prayers". We are in need of volunteers at both campus'. You need not be a seamstress to be part of our ministry basic sewing skills are all that is needed.

How to Give a Gift of Prayer in the Form of Quilt?

It is NOT appropriate to surprise someone with a prayer quilt. You must first ask the person you are considering giving this gift of prayer to if they would accept it. You then respect their answer. To request a quilt please fill out a form that is located in the narthex of each Campus.



Sew And Sews

The Sew and Sews quilting ministry meets, **Thursdays 9:30-11:30 am SoG North** This quilting group makes quilts that are distributed all over the world through Lutheran World Relief. For more information see www.lwr.org or call the church office.

Music & Worshipping Arts

REHEARSAL TIMES

Praise Team

South—Sunday's 9:30am @ Trinity Sportsplex
Combined—Tuesdays 7:15 pm @ North

Chancel Choir

South—Sundays 10:00 am
North—Thursdays 6:30 pm

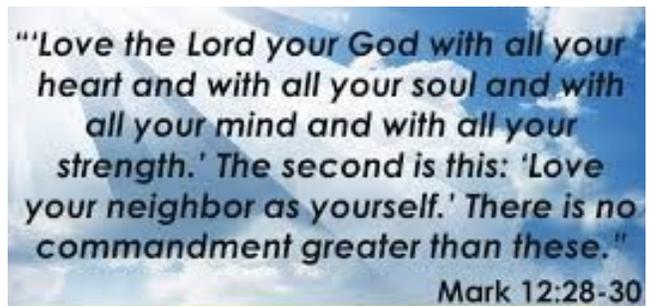


We offer Chancel Choirs that sing at the Traditional Services. We would like to invite anyone who loves to sing praises to God and singing in a choir to join! The South Choir is directed by **Debbie Bryant 727-967-5201**, the North Choir is directed by **Karen Pudlewski (727) 944-5508**

The NORTH Campus Praise Team sing at both Saturday 5:00 pm and Sunday 10:10 am services and is directed by **Bob Sacco (Saturday) (727) 815-5757** and **Christina Brennen (Sunday) (727) 645-2571**. The Praise Team at the SOUTH Campus sings at the Sunday 8:30 am service and is directed by Christina Brennan. Both teams offer different musical styles, reaching out to multiple generations and are always looking for additional singers and instrumentalists.

Spiritual Care Ministry

Thanks be to God for the care & compassion provided to those in need through the regular and ongoing Spiritual Care Ministry at Spirit of Grace. This ministry is available to all ages. Plus, there are 98 folks at SoG 80 to 100+ years of age and it's the church's privilege to serve all in times of need. In addition to Pr. Dave Kruger & Pr. Rita GT, the following folks are trained compassionate caregivers & make regular visits. Expect to see them! Welcome them! This is the church family caring for the church family or as Luther called it, "The Priesthood of All Believers" empowered to carry out the ministry of Christ our Lord.



Communion Visitors: Mae Haines, Deacon Janet Boland, Kathy Yovanovits, Karin Beeten, Marie Ban, Bob Abbey, Nanci Larson,

Hospital & Rehab Center Calls:

Bob Abbey, Suzanne Granger, Karin Beeten, Sharon Burke, Deacon Jay Kane, Ilona O'Connor, Mae Haines, Kathy Yovanovits, Carol Coleman, Deacon Janet Boland & Carol Koob

Stephen Ministers: Ilona O'Connor, Deacon Janet Boland, Deacon Jay Kane, Sharon Burke

Be sure to contact Deacon Janet Boland if you or your loved one is in need of home communion or a visit at 727-207-7835.



Home Communion Visitation

If you would like to be a Home Communion Server, please contact Pastor Dave Kruger or Janet Boland **If you were a Home Communion Server and are no longer doing so, please return your communion kit.**

Women's Monthly Bible Study

MORNING Women's Bible Study

ON HOLD FOR NOW Call the church office if you would like to help with this bible study, 727-376-0919.

AFTERNOON Women's Bible Study -Tuesday, 1:00 pm

(4th Tuesday of the month) Call Mae Haines at 727 863 4329 for location.

A LONG LESSON IN GOD'S LOVE

Tuesdays, 6pm @ SoG North

Our Spirit of Grace Tuesday evening Bible Study group began in June 2016 the interesting but daunting task of reading aloud and discussing the entire Bible from the Genesis creation stories through Revelations. It will literally be a very long lesson in understanding God's unfathomable love for his rebellious people throughout history.

Typically we read aloud and discuss three to five Bible chapters (about 1 ½ hours) with one psalm each session. So far we have read the first four books of the Bible. We end each session with The Lord's Prayer. Some of us have never been involved in an Old Testament Bible study, but have done multiple New Testament studies. Why is that? Has the love of God changed for his chosen people, or have the chosen people changed because of God's love?

Please join our lively class Tuesday evening January 3rd when we continue weekly readings with Deuteronomy at 6:00 p.m. as we peruse God's Holy Bible and pray to his holy name.

Good and Gracious God, be with us as we study the Good Book which tells of your everlasting love for the people you have created in your image. Be with us in our everyday struggles to understand how you can continue to love us even when we know we are not worthy of such love. With your outpouring of copious amounts of love for us here on earth, we can get a foretaste of our promised eternity in heaven. Amen

Contact Person: Gene Kortier 727 819 2008 or gkortier@tampabay.rr.com



Don't Forget! "Spring Ahead" March 11/12

Turn your clocks ahead one hour
On Saturday night before heading to bed.

Graceful Seniors

Our next scheduled planning meeting is **Tuesday, March 14, 1:30 pm, at Carole Coleman's home.**

SATURDAY BRUNCH

Saturday, March 18, 11am @ SoG North

A member of the Pasco County Sheriff Department will be speaking on safety for seniors. Suggested donation for the brunch is \$4. Sign up sheets will be located in the Narthex at the North Campus & see Homai Patel at Dobies or Janet Boland at the Sportsplex.

BOAT TRIP

Wednesday, April 5, 10am "The Odyssey" Cost: \$15 for Boat Ride

We will car pool to Tarpon Springs from the parking lot at Carmelita's on Old County Road 54.

We will make group reservations at Rusty Bellies, lunch cost is on your own.

Make checks payable to Spirit of Grace and send to Mary Elm, 3541 Niblick Ct., NPR, 34655



How Do I Read “Nutrition Facts” Labels?

From the Parish Nurses

When you go grocery shopping, take the time to read the nutrition facts labels on the food you purchase. Compare nutrients and calories in one food to those in another. The information may surprise you. Make sure that you aren't buying foods high in saturated fat, trans fat, cholesterol, sodium and added sugars!

How do I read the nutrition facts label?

Most foods in the grocery store have a nutrition label and list of ingredients, claims like “low cholesterol” and “fat free” can be used only if a food meets standards set by the government.

The “Nutrition Facts” label contains this information:

- **Serving Size** – If you eat double the serving size listed, you need to double the calories, fat and nutrients. If you eat half the size shown, cut the calories and nutrients in half.
- **Calories** – This is very helpful to know if you're cutting calories to lose weight or want to manage your weight.
- **Total Fat** – Most people need to cut back on calories! Fat has more than double the number of calories per gram (9 calories vs. 4 calories) than carbohydrates and protein. Cutting back on fat can help you cut back on calories. Your goal is an overall intake of no more than 25-35 percent of you total calories from fat. You should keep track of the amount of calories you consume and the amount of calories you burn.
- **Saturated Fat** – This is one part of the total fat in food. It's a key nutrient that raises your blood cholesterol and your risk of heart disease and stroke. Limit your saturated fat intake to less than 7 percent of your total calories.
- **Trans Fat** – This fat is also part of the total fat. It raises blood cholesterol and your risk of heart disease. Choose foods with “0” grams of Trans Fat. Limit your trans fat intake to less than 1 percent of your total calories.
- **Cholesterol** – Too much of it in your diet may lead to too much in your blood. And, too much cholesterol in your blood can lead to heart disease and stroke. It's best to eat less than 300 mg each day. People with heart disease, high LDL, cholesterol levels or who are taking cholesterol-lowering medication should consume less than 200 mg of cholesterol per day.
- **Sodium** – Watch for both natural and added sodium in food products. Ordinary table salt is sodium chloride – 40 percent sodium by weight. Healthy adults should take in less than 1,500 mg of sodium each day. That's equal to a little more than ½ tsp of salt.
- **Total Carbohydrates** – Choose fruits and vegetables, and fiber rich whole-grain breads and cereals.
- **Dietary Fiber** – Fruits, vegetables, fiber-rich whole grains, peas and beans are good sources and can help reduce the risk of heart disease.
- **Sugars** – The amount listed includes both sugars that occur naturally in foods, such as fruit and milk, and sugars that are added to foods, such as soft drinks and other sweetened foods and beverages. Look at the ingredient list and make sure that “added sugars,” such as, sucrose, fructose, glucose, maltose, dextrose, and high-fructose corn syrup, corn syrup, evaporated/dried can juice, concentrated fruit juice, and honey are not one of the first four ingredients.
- **Protein** – Where there's animal protein, there's also fat and cholesterol. Eat small portions or animal protein.
- **Vitamins and Minerals** – Eating a variety of foods will help you reach your daily goal of 100 percent of vitamin A, vitamin C, calcium and iron.
- **Daily Value** – The daily values are guides for people who eat 2,000 calories each day. If you eat more or less than that, your daily value may be higher or lower. Choose foods with a low percent daily value of fat, saturated fat, trans fat, cholesterol and sodium. Try to reach 100 percent of the daily value of, dietary fiber, vitamins and minerals.



Anniversaries March

Ron & Marcia Bartel 3/4/61
George & Jean Metzenthin 3/22/1964

In Memoriam

The sympathy and love of the congregation are extended to the family and friends of **Jeanne Yarnell, Bud Mitchell, Marion Judd, Ernie Jordan & MaryAnn Branson** who passed to the church triumphant in January/February. As we celebrate resurrection may their families know the comforting presence of our Lord.

Florida Hospital in Zephyrhills Has a Silent MRI Machine

If you have ever had an MRI (Magnetic resonance imaging) you know that they are loud. Noises associated with MRI machines have been compared to jackhammers, clanking, banging, and industrial noises. Noise is created when magnetic fields are cycled on and off, and when magnets exert an opposing force to each other. The headsets they put on you are supposed to play music, but do not always succeed in helping with the noise. The noise is not harmful, but some people may find it alarming or annoying. (Think about a jackhammer going off right next to your ears.) There is relatively new technology that has created silent MRI scanners. They have one of these silent MRI's very near here at Florida Hospital in Zephyrhills. The hospital is located at 7050 Gall Blvd., Zephyrhills, FL 33541. The phone number is (813) 788-0411. Thanks to **Marjorie French** for this information.

January Income

Projected: \$33,224 Actual: \$ 30,501
Your generosity matters!

Worship Attendance

(Average Weekly Attendance for the Month; for the Year)
Does not include Easter ~ 124 N ~ 125 S ~ 325 Beach or
Christmas ~ 251 N ~ 105 S

December SoG NORTH Campus

	Sat 5:00	Sun 10:10	Sun 11:30	Total
Avg Dec 2016	94	61	23	178
Avg Dec 2015	31	67	18	116

December SoG SOUTH Campus

	Sun 8:30	Sun 11:30	Total
Avg Dec 2016	64	17	81
Avg Dec 2015	64	30	94

Birthdays in March

- | | |
|--------------------------|--------------------------|
| 3/1 Howard Garcia | 3/15 Marcia Baker |
| Michelle Oestreicher | Elaine Butler |
| Laura Prausa | Paul Dove |
| 3/2 Luke Jordan | 3/16 Jackie Burden |
| 3/3 Sally Miller | Cookie Marz |
| 3/4 Ron Calsada | 3/20 Beverly McCurdy |
| 3/5 Jill Borrello | 3/21 Anne Cratty |
| Mac Hill | John Stelter |
| 3/6 Everett Nagelhout | Bob Whitten |
| 3/7 Riley Houzvicka | 3/22 Nick Binsberger Jr. |
| Ilona O'Connor | 3/24 Hayley Burden |
| 3/9 Sally Ashley | 3/26 Nanci Larson |
| Jane McCall | |
| 3/10 Kathleen Casagrande | |
| 3/13 Betty Buckles | |
| Lillian Nagelhout | |

Database Updates

Do you have a new email? Are you getting emails from Spirit of Grace? Do you have a new Cell Phone? Please be sure to send any new email update to churchoffice@soglutheran.org ASAP! Sending as much communication out as possible by email keeps postage costs lower, and we want to stay in contact with you! Thank you!

DONATIONS

PLEASE call the church office before dropping off any items. Please consider donating to the Goodwill trailer at the South Campus. We do not have room for ANYTHING beyond Food Donations.

NO donations will be taken at the South Campus for the time being.

Sharing Reminder:

When you, a loved one, or friend at Spirit of Grace is in the hospital or in need of care and support, please remember to contact the church office directly by phone 727-376-0919 or email:

churchoffice@soglutheran.org or
pastordave@sogluthern.org or
tlprita@soglutheran.org

Posting prayer & care needs on your personal facebook is just that -- a personal post to your family and friends. If you want to initiate a visit or prayers from your church family, the personal facebook post doesn't substitute for notifying the church office, which leads to pastoral/lay visitation follow up &/or prayer chain.



Spirit of Grace Lutheran Church
9525 Hudson Ave
Hudson, FL 34667

Purpose Statement:

As Christ's people in motion we connect,
grow, and serve.

Guiding Principles:

Jesus Christ is Lord and Savior
Be a Grace Place with open hearts.
Share the Good News in meaningful ways
Fully engaged ministry for all ages
Celebrate LIFE: Living In Faith Everyday



"Like" us on Facebook
Spirit of Grace - ELCA - West Pasco
"Follow" us on Twitter
@SoGLutheran



Check out our website
to stay informed! www.soglutheran.org
"Follow" us on Instagram
SoGLutheran