

WORSHIP WITH US!

Thursdays at 6:00pm w/Communion
Sundays at 8:00am & 10:30am
(Communion 1st & 3rd Sunday at 8:00am & 2nd & 4th Sunday at 10:30am)
9:15am Sundays - Family Bible Hour for ALL ages



APRIL 2013

OUR SAVIOR'S MESSENGER

Vol. 49 No. 4

Telephone 452-4005 ♦ Fax 452-4002 ♦ e-mail: oursavior911@burlington.net

Overcoming Fear

What do you fear? What keeps you locked up, locked in, or locked away? Each of us have things that we fear—things that can lock us up in our own little rooms away from others. Fear can make life a prison. Fear is the fruit of unbelief and it happens whenever we trust in someone, something, or ourselves above God.

The disciples of Jesus were hiding out on that first Easter evening because of their fear. No doubt they not only feared those who crucified Jesus, but they were afraid because of the guilt of their sin. They abandoned their Lord in his moment of greatest need.

It's amazing to consider how the Lord approaches the disciples. His first words are words of comfort. **"Peace be with you."** His words give what they say—Peace! **"Peace I leave with you; my peace I give to you; not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid"** (John 14:27). His words bring peace in the midst of turmoil and unrest, **"I have said this to you, that in me you may have peace. In the world you will have trouble, but be of good cheer, I have overcome the world"** (John 16:33).

One can only imagine the relief and peace the disciples must have felt. They had failed him in his hour of glory: none believed his words that he would rise from the dead on the third day; none of them trusted Jesus with his own death and resurrection. Yet, Jesus does not berate them for their unbelief or chide them for their lack of faith.

Instead, he comes humbly among them to speak his peace!

His peace is as real as the wounds in his body—the nail marks in his hands and feet, the scar of the spear that pierced his side. From those wounds comes an amazing peace. As Isaiah the prophet said, **"The punishment that brought us peace was upon him and by his wounds we are healed."**

There are so many things in this world that cause us to live in fear, to rob us of peace; and then we have our own sinfulness that causes us to cower in fear. Yet, each time we worship, the crucified and risen Lord is present with us to share his word, his wounds, and his peace. It's as if Jesus says to us, "These wounds are for you—by them you're healed from the disease of sin and death." Recall his words and his wounds when your life is in turmoil and confusion, when you're threatened and filled with fear, locked up in your room. His words and his wounds are our peace.

May each day bring you His Easter peace,

Pastor Powers

**Financial Information—
February 2013**



Financial Report

	<u>Feb. 2013</u>	<u>Year-to-Date</u>
Income		
Offerings	\$ 21,347.49	\$38,656.29
Building Fund	2,057.26	4,543.26
Other	<u>1,321.08</u>	<u>(1,164.92)</u>
Total Income	<u>\$24,725.83</u>	<u>\$42,034.63</u>
Expenses		
Missions and Outreach	\$2,958.33	\$ 5,716.67
Salaries and Benefits	13,055.91	6,962.15
Mortgage Payments	6,327.19	8,280.19
Christian Education	125.75	405.23
Office and Maintenance	3,752.61	10,210.14
Other	<u>4,368.20</u>	<u>8,029.04</u>
Total Expenses	<u>\$ 31,387.99</u>	<u>\$ 39,603.42</u>
Net Income (Expense)	<u>\$(6,662.16)</u>	<u>\$ 2,431.21</u>

Loan Progress Report

Principal Balance at 8.10.07	\$ 190,000.00
Less: Principal Pmts to Date	<u>(127,262.81)</u>
Principal Balance at 2.28.13	<u>\$ 62,737.19</u>

·The interest rate is 4.875%, fixed for 10 years and the monthly payment of \$950.
 ·The Church Council has decided that the monthly loan payment should match the monthly contributions whenever giving is greater than \$950.00.

"We give Thee but Thine own,
 Whate'er the gift may be;
 All that we have is Thine alone,
 A trust, O Lord, from Thee."

"And we believe Thy Word,
 Though dim our faith may be:
 Whate'er for Thine we do, O Lord,
 We do it unto Thee."
 (LSB 781)

TODAY'S MEDITATION
is broadcast weekdays on
 WJUB 1420 AM at approx 7:28am & 1:28pm

Week of April 1 – Rev. Nathan Meador
 Week of April 8 – Rev. Tom Fleischman
 Week of April 15 – Rev. Nathan Meador
 Week of April 22 – Rev. Marcus Powers
 Week of April 29 – Rev. Daniel Bengelin

**OUR SAVIOR'S MISSION
STATEMENT**

Our Savior's Lutheran Church, Missouri Synod, is a family of believers growing together in faith as we joyfully **worship** the Triune God-Father, Son, and Holy Spirit.
 Empowered by the Holy Spirit we willingly **serve** our Lord Jesus Christ and **share** his love with others.

WORSHIP...SERVE...SHARE

VOTERS' MEETING ON THE 21ST OF APRIL

The spring quarterly meeting of Our Savior's voting assembly will be held on Sunday, April 21st between the early and late service. All confirmed members, 18 years and older, are automatically members of the voting assembly.

We encourage involvement from **all** our members, both men and women, old and young. It is only as we all work together, and actually get involved in the Lord's work, that we can fully experience blessings, and the personal satisfaction of knowing that God is working through you to accomplish His purposes.

CEP BRAT FRY

\$1803.39!!!!.....That's the total net profit from this year's CEP Brat Fry! Church members, as well as many from the general public, braved the raw and rainy weather to either volunteer their time working or to just partake of a good ol' fashioned Sheboygan Fry! Many thanks to the numerous members that volunteered their time to running the

fry, to those who donated raffle items and/or bake sale items, and especially to those who enjoyed a good meal for a good cause. All proceeds will go towards the advancement of the CEP Program here at Our Savior's. If you have any suggestions or comments on the Fry, feel free to speak with either Eric or Dawn Brauer or Brett or Manda Meulbroek. See you at next year's Fry (March 9, 2014...mark your calendars)!

Pastoral Acts:

Baptism: Olivia Jo Harry, daughter of B.J. and Heidi Harry, on March 17, 2013.

Funeral: Mr. Melvin Larson, age 92. Died March 7, 2013 and laid to rest March 11, 2013.

Mr. Herman Rautmann, age 84. Died March 10, 2013 and laid to rest March 16, 2013.

Church Rummage Sale, 2013

If you missed it last month, a date has been set for the 2013 rummage sale. **It will be Saturday, October 19th!**

It has been suggested to me that we actually start the sale on Friday, October 18th to maximize the number of people who can attend our sale. To do that, we will need individuals to be willing to help who have never helped before or for those who have generously donated of their time in the past to offer to spend a little extra time. We were thinking of opening on Friday from 1 to 5 PM...which would still allow people to go out for their Friday night fish fry.

I am so pleased with the offers to help. Ann Fredrickson has offered to organize, arrange and man the bake sale portion of the sale. Dennis and Mary Mickelson are offering their graphic arts talents in creating the outdoor and indoor signs for the sale. Thank you! Thank you for sharing your talents, energy, and ideas in this effort.

Another big area of the sale will be the brat fry. We need fryers, kitchen workers, and bargain food buyers. If any of you have an interest in volunteering or organizing those areas, please give me a call. Other thoughts and ideas are welcome too - it is never too early to brainstorm and plan. High school students, if you are looking for hours

for honor society or for your high school service hours, we will be happy to sign your sheets for the time you have donated to the church fundraiser.

Please continue to save items for the rummage sale—as we can't have a successful sale without items to sell. Some of you may be thinking about having your own rummage sale this summer—please consider saving your unsold items to donate to the church sale. I don't know if this rule applies to your house, but years ago when I was much younger, I would hold rummage sales at our house and my husband said that once it went outside in the garage, it was not permitted back into the house. So the unsold items went to local thrift shops as a donation. If you also have the same philosophy, please box up your items and label for the church sale. At this time, I am not sure when we can start using a spare room in the fellowship hall for donations, but anticipate it will be late summer.

Thank you for saving your items and for volunteering. Please call me at 457-2658 if you have questions, ideas, or want to volunteer for a specific portion of the sale.

Clara Murphy

TIME TO THINK ABOUT VACATION BIBLE SCHOOL!

Have you ever heard someone say jokingly, "A little bird told me"? Well, at the 2013 Cooperative Vacation Bible School that expression could be true! Under the title, "Do You Hear What I Hear?", your children will hear about the life and saving work of Jesus as told by the animals who witnessed key events. Of course, other fun activities like crafts, music, drama, games and snacks will all be included in an attractive outdoor setting on the campus of Lutheran High School. In addition, Bethlehem Church is offering free bus service plus the opportunity for you to sign your children up for free early morning and all afternoon child care on VBS days. Due to its popularity in 2012, VBS finds it necessary to limit afternoon childcare to 45 children. Because of this, registration will not begin until May 1st. Volunteers can sign up anytime. Look for the volunteer forms in the bulletin or at the back of church. You can contact

Carol Reisinger for any questions. Email her at car1954@sbcglobal.net or call 920-458-1604 and leave a message if there is no answer.

NOTES FROM GAYLE

We have several post-confirmation youth interested in a **Youth Bible study**. We will be meeting on Sunday, April 21, during Sunday School at 9:15. We will have some goodies to eat. We plan to meet during Sunday School once or twice a month. Come and bring your friends.

The Wednesday night **Living Free Bible Study group** will be talking about a picture of satisfaction, and blessed dissatisfaction during April. Come and join us on Wednesday, April 3 or 17 at 5:15 in Gayle office.

Whether you are a Prayer Partner or not, pick someone from the congregation that you are not related to and **say a prayer** for them. If you need ideas for what to pray about: thank God for them, thank God for something good that they do, ask God to help them if you know some of their struggles, pray that they draw near to God or read their Bible.

On Wednesday April 3rd, the **Lutheran High Music** Department will be presenting the Home Tour **Concert**. The concert will be held in the Lutheran High School Gymnasium and will begin at 7:00pm, with the doors opening at 6:30pm. Admission is free and open to the public. A freewill offering will be taken to help support the music department. The concert will feature the songs performed on the 2013 Music Tour to the Upper Midwest and a slideshow depicting events from the tour will be shown as well. A large selection of wonderful sacred, secular, and programmatic works will be performed. We would love to see you there! We have several Our Savior students participating in music.

Sign up now for a **Lutheran Youth Encounter weekend** April 12-14 at the Wisconsin Dells. This is a chance for transformational growth and new relationships. For more info go to www.youthencounter.org. Contact Gayle if you would like to go.

Return **Bethlehem Lutheran School registration** forms before April 19 for a discount. Contact the school for more information.

Lutheran High's Spring Musical: "Seussical" is May 2-5: Senior Citizen Matinee Thurs., May 2nd 1:30 PM, Friday, May 3rd 7:00 PM, Saturday, May 4th 7:00 PM, Sunday, May 5th 2:00 PM. Tickets: \$12 Adults, \$6 Seniors & Students, \$16 Preferred Seating. Tickets will also be available at the door.

There will be a **servant event** for ages 12 and up in Dubuque May 4. It includes possible home repairs, clean up of city blocks or parks, landscaping and more. The cost is \$29 plus transportation & travel food. For more info: <http://groupmissiontrips.com/the-big-day-of-serving/>. Contact Gayle if you would like to go.

VBS (**Vacation Bible School**) will feature animals as they relate to the life of Jesus. Dates are Tuesday, June 18 - Friday, June 21. Registration begins May 1st. Volunteers can sign up now by contacting Carol Reisinger. Phone 920-458-1604 or email car1954@sbcglobal.net.

Lutheran High Summer Camp Programs include summer programs in baseball, art, dance, volleyball, football, soccer, and basketball as well as Vacation Bible School, for students in grades pre-K through 8th. For information and registration forms access the booklet at: <http://www.lutheranhigh.com/documents/Summer%20Camp%202013%20Book.pdf>
Or call 4 5 2 - 3 3 2 3

Christ Academy is for High School men considering the ministry for their vocation. There is a workshop June 16-29 in St. Louis. See www.ctsfw.edu/Christacademy

Would you like to be part of something big? Would you like to help starving children? Did you know that you can prepare fortified meals that address the world's main hunger needs? **Feed My Starving Children** (FMSC) is a Christian nonprofit hunger relief organization that provides food to help communities in developing countries become self-sustaining. FMSC's approach is simple: volunteers hand pack scientifically designed meals, which are shipped to partners in nearly 70 countries and used to run orphanages, clinics, schools, missions, and community feeding

programs. October 11 & 12, St. Paul's in Sheboygan Falls will bring the mission field to the Sheboygan Falls Municipal Building to prepare 100,000 MannaPack meals-all in two days. It will take over 500 volunteers from area churches and organizations to hand pack the meals and \$22,000 to pay for the food used in the meals. How can you help? Volunteer to pack meals, provide donations, and pray. For more information contact Gayle. We will have signup sheets when it gets closer.

Neat Repeats Neat Repeats is now on Facebook! If you become a friend of the Neat Repeats Facebook page you will get weekly sales information, and updates on what is happening at the store. Also new at Neat Repeats is the in-store silent auction. Each auction will feature 9-12 items and will run for 2 weeks. Stop in at Neat Repeats to get your bidder number and place your bids on the silent auction items. See store for details.

Dates:

Wednesday, April 3, 2 pm youth room open
 Wednesday, April 3, 5:15 Living Free Bible Study
 Wednesday, April 10, 2 pm youth room open
 Wednesday, April 10 5 pm Chicago trip meeting
 Wednesday, April 17, 2 pm youth room open
 Wednesday, April 17, 5:15 Living Free Bible Study
 Sunday, April 21 children sing
 Wednesday, April 24, 2 pm youth room open

NOTES FROM THE PARISH NURSE

Dear Friends in Christ:

DVT – Deep Vein Thrombosis (blood clot in large veins), Pulmonary Embolism (blockage caused by a blood clot that travels to the lungs), Venous thrombi (clots that occur in the arms or other areas), Emboli (clots that break up and travel through the blood stream)

Blood clots can kill. Blood clots are jellylike masses of protein, blood cells, and platelets. They can be life saving when they stop bleeding from an injury, but are deadly if they form where they aren't needed.

Symptoms include a burning or itching sensation if they are in a vein close to the skin's surface but usually don't lead to serious problems. Swelling

and inflammation can occur if they develop in a vein deep in the lower abdomen or legs and interfere with blood flow (DVT).

Risks: 1. Sitting longer than 6-8 hours (car or plane trips). 2. Limited mobility due to medical issues, surgery, or paralysis. 3. Injured vein from bone fracture, severe muscle injury, trauma or major surgery (abdominal, pelvic, hip or leg). 4. Having an IV for medication or other treatments (central venous catheter). 5. Heart failure or cancer in the abdomen. 6. Previous clots or family history. 7. Pregnancy, taking birth control pills or hormone replacement therapy for menopause symptoms. 8. Being older than 60. 9. Being overweight or obese. 10. High blood pressure. 11. Smoking. 12. Genetic factors or inherited blood-clotting disorders.

Prevention: 1. The usual healthy lifestyle routine – exercise, lose weight, quit smoking. 2. Exercise legs if on a trip and unable to get up. 3. Wear loose-fitting clothes to prevent restriction of blood flow. 4. Talk to your doctor before surgery. You may need anticoagulant medicine before or after to help reduce the risk.

Recognizing symptoms

For DVT, there is swelling, pain, tenderness, redness of the lower leg or thigh (common) or arm (rare). Seek medical attention as soon as possible.

For Pulmonary Embolism, there is difficulty breathing, rapid or irregular heartbeat, chest pain or discomfort, coughing up blood and fainting spells. Go to an emergency room or call 911.

If a clot is suspected, tests will be run for confirmation – blood tests, CT scans, angiograms, or nuclear lung perfusion scan if you are allergic to the dye used in angiogram.

Options for treatment

There are a variety of alternatives for treating a blood clot, depending on a number of factors, including its location in the body, the type of clot, and the patient's overall health. Listed below are some of the more common ones.

- Compression stockings – insurance might not cover them, so be sure to check with your provider.
- Heparin – given intravenously at a hospital or by injection. Carries a higher risk of internal bleeding than low-molecular-weight heparin.
- Low-molecular-weight heparin (Dalteparin (*Fragmin*), enoxaparin (*Lovenox* and generic) – there’s a risk of internal bleeding; report any unusual bleeding or bruising to your doctor.
- Selective factor Xa inhibitors (Fondaparinux (*Arixtra* and generic), rivaroxaban (*Xarelto*)) – Both drugs reduce the risk of blood clots more than low-molecular-weight heparin, but may also increase the risk of bleeding. Fondaparinux is given intravenously or by injection; rivaroxaban is available as a pill.
- Surgery – done only in rare cases.
- Thrombolytics (includes alteplase (*Activase*)) – used to treat life-threatening blood clots in the lungs.
- Warfarin (*Coumadin*, *Jantoven*, and generic) – To reduce the risk of internal bleeding, don’t start or stop any medications or dietary supplements without a doctor’s approval. Eat a consistent diet and avoid eating unusually large amounts of food high in vitamin K, such as broccoli, collard greens, and kale. Report any unusual bleeding or bruising to a doctor.

Lenten Soup & Sandwich Update: Thanks to all the committees and individuals who came forward to host a Lenten Soup & Sandwich supper. And also to those people who stepped in and helped out – just because! It certainly has been soup weather and many joined us for a bowl or two and heart-warming conversation. Mum and I look forward to the next soup and sandwich – wish we didn’t have to wait till December! Helen & Janine Bergeron

Saving Money – everyone wants to pay less, right? Help Our Savior’s pay less for office supplies without opening your wallet! How? Donate your **used/empty ink cartridges**. Any brand will do. Our Savior will receive \$2 for each cartridge, which will reduce the rising cost of supplies. Place cartridges in a zipped baggie and place in the box located in the Narthex. Thanks! Janine Bergeron

Coupon reminder – if you are not using your Sunday paper manufacturer coupons or have cut out what you’ll use, please consider putting them to good use for others to benefit! Coupons are used to lower cost of the Food Pantry Family Baskets and also for stocking the food pantry with “free” items “purchased” using coupons. Coupons can be put in the box on the podium by the west stairs in the narthex or drop them in the church office. Also, if you’re wondering how you can save money using coupons and/or get items for free, contact Janine Bergeron for info on the next coupon class which will be held sometime in April.

Fall Luncheon (formally hosted by Mary Martha) news: There will be a fall luncheon this year and we’re looking for assistance from members of the congregation who can help plan, sell tickets, prep food, serve food the day of the luncheon (to be determined), and clean up. A bake sale and possible craft sale will be held at the same time. Members of Mary Martha who are able to participate are welcome to join us. A meeting will be held in April for input for anyone interested in helping with the Luncheon. Call LouAnn Stroo, Helen or Janine Bergeron for information or when the meeting is scheduled. Thanks!

April 2013

Our Savior's Lutheran Church

452-4005
oursavior917@sbcglobal.net

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 April Fool's Day 3:00-5:00pm Parish Nurse 6:30pm Board Meetings	2 7:00am-10:30pm Our Savior's serves as voting poll for the City of Sheboygan	3 3:30pm CEP 5:15pm Bible Study 5:30pm Handbells 6:45pm Choir	4 4:00-5:55pm Parish Nurse 6:00pm Divine Worship with Communion	5	6 6:30pm Game Night
7 Holocaust Remembrance Day 7:30-10:30 BP Check 8:00am Divine Worship with Communion 9:15am Family Bible Hour 10:30am Divine Worship	8 10:00am Bible Class 3:00-5:00pm Parish Nurse 6:30pm Council	9 1:00pm Mary/Martha 7:00pm Scouts	10 9:00am Quilters 3:30pm CEP 5:00pm Chicago Trip Meeting 5:30pm Handbells 6:45pm Choir	11 4:00-5:55pm Parish Nurse 6:00pm Divine Worship with Communion	12	13
14 8:00am Divine Worship 9:15am Family Bible Hour 10:30am Divine Worship with Communion	15 10:00am Bible Study 3:00-5:00pm Parish Nurse	16 6:00-7:30pm Confirmation Interviews 7:00pm Scouts	17 3:30pm CEP 5:00-6:30 Confirmation Interviews 5:15pm Bible Study 5:30pm Handbells 6:45pm Choir	18 4:00-5:55pm Parish Nurse 6:00pm Divine Worship with Communion	19	20
21 8:00am Divine Worship with Communion 9:15am Voters' Meeting 9:15am Sunday School & Post-Confirmation Bible Study 10:30am Divine Worship	22 Earth Day 10:00am Bible Study 3:00-5:00pm Parish Nurse	23 7:00pm Scouts	24 3:30pm CEP 5:30pm Handbells 6:45pm Choir	25 4:00-5:55pm Parish Nurse 6:00pm Divine Worship with Communion	26 Arbor Day	27
28 8:00am Divine Worship 9:15am Family Bible Hour 10:30am Divine Worship with Communion	29 10:00am Bible Study 3:00-5:00pm Parish Nurse	30 7:00pm Scouts				