



2220 East College Avenue
Appleton, Wisconsin 54915
Office: (920) 734-9643
Fax: (920) 882-8978
E-mail: goodshep@gschurch.net
Website: goodsheplutheran.net

Pastor Koeller's Message

September 2014 Newsletter

Some words from God about Church Attendance

“THOU SHALT SANCTIFY THE HOLY DAY” is the 3rd commandment in God’s Holy Law. To break God’s Law is to sin. To break it purposely and repeatedly is to flaunt His mercy. In recognition of desire to please God, we promised at Confirmation “to be faithful in the use of the means of grace...and thus to attend church regularly. This is our appointment with God. To fail to come is to break His command and to give a silent vote to have the church closed.

“GO YE THEREFORE AND MAKE DISCIPLES OF ALL NATIONS.” Being in God’s house helps support the great purpose of winning others for Christ. Our gifts help to win and reach others, but more particularly, our physical presence is crucial. The unchurched living around us are given a good testimony of Lutheran Christianity and faithfulness when we faithfully attend church.

“WE BEING MANY ARE ONE BODY IN CHRIST.” We owe it to our fellow Christians and our fellow members of Good Shepherd to strengthen them in faith. When we are absent for a reason not pleasing to God, we perform a sort of painful amputation, cutting ourselves off from the rest of the body, causing it great harm. Furthermore, you have called your pastors to bring you God’s Divine Feast each Sunday, and have asked them to give careful preparation to the sermon and service. To make such an appointment and then fail to keep it, is a deep insult to God and to your pastors who have been called to speak the Word in His name. Let us remember the needs of our fellow Christians by worshipping with them.

“BLESSED ARE THEY THAT HEAR THE WORD OF GOD AND KEEP IT.” God promises rich blessings to those who worship regularly. The sermon you miss may be the very one you need the most. The entire program of the church “breaks down” when its people do not worship. God is not pleased with our activities engaged in through the church and in other services rendered, if we have not first, “given Him our heart”.

“IN THE TEMPLE. . . AS WAS HIS CUSTOM: “BE FOLLOWERS OF ME”. The Holy Son of God, while on earth, attended church regularly, though He had no sin and thus no need for forgiveness. He gave us all a matchless example. We are to follow His example.

HELPS:

1. Begin preparing Saturday night...clothing...children...devotion
2. If sick child: one parent can attend with the rest of the family
3. The weather should never be a consideration for the Christian
4. Bring home visitors with you....if they refuse...inform them that you will re-join with them upon your return from church
5. Discuss the service and its message when you return from church

“LET THE WORD OF CHRIST DWELL IN YOU RICHLY”

Pastor Koeller



Pastor Seabaugh's Message

Lutheran Christian Education

The season of Pentecost continues into the month of September. This season of growth is marked by our constant evaluation as disciples of Jesus. We became Jesus disciples in Baptism, and now through God's word He strengthens our call to live in Him, to treasure the Kingdom of Heaven.

One key part of our growing in the Lord, living in the Lord is through Lutheran Christian education. The Holy Spirit creates and strengthens faith of all who are hearing God's Word. Our faith in Jesus as Lord and Savior, knows the certainty of heaven. We celebrate Lutheran education on September 7th, 2014.

We are blest at Good Shepherd to provide Lutheran education beginning at age 2. Our Lutheran education as adults is grown through two adult classes one led by Pastor Koeller in the community room, and one led by lay leaders in room 5. We also have a high school Sunday school class that meets in the youth room led by lay leaders. Our Lutheran education does not stop there, does it? On September 7th, between services, fellowship hour will be hosted by small group Bible study leaders where you can learn about all the other Lutheran education opportunities throughout the week. We also cannot forget our preschool. Our preschool remains dedicated to teaching the Lutheran faith while helping 3 and 4 year-olds learn about the world that God made for them.

Since, in past newsletters, we have been focusing on hymns; our Lutheran hymnal contains hymns from 861-867 dedicated to the Christian home and education. We are going to look at the sermon hymn chosen for Lutheran education Sunday, "Shepherd of Tender Youth." "Shepherd of Tender Youth" is likely the oldest surviving hymn of the New Testament Church. Written by St. Clement of Alexandria around the year 200, its only nearest relative is "O Gladsome Light, O Grace" (e Lutheran Hymnal, 101), also written around the same time.

Few of Clement's writings survive today, but what does, gives us a glimpse of Clement's life and work. He is one who sought to fight the pagan claim that Christianity was a religion for the ignorant. He also evaluates the claims of heretics in his day to see where they went astray, and if their teachings could be brought back into orthodox Christianity. He only has one hymn which is "Shepherd of Tender Youth." He wrote the hymn to instruct new Christians in their faith.

This hymn was originally written for the catechesis (training) of Christians, it is a good hymn for our own catechesis today. It teaches about the Good Shepherd, Jesus Christ, who shepherds tender youth. He is the perfect Shepherd because He was once a young boy, and knows what trials and temptations pursue children and adults as well. The hymn's first stanza depicts the Christian family joining together in the Divine Service to hear of Christ and praise Him for His gifts. It then moves into Christ's sacrifice for our sin and His sacrifice to give us life. Following the structure of the Divine Service, stanza three extols the Holy Communion in which the great High Priest is both host and meal, in which we are given "help from above." Going forth from the Service, we pray for the strengthening of our faith, that God would guide us in the way we should go, and that He would always be our Shepherd, Staff, and Song. Finally, the hymn looks to eternity where we continue the high praise of the Good Shepherd who has redeemed us. The final stanza also teaches that children, the tender youth, are not to be forsaken, but are a part of the Church and they also join with all the Faithful to "swell the song to Christ, our King."

God blesses us with His Word which is the centerpiece for our learning. God does not want us to be ignorant but to grow in His grace and knowledge so that we can celebrate and confess Jesus as Lord! God's blessings as you study His Word!

Pastor Seabaugh

This and That

St. Luke Lutheran Church, Mesa, Az
 Christ the King Lutheran Church, Orlando, Fl
 Blessed Savior Lutheran Church, New Berlin, WI
 St. Luke's Ev. Lutheran Church, Park Ridge, IL
 Hope Lutheran Church, Land O'Lakes, WI
 Grace Lutheran Church, River Forest, IL
 Bethany Lutheran Church, Overland Park, IL
 Hope Lutheran Ministries, Bradenton, FL
 St. Paul Lutheran Church, Algoma, WI
 St. John Lutheran Church, Townsend, WI
 Christ Lutheran Church, Gillett, WI

If you visit a church while away, please save a copy of the bulletin for me. Thank you.
 Pastor Koeller

Fox Cities Hmong Lutheran Church

Currently the Fox Cities Hmong Lutheran Church has 26 members; this number includes 2 elderly, 6 adults, 4 young adults, 8 youths, and 6 children. There are 14 members that were transferred in the past to other Hmong LCMS churches, and 6 members that are inactive.

There is 1 baptism and 1 confirmation class that will be coming soon. Pastor Chia's son Joshua's new baby will be baptized August 24, 2014. Members, Soua Lo's son and Ge's daughter will take confirmation class during this year. Bible study for adults and children will resume in September when we start are regular worship and Bible study.

I attended a LCMS Hmong Ministry Conference August 7-10, 2014 in Oshkosh at Trinity Lutheran Church. It was a national conference for all the Hmong congregations in the United States to attend. If you are interested, you can go to www.hmonglcms.com to see what was offered.

Once again, the Fox Cities Hmong Lutheran Church is planning to have another egg roll fundraiser on October 4, 2014. We will be preparing and cooking at Lo Yumhmie Foods. It is located

at 901 W. Wisconsin Ave Suite B. This business is owned by one of our parishioners, Soua. Please come and support this fundraiser, because when you buy just one egg roll that money goes to support the Hmong ministry in the Fox Cities and the Hmong ministry in Thailand. There will be a poster and egg roll order forms in the Church Hall way. Thank you very much for your prayers and support!

God's blessings to you all,
 Pastor Chia Thao

Prayer Partners

Cathy Adomavich	Barb Potaczek
Jan Ashbrenner	Pam VandeHei
Carolyn Berg	Pat Piepenburg
Joyce Beyer	Pastor Koeller
Don Block	Phyllis Boldig
Joy Block	Roger Stowell
Karen Dejk	Bardean List
Carol Hahn	Debbie Koeller
Tom Hahn	Barb Ranger
Leann Johnson	Marsha Mahan
Tanya Johnson	Bonnie Sielaff
Bruce Kirk	John VanderZanden
Sue Kirk	Ray Koeller
Karen Kraft	Pastor Seabaugh
Linda Koeller	Becky Lahti
Lisa Lawrence	Sarah Long-Radloff
Gene Mason	Sue Whalley
Liz Podvin	Marcia Thompson
Ron Ranger	Liz Stowell
Grace Schmall	Becky Seabaugh
Diane Simon	Arlene VandenBoogart

Music Notes

Bell Choir begins September 16th. We are in need of a few new members so we can use the entire range of hand bells. If you can count, you can play in the bell choir, reading music is helpful but not required.

We rehearse weekly at 7 p.m. on Tuesday evenings in the balcony of the Sanctuary. We play once, maybe twice a month. It is important to attend the rehearsals regularly, as each member has their own part.

Here are some reasons why people play in the bell choir:

- I like music but don't sing so I play bells.
- It's my night out from the kids.
- Prevention from Alzheimer disease.

If you're not sure if you can play the bells, we'll train you. If you have any questions, please contact Sharon Peterson at 832-0165 (evenings) or via email: speterson10@new.rr.com.

Youth/Adult choir Wednesdays
6:30 p.m.- 7:30 p.m. begins
Sept. 17th in the church. Everyone
is welcome!



Book Club

Everyone and anyone is invited to participate in the 2014-2015 Book Club. We meet 7 p.m. the second Monday of every month. Here is what we will be discussing September—December.

Sept. 8: *Whistling Past the Graveyard* by Susan Crandall
Oct. 13: *The Secret Keeper* by Kate Morton
Nov. 10: *Orphan Train* by Christine Baker Kline
Dec. 8: *A Christmas Grace* by Ann Perry

We will be continuing to add books for January through May. If you have any suggestions and/or would like to join our group, please do. Contact Diane Simon with any questions or comments.



September Youth Activities

Sept. 7: Youth Brat Fry @ Church 10 a.m.
Sept. 28: Youth

National Youth Gathering 2016: We have begun some of our preparations for this event! However, if you are interested in attending or learning more about it, please contact Pastor Seabaugh via email at tseabaugh@gschurch.net in the month of September. We have 16 who are interested now, and we need to get our number solid. Here is the latest information about the event: <http://www.lcmmsgathering.com/>. You have to be 14-19 at the time of the event: July 2016. We are asking for a non-refundable deposit in September.

Youth Bible Study Topics: Come join fellow youth (8th grade-seniors) in the youth room for Sunday school! The doors are open at 9:30 a.m.

Sept. 7: In God We Trust
Sept. 14: Make Them Stumble/Help Them Stand
Sept. 21: Contending In Christ Together
Sept. 28: Attitudes 101

September Birthdays

Claire Podvin	9/1
Alex Spakowicz	9/4
David Brooker	9/5
Cathleen Curtin	9/6

Stephanie Kumbier	9/15
Miranda Robenhorst	9/9
Shaw Hartke	9/21
Hannah Steinke	9/22
Audrey Pearson	9/23



The youth blog:

<http://gsfuelstop.blogspot.com/>;

Our face book page

<http://www.facebook.com/home.php?#!/group.php?gid=121619480671&ref=ts>

Education News



Sunday School will begin on September 7th. Children in the Nursery and Kindergarten classes will meet in their classrooms. Please check the whiteboard outside the

coatroom for the location of your child's class. Students in grades 1-6 will meet in the church. Youth (8th -12th) will meet in the youth room. There are classes for every age level beginning with parents and two year olds (child must be two by September 1st.) **Sunday School starts at 9:15 and ends at 10:15. Please do not bring your child to the classroom until 9:10. Please be prompt in picking up your child. Many staff attend the 10:30 worship service.**



"Entry into Sunday School" parents are invited to pick up the baptismal lamb for their children who are beginning the Toddler Class on Sept. 7th. The lambs will be on a table in the hallway.

"First Bible" classes for third graders and their parents will be held in the science room in the basement from 9:15 a.m.-10:15 a.m. beginning Sept. 14th.



Prayer Pal

Will you help support a sixth grade confirmation student during his /her journey of faith? Please contact Leann either by phone (920)734-9643 or email ljohnson@gslchurch.net if you would be willing to pray for this student, be a smiling face during worship, and send them an occasional note or card.



Don't Forget Stevi B's School Spirit Day For Good Shepherd Preschool is on Tuesday, September 19th.

FINAL CALL FOR PRESCHOOL

If you or someone you know is planning on enrolling a child(ren) in our preschool, please don't delay there is only **one opening** left. Registration forms can be picked up in the church office or on the preschool bulletin board in the education wing. If you have any questions please contact Leann Johnson, DCE or Karla Bauer, Preschool Director.

Meet your teacher and parent orientation for the 2014-15 school year was held in room 2 at Good Shepherd Lutheran Church on the following days,

- Aug. 25th (10:00 a.m. – 12:00 p.m.),
- Aug. 26th (5:30 p.m. – 7:30 p.m.) and
- Aug. 27th (10:00 a.m. – 12:00 a.m.).

Please contact the church office (734-9643) if you missed these times to schedule your visit.

Bible Studies offered this Fall

Ray and Debbie Koeller's Small Group Study

Meeting time and place: Every other Monday at 6:30 p.m. at Ray and Debbie's house.

Books we have studied are Acts, Psalms and Proverbs.

We currently have 10 people in our group; it is a very informal setting and group. We begin at 6:30 p.m. There is plenty of time for discussion on whatever book we are studying and great fellowship to get to know everyone better and of course there is always a snack. It is a wonderful way to grow in Christ. If you would like more information please contact Ray or Debbie Koeller.

(continued on page 6)

(Continued from page 5)

Cross Connections Women's Bible Study An 8-week LifeGuide Bible Study entitled "Hope: Your Heart's Deepest Longings" begins Wednesday, September 3rd. We meet Wednesdays in room #3 from 9a.m. – 10:00 a.m.

Chapters from "Hope" include:

Waiting for the Lord Psalm 27

Renewing Your Strength Isaiah 40

(If interested in joining us, contact Sue Kirk so she can get a book for you—approximately \$8.00.)

The **Wednesday Evening Bible Study** will begin on September 10th at 5:00 pm. We will be studying "Discerning the Voice of God" by Priscilla Shirer. All Christians seem to want to know how to recognize when God speaks to us, so this should be a beneficial study. There is a lot of Bible reading in addition to reflection on one's own walk with God.

Men's Bible Breakfast Come join us for Bible study at Perkins on East College on most Saturday's at 7:30 a.m. Topics include: Baptism, Men at Work, Psalms for Men, and general topics that come up from time to time. If you have any question, please contact Pastor Seabaugh at tseabaugh@gslchurch.net or call the office at 734-9643!

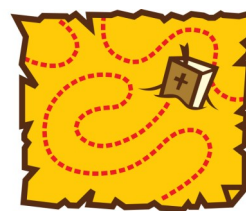
The **Sunday Bible Study** on "A Longer Look at the Lessons" is going on through the summer at 9:15 a.m. usually in the Community Room. We will resume our 9:15 a.m. classes in Room 5 on Sunday, September 7th.

Sunday Morning in the Community Room there is a Bible Study led by Pastor Koeller starting around 9:15 a.m.

I, Ed Kumbier, have been a member/co-leader of a small group Bible study for the last 2 years. Our bible study meets twice a month, Sept – May taking the summer off. Our group caters on being flexible whereby we only plan out a month in advance to coordinate our meeting time and place. It is understood, in order for our study

to be successful that each member needs to make as many meetings as possible, therefore we target Sunday nights at about 6:00 p.m. at Ann Cattau's home. However meeting nights, times, and locations have changed due to availability. Our meeting times are scheduled each month by looking at our combined schedules and picking the (2) best Sunday nights that work best for the majority. Starting time and location is also discussed. We have most recently completed studies on the Book of Acts by Max Lacado. I love my Bible study and would welcome anyone in joining ours or any other one. Our group consists of nine members, each of which has helped me to understand more about God's word.

Small Group Bible Studies are on going, if you are interested in joining one please make sure you stop by during Fellowship on Sunday, September 7th as they will be hosting the Fellowship hour and be able to answer questions. Or contact one of the Pastors.



LOOKinG foR A
BibLe Study?



Baptisms:

- July 24: **Raegen Ella Weller** daughter of Patrick (M) & Dana (NM);
Sponsors: Nick Weller, Sara Weller
- August 10: **Chloe Diane Grosskreutz** daughter of Steve & Kelly (M);
Sponsors: Jason Grosskreutz, Holly Ross

Stewardship

Empowered by Grace for Faithful Stewardship

A young boy walks into a small drug store and asks the druggist, "May I use the telephone?" The druggist replies, "You certainly may," and shows him where the telephone is. The boy calls a grocery store and asks the man who answers the phone, "Is your grocery store looking for someone to stock the shelves?" The man replies, "No, we already have a stock boy." The boy suggests, "If he isn't doing a good job, maybe you need to get someone who will do a better job." The man replies, "No, we are pleased with the work the boy is doing," so the boy hung up the telephone.

The druggist over-hears the conversation and says to the boy, "I'm sorry you didn't get the job." The boy says, "I don't need a job, because I am the stock boy. I was checking to see what they thought of my work."

What if you could call God to ask Him how He saw your effort in fulfilling the purpose for which He created you? What kind of marks would He give you for being His witness, or how you were doing in your service to others, or how you were doing in your giving? What kind of response would you expect to hear? Would God see you as a person relying on the Holy Spirit to do His will or working in your own strength and giving yourself credit for your successes? When God looks at you, does He see that you acknowledge Him as the source of all that is good? Does He see you seeking to use His strength and wisdom? Would God tell you that He is pleased with the ways you are using the time, talents, and money He has entrusted to you?

Unfortunately, we all fall well short of God's standards, but, because of what Christ did for us on the Cross, we are forgiven for all the times we have failed to honor God with our behavior and efforts to please Him. By His grace He molds and transforms us into God-pleasing people who seek to please Him. In Christ, we can do God's work well.

Starting on September 18th/21st, we are offering a stewardship emphasis titled "Empowered by Grace for Faithful Stewardship." We hope and pray that you will participate in both worship services and Stewardship campaign.



Finance News

Your annual pledge helps us forecast, with confidence, the level of financial support our congregation will receive in the year ahead. It is through the pledges and contributions of our members that we are able to carry on our work here at Good Shepherd.

As you prayerfully consider your pledge, we remind you that we offer Electronic Giving as a way to automate your offerings. It is convenient for you and provides much-needed consistency for the church. Collection basket offerings fluctuate significantly from week to week but when contributions are automated, the church receives the funds it needs to operate on a steady, uninterrupted basis.

We encourage you to complete a paper authorization form and return it to Debbie Koeller. Authorization forms are located in the church office, in the Information Center and in the Sign-Up Center.

(Continued on page 7)

July 2014 Treasurer's Report

	July 31, 2014	June 30, 2014	Change
Good Shepherd General Fund	\$92,060	\$99,818	(\$7,759)
Good shepherd Dedicated Funds	103,292	100,568	2,723
Preschool	15,100	15,025	75
Checking Account Balance	\$210,451	\$215,412	(\$4,960)
Fox Communities CU Savings	23,985	19,985	4,000
LCEF Savings	12,004	11,930	74
LCEF Building Fund (MM)	0	0	0
Total Good Shepherd Funds	\$246,440	\$247,326	(\$887)

July

Income

- \$38,890 contributions.
 - 2013 contributions - \$39,195. We had \$305 LESS than July 2013.
- \$9,865 LESS than budget for month

Expenses

- \$46,632 in expenses.
- \$2,123 UNDER budget for the month.
- We had \$7,742 LESS in income than expenses for the month.

Year to Date

Income

- \$339,061 in contributions.
 - 2013 contributions - \$320,003. We had \$19,058 MORE than July 2013 YTD.
- \$2,224 LESS than budget for year.

Expenses

- \$328,637 in expenses.
- \$12,648 UNDER budget for the year.
- We had \$10,424 MORE in income than expenses for the year.

Scrip Earnings

July Earnings - \$0 (Have not received the check for July yet.)

YTD - \$5,196.00

This amount is accounted in the contributions each month.

Thrivent Choice

July 2014 - \$110

YTD - \$7,185.00

This amount is accounted in the contributions each month.

Mission Payments to Synod

July 2014- \$2,255

YTD - \$19,670

This is what we send to Synod, it does not include additional donations we make to other organizations.

Respectfully Submitted for the Treasurer,
Debbie Koeller, Business Manager
8/7/14



To all Good Shepherd members – On Saturday, September 27th Lutheran Men's Fellowship is sponsoring a dinner followed by a musical presentation by Amber Springstroh. Her message is based on 1 John 4:16 *"And so we know and rely on the love God has for us."*

Currently, Amber is single and works on the family dairy farm in Freedom with her mother and sister. They milk 56 cows and grow crops on 240 acres. Amber enjoys nature watching, reading, and making music with family and friends. Further, she provided the following insight to her message: "This farmer's daughter from Wisconsin has picked songs for the soul in order to share them with people everywhere. She presents thoughtful insights in songs that focus on the unseen, encouraging thought about and trust in God and directing everyone to Jesus Christ."

Please join us for what is sure to be a delightful and inspirational evening.

The particulars are: Date – Saturday, September 27 gathering at 5:30 p.m., dinner at 5:45 p.m. followed by the program at 6:30 p.m. Cost is \$10 for a single ticket, or \$20 for a family (immediate family, children 18 years and younger).



Open to all congregation members, watch for more information coming on a trip to tour King Veteran Home. It will be taking place sometime mid– October.

Your Favorite Recipes Can Help Mission Work!

Are you interested in mission work but don't know how to get involved? Do you feel like you're too old, too young or not qualified? Well good news - we have a way for you to get involved! Submit recipes for the LWML sponsored Good Shepherd Cookbook. The proceeds will go towards helping missionaries share the gospel around the world. The deadline for submitting recipes is September 17th. We are in need of recipes in all categories but need the most in the following: Veggies & Sides, Breads & Rolls, Cookies & Candy, This & That. Recipe Collection Sheets are available in the coatroom. If you'd like to enter your recipes online, go to www.morriscookbooks.com, click on Typensave on the top toolbar, click Login and enter User Name: gslwml and Password: whisk489. If you will be entering your recipes online, please follow the instructions that are on the Recipe Collection Sheets. Please submit recipes that are easy to understand with ingredients that are easy to find. Thanks in advance for helping make this a successful fundraiser for missions! Questions? Contact Krista Nigbor at 920-470-0454 or krista.nigbor@gmail.com.

Many thanks to the ladies that helped with the Orphan Grain Train packing; many hands make light work. I believe the Monday packing night took only 1 hour and 20 minutes.

This month we hope ladies will attend the Fall Retreat at Camp Luther, September 5-7. A trip to Camp Luther in Three Lakes is worth even a one day trip as ladies fellowship, have Bible studies and hear a dynamic speaker, Heather Ruesch, talk about "A Vision of Heaven."

Our afternoon group meets at 1:15 p.m. on the 3rd Monday, September 15th and will be focused on crafts and other projects.

Our 6:15 meeting, September 15th, will be jam-packed with officer installation, plans for the year and our own Sarah Radloff, as she tells about her experiences as Heart to Heart Sisters delegate.

If you have been interested in joining our group, please consider this a formal invitation. We will love having you come!

"Serve the Lord with Gladness!"

Human Care

September 14th will be Care Sunday at Good Shepherd

Isaiah 58: 6-7 says "Is not this the kind of fasting I have chosen...to share your food with the hungry and to provide the poor with shelter – when you see him naked to clothe him?" Good Shepherd's motto is – Cared for by Christ, we care for all others. God is calling us to serve others by helping supply basic needs. This month, when our gardens are delivering their bounty, it seems only fitting to focus on food.

Thank God for the food you have for your family and the opportunity to help others. Please bring the overabundance from your garden and/or a staple food item for **St Joe's Food Pantry**. This community organization fights hunger in the Fox Valley by providing basic items to those in need. Pray for those who struggle to provide wholesome food for their families and for the efforts of St Joe's Pantry.

Another way to help with hunger relief is to support the CROP walk by walking the one, two, or three mile route OR supporting one of our Good Shepherd walkers. Much of the money raised stays in our community, however some helps alleviate hunger world-wide. Even though the event is in October, recruiting for walkers and sponsors will be in September. How is God calling you to help?

Parish Nurse

In a few weeks I will be installed as the Parish Nurse at Good Shepherd Lutheran Church and I wanted to introduce myself.

My name is Sharon Harder. I became interested in Parish Nursing because I can integrate my nursing knowledge with my Christian faith. This will allow me to promote health and wellness within the family and individuals of our congregation.

Family: I am a charter member at Good Shepherd Lutheran Church; confirmed and married (Ken and I were the last couple married in the gym). We have two daughters, two grandchildren and 1.5 Great grandchildren.

Education: graduated FVTC with an Associate degree in nursing, continued on with my education and graduated from Marian College with a Bachelors degree in Nursing.

Work experience: floor nurse at St. Elizabeth hospital, nursing supervisor at Winnebago Mental Health and for the Department of Corrections for the state of Wisconsin. Aerobics instructor at Appleton YMCA and nurses aid instructor, CPR, and zed instructor for FVTC. I am currently retired.



PSALM 100:2, ESV

HEALTH NOTES

by Maria Lichtsinn, RN, MPA, FCN, Parish Nurse
maria.lichtsinn@gpsd-lcms.org

AUGUST 2014

“huh? Say what??”

HEARING LOSS

Hearing is one of our five senses, giving us access to sounds in the world around us: peoples' voices, the honk of a car horn, sirens or other alarms sounding safety warnings, music, and much more....

HEARING LOSS is defined as a permanent or temporary, mild or severe condition preventing a person from receiving and understanding sounds around him or her.

DEAFNESS is a condition that prevents a person from receiving sound in all or most forms – a hearing impairment so severe that a person cannot process sound information, with or without the aid of amplification (e.g., “hearing aids”).

Sound is measured by its **loudness** (intensity, measured in **decibels** or dB) and its **frequency** (pitch, measured in units called **hertz** or Hz). Hearing loss may occur in either or both of these areas, and may exist in only one ear or in both ears.

Hearing loss is generally described as one of four types:

- **conductive hearing loss** is caused by diseases or obstructions in the outer or middle ear; usually affect all frequencies of hearing evenly, and don't result in severe loss of hearing; a person with conductive hearing loss is usually able to use a hearing aid with good results, or can be helped medically or surgically

- **sensori-neural hearing loss** results from damage to the delicate sensory hair cells of the inner ear, or the nerves that supply the inner ear; these losses range from mild to severe; they often affect one's ability to hear certain frequencies more than others, e.g., high vs. low pitches; even with devices to increase volume, a person with sensori-neural hearing loss may hear very distorted sounds, sometimes making the use of a hearing aid even less successful.

- **mixed hearing loss** refers to a combination of conductive and sensori-neural loss, and means that a problem occurs in both the outer or middle and the inner ear.

- **central hearing loss** results from damage to the nerves or nuclei of the central nervous system, either in the pathways from the ears to the brain, or in the brain itself.

HOW COMMON IS HEARING LOSS?

It is estimated that more than 30 million Americans have hearing difficulty in varying degrees; 30% or more of adults over 60 years have hearing loss; about 1 1/2 million children (age 18 and under) have hearing problems; and, an estimated 3 in 1,000 infants are born with profound hearing loss.

CAUSES AND CONTRIBUTING FACTORS

Many conditions and diseases may contribute to hearing loss: in children, it may be either **congenital** (present at birth in about 50%) or **acquired** (occurring after birth, due to factors such as infection, medication exposure, head injuries, etc.)

The most common cause of acquired hearing loss is excessive noise exposure (think rock concerts and headphones!); other factors include ear wax buildup; fluid behind the eardrum, ear infections, infectious diseases (measles, mumps, meningitis), smoking (smokers are more likely to have hearing loss than non-smokers), and head trauma.

COMMON SIGNS OF HEARING LOSS

With age-related hearing loss, you may notice...

- asking people to repeat what they say
- thinking others are always mumbling/not speaking clearly
- difficulty understanding speech in noisy environments
- turning the volume up on the TV or radio louder than normal
- ringing in the ears (**tinnitus**)
- high-pitched sounds are hard to distinguish from one another (men's voices will be easier to hear and understand than higher pitched women's voices...)

In children, look for...

- not responding to his name when his back is turned
- not being startled by loud noises that make other people jump
- having unclear speech for his/her age, often dropping consonants like “d” or “t” from the end of words



WHAT HELP IS AVAILABLE?

Suspected hearing loss should be evaluated as soon as possible to rule out potentially reversible causes (such as ear wax blockage or medication side effects). It's also helpful to have baseline hearing tests done, so your doctor can note any changes that occur in the future.

In some cases, there is no known cure for hearing loss: then, treatment is focused on improving your everyday function. The following may be helpful....

- hearing aids or cochlear implants
- telephone amplifier or other assistive devices
- sign language (for those with severe hearing loss)
- speech reading, e.g., lip reading, captioned films, etc.
- favorable seating in group settings
- speech, language and auditory training from a specialist

Remember, hearing loss and deafness can cause both physical (e.g., not hearing a fire alarm) and psychological (social isolation) problems; untreated hearing loss results in lower socio-economic status, more difficulty in gaining work skills that assure financial security – productivity loss related directly to hearing impairment compares with asthma, diabetes, and musculoskeletal diseases in terms of burden of disability. If you have a sudden change in your hearing, or notice hearing loss associated with other symptoms such as headache, vision changes or dizziness, contact your health care provider immediately! Early detection is very important to identify effective treatment, and beginning it promptly may delay or prevent further hearing loss.

www.nlm.nih.gov/medlineplus/ency/article/001045.htm

www.howisyourhearing.org

National Institute on Deafness and Other Communication Disorders (NIDCD)

PERMISSION GRANTED TO REPRINT

Endowment News

A Two-Fold Gift of Love

Love the Lord your God with all your heart and with all your soul and with all your strength (Deut. 6:5).

For Mark and Sue Jones, these words are more than just a favorite Bible verse. They are a way of life. The Jones family now includes three grown children, two daughters-in-law, and two grandchildren. Mark and Sue are quick to give God credit for His abundant blessings in their lives. They know their faith in God has made a difference in raising their family. Mark explains, "Dr. James Dobson says it best in his book, *Life on the Edge*, 'At the end of your life there are only three things that really matter: 1) Who you loved, 2) Who loved you, and 3) What have you done for the Lord.'"

Mark and Sue Jones enjoy giving their time to the Lord. Both enjoy singing in the choir and Mark looks forward to doing more volunteer and service work in his retirement. Mark says it is something they both have learned over the years. "Donating to others is a maturing process," he explains. "I now realize that sharing with others is a wonderful blessing in itself and brings us so much joy."

Planning for the Future

They met with their Gift Planning Counselor, Jim, on one of his visits to their church. It was a gradual process that took several meetings before Mark and Sue knew what they wanted to accomplish. They wanted to provide a benefit for their children, as well as teach them how to give back to the Lord by giving to others. So they turned to Jim, their Gift Planning Counselor, for advice.

Like many couples today, the main focus for Mark and Sue in their planning was to set up an estate plan that reflects their Christian faith and stewardship. By meeting with Jim they were able to accomplish just that, by setting up financial gifts to their children, grandchildren and church endowment fund. They look forward to meeting with Jim periodically to review any changes that may occur over time.

Loving the Lord with All Your Heart

As they enter a new chapter in their lives, Mark and Sue know some things will change. One thing they know will never change is the love they have for the Lord. "I always tell my children as you go through life, whatever you do, keep checking back to see what's in God's Word," says Mark. That's good advice for all of us.

Adapted from LCMS Foundation Donor Story

Library News

As you are gearing up for Sunday School, Confirmation classes, Bible studies and personal growth, don't forget to utilize the many resources in the Good Shepherd library. There are study bibles, cross references and other reference books to help clarify a point of doctrine or enlighten you with more detail on what God's Word says. As always, if you are confused on a particular issue, consult the pastors or DCE first as well. And remember *"You study the Scriptures diligently because you think that in them you have eternal life. These are the very Scriptures that testify about me."* John 5:39 (NIV)

Diane Simon, Librarian

Fall Schedule



Fall Worship Times

Our Fall Worship Schedule starts September 7th. Thursday services are still at 6:30 p.m. and Sunday services are at 8 a.m. & 10:30 a.m. with Sunday School, 7th Gr. Confirmation and Bible Studies at 9:15 a.m.

The church office hours will be starting Tuesday, Sept. 2nd, Monday – Thursday 8:30 a.m. – 4 p.m. and Friday 8:30 a.m. – 1 p.m.



Fall Office Hours

REMINDER BOARD



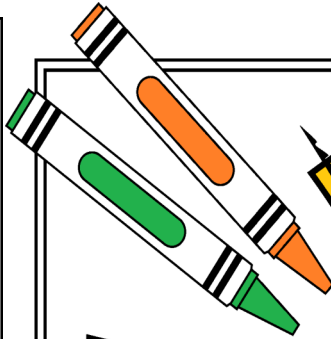
Start off the school year right by making this wipe-off board, which can help you remember important things.

What you need:

- Adult help
- 5" x 7" picture frame with glass (available at a dollar store)
- Lined notebook paper
- Scissors
- Low-heat glue gun
- Buttons, ribbon, stickers or foam shapes
- 1" piece of Velcro
- Erasable marker

What you do:

1. Using the cardboard insert or picture from the frame as a pattern, cut the notebook paper to fit the frame. Then insert it behind the glass.
2. Decorate the outside of the frame by gluing on buttons, ribbon, stickers or foam shapes.
3. Glue one side of the Velcro to the erasable pen and one side to the frame. Then attach the pen to the frame.
4. Place the board on your desk, dresser or kitchen counter. On the glass, write daily reminders about assignments and activities.



Think about these things...

With so many things to remember each day, the apostle Paul provides guidelines in Philippians 4:8 (NIV) for what should fill our minds.

Directions: Match each word in column 1 to the word in column 2 that means the same thing. Then use the words from column 2 to fill in the boxes below.

COLUMN 1

correct
commendable
extremely good
having high moral principles
deserving respect
pleasant
real
wholesome

COLUMN 2

excellent
lovely
noble
admirable
pure
praiseworthy
true
right

"Finally, brothers and sisters, whatever is **true**, whatever is **noble**, whatever is **right**, whatever is **pure**, whatever is **lovely**, whatever is **admirable** — if anything is **excellent** or **praiseworthy** — think about such things."
Philippians 4:8, NIV

