

The Spirit



June 2019

A monthly publication of
Holy Spirit Lutheran Church



Noon to 12:30—Diabetes and You—Dr. Emanuel Oshiyoye

12:30—1:00 PM—Living with Arthritis—Dr. Zakari Tata

1:00—1:30 PM—Your Mental Health (Avoiding or Dealing with Stress and Depression)—Dr. Leo Szalma

1:30—2:00 PM—Common Sense Use of Prescription Drugs - Ike Engelbaum (retired pharmacist)

2:00—2:30 PM—Intermission

2:30—3:00 PM—Healthy Habits for a Lifetime —Catherine Martin, MS, RN, BC-ADM, CDE

3:00—3:30 PM—Modern Approaches to Physical Therapy—Ed Fahey, Physical Therapist

3:30—4:00 PM—Yoga Techniques for Stress Relief—Tina Green, Yoga instructor

The West Bloomfield Fire Department will be demonstrating CPR and the use of defibrillators.

Light refreshments will be served throughout the afternoon.

- Pastor Matlack

Congregational Life

Adult Basic Yoga Class meets Tuesdays at 9 AM. Yoga Flow consists of simple basic poses with on-hand modifications available. The class is geared toward developing a yoga practice that does not intimidate. Please bring a yoga mat for floor poses. The fee per class is \$4.00 and Tina Green is the instructor.

Prayer Shawl Ministry meets Tuesdays at 10 AM. We meet to knit, crochet or do handwork together. Please join us and bring a project to work on or we can supply you with yarn to make a prayer shawl. We continue the fellowship by going out to lunch afterwards.

Men's Group meets Tuesday, June 4 at 6:30 PM. CJ's Brewing Company, 8115 Richardson Rd in Commerce Township. All men of Holy Spirit are welcome, so please think about joining us!

Dinner With Friends meets Friday at June 14 6:30 PM. El Nibble Nook, 2750 Haggerty Rd in West Bloomfield. See the bulletin board to sign up!

Travel Café meets Tuesday, June 11 at 7:30 PM. Everyone is welcome to this free event. Each month, presenters will share photos and stories from recent trips, with time both before and after for refreshments and conversation. If you would like to present a trip, please contact Kathy Chiaravalli. Feel free to invite others!

WELCA (Women of the ELCA) meets Thursday, June 20 at 6:00 PM. Hosted by Cindy Ward & Marian Rowland. See the bulletin board to sign up. WELCA is open to all women of Holy Spirit, so please think about joining us!

HSLC's Book Club meets Thursday, June 27 at 7 PM to discuss *The Chilbury Ladies' Choir* by Jennifer Ryan. This highly touted debut tells the story of an all-female choir in a Kentish village during World War II whose members resist the vicar's efforts to shut them down when the choir's male participants go off to war.

Worship Assistants

Date	Lector/Greeter	Ushers	Counters
June 2	Donna Opthoff	Dan Bergman, George Kuljurgis, Andy Meyer, Bob Frick	Mary Martin, Janet Martin
June 9	Petra Mattern	Dennis Kunkel, Doug Opthoff, Bill Thayer, Tom Sweda, Bob Burns	Dan Bergman, Marian Rowland
June 16	Tina Green	Jarrold Dexel, Jeff Parko, Stan Samuelsen, Lukas Mattern, Roy Salowich, Tim Moore, Greg Wolenberg	Ken Casagrande, Stan Samuelsen
June 23	Norm Werner	Janet Martin, Mary Martin, Hilda Sawicki, Jeanne Myers	George & Chris Kuljurgis, Jeanne Myers, or, Sandy Thayer
June 30	Jean Samuelsen	Dan Bergman, George Kuljurgis, Andy Meyer, Bob Frick	Nancy Green, Barb Kunkel

JUNE 2019						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
						Zumba 9:30 AM
2	3	4	5	6	7	8
Worship 10 AM Sunday School 10:45 AM NA 7:30 PM	Zumba 6:30 PM	Yoga 9 AM Prayer Shawls 10 AM Men's Group 6:30 PM	Adult Study 10 AM Bell Rehearsal 7 PM	Zumba 6:30 PM	Dinner w/ Friends 6:30 PM AA Meeting 7:30 PM	Zumba 9:30 AM
9	10	11	12	13	14	15
Worship 10 AM Sunday School 10:45 AM NA 7:30 PM	Zumba 6:30 PM	Yoga 9 AM Prayer Shawls 10 AM Travel Cafe 7:00 PM	Adult Study 10 AM Bell Rehearsal 7 PM	Zumba 6:30 PM	AA Meeting 7:30 PM	Zumba 9:30 AM
16	17	18	19	20	21	22
Worship 10 AM Sunday School 10:45 AM NA 7:30 PM	Zumba 6:30 PM Finance 7 PM	Yoga 9 AM Prayer Shawls 10 AM Council 7 PM	Bell Rehearsal 7 PM	WELCA 6 PM Zumba 6:30 PM	AA Meeting 7:30 PM	Zumba 9:30 AM Health Fair 12 – 4
23 / 30	24	25	26	27	28	29
Worship 10 AM Sunday School 10:45 AM NA 7:30 PM	Zumba 6:30 PM	Yoga 9 AM Prayer Shawls 10 AM	Bell Rehearsal 7 PM	Zumba 6:30 PM Book Club 7 PM	AA Meeting 7:30 PM	Zumba 9:30 AM

June Celebrations

Birthdays

Barb Kunkel	June 6
Liz Chiaravalli	June 8
John Dziuba	June 9
Matthew Sawicki	June 10
Marty Opthoff	June 12
Doug Julius	June 15
Stan Samuelsen	June 15
Alicia Chiaravalli	June 16
Dick Longanbach	June 18
Roxane Mellema	June 18
Megan Bergman	June 20
Norm Werner	June 20
Zach Holtquist	June 26
Ben Holtquist	June 26

Anniversaries

Gary & Sue Gates	June 2
Doug & Rita Julius	June 7
Thomas & Jean Butler	June 14
Dan & Judy Bergman	June 15
Dennis & Barb Kunkel	June 20
Jeff & Jackie Parko	June 22
Nick & Becky Pranis	June 25
Bob & Kathy Chiaravalli	June 27

WELCOME

Join us for worship, study, and activities.

WORSHIP

10:00 AM Sunday

CHRISTIAN EDUCATION

10:45 AM Sunday School
(September through June)

CONTACT

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CONNECT

spiritdrivenchurch.com
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HSLC is getting ready for Pentecost on June 9 and we're thinking about flowers to mark the occasion. A variety of flowers will be ordered to adorn the Sanctuary as a reminder of the Holy Spirit's presence with us. The price per plant is \$20.00. Place your order by June 2. See the bulletin board to sign up or contact the HSLC Office.

A Monthly Publication of
Holy Spirit Lutheran Church
4800 Orchard Lake Road
West Bloomfield, MI 48323



Our Mission

We are CALLED by Christ in Baptism, GATHERED into community and SENT out to share God's grace.