



WORSHIP  WITH US!

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



JUNE/JULY 2016

OUR SAVIOR'S MESSENGER

Vol. 50 No. 6

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Independence Day—A Reason to Celebrate!

Independence Day, July 4th, is fast approaching. It's a day set-aside for U.S. citizens to celebrate our many freedoms. Some of you will observe that day with family gatherings, parades, picnics at the lake, and colorful fireworks displays. That's how I remember it when I was growing up in Claremore, Oklahoma. However, it's more than a day of leisure, fun and celebration. It's a time for us to remember those who fought and died for our freedom from foreign domination and the opportunity to live for the principles (many of which are Biblical) on which our nation was founded.

How we measure independence is often detected in the language that we use. We may hear the refrain "It's a free country" when someone is attempting to assert his or her right to do whatever is desired, regardless of how it might affect others. This attitude looks to stress the individual's rights as being greater than the community's rights; and suggests that the early patriots fought for independence so that one might be able to do whatever one pleases, whenever one wants, regardless of the end results. This seems to be independence motivated by selfishness. Is this really freedom?

As Christians our understanding of freedom is different. The apostle Paul reminds us that Christians belong to the freest place of all. In *Philippians 3:20*, Paul says, "Our citizenship is in heaven." There is no freer place than the

kingdom of heaven. Jesus Christ has earned our heavenly citizenship. He fought for our independence from sin and He died for our freedom from eternal death. On Calvary's cross the battle for our greatest liberty, freedom from sin, death and the devil, was fought and won. By God's grace through faith in Christ we are declared forgiven. This *is* true independence and freedom!

Our selfishness died on the cross with Jesus, and love takes its place. Selfishness gives way to compassion for others. Therefore, "in humility [we] regard others as better than ourselves; we look not to our own interests, but to the interests of others" (*Phil. 2:3-4*). Serving others is one of the ways we celebrate our Christian independence.

In a few weeks we'll celebrate our country's Independence, but we also remember our Christian freedom: freedom from sin, freedom to serve Christ, freedom to serve others. As Jesus said, "If the Son sets you free, you will be free indeed" (*John 8:36*). By God's grace this freedom is ours in every day and this is our *reason to celebrate!*

See you in church as we celebrate our freedom!

Have a safe and blessed summer.

Pastor Marcus Powers

Congratulations to the 2016 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 5th**.

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



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.



VOTERS MEET JULY 17th

The quarterly voters' meeting is set for Sunday morning, July 17th 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 17th** for this summer's voters' meeting - as we work together for the advancement of Christ's Kingdom.

Mary Martha News

Our May meeting was held on May 3rd in the church fellowship hall. It was opened b Pastor Powers. He told us about the Apostles Paul and his journey about the Mediterranean Sea, preaching the Gospel that salvation is always God's doing.

Marijo Pitsch read the minutes. Dolores Williams read the treasurer's report. It was voted that \$100.00 be given to the Chaplaincy Ministry. It was also decided that we would purchase the filing cabinet that Elaine requested for the choir. Dolores Williams will take care of that project.

Our next and last meeting for this year will be on Tuesday, June 7th at 11:30am at the Twisted Root restaurant in Sheboygan Falls.

Our meeting was then adjourned. Hostesses JoAnne Bartzen and Linda Powers served dessert and coffee.

Marcie Sorenson
Committee Member

Pastoral acts:**Confirmation: May 15, 2016**

Madilynn Grace Brauer
 Nicole Joanne Fritsch
 Olivia Rose Mickelson
 Matthew Thomas Steffen

Baptism

Landon William Bonde
 Son of Cory Bonde & Brittany Wilterdink
 May 17, 2016

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.

Food Pantry & Food Basket Notes

To Our Savior's Food Pantry:

Thank you all so much for all of the wonderful food from our Easter Basket. The gift of the food is such a blessing and we thank God and all of the Food Pantry Committee to bless our family with food we couldn't buy, so thank you.

We celebrated Easter noon meal with ham, green bean casserole and dinner rolls.

I want to thank you all of Our Savior's members and thank God for all the blessings He has given.

In Christ,

An Our Savior's family who received a food basket

Note from Janine

Members are so appreciative of the four food baskets delivered to them each year (Easter, 4th of July, Thanksgiving & Christmas). Thank you for your monetary donations which pay for the meat (turkey, ham or brats), fresh fruit, fresh veggies, cheese, crackers, rolls, cookies, candy, dessert and other items. The next basket will be delivered on July 2nd and includes all the fixins for a picnic celebration. We wouldn't be able to make all this possible without volunteers who help deliver all the baskets.

Any member of Our Savior's who is in need of food, please reach out to Pastor Powers or a member of the food pantry committee (Kathy Launer, Helen or Janine Bergeron) for assistance. Our pantry is full and ready to serve those in need. PS: If you know of a neighbor, coworker or relative, etc., who is in need of food, please encourage them to give the church a call. Let God work through you in service to others!

VBS Registration . . . Come join us at "Camp Kilimanjaro – An Epic Expedition" through Proverbs. This year's Vacation Bible School will be held June 13-16 from 5:45 – 8:00pm at Lutheran High School. Your child will learn about the book of Proverbs through Bible lessons, games, songs and craft projects. We will also have snacks. Register online at www.lutheranhigh.com and click on "upcoming events". Paper registration forms are also available. Please join us on our adventure. If you have any questions, contact Carol Reisinger phone 920.458.1604 or email car1954@sbcglobal.net.

Parish Nurse News

Dear Friends in Christ –

Father's Day blessings to all the men and an apology to all the women for forgetting blessings to all the women last month for Mother's Day. Forgive me.

How to Protect Your Brain

- Control blood pressure and cholesterol with diet, exercise, and if necessary medication.
- Keep a lid on blood sugar
- Lose or don't gain excess weight.
- Exercise 30 to 60 minutes a day.
- Eat a healthy diet. (DASH diet, see below.)
- Stay mentally and socially active.
- Get your hearing checked.
- Get enough sleep.
- Eat more seafood and berries.
- Get enough Vitamin D.
- Consume more caffeine.
- Don't expect much from B vitamins.
- Vitamins C and E and beta-carotene.
- Multivitamins.
- DHA.
- Phosphatidyl serine
- Vinpocetine
- Huperzine-A
- Ginkgo
- Prevagen

DASH Diet

A DASH diet keeps a lid on blood pressure, which may protect your brain's blood vessels. Here's a 2,100-calorie version.

Vegetables & Fruit

11 Daily Servings – 1 serving: ½ cup or 1 cup greens or 1 piece fruit

Grains

4 Daily Servings – 1 serving: ½ cup pasta or rice or cereal or 1 sl. Bread

Low-fat Dairy

2 Daily Servings – 1 serving: 1 cup milk or yogurt or 1 ½ oz. cheese.

Legumes & Nuts

2 Daily Servings – 1 serving: ½ cup beans or ¼ cup nuts or 4 oz. tofu.

Poultry, Fish, Lean Meat

1 Daily Serving – 1 serving: ¼ lb. cooked

Oils & Fats

2 Daily Servings – 1 serving: 1 Tbs.

Desserts & Sweets

2 Daily Servings – 1 serving: 1 tsp. sugar or 1 small cookie.

Wild Card

1 Daily Serving – Poultry, Meat, Fish or Oils & Fats or Grains or Desserts & Sweets

(Info taken from *Nutrition Action*, May 2016)

Prayerfully submitted,

Deb

Blood Pressure – June 1st

Office Hours:

Mondays - 2:45-4:50pm

Thursdays – 4:00-5:55pm

Lutheran Witness Renewal

Renewals and new subscriptions to The Lutheran Witness are due June 26th. The cost for a year's subscription to the monthly magazine is \$15.96. Place your payment with your name and address and note that it is for The Lutheran Witness either in the offering plate or mail to the office. Your subscription will begin in September.

The Lutheran Witness is the official publication of the Lutheran Church-Missouri Synod. It includes news, informative articles about the past and future, Bible studies and humor.

Our Savior's Lutheran Church – 452-4005 – oslcsheboygan@gmail.com – oslcsheboygan.com

◀ May 2016

~ June 2016 ~

▶ Jun 2016 ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 6:45pm Choir	2 4:00-5:55pm Parish Nurse 6:00pm Divine Worship with Communion	3	4
5 7:30-10:30am Blood Pressure Screening 8:00am Divine Worship with Communion 9:30am Divine Worship & HS Grad recognition	6 2:45-4:50pm Parish Nurse 6:30pm Board Meetings	7 11:30am Mary Martha @ Twisted Root	8 9:00am Quilters	9 4:00-5:55pm Parish Nurse 6:00pm Divine Worship with Communion	10	11
12 8:00am Divine Worship 9:30am Divine Worship with Communion	13 2:45-4:50pm Parish Nurse 5:45-8:00pm Vacation Bible School @ LHS 6:30pm Council	14 5:45-8:00pm Vacation Bible School @ LHS	15 5:45-8:00pm Vacation Bible School @ LHS	16 4:00-5:55pm Parish Nurse 5:45-8:00pm Vacation Bible School @ LHS 6:00pm Divine Worship with Communion	17	18
19 8:00am Divine Worship with Communion 9:30am Divine Worship	20 2:45-4:50pm Parish Nurse	21	22	23 4:00-5:55pm Parish Nurse 6:00pm Divine Worship with Communion	24	25
26 8:00am Divine Worship 9:30am Divine Worship with Communion	27 2:45-4:50pm Parish Nurse	28	29	30 4:00-5:55pm Parish Nurse 6:00pm Divine Worship with Communion	Notes:	

~ July 2016 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 10:00am Deliver Food Baskets
3 7:30-10:30am Blood Pressure Screening 8:00am Divine Worship with Communion 9:30am Divine Worship	4 2:45-4:50pm Parish Nurse 6:30pm Board Meetings	5	6	7 4:00-5:55pm Parish Nurse 6:00pm Divine Worship with Communion	8 6:00pm Kutert Wedding Rehearsal	9 2:00pm Kutert Wedding
10 8:00am Divine Worship 9:30am Divine Worship with Communion	11 2:45-4:50pm Parish Nurse 6:30pm Council	12	13	14 4:00-5:55pm Parish Nurse 6:00pm Divine Worship with Communion	15	16
17 8:00am Divine Worship with Communion 9:30am Divine Worship 10:30am Voters' Meeting	18 2:45-4:50pm Parish Nurse	19	20	21 4:00-5:55pm Parish Nurse 6:00pm Divine Worship with Communion	22	23
24 8:00am Divine Worship 9:30am Divine Worship with Communion	25 2:45-4:50pm Parish Nurse	26	27	28 4:00-5:55pm Parish Nurse 6:00pm Divine Worship with Communion	29	30
31 Notes:						
8:00am Divine Worship 9:30am Divine Worship						