

# WORSHIP WITH US!

Thursdays at 6:00pm  
Sundays at 8:00am & 10:30am  
9:15am Sundays - Family Bible Hour for ALL  
ages

JANUARY 2018

OUR SAVIOR'S MESSENGER

No. 1

Telephone 452-4005 ♦ e-mail [oslsheboygan@gmail.com](mailto:oslsheboygan@gmail.com) ♦ [oslsheboygan.com](http://oslsheboygan.com)

Dear Saints of Our Savior's:

Grace and peace to you from our Lord and Savior Jesus Christ!

In the time of the early church the Feast of the Epiphany of our Lord was a major celebration, second only to Easter. It was the culmination of the Christmas season. Today some groups of Christians still celebrate the birth of Christ on Epiphany. Others celebrate by opening one last present saved under the Christmas tree for this day. Through the Epiphany of Our Lord the manifestation of God's salvation is made clear to all people!

Join us for a special evening prayer candlelight service of lessons and carols on January 6th as we join the magi to worship the newborn king one last time to close the Christmas season — this time without the hectic distractions and commercial Christmas demands. The service begins at 6:00 with an international dinner following. (Please note that incense will be burned as part of the service.)

May God grant you a blessed new year filled with joy and wonder of God's grace revealed to us in Christ.

Pr. Jim Schulz +

WISE MEN  
+ STILL SEEK  
+ HIM



## CHURCH OFFICERS INSTALLATION

Our **newly elected and re-elected officers and board members will be installed at the late service on Sunday, January 7<sup>th</sup>, 2018.** We appreciate the eagerness you've shown for service to the Lord and others by allowing your name to stand for nomination. God grant you faithfulness and strength as you serve Him.

Thank you to those officers and board members who have served the Lord and our congregation during the past year. Your time and talents are a gift from the Lord and you have willingly used them for God's purposes and His glory. Thanks for a job well done!

## Voters' Meeting

The church council would like to encourage everyone to attend the first quarterly voters' meeting held on January 21<sup>st</sup> between services in the Church. All confirmed members 18 years and older are voting members of the church, and have the privilege of being part of the decision-making process of the congregation.

At this meeting, reports will be given by the various boards on the past year's activities. Please set aside time for this important and informative meeting.

**A BIG THANK YOU FOR ALL THE DONATIONS:****Thank You!!!**

As one year ends and another begins, we look back and reflect on the past year. Our Savior's has been truly blessed by the countless hours of volunteers that we know of and those who quietly work behind the scenes. We thank all of you, known and unknown! **Thank You to**

- Our Savior's Sunday school children for their participation in the Children's Christmas Service.
- All our Sunday school teachers and staff for their time and talents used for the Children's Christmas Service and your weekly commitment to teach the Gospel.
- Those who put together the Christmas treat bags and refreshments after the Children's Service.
- The Decorating Committee for their talents and time to beautify our building.
- The Church choirs, choral and hand bell, our directors, instrumentalists, and vocalists who enhance our worship services.
- Our ushers for their ongoing service to the Lord and for helping to keep things running smoothly.
- The Food Pantry Committee for showing the love of Christ in helping to gather and distribute items for seasonal food baskets.
- Our Social Action Group for promoting opportunities of fellowship and service within the congregation.
- The Altar Guild for their devotion in helping with the Lord's Supper each week.
- The church secretary, Kory, for her dedicated work and service to the Lord.
- Our custodian, Dave Kaboord, and countless others who keep our facility in top-notch shape.
- All church board members who work so hard to keep our church functioning.
- Not least of all, our Lord, for enabling each of us to use our time, talents, and treasures for His Kingdom work. We thank you Lord!

A big thank you from Mary's Room, as well as the Social Activities Group, to all the members of our congregation who so generously donated items to help meet the needs of mothers and their children in Sheboygan County. Because of your kindness, we were able to give Mary's Room 10 girls jackets, 9 boys jackets, 2 girls snowsuits, 1 boys snowsuit, 2 infant snowsuits, 8 girls sleepers, 5 boys sleepers, 31 girls outfits, 14 boys outfits, 8 bottles of Baby Wash, 8 bottles of Baby Shampoo, 1 bottle Baby Lotion, 1 Shampoo/Wash set, 22 packs of diapers, and 5 Pack and Plays. Thank you again and may God continue to bless each and every one of you.

**Thank You!**

Dear Our Savior's

Thank you so much for kindly partnering with me as your missionary to the Dominican Republic and Latin America. It was such a pleasure being in worship with you and sharing the work that God has called us to do. Your gifts of love in offerings provided \$455.00 toward my funding to serve as a missionary, not including individuals who adopted me on an ongoing basis. Your support and prayers are a great blessing to me, and will be an even greater blessing to those who will hear the saving news of the Gospel and receive Christ's mercy. Thanks to you, I am 75% funded and will deploy to Santiago, DR on Jan. 6. Merry Christmas and many thanks!

Natalie Howard

**Change to Mead Avenue Entrance Door**

The Mead Avenue door, off the narthex, has been converted from a manual to a "Power Assisted" door. It operates the same as the handicap accessible door on the 10th Street entrance. There is a "Push Box" on the outside to open the door just like the 10th Street door. It cannot be considered handicap accessible because of the step on the outside. **The Trustees**

## OFFERINGS

Please stop in the lounge in the back of the narthex to pick up your packet following worship services, if you haven't done so. We hope you will assist us in this process by picking up your offering envelope packet as soon as possible.

Your 2017 year – end financial statement that will be mailed to your home in mid-January.

Additionally, for those who are interested in giving your regular offerings by electronic funds transfer, there is a program available for you called **"Simply Giving."** Contributions can be debited automatically from your checking or savings account. This program offers convenience for you and much-needed donation consistency for our congregation. You will no longer need to write out 52 checks a year or prepare 52 envelopes. Automatic contributions can be set-up for weekly, semi-monthly, or monthly debits. An authorization form is available from an usher or the church office.

## Ladies Night Out

Our Ladies Night Out will resume in January! At our last gathering, it was suggested that we meet at NZ's at 1022 Michigan Avenue in Sheboygan on Monday, January 15th. We decided to begin a little earlier during the winter months. We will begin at 5:30 PM and intend to sit down to eat at 6 PM. Any questions? Contact Clara Murphy at 457-2658.

## Mary Martha Guild News

The Mary Martha Guild held its Christmas Party at Rupp's Restaurant in downtown Sheboygan on December 3<sup>rd</sup>. Pastor Schulz reminded us that we were celebrating the birth of Jesus and led us in a prayer of thanksgiving for the grace of our Lord in sending us His son to live among His people. He also included mention that Marijo Pitsch, one of our members, was having brain surgery at Froedtert Hospital on the same day as our party and we prayed for her ultimate recovery.

We ordered our lunches from a wide choice of menu selections. We played several entertaining games and then opened the many varied, gaily wrapped gifts which our members brought for the gift

exchange. Door prizes were beautiful red poinsettias and were given to the lucky winners whose names were selected from a random drawing. We ended by singing several verses of "Silent Night." Hostesses were Clara Murphy, Nancy Rammer, Helen Rautmann and Gloria Meseck. It was a cheerful get together that helped remind us that the Christmas season has begun, and we, as committee members, hope sincerely that all who attended enjoyed themselves as much as we did!

Because of often inclement weather during the month of January, we have decided to set aside this meeting to play Bunco. Details can be found in your church bulletins prior to the meeting. Hostesses will be Helen Rautmann and Gretchen Schulz.

## Pastoral Acts:

### Funerals

Mr. Kenneth Klumb

Age: 71

Died: December 14, 2017

Laid to Rest: December 20, 2017

Mrs. Gladys Richter

Age: 87

Died: December 15, 2017

Laid to Rest: December 20, 2017

Mrs. Marion Sommersberger

Age: 92

Died: December 22, 2017

Laid to Rest: December 26, 2017

## Adult Confirmation

Gail LeMahieu

December 14, 2017

## About the use of incense in church

In the Epiphany service on January 6th we will be burning incense. Incense was one of the gifts the magi brought to the infant Jesus. In ancient times incense was used in worship as a symbol of prayer and holiness. We use incense in our divine service for the same reason. Here's why incense is appropriate for use in worship:

***Incense is biblical.*** The Scriptures frequently mention incense. God Himself instituted incense into the worship life of Old Testament Church. In Luke's Gospel, Zechariah is in the temple at the time of the incense offering (Luke 1). In Psalm 141 King David expresses the symbolism of incense and prayer: "Let my prayer rise before you as incense." In Second Corinthians St. Paul compares the knowledge of Christ to a fragrant odor (2:14-16). The vision of heaven in the book of Revelation includes bowls of incense, which are described as the prayers of the saints (Revelation 5:8).

***Incense is Lutheran.*** When Martin Luther led the Reformation, he encouraged keeping current worship practices, which included the use of incense in the divine service. He said, "I am not of the opinion that all arts are to be cast down and destroyed on account of the gospel, as some fanatics protest; I would gladly see all arts... in the service of him who has given and created them." The official Lutheran position is this: "We do not abolish the Mass (the divine service), but religiously maintain and defend it. . . . And the usual public ceremonies are observed, the series of lessons, of prayers, vestments, and other like things." (Apology of the Augsburg Confession XXIV:1)

***Incense is interesting.*** God is the creator of beauty and God desires beauty in the rites and rituals of worship. The sight and smell of incense engages our senses in a way that makes a powerful impression. Incense reminds us of how our prayers ascend to God and how the Son of God surrounds us with His righteousness. The sweet smell and the surrounding sight of incense can be a means to contemplate the holy and ponder the mystery of God's presence.

***Incense is evangelistic.*** Most people want to have an encounter with God, a sense of having come into the presence of the holy. This is especially true today, and especially among the youth. In the

November 2017 issue of Lutheran Witness, an article entitled "What Are They Seeking?" indicates that millennials and post-millennials "want to be loved and forgiven – stained by holy mysteries." They seek "meaningful, rich and substantive worship. And because our culture lacks imagination, the young also have a deep yearning for mystery." Lutheran liturgical worship, which is our long heritage and current practice, offers what our culture is looking for: a real connection to and an artistic sense of the holy. Word and Sacrament are the real connection to the holy because they give us Jesus, and incense is a creative communication of the holy because it engages our senses to contemplate the mysterious ways of God.

Two questions often come to mind when seeing and smelling incense in church. The first is: "Isn't incense Catholic?" The answer is: "Yes. And it's Lutheran, too. In fact, because it is mentioned favorably in the Bible, it is Christian." Incense is part of the universal worship forms we inherited from generations of believers that came before us. The main question to ask when it comes to the rites and rituals of worship is: "Does this point to Jesus and teach us about how He saves us?" If incense does that, then we are free to use it.

Another question that comes up when incense is used in worship: "What about allergies?" Part of the point of burning incense is to smell it. Although studies have shown that incense has a calming effect on those who smell it, we are careful to burn only a modest amount of a hypoallergenic brand of incense that is unlikely to cause an allergic reaction. We aim to be sensitive to all worshipers without compromising the multisensory richness that incense can bring to worship.

This article is a note from the Parish Nurse, Deb Kuitert.

# Foods and Meds That Don't Mix

Some foods and drinks may reduce or increase the effect of your medications

If you're one of the millions of Americans who take a statin drug such as atorvastatin (Lipitor and generic) or simvastatin (Zocor and generic) to lower cholesterol, you may have been told to avoid grapefruit juice. That's because the juice can intensify the strength of these common drugs and increase the chance of side effects—notably, muscle pain.

Dozens of other foods, including some that are part of a healthy diet—such as kale and green leafy vegetables—are also risky to mix with certain medications.

This doesn't mean you have to avoid such foods completely—just be cautious. In most instances, “leaving at least 2 to 4 hours between the interacting food or juice and the medication is usually

recommended,” says Dima Qato, Pharm.D., Ph.D., assistant professor at the University of Illinois at Chicago, who has studied food and drug interactions. Talk with your doctor about your specific medications and your diet.

Below, we list some common foods that could interact with your meds—and suggest how to safeguard yourself.



**Bananas, green leafy vegetables, oranges, salt substitutes**



**Broccoli, Brussels sprouts, cabbage, kale, spinach**



**Real black licorice (or supplements with licorice extract)**



**Cheese, yogurt, milk, calcium supplements, antacids with calcium**



**Alcohol, avocados, bananas, chocolate, salami**



**Soybean flour, walnuts**

**DON'T MIX WITH**  
ACE inhibitors such as captopril (Capoten), enalapril (Vasotec), and lisinopril (Prinivil, Zestril), used to lower blood pressure or treat heart failure. And avoid mixing with some diuretics, such as triamterene (Dyrenium), used to reduce fluid retention and treat high blood pressure.

**THE REASON**  
These foods are all high in potassium, which helps provide electrical signals to heart-muscle cells and other cells. Consuming them with the medications above could increase the amount of potassium in your body, and may lead to an irregular heartbeat or heart palpitations—which could be deadly.

**DON'T MIX WITH**  
Blood thinners such as warfarin (Coumadin).

**THE REASON**  
Foods with a lot of vitamin K, such as the greens noted above, can reduce the drugs' ability to thin the blood. In some people with heart disease, that could trigger a heart attack or a stroke. Once you begin taking warfarin, maintain a consistent diet and don't suddenly overload on leafy greens.

**DON'T MIX WITH**  
Digoxin (Lanoxin), used to treat heart failure and abnormal heart rhythms. It's also best not to consume with most blood pressure drugs, blood thinners, and birth-control pills.

**THE REASON**  
Real black licorice (and products with licorice extract, as opposed to licorice-flavored candy) contain glycyrrhizin, which can cause an irregular heartbeat, or even death, when combined with digoxin. Glycyrrhizin may reduce the effectiveness of most blood pressure drugs, intensify the side effects of blood thinners, and raise blood pressure and lower potassium levels when consumed with birth-control pills.

**DON'T MIX WITH**  
Tetracycline.

**THE REASON**  
The calcium in these foods and products can interfere with the body's ability to absorb the antibiotic fully. In general, tetracycline works better if taken 1 hour before or 2 hours after eating.

**DON'T MIX WITH**  
Drugs such as metronidazole (Flagyl) and linezolid (Zyvox), used to treat bacterial infections.

**THE REASON**  
The foods above, along with tap beer, red wine, and sherry, contain tyramine, an amino acid that can cause blood pressure to spike if taken with linezolid. Tyramine is also found in foods that are aged, pickled, fermented, or smoked, such as processed cheeses, anchovies, and dry sausage.  
Alcohol and metronidazole together could cause nausea, stomach cramping, and vomiting.

**DON'T MIX WITH**  
Thyroid drugs such as levothyroxine (Levothroid, Levoxyl, Synthroid).

**THE REASON**  
These high-fiber foods can prevent your body from absorbing the medications. If you eat a high-fiber diet, try taking your medications later in the evening. One study found that the drugs were better absorbed when taken at bedtime rather than a half-hour before breakfast, which is what is usually recommended in the instructions.

PHOTOS: GETTY IMAGES (6)



# THE EPIPHANY OF OUR LORD

6 January 2018 6:00

Our Savior's Lutheran Church  
917 Mead Ave. Sheboygan  
452.4005

Join us for an Epiphany evening prayer candlelight service of lessons and carols, followed by an international dinner on January 6<sup>th</sup> beginning at 6:00 p.m.

Epiphany means “manifestation” and refers the coming of the magi to pay homage to the newborn Christ Jesus as the Savior of all peoples on earth. It is a story that speaks to the very essence of the gospel. We are “heirs together with Israel, members together of one body, and sharers together in the promise of Jesus Christ” (Ephesians 3:6).

Special features of this service include the sights, sounds, and smells of Epiphany. With the magi we will symbolically process to the new-born Savior and offer him our gifts of gold, frankincense, and myrrh. A live nativity will help us to see the gospel. Following the service in addition to dinner, there will be a “king cake” and candy for the kids, too!

# HighLites

*"Preparing Christian Leaders—One Student at a Time"*

A Monthly Newsletter

January 2018

## LHS Offers Experience Above & Beyond The Diploma

Get a close-up look at Lutheran High School

### Open House & Freshman Registration

Tuesday, January 30, 4:30 - 7 p.m.

Receive information on Lutheran High School's:

- ❖ Academic Program
- ❖ Tuition / Financial Aid
- ❖ Mission
- ❖ Extra-curricular Programs

Tour the school and meet faculty members.

Be our guest at the LHS Girls basketball games vs. Manitowoc Lutheran High. Free!

**Freshman registration** for the 2018-19 school year will be held on;

➔ Tuesday, January 30 and Thursday, February 1

Call 920-452-3323 for an evening appointment to select classes for next year.



### Tuition Tips!

- ◆ Lock in the '17/'18 tuition rate when paying by Jan. 31, 2018. The deadline for pre-paying tuition is Wednesday, January 31. Take advantage of the savings on any tuition increase by paying this year's rate in full. Contact the LHS Business office at 920-452-3323 to pre-pay.
- ◆ Be sure to take advantage of the Wisconsin tax deduction law for Private School Tuition costs on form PS-1 with your State tax return. LHS families can claim up to \$10,000 per year in tuition and book fees as a subtraction. Contact your tax professional for more information.
- ◆ LHS also participates in the Statewide School Voucher Program. The open application period begins Feb. 1, 2018. Find the online application link on our website at [www.lutheranhigh.com](http://www.lutheranhigh.com) beginning Feb. 1.

## Student Leaders of the Month

have been chosen based on their service, behavior, leadership, attitude & academic achievements.

### Senior - Morgan Gottowski

Bethlehem Lutheran - Sheboygan

### Junior - Aaron TenPas

Bethlehem Lutheran - Sheboygan

### Sophomore - Abigail Puksich

Trinity Lutheran Sheboygan - Downtown

### Freshman - Cole Adameak

Bethlehem Lutheran - Sheboygan

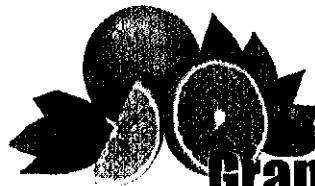


## LHS Bible Breakfast is served!

Senior Citizens are invited to our monthly Bible Breakfast led by LHS Executive Director, Paul Gnan.

Join us in the LHS Commons for a hot breakfast at 8:30 a.m. followed by a Bible study, discussion, and fellowship.

The winter breakfast dates are Tuesdays:  
Jan. 16, Feb. 20, March 20,  
& April 17.



## Citrus Sale Grapefruit & Oranges

Full, half, or quarter cases of fruit may be ordered in January by calling the LHS office at 920-452-3323 through Friday, February 2.

## Let's dance!

All elementary school girls in Grades 1 - 5



Join us for 2 fun nights of practice while we teach younger girls an EXCITING dance routine they will perform with the Varsity Dance Team at a Lutheran High girls basketball game!

We will also teach the girls some basic dance techniques, and play some FUN games to get to know each other.

Tuesday, January 23 - 3:45 - 5:15 p.m.

Wednesday, January 24 - 3:45 - 5:15 p.m.

Thursday, January 25 - 7:15 p.m. for a Halftime Game Performance

(LHS Girls Varsity vs. Sheboygan Christian)

Find registration forms at [www.lutheranhigh.com](http://www.lutheranhigh.com)

## LHS Night at Dickey's Barbecue Pit

Help LHS make a few bucks with this *smokin' hot* dinner deal!

Dickey's will donate a percentage of their sales to LHS on

**Tuesday, Feb. 6, from 5 - 7 p.m.**

All you have to do is eat!

**DICKEY'S**  
BARBECUE PIT

Dine-in or take-out available.

Dickey's is located at 2719 Calumet Dr., across from the north side Walgreens.



# January 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> OFFICE CLOSED	<b>2</b> 1:00pm Mary Martha 6:30pm Board Meetings	<b>3</b> 3:30pm CEP 5:45pm Handbells 6:45pm Choir	<b>4</b> 3:45-5:50pm Parish Nurse 6:00pm Divine Service	<b>5</b>	<b>6</b> 6:00pm Epiphany Service	
<b>7</b> 7:30-10:30am Blood Pressure Screening 8:00am Divine Service 9:15am Family Bible Hour 10:30am Divine Service	<b>8</b> 9:00-11:00am Parish Nurse 10:00am Bible Class 6:30pm Council	<b>9</b> 3:30pm CEP 6:45pm Choir	<b>10</b> 3:45-5:50pm Parish Nurse 6:00pm Divine Service	<b>11</b>	<b>12</b>	<b>13</b>
<b>14</b> 8:00am Divine Service 9:15am Family Bible Hour 10:30am Divine Service	<b>15</b> 9:00-11:00am Parish Nurse 10:00am Bible Class 5:30pm Ladies Night Out at NZ's	<b>16</b> 3:30pm CEP 5:00pm CEP Parent/Teacher Conferences 5:45pm Handbells 6:45pm Choir	<b>17</b> 3:45-5:50pm Parish Nurse 6:00pm Divine Service	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b> 8:00am Divine Service 9:15am Sunday School 9:15am Voters' Meeting 10:30am Divine Service	<b>22</b> 9:00-11:00am Parish Nurse 10:00am Bible Class	<b>23</b>	<b>24</b> 3:30pm CEP 5:45pm Handbells 6:45pm Choir	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b> 8:00am Divine Service 9:15am Family Bible Hour 10:30am Divine Service	<b>29</b> 9:00-11:00am Parish Nurse 10:00am Bible Class	<b>30</b>	<b>31</b> 3:30pm CEP 5:45pm Handbells 6:45pm Choir			