

WORSHIP WITH US!



Thursdays at 6:00pm
Sundays at 8:00am & 9:30am

JUNE/JULY 2013

OUR SAVIOR'S MESSENGER

Vol. 50 No. 6

Telephone 452-4005 ♦ ♦ e-mail oursavior917@sbcglobal.net

Hear the Word of the Lord and Live!

King David once said, **"My life is consumed by anguish and my years by groaning; my strength fails because of my affliction, and my bones grow weak"** (Ps. 22:14). King Hezekiah said, **"Like a lion, he broke all my bones"** (Is. 38:13). The prophet Habakkuk lamented, **"Decay crept into my bones"** (3:16). I don't think that any of the above speakers were referring to arthritis; rather it's the feeling of utter hopelessness.

There's so much in the world that causes us to feel a sense of hopelessness—the evil, immorality, crime, terrorist attacks, and corruption that plagues our world. The devastating affects of nature that so many have experienced this spring—the floods and tornados, along with the destruction and loss of human life and property that accompanies such forces of nature—can leave us feeling hopeless.

Then there are the circumstances of our own lives that can cause us to have a sense of hopelessness—illness or disease, the end of a friendship, a marriage that's fallen apart, an accident, our company downsizes or relocates and our job is cut, the painful death of a spouse, parent, or other family members. Each of these events can have an impact on our spiritual lives. Add to that the magnitude of our own sin and despair sets in. The things we've done years ago eat at us; the things we've done recently cause us guilt. We know the reality that we deserve because of our sins—we deserve to be punished for our sins and yet we cry out like the psalmist—**"Lord be merciful to me, for I am faint; O Lord, heal me, for my bones are in agony, my soul is in anguish"** (6:2-3). In the midst of our pain we wonder, "Is there really forgiveness for what I've done? Where can I find hope? Where can I find renewal?"

In the Bible, God told Ezekiel to prophesy to a valley of dry bones. Can't you imagine Ezekiel as he stands there thinking, "You want me to talk to dead bones?" But Ezekiel did as God commanded, **"Dry bones, hear the word of the Lord! This is what the Sovereign Lord says to these bones: I will make my breath enter your body and you will come to life . . . Then you will know that I am the Lord!"** (Ezek. 37: 4-6).

As we hear the word of God preached and applied to our lives, the Lord gives us strength for each day and fills our lives with the hope that seems so elusive. As we read the Word of God individually, as a family, or in a small group, God fills us with the confidence and hope for which we long. God's word is powerful—it brings **life** where there is death—**forgiveness** where there is sin—**hope** where there is despair—**comfort** when we're hurting—**courage** when we're filled with fear—**wisdom** to make God-pleasing choices in life—a **stronger faith** in the face of doubts and temptations. God's word gives us the **love** we need to care for others in their time of need.

No matter how dried up we feel, no matter how our bones and spirits groan, God's Spirit comes to us through the Word. The simple activity of reading and listening to God's Word yields powerful benefits—for it is the Word of God alone that is able to accomplish the miracle of giving new life to our dead, dry bones.

During these summer months, when so many of us find it easy to take a vacation from God's Word, I pray that we may never grow tired of hearing God's Word of forgiveness, life, and hope, for it's that Word that truly gives us life!

Hear the Word and Live!

Pastor Marcus Powers

**Financial Information—
April 2013**

The following information was reported by Linda Fleck, congregational treasurer.



Financial Report

	<u>Apr. 2013</u>	<u>Year-to-Date</u>
Income		
Offerings	\$ 16,429.19	\$86,974.34
Building Fund	1,687.25	7,680.51
Other	<u>3,191.92</u>	<u>(2,801.34)</u>
Total Income	<u>\$21,308.35</u>	<u>\$91,853.51</u>
Expenses		
Missions and Outreach	\$ 2,241.65	\$ 10,633.33
Salaries and Benefits	16,236.61	18,040.40
Mortgage Payments	1,935.00	12,272.45
Christian Education	174.70	1,236.96
Office and Maintenance	2,702.00	18,673.36
Other	<u>1,003.10</u>	<u>12,262.24</u>
Total Expenses	<u>\$ 25,093.07</u>	<u>\$ 73,118.74</u>
Net Income (Expense)	<u>\$(3,784.72)</u>	<u>\$18,734.77</u>

Loan Progress Report

Principal Balance at 8.10.07	\$ 190,000.00
Less: Principal Pmts to Date	<u>(129,060.83)</u>
Principal Balance at 3.28.13	<u>\$ 60,939.17</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.

"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)

Congratulations to the 2013 Graduates

We would like congratulate our High School graduates as they receive their diplomas. This is truly a milestone in your life, but be prepared for even greater things to happen in the coming years.

You will face many changes in life. As you accept your diploma, you step into a new relationship with parents, friends, and others. But the one thing that will never change is the love that God has for you in Christ Jesus. His love is the same yesterday, today, and forever. Therefore, along with your parents, we commit you to His love and care. God's richest blessings to you now and forever.

We will recognize all graduating seniors at the **9:30 am worship service on June 2nd**.

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.



THIS COPY OF OUR SAVIOR'S MESSENGER IS A COMBINED COPY FOR THE MONTHS OF JUNE & JULY. PLEASE WATCH YOUR WEEKLY SUNDAY BULLETIN FOR ANY OTHER ADDITIONAL AND PERTINENT EVENTS NOT LISTED IN THE NEWSLETTER OR ON THE ENCLOSED TWO MONTHS' CALENDARS.



MARK YOUR CALENDAR:

WORSHIP AT THE SHORE
AUGUST 25th
DELAND PARK
10:30 WORSHIP WITH MEAL TO FOLLOW

VOTERS MEET JULY 21st

The quarterly voters' meeting is set for Sunday morning, July 21st after the 9:30 worship service.

The work and business of the Lord's Kingdom continues throughout the year, including the summer season. While some members of our members will be away on vacation at this time, we sincerely encourage all our members to make every effort to attend this regular meeting of the Voters' assembly.

Please set aside **Sunday morning, July 21st** for this summer's voters' meeting - as we work together for the advancement of Christ's Kingdom.

Pastoral acts:**Confirmation: May 19, 2013**

Autumn Marie Brauer
Molly Kay Dean
Kourtney Elizabeth Mangan
Ethan Troy McLaughlin
Erika Kay Monson
Thomas Henry Reinthaler

Funeral

Mrs. Esther Krause
Age: 100
Died: April 29, 2013
Laid to Rest: May 3, 2013

Mrs. Annette Bersch
Age: 70
Died: May 6, 2013
Laid to Rest: May 9, 2013

Mr. Theodore Zimmermann
Age: 85
Died: May 11, 2013
Laid to Rest: May 14, 2013

Baptism:

Parker Bradley Schwark
Son of Brittany Miesfeld and Bradley Schwark
May 19, 2013

In Fall, the **Wednesday night 5:15 Bible class** would like to study a book of the Bible. They would like to have more people join them. This is open to anyone grade 5 through adult. Some books that have been suggested are John and Acts which have a video Bible narrative. Other suggestions have been Romans and

Ecclesiastes. If you would be interested and have a book to suggest, contact Gayle, 889-8987.

We will have a special recognition for the **seniors** on June 2 in the 9:30 service.

Hailey Booth graduates from South High. She plans to go to either Marion or LTC with interest in an ultrasound career.

Matthew Brauer graduates from Lutheran High. In Fall, he will be attending UW-Whitewater. He plans to pursue marine biology.

Taylor Lohse graduates from South High. Her plans are to attend LTC. There she will go into a nursing field.

Bailey Monson graduates from North High. Her plans are to attend UW-Sheboygan studying physical therapy.

Sarah Schlieder graduates from Lutheran High. She plans to attend Columbia College in Chicago and pursue Journalism.

Chantel Schulze graduates from Lutheran High School. She will be going to Viterbo University in La Crosse. She will be studying nursing to become a labor and delivery nurse.

Congratulations to all of them. Pray for them to remain faithful to their Lord.

CEP students will leave 9 am on June 8 for **Six Flags**. We will return about 10 pm. Each person is to bring their own bag lunch and plenty to drink. We will eat in the parking lot. Bring plenty of sunscreen. We will also be able to enjoy the water park. Please have appropriate attire - nothing skimpy or revealing. We are a church group representing Jesus. We plan to leave the park at 7 pm. We will stop in Milwaukee to have supper at Cops (5373 N Port Washington Rd, Milwaukee, WI 53217.) The youth group will pay for supper.

Concordia is holding summer soccer camps. All of them are coed. They are: June 13-15 ages 12-14. June 16-18 ages 9-11, June 20-22 ages 12-14, June 23-25 ages 14-17 and June 27-29 ages 14-17. For more information contact Ryan Middendorf 262-243-4512 ryan.middendorf@cuw.edu or www.cus.edu/go/cuwsa.

LuWiSoMo has lots of summer camping opportunities this summer. They include horse, guitar, rocketry, bike, bike plus, wilderness, sports, owl/space, hunter safety, art, music and drama, servant, Kinder, Jr. basic grades 1-4 or 2-8, and joyful hearts (special needs). For more information see the bulletin board or www.luwisomo.org.

They have many more opportunities other than summer camp. Early registrations have discounts.

Christ Academy will focus on "Identity Crisis: The Church's Response to Who We Are." This is for high school men interested in learning about theology and possibly going into the ministry. It is at Concordia Theological seminary Fort Wayne, June 16-29. For more information, go to www.ctsfw.edu/ChristAcademy or 1800-481-2155.

Lutheran Summer Music Academy and Festival will be at Luther College, Decorah, Iowa for grades 8-12, June 23-July 21. This is for band, choir, orchestra, piano, and pipe organ. For more information www.lutheransummermusic.org or lsm@lutheransummermusic.org or 888-635-6583.

Concordia Fort Wayne is hosting "Explore the **Vocation of Deaconess** in the church." It will be August 2-4. The cost is \$100 for participant and guardian which covers room, board, and the event. Registration deadline is July 19. For more info: 1-800-481-2155 or phoebeAcademy@ctsfw.edu www.ctsfw.edu/PAHS.

Have you reserved October 11 & 12 to help with: **Feed My Starving Children?** This is a National Christian organization that helps to feed starving children throughout the world. This service project will take place in Sheboygan Falls. We will help to prepare scientifically designed, fortified meals for children throughout the world. Plan now to be a part of this wonderful act of service. CEP students will be participating.

Dates:

Sunday, June 2, 9:30 graduation recognition

Saturday, June 8 Six Flags leave 9 AM

Monday nights softball games

VACATIONS, OUR OFFERINGS, HIS WORK:

Vacations are necessary "breaks" from the job and the routine of life. They are important for our well being and they are vital to physical and emotional health.

Most vacations and weekend outings occur during the summer season. During this time of year, worship attendance in most churches declines, along with the offerings to carry out the Lord's Work "in season and out of season."

While on vacations or weekend outing, we'd encourage you to worship with Christians in sister congregations. Because the weekly needs of your home congregation continues when you're absent from church, we'd

encourage you to practice the Bible's teaching of weekly giving by giving offerings even when absent from worship.

Christian giving - according to each person's ability and on a weekly basis - is an expression of faith in Jesus Christ, as we yield our hearts in obedience to His Will.

Many of our members continue to worship throughout the year as our Lord commands in I Cor. 16:2. Other members are continuing to provide offerings by either mailing their gifts directly to the church, or bringing them with them before they leave or after they return from vacation.

Thanks for your love and dedication to Him, whose daily, faithful and life-long grace gives us salvation; and the abundant life.

10 Reasons to Send Your Sunday School Child to Vacation Bible School (Tuesday, June 18 – Friday, June 21)

1. VBS style is different from regular school. VBS is held outside and feels more camp-like.
 2. VBS presents religious content in unique ways like first-person dramatic accounts or a puppet show.
 3. Songs, crafts, and games are closely tied to central teachings.
 4. Snacks are served everyday. What's not to like?
 5. There's little chance of boredom. VBS activities change every day.
 6. VBS is fast-paced. No activity lasts longer than 30 minutes
 7. VBS offers a quality staff. All leaders and helpers have been through a training session.
 8. VBS has a specially-designed, age-appropriate program for 3 and 4 year olds.
 9. Joining together with so many other boys and girls gives each child a wonderful feeling of Christian community.
- AND LAST BUT NOT LEAST:
10. Your child will have fun at VBS!

The last day for FREE registration is Sunday, June 2. After that, you can register at Lutheran High School on Tuesday, June 18 for \$12.00.

Mary/Martha News

The June luncheon will be held at Brisco County Grill at 11:30am on June 4th.

Church Rummage Sale:

The dates of the sale will be Friday, October 18th from 1 to 5 PM and Saturday, October 19th from 8 AM to 3 PM. Mark your calendars to help not only the days of the sale, but also to come down the two weeks prior to the sale to set up for the sale.

Friday afternoon was added after a number of people said that they would be willing to help on that day. Drop off of items will occur later in the summer...watch the bulletin and newsletter for dates.

A sign up sheet for work assignments for the days of the sale will be available by September. Areas that we will need help on the days of the sale include cashier, bagger, food preparation and sale (for the brat fry on Saturday), grillers, room watchers (if you can sit on a chair and smile at people, you are perfect for this job), take down at the end of the day. Sale set up will be on a drop in basis.

High school students who need service hours for high school can get them by helping at the rummage sale...just bring your slips along and I will sign them for you.

Naturally, we cannot have a rummage sale without items to sell so keep saving your items!

If you have any questions, please feel free to contact Clara Murphy at 457-2658. Thanks!

MEMORIAL GIFTS

\$50.00 in memory of Herman Rautmann

\$1,000.00 in memory of Gene Knabe toward The Organ Fund

\$25.00 in memory of Annie Bersch

Tues, June 25th from 6-8:00 PM is Thrivent Family Night . . . Bring a friend! Last year this was held at Bookworm Gardens. However, this year it will be held at the Sheboygan Children's Museum, located at 902 N. 8th St, Sheboygan. There will be a light supper provided. Thrivent reps will be there to talk briefly about a topic of their choice.

Thrivent Night at the Sheboygan A's . . . Wed, July 10th - Sheboygan A's vs. Menasha MAC at a 7:30 game. We are offering free tickets to all members. They will arrive here soon. Ice cream sundaes will be served before the game starts. We would appreciate a food pantry donation.

Thrivent Family Picnic . . . Wed. Aug 14th will be our annual family picnic.... at a new location! It will be held at The Quarryview on Hwy 42 North in Sheboygan.

LUTHERAN WITNESS

2013-14 DEADLINE IS JUNE 23rd

Witness the Difference....(It's what's inside!)

The Lutheran Witness

is a great way to find out what's happening in The Lutheran Church-Missouri Synod and beyond!

Each monthly issue is packed with:

- Up-to-date information about people and places
- Informative articles about the past and the future
- Bible study, letters from readers and humor
- **And more!!**

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Simply fill out your name and address on an envelope. **Enclose the subscription fee of \$15.60** for one year's subscription, which begins in September 2012. Place the envelope in the church collection plate or mail directly to the church office. All orders must be in by **JUNE 23rd**.

TODAY'S MEDITATION

*Is broadcast weekdays on
WJUB 1420 AM at approx 7:25am*

Week of June 3 – Rev. Nathan Meador
Week of June 10 – Rev. Darrel Bergelin
Week of June 17 – Rev. Nathan Meador
Week of June 24 – Rev. Tom Fleischman

Dear Friends in Christ:
How healthy are you? Take the quiz and see!

Cover story

How healthy?

Continued from page 4

TEST YOURSELF

DIETARY DIAGNOSIS



1. Are you more of a carnivore or an herbivore?

- a. Carnivore.
- b. Herbivore, but I like a steak sometimes.
- c. I don't eat meat.

A steak may be satisfying, but eating red meat can have deadly consequences. Though it has long been associated with certain cancers and cardiovascular disease, a large Harvard University study recently found that consuming red meat increases the risk of death from those chronic conditions, as well as a person's overall mortality risk. Processed red meat such as bacon, bologna, and salami were found to be most dangerous. The researchers advise replacing red meat with more fish, poultry, legumes, and whole grains. All were associated with a significantly lower risk of death.

2. Do you have type 2 diabetes?

- a. Yes.
- b. I have prediabetes.
- c. No.

If you chose "C," confirm your answer with a doctor; 7 million people in the U.S. have undiagnosed diabetes right now. But an official diagnosis isn't the only reason to cut back on sugar. The sweet stuff, as well as carbohydrates in general, can raise triglyceride levels while lowering concentrations of healthy HDL cholesterol.

3. How many daily servings of fruits and vegetables do you eat?

- a. One or two.
- b. Around five servings.
- c. Seven or more.

A person should consume at least two to four servings of fruit and three to five servings of vegetables each day. Doing so reduces the risk of many causes of premature death, such as cancer and diabetes. The more colorful your selections, the better. Red, orange, yellow, green, purple, and white fruits and vegetables each contain different and important groups

of phytonutrients, including antioxidants and other disease-fighting substances.

4. Which color bread do you normally choose?

- a. White.
- b. Light brown.
- c. Dark brown.

Trick question. Many people wrongly believe color is an indication of whole grains and therefore think darker bread is healthier. Instead, pay attention to bread's ingredients and not its hue. Whole grain should be a part of the first ingredient. (Look for "whole wheat flour" or "whole grain rye flour," for example.) At least half of your daily six to 10 servings of bread, pasta, and cereals should be whole grains rather than refined. The refining process removes the bran and germ, which are rich in fiber and a host of nutrients.

5. Are you a soda drinker?

- a. I have an occasional soda.
- b. Yes, at least one soda a day.
- c. I swore off soda years ago.

Soda is the largest source of added sugars in the U.S. diet, and regular consumption has been associated with weight gain, type 2 diabetes, high blood pressure, high cholesterol, gout, and coronary artery disease. What's more, researchers from the Cleveland Clinic and Harvard University found that both sugar-sweetened and low-calorie sodas are associated with a higher risk of stroke, perhaps more so in women.

6. Do you drink alcohol?

- a. I have a drink or two on most days.
- b. I often have more than three drinks in a day.
- c. I rarely consume alcohol.

You don't have to overdo it to be in danger. Alcohol results in 10 times as many deaths as it prevents in the U.S. even after considering possible beneficial effects for cardiovascular disease, according to a February 2013 study in the American Journal of Public Health. Alcohol—a known carcinogen—accounts for up to 21,000 cancer deaths annually (more than melanoma or ovarian cancer), resulting in approximately 18 years of life lost in each case. Approximately 30 percent of those deaths occurred with a consumption of less than 1.5 drinks per day. "For most alcohol users, reducing alcohol consumption would likely improve their health in many ways in addition to reducing cancer risk," the study's authors conclude.

7. How many glasses of water do you drink each day?

- a. Several.
- b. One or two.
- c. No more than a glass.

Water is the only nutrient whose absence becomes lethal within days. Experts generally recommend drinking six to eight 8-ounce glasses of fluid every day, which helps lubricate and cushion joints and protect tissue. It doesn't have to be solely water. You can satisfy some fluid needs by drinking milk, tea, coffee, or no-sugar-added juices, which are mostly water.

LIFESTYLE LESSONS



8. Have you had fun lately?

- a. Yes, of course.
- b. Honestly, no.
- c. Not enough.

If you find yourself thinking, "I used to have so much fun," take a hard look at the demands on your time. Not being able to schedule fun activities, or enjoying them less than you once did, can be a subtle indicator of stress, anxiety, or depression.

9. Do you have a big social network?

- a. Yes, I'm always seeing friends.
- b. I have a small circle and see them only now and then.
- c. I don't socialize much.

Being more social might lower your dementia risk, according to a Swedish study published in the American Journal of Epidemiology. The researchers tracked the health and activities of older adults and found that being social stimulates and helps preserve cognition. If you're more of a loner, make sure to keep your mind active by reading, writing, studying, completing puzzles, and making art, which may also help keep dementia at bay.

10. Do friends, a partner, or your spouse say you're hostile?

- a. Absolutely not.
- b. I wouldn't be surprised.
- c. "Me? Hostile?!"

Maintaining good emotional health might be almost as important for preventing heart attack and stroke as a healthy diet and exercise. People who are happier, more optimistic, and less hostile have

stronger immune systems and are less likely to die early of chronic disease. Try focusing on good memories rather than bad, and seek engaging experiences.

11. Do you need to lose weight?

- a. Yes.
- b. No.
- c. I need to gain weight.

If your waist is larger than 35 inches (for women) or 40 inches (for men), you need to lose at least a little weight around your waistline. The total inches around your waist should be less than half of your height. For instance, if you're 67 inches tall, your waist size should be about 33 inches or less. Waist size tends to be a better predictor of health than measures of weight or body mass index (BMI) because belly fat, rather than fat on the hips and bottom, is more closely tied to disease risk.

12. How many hours do you sleep each day or night?

- a. 4 or less.
- b. 5 to 6.
- c. 7 or more.

Insufficient sleep—6 hours or less—contributes to many health problems. Studies have shown that failing to get enough sleep is associated with an increase in obesity, type 2 diabetes, cardiovascular disease, impaired cognition, and premature death. Recent research published in the Proceedings of the National Academy of Sciences provides a possible mechanism: Just one week of inadequate sleep can alter the expression of more than 700 genes involved in inflammation, immunity, and cells' response to stress. So try keeping a consistent sleep schedule. Bedtime shouldn't vary by more than an hour each day, including weekends.

13. How much TV do you watch?

- a. Many hours each day.
- b. 2 hours or less daily.
- c. I don't watch TV at all.

If your daily total of TV-watching time is less than 2 hours, you're likely to be healthier than those who view more. Not only can television keep you pinned to your chair, but it also bombards you with food advertising that can make you hungry. Adults who watch more than 2 hours of television a day consume more calories at snack time and dinner and are more likely to be overweight than those who watch less.

14. How often do you see your dentist?

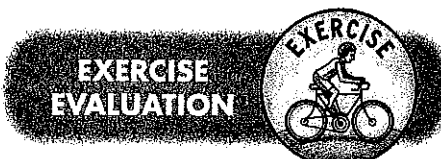
- a. Once or twice a year.
- b. About once every five years.
- c. I don't know the last time I saw a dentist.

Tagged "the silent epidemic," tooth decay is chronic in the U.S. According to the National Academies' Institute of Medicine, people "do not fully appreciate how oral health affects overall health and well-being." Evidence shows that decay and other oral complications are linked to respiratory disease, cardiovascular disease, stroke, type 2 diabetes, and bacterial pneumonia. Schedule regular dental check-ups and cleanings because they are the only way to effectively remove tartar, which traps plaque bacteria along the gum line.

15. Are you a cigarette smoker?

- a. Yes.
- b. No, but I used to smoke.
- c. I never smoked.

Smoking can shave more than 10 years off the average life span, but quitting at any age buys time. Quit by age 40 and you'll avoid almost all of the excess risk of death from smoking. Push it back to about age 55, and you'll gain four to six years.



16. How long have you been a regular exerciser?

- a. I have always tried to stay fit.
- b. I still don't exercise.
- c. As I've grown older, fitness has become more of a focus.

People who are physically fit at midlife appear to be much less likely to develop Alzheimer's disease and other types of dementia than those who were less fit, according to a study conducted at the Cooper Institute in Dallas. You still have time to get serious: Recent research in the British Medical Journal found that even people 75 or older could boost their life expectancy by five to six years if they started to exercise more.

17. How much time do you spend exercising each week?

- a. Less than an hour.
- b. Closer to 2 to 3 hours.
- c. More than 3 hours.

The goal is to get at least 30 minutes a day, five days a week, of moderately

paced exercise (such as purposeful walking, swimming, or bicycling). If you keep a vigorous pace and jog or run, for example, you can cut it down to 15 minutes. A January 2013 review in the journal *Maturitas* states that it's now clearly apparent that a decline in one's muscular strength and exercise capacity can initiate a downward spiral of reduced health. Exercise helps lower high blood pressure, and 69 percent of people who have a first heart attack, 77 percent who have a first stroke, and 74 percent with chronic heart failure have elevated blood pressure.

18. Do you lift weights as part of your exercise regimen?

- a. Yes, regularly.
- b. I don't lift weights.
- c. Sometimes.

Mind your muscles and lift weights a few times each week. Individuals who have more muscle mass have a higher metabolic rate (up to a 15 percent increase), which is helpful for weight loss and long-term weight control. And weight lifting can be a very powerful tool for reducing the signs and symptoms of numerous diseases and chronic conditions, including arthritis, back pain, depression, type 2 diabetes, osteoporosis, and obesity. Scientists at Tufts University recently found that the effectiveness of strength training to ease the pain of osteoarthritis was just as potent as, if not more potent than, prescription medication.

YOUR SCORE

The higher your point total, the healthier you might be. Find the questions where you scored lowest and work to build up your points.

	POINTS		
1.	a=1	b=2	c=3
2.	a=1	b=2	c=3
3.	a=1	b=2	c=3
4.	a=2	b=2	c=2
5.	a=2	b=1	c=3
6.	a=2	b=1	c=3
7.	a=3	b=2	c=1
8.	a=3	b=1	c=2
9.	a=3	b=2	c=1
10.	a=3	b=2	c=1
11.	a=1	b=3	c=2
12.	a=1	b=2	c=3
13.	a=1	b=2	c=3
14.	a=3	b=2	c=1
15.	a=1	b=2	c=3
16.	a=3	b=1	c=2
17.	a=1	b=2	c=3
18.	a=3	b=1	c=2
TOTAL			_____

Prayerfully submitted
 Deb BP Sun 4/2

June 2013

Our Savior's Lutheran Church

452-4005
oursavior917@sbcglobal.net

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 7:30-9:30am Blood Pressure Check 8:00am Divine Worship with Communion 9:30am Divine Worship & Recognition of HS grads	3 3:00-5:00pm Parish Nurse 6:30pm Board Meetings	4 11:30am Mary/Martha @ Brisco County Grill 7:00pm Scouts	5 6:30pm Choir Concert @ Progressive Care	6 4:00-5:55pm Parish Nurse 6:00pm Divine Worship with Communion	7	8 9:00am CEP leaves for Six Flags
9 8:00am Divine Worship 9:30am Divine Worship with Communion	10 3:00-5:00pm Parish Nurse 6:30pm Council	11 7:00pm Scouts	12 9:00am Quilters	13 4:00-5:55pm Parish Nurse 6:00pm Divine Worship with Communion	14 Flag Day	15
16 Father's Day 8:00am Divine Worship with Communion 9:30am Divine Worship	17 3:00-5:00pm Parish Nurse	18 9:00am-12:00pm Vacation Bible School @ LHS 7:00pm Scouts	19 9:00am-12:00pm Vacation Bible School @ LHS	20 9:00am-12:00pm Vacation Bible School @ LHS 4:00-5:55pm Parish Nurse 6:00pm Divine Worship with Communion	21 9:00am-12:00pm Vacation Bible School @ LHS	22
23 8:00am Divine Worship 9:30am Divine Worship with Communion	24 3:00-5:00pm Parish Nurse	25 7:00pm Scouts	26	27 4:00-5:55pm Parish Nurse 6:00pm Divine Worship with Communion	28	29
30 8:00am Divine Worship 9:30am Divine Worship						

July 2013

Our Savior's Lutheran Church

452-4005

oursavior917@sbcglobal.net

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 3:00-5:00pm Parish Nurse 6:30pm Board Meetings	2 7:00pm Scouts	3	4 Independence Day OFFICE CLOSED NO THURSDAY WORSHIP	5	6
7 7:30-9:30am Blood Pressure Screening 8:00am Divine Worship with Communion 9:30am Divine Worship	8 3:00-5:00pm Parish Nurse 6:30pm Council	9 7:00pm Scouts	10 9:00am Quilters	11 4:00-5:55pm Parish Nurse 6:00pm Divine Worship with Communion	12	13
14 8:00am Divine Worship 9:30am Divine Worship with Communion	15 3:00-5:00pm Parish Nurse NEWSLETTER ARTICLES DUE	16 7:00pm Scouts	17	18 4:00-5:55pm Parish Nurse 6:00pm Divine Worship with Communion	19	20
21 8:00am Divine Worship with Communion 9:30am Divine Worship 10:30am Voters' Meeting	22 3:00-5:00pm Parish Nurse	23 7:00pm Scouts	24	25 4:00-5:55pm Parish Nurse 6:00pm Divine Worship with Communion	26	27
28 8:00am Divine Worship 9:30am Divine Worship with Communion	29 3:00-5:00pm Parish Nurse	30 7:00pm Scouts	31			