



# ST. BARTHOLOMEW NEWSLETTER

## OCTOBER 2013



*"To God be the Glory!"* (1 Peter 4:11)

### GREETINGS IN THE NAME OF JESUS WHO DIED AND ROSE FOR US!

During the month of October, Protestant Christians, especially Lutherans, celebrate Reformation. A Catholic monk named Martin Luther was the main driving force behind the Reformation. Luther was a godly man, but one extremely conscious of his sin. His religion taught him that he must do righteous acts to make up for his sins and to show God that he was truly sorry for them. Luther tried this. Once he went to Rome to the great cathedral there and, with many others like himself, climbed the many steps to the top, kissing each one as he went, trying to show God how sorry he was and to relieve himself of the guilt that was crushing him. Instead of being relieved, however, he felt even worse. "How can I know I've done enough?" he wondered.

Finally, Martin Luther began reading the Bible, a book not available to many. There he learned a wonderful, freeing truth! He did not need to – in fact, he could not – atone for his own sin. Jesus had already paid the price! Jesus, through His death and resurrection, had won the victory over sin that neither Martin Luther nor we could. He read Ephesians 2:8-9, "For it is by grace you have been saved, through faith – and this not from yourselves, it is the gift of God – not by works, so that no one boast." As Luther pondered those words, he realized that forgiveness of sin is God's gift. Salvation was his through the redeeming work of Christ on the cross.

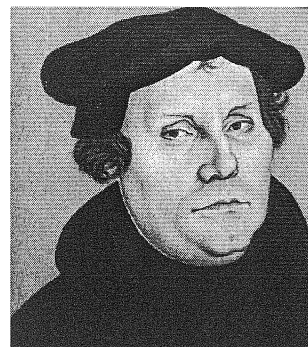
Once Martin Luther knew this truth, he wanted all people to know it as well. He wanted the true Gospel, the Good News of Jesus the Savior, to be known so that all might be saved. He spoke out against many teachings and practices of his church, hoping to "reform" it. You know that the result of his teaching the pure Gospel was the beginning of Protestantism. We give thanks to God for this great man He gave to the Church, a man who taught us to search the Scriptures that we might know God.

Together in Christ,

*Pastor Kuegel*



**Reformation Day**



**"I cannot and will not recant anything, for to go against conscience is neither right nor safe. Here I stand, I can do no other, so help me God. Amen."**

**Martin Luther**

## OFFERINGS

As of 9/22/2013

Weekly need to meet budget	\$ 3,322.00
Given year-to-date	\$106,087.68
Budget year-to-date	\$126,236.00

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## SPECIAL FUNDS CONTRIBUTORS

**Stained Glass Window Fund**  
Meta Krahn

**Camel Fund**  
Myron & Jean Peter

## NEW MEMBERS

Todd & Renee Maeder by Profession of Faith 8/28  
(Jacob, Collin, & Hannah by Adult Confirmation)

## LUTHERAN MALARIA INITIATIVE UPDATE

The Lutheran Malaria Initiative will be taking place through October. The 2<sup>nd</sup> Sunday of the month is set aside as LMI Sunday as well as the preceding Wednesday. As of Sunday, September 22, 2013, our congregation has contributed \$1,310.00 for this initiative.



## 2013/I4 SUNDAY SCHOOL STAFF

S.S. Superintendents: Holly Schlender, Melissa Pope  
Preschool/Kindergarten/Ist Grade: Andrea Grenzer,  
Jody Denor, Joanne Moehr  
3<sup>rd</sup>-6<sup>th</sup> Grade: Amy Woldt, Jody Lau  
Helpers: Kayla Behnke, Mattea Schlender, Samantha  
Bonick, Amanda Krahn  
7<sup>th</sup>/8<sup>th</sup> Grade: Renee Bonick  
Music: Holly Schlender, Melissa Pope

Sunday Sunday (all grades) will sing in the service  
on Sunday, October 13<sup>th</sup>!

## KINGDOM WORKERS · OCTOBER

The following members are listed as Kingdom workers for October in the following areas:

Ushers (Wednesdays): Bud Zeamer, Simon Geiger  
(Sundays): Howard Heimke

Altar Guild: Carolyn Bladow, Jody Denor, Pat Kuehl

Acolytes: Oct. 2<sup>nd</sup>: (Wed.) Gunner/Parker  
6<sup>th</sup>: Savannah  
9<sup>th</sup>: (Wed.) Dominik  
13<sup>th</sup>: Tanner  
16<sup>th</sup>: (Wed.) Kortney  
20<sup>th</sup>: Zach  
23<sup>rd</sup>: (Wed.) Ian  
27<sup>th</sup>: Emily  
30<sup>th</sup>: (Wed.) Grant

+++++

*Welcome!*



Todd & Renee Maeder  
Jacob, Collin, & Hannah  
August 28, 2013

## VOTERS MEETING

October 27<sup>th</sup>

10:00 a.m. in the Fellowship hall

Election of Officers & 2014 Budget

## Aerobic Exercise Helps Prevent Breast Cancer

A new study concludes that young women who get an average of 30 minutes of moderate-to-vigorous aerobic exercise five days a week can lower their risk for breast cancer.

Scientists from the University of Minnesota found that 30 minutes of aerobic exercise at least five times per week for a span of 16 or more weeks produced changes in estrogen metabolism. Specifically, the exercising women in the study had an increase in "good" estrogen, which in past studies has been closely linked to decreases in breast cancer risk. Estrogen has been shown to be influenced by certain medications, medical conditions, excess fat deposits, and sedentary behavior.

The study found that women who participated in any kind of exercise at all had a 6 percent lower risk of breast cancer than sedentary women. Furthermore, women who exercised 10 to 19 hours each week experienced a 30 percent lower risk of breast cancer compared with women who were inactive.

In addition to the increased levels of "good" estrogen, the women who exercised also saw significant increases in lean muscle mass, loss of fat, and better body composition.

*Sources: Time and Los Angeles Times*

## Exercise Is Good for Arthritis

A Northwestern University study has shown that exercise does not make arthritis worse. In fact, exercise could lessen the disabling components of osteoarthritis.

The assumption is that wear and tear on the joints – specifically the cartilage in the joints – contributes to arthritis. What is more of a contributing factor, however, is that the normal process of repairing and renewing the cartilage naturally slows down with age – especially as a part of a sedentary lifestyle. Exercise, on the other hand, stimulates cartilage, causing it to take in more nutrients and repair itself.

The best kind of exercise for someone with arthritis is a low-impact exercise such as walking, cycling, water aerobics, or swimming. Consult with your doctor before beginning an exercise routine.

*Sources: Harvard Health*

## Did You Know?

Procrastination is not good for your well-being. Research links procrastination with mental health concerns such as anxiety, depression, and stress—all which raise the risk for physical health problems as well.

*Source: Good Housekeeping*

## Choose Healthier Deli Meats

A study from the Harvard School of Public Health found that eating processed meats increases your risk for cardiovascular disease and cancer. A "processed meat" includes anything with a casing or in sausage form and anything smoked or salted – or with the addition of chemical preservatives. Examples include bacon, salami, sausages, hot dogs, bologna, or other processed luncheon meats. Unaltered (unprocessed) "whole cut" deli meats such as chicken, turkey, and ham are much healthier options.

Researchers looked at twenty studies with a total of 1,218,380 individuals from 10 countries on four continents (North America, Europe, Australia, and Asia). The result of the research was that, on average, each daily serving of processed meat (about 1-2 slices of processed deli meats or 1 hot dog) was associated with a 42 percent higher risk of developing heart disease and a 19 percent higher risk of developing type 2 diabetes.

Researchers looked at average nutrients in both unprocessed and processed meats and found that they contain similar average amounts of saturated fat and cholesterol. The big difference, however, is that processed meats typically contain four times more sodium and 50 percent more nitrate preservatives. The findings suggest that the differences in salt and preservatives, not the fat content, might explain the higher risk of heart disease and diabetes. That's because salt (sodium) is known to increase blood pressure, a strong risk factor for heart disease. Furthermore, diabetes experts say that nitrate preservatives can lessen your secretion of insulin and reduce glucose tolerance.

On the basis of the findings, health experts advise eating no more than one serving a week of processed meats.

*Source: Women's Health FitDay*

## Crunching the Pickle Nutrition Numbers

To help you settle an argument or simply to satisfy your curiosity, no, pickles do not count as a vegetable serving. A cucumber is not the most nutritious vegetable to begin with, but the pickling process reduces the nutrients even more. For example, the heat required for canning cucumbers destroys much of their vitamin C.

The real nutritional concern with pickles, however, is their high sodium content. A 3.5 ounce dill pickle may have only 11 calories, but it could contain 1,200 milligrams of sodium—nearly the entire daily maximum for most people. In fact, according to the most current data from the United States Department of Agriculture, it is because of their high sodium content that pickles do not count as a daily vegetable serving.

Sweet pickles aren't necessarily a better option as a snack. They may be lower in sodium with 450 milligrams in 3.5 ounces, but the calorie count jumps to nearly 90.

So while pickles are not necessarily junk food, they also are no substitute for raw or cooked vegetables. Read the label on the pickle jar to know what you are eating, and always consume in moderation.

*Source: BerkeleyWellness.com*

## Baby, It's (Going to Be) Cold Outside

**By Steve Gruenwald**

Don't do it, moms and dads. The cold weather is coming, and I know you're going to be tempted, but just stop. Please, it's time to put an end once and for all to the myth that has been passed down to every generation since Adam and Eve first said the words to Cain and Abel: "Put on a jacket or you'll catch a cold." (OK, maybe it was "put on an animal pelt," but you get the point).

Admit it – you've probably said something similar to your children as they were headed out the door on a chilly day. Your teenager may have rolled his eyes (because that's what they do), but perhaps deep down one of the reasons he rolled his eyes is

that he knows better – and he would be correct! You won't catch a cold just by being cold. The reason this myth about warmth and the cold virus continues is that parents themselves get colds more often in winter – when it's cold – than other times of the year. So, the natural assumption (and you know what happens when you assume!) is that there must be a correlation between colds and coats (or lack thereof). Not true. Although viruses do tend to be more active in cold weather, a North Face® down parka or even one made out of animal pelts won't protect you from getting a cold if you're run-down and haven't been taking care of yourself.

The reality is that you actually have a better chance of catching a cold from staying *indoors* in cold weather, especially if there are other people around. Here's why: When the weather turns cold outside, we tend to stay inside and crank up the heat. The dry heat from the furnace causes the mucous membranes inside our nose to become dry and cracked, making us more vulnerable to germs being passed around by others. Plus, flu and cold germs live longer in dry air.

What we need to do is flip that "getting a cold by being cold" myth on its end by actually going outside and exercising! Yeah, that's right, go for a brisk walk or a run, even if it's cold outside. What *has been* scientifically proven is that regular exercise – even outdoor exercise in wintertime – creates a protective effect on your immunity. Just be sure to wear layers for comfort (there's no point in your teeth chattering) and dress as though it is 5-10 degrees warmer because you'll be revving up your heart rate.

We may not find a cure for the common cold in our lifetime, but let's at least cure us from the perpetuating "getting a cold from being cold" myth. Then perhaps we can concentrate our efforts to eradicate the "no swimming right after eating" fable.

*(From Fall Edition of Better Health)*

## Test Your Malaria Knowledge With Our Mos-QUIZ-to!

In communities at risk for malaria, knowledge is the best protection. It's important that families know how the disease is spread, the symptoms and treatment options.

Take this quiz and learn the important malaria messages that save lives!

- 1) Which of the following is NOT true about how malaria is transmitted?
  - a) Malaria is transmitted by mosquitoes.
  - b) Any kind of mosquito can carry and transmit malaria.
  - c) A pregnant mother can pass malaria on to her unborn child.
  - d) Most malaria transmissions occur at night.
- 2) Who is particularly vulnerable to malaria?
  - a) Infants and young children
  - b) Pregnant women
  - c) People who are living with HIV/AIDS
  - d) All of the above
- 3) Which of the following are symptoms of malaria?
  - a) Fever
  - b) Chills
  - c) Vomiting
  - d) All of the above
- 4) True or False: There is no treatment for malaria.
- 5) One of the most effective ways families at risk for malaria can protect themselves is to:
  - a) Kill mosquitoes whenever they are spotted.
  - b) Never go outside.
  - c) Sleep under insecticide-treated bed nets.
  - d) Wear long sleeves and pants at all times.

Answers can be found elsewhere in the newsletter.

## LUTHERAN COUNSELING & FAMILY SERVICES OF WI

If you are looking for articles related to topics affecting our families, children or society nowadays please go to [www.lcfswi.org](http://www.lcfswi.org), click on Family Life Education and then click on "Articles". Please see the LCFSWI Facebook page to let us know what you think of the articles or if you'd like to request an article on any particular topic.

Do you know of someone struggling with a crisis pregnancy, someone who wants the best for her child but isn't sure she can provide it? Lutheran Counseling and Family Services of WI offers support and guidance in deciding between parenting and adoption. The help an expectant mother receives at LCFS will help her through a difficult period. If you know of someone who needs our help or has any question, please contact Diane Boheen, LCFS Adoption Coordinator, at 1-800-921-4513 or email to [adoptionlcfswi.org](mailto:adoptionlcfswi.org).



Lutheran World Relief  
SUSTAINABLE DEVELOPMENT. LASTING PROMISE.

August 26, 2013

St. Bartholomew Lutheran Church - Sunday School  
185 Horn St  
Deillion WI 54110-4547

Dear Friends,

We're making progress in our pursuit to end malaria deaths in Africa. And thanks to your recent \$772.62 gift, we can reach even further.

In countries like Tanzania, where LWR works, your gift will support real progress. In the past five years, thanks to generous people like you, we've done educational outreach in partnership with the Evangelical Lutheran Church in Tanzania. The results have been nothing short of amazing. In the last five years:

- The number of children under the age of five (who are particularly vulnerable to malaria infection) who are using bed nets rose from 66% to 85%.
- There has been a 100% increase in the number of pregnant mothers receiving life-saving malaria treatment and training on how to recognize malaria's symptoms.
- Nearly 1.2 million people have been reached with education on malaria prevention and control through Sunday school classes.

But there's so many more people who need to know about the symptoms, prevention and treatment of malaria. Your gift will help us reach them. Thank you!

Please keep in touch so we can show you how your support is changing lives. Visit our website, [lwr.org](http://lwr.org), and our blog, [blog.lwr.org](http://blog.lwr.org), for stories and updates. If you ever have any questions, feel free to contact us at 888.597.5972 or [lwr@lwr.org](mailto:lwr@lwr.org).

On behalf of the entire LWR staff, our partners and those we serve together in Christ, please accept my heartfelt thanks once again.

Many Blessings,

*Jeff Whisenant*  
Jeff Whisenant  
Interim President and CEO

*Thank you!*

As required by the IRS, this receipt confirms that Lutheran World Relief has given you no goods or services in return for your charitable contribution of \$772.62--Lutheran Malaria Initiative.



The Rich McWilliams' family invite you to celebrate Nora's 90th birthday on Sunday, October 13, 2013 at St. Peter Lutheran Church (Hilbert). A public open house will be held in her honor from 2 ~ 5 p.m. No gifts please!

## Monthly Newsletter

The monthly newsletter and calendar is also available online at [www.stbartbrillion.com](http://www.stbartbrillion.com). If you would prefer to read the newsletter online rather than receive a printed copy, let the church office know.

There are always a few extra copies available in the literature rack as well should you want to pick one up.

It's that time of year again...



Christmas tree sellers needed in November and December! St. Bartholomew will once again be selling Christmas trees with sales beginning Friday, November 29<sup>th</sup>. Watch for the sign-up sheet on the bulletin board in mid-October. If you would like to help sell trees, pick a date and time. Your help will be greatly appreciated.

Bumper sticker seen on a car in Pennsylvania:  
"Honk if you're Amish."

Sign on a Lockhart, TX, gas station and min-mart:  
"We're out of Roloids, but we've got gas."

Message on a T-shirt for a cross country team at Mount Ayr, IA, High School:

"To show good sportsmanship, please refrain from making little racecar noises as you pass your fellow runners."

Via Pastor Dale Schoening  
The Joyful Noiseletter

## WOMEN'S FALL SCRAPBOOKING & STAMPING RETREAT



Women of all ages will enjoy a weekend, November 1-3 at Camp LuWISoMo dedicated to crafting. Participants may choose between creating cards and gifts using stamping or preserving memories through scrapbooking. Demonstrations are open to all participants, however, pre-registration is required so that supplies may be ordered. Weekend cost of \$99 includes housing, programming, and four meals. A \$10 discount is available for those who register for the full weekend rate before October 10<sup>th</sup>. If interested, please contact the church office for a registration form.

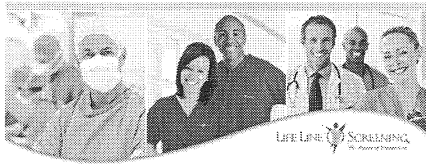


**Missions** The complete translation of the Bible into Kazakh is now being distributed to the Kazakh minority living in Mongolia. There are approximately 150,000 Kazakh speaking people living in Mongolia. Until recently, there has not been a complete translation of the Bible available in their heart language. Over the last few months, a Lutheran church and its local partners have been working hard to facilitate the first large-scale distribution of the Kazakh Bible among the unreached Kazakhs of Mongolia. More than 2,000 Bibles in the Kazakh language are already being distributed to Kazakhs in Mongolia. To ensure that God's precious Word gets into the hands of as many people as possible, contact has been made with various churches, ministry groups and individuals working among the Kazakh people.

God's Word is being received whole-heartedly by those Kazakh people living in Mongolia. Many stories have been shared about the abundant joy people feel when reading the Bible *for the very first time* in their own language. We praise God for all those who helped support this project with their prayers and gifts and pray that He continues to bless the efforts of all working in this region.

Rev. Matthew Heise, an LCMS missionary whose work includes theological education in Mongolia, shared, "With this Kazakh Bible distribution project, we have the great opportunity to reach a people group that is unreached in the world, the Kazakhs within the country of Mongolia."





## October Recognizes Bone and Joint Awareness

A woman's risk of breaking a hip is equal to her risk of developing breast cancer, uterine and ovarian cancer *combined*, according to the National Osteoporosis Foundation website.

This is why St. Bartholomew Lutheran Church is hosting Life Line Screening, the nation's leading provider of preventive health screenings on Friday, October 18, 2013. The screenings provided include an ultrasound of the heel, which is a first-rung osteoporosis risk test. This is an important test to take during October, a month dedicated to recognizing bone and joint disorders such as osteoporosis.

Screenings include tests to check for blocked carotid arteries, atrial fibrillation, and high blood pressure, which are the three leading risk factors for stroke. Nearly 800,000 strokes will occur this year, taking a life approximately every four minutes.

Other tests check for abdominal aortic aneurysms and PAD, also called "hardening of the arteries" in the legs. Many events also offer blood tests, including cholesterol, glucose and c-reactive protein screenings, as well as take-home colon cancer early detection tests.

Screening packages start at \$139. Single tests cost around \$60.

For more information regarding the screenings or to schedule an appointment, call 1-888-653-6441. Pre-registration is required.



## NEW CHURCH WEBSITE Launch Date - Oct. 1<sup>st</sup>

Please take a look at the new church website and give us your feedback.

Let us know - What should we include? What can't you find? The website address will remain the same: [www.stbartbrillion.com](http://www.stbartbrillion.com).

## Lutheran Youth Corps: SERVING CHURCH AND THE WORLD

-by Jeni Miller

As part of the Synod's sixth mission priority, which is to "Enhance elementary and secondary education, and youth ministry," the LCMS is developing a Lutheran Youth Corps, our church's answer to the growing trend of youth interested in entering organizations like the Peace Corps and AmeriCorps. With an emphasis on works of mercy and a desire to engage the tail-end of the youth spectrum in the LCMS, a pilot program is scheduled to launch in late 2013 or early 2014 at a domestic site.

"The plan is to create long-term servant events for young people in our Synod, for young adults to live in community with other volunteers and do mercy projects in that part of the country or world," explained the Rev. Steven Cholak, Special Ministries coordinator. "We want to show what we can do with a Lutheran emphasis to help teach, strengthen and maintain the faith as we do the work of spreading the Gospel."

The Lutheran Youth Corps will focus on providing service opportunities for a one-to-two year period of time in between high school and college, or college and full-time work, especially for young people who have not yet settled on a vocation. They will likely be matched with a project or servant event that is related to their particular interest and skill sets.

"The other aspect of this is the community life," explained Rev. Cholak. "All of our volunteers-between 7 and 10 of them per site-will live in a house together with a professional church worker, whose role as their spiritual life director will be to lead them in daily devotions and connect them to a congregation nearby for Work and Sacrament. They will maintain order for the house, caring for their spiritual needs."

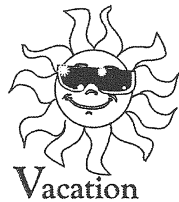
As the Lutheran Youth Corps is further developed, educational credits and other incentives for the volunteers will be offered.

Stay tuned to [www.lcms.org](http://www.lcms.org) where more information will be released in 2013-2014.

-The Lutheran Witness, September 2013

## Pastor on Vacation ...

Pastor Krueger will be on vacation October 28-November 4. In the event of an emergency, please contact Pastor Tim Benninghoff (853-3656) or one of the elders.



A new patient waiting to see the doctor asked the other patients in the room how much the doctor charged.

"If this is your first time to see her, the charge is \$50," another patient replied. "But thereafter she charges \$25 per visit."

When the new patient was called in to see the doctor, he greeted her with a smile and exclaimed, "It sure is good to see you again, Doc."

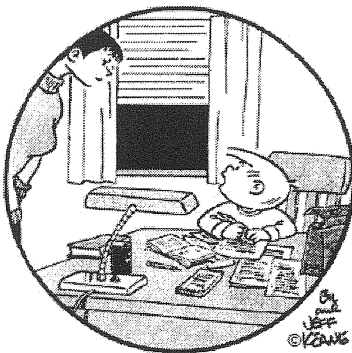
- via Chaplain Jack Hinson  
The Joyful Noiseletter



The Youth Group meets the 3<sup>rd</sup> Sunday of every month at 7:00 p.m. Our first meeting date is October 20<sup>th</sup>. Open to all youth grades 6-12. Friends are always welcome!

Remember to watch Facebook as Amy will post any new, upcoming events.

### THE FAMILY CIRCUS By Bill and Jeff Keane



"Mommy, they don't make you do homework in heaven, do they?"

from [JoyfulNoiseletter.com](http://JoyfulNoiseletter.com)  
Reprinted with permission of Bill Keane



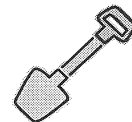
## FALL FAMILY FESTIVAL

The 3<sup>rd</sup> annual Fall Family Festival will be held on Sunday, October 20<sup>th</sup> from 10:15 a.m. to 12:00 p.m. in the Fellowship hall. Everyone welcome! Sign-up encouraged (watch for sign-up sheet on bulletin board). **New this year** – Breakfast; activities & games for young and old. \*FREE: suggested donation of \$10 per family for 1 mosquito net for LMI.



## CAMP LUWISOMO FALL WORK WEEKEND

October 11-13, 2013 is an opportunity for Youth groups, individuals, and families to spend a weekend at camp for free! Participants will be assigned work projects based on information collected on their registration form. All registrations must be submitted to the LuWiSoMo office at least two weeks before the event. Please contact our church office if you need a registration form.



How to deal with Jehovah's Witnesses who come knocking on your door:

A young, well-dressed man knocked on the door of a pastor's home and said, "Hello, sir, I'm a Jehovah's Witness."

The pastor said, "Come in and sit down," offered him a cup of coffee and asked, "What do you want to talk about?"

"Beats the heck out of me!" the young man replied. "Nobody ever let me in before."

-via Rev. Dr. Karl R. Kraft  
The Joyful Noiseletter

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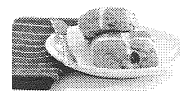
## Answers to Mos-Quiz-to:

- 1) **B** Malaria is caused by a parasite that is transmitted through the bites of female mosquitoes of the genus *Anopheles*. Most *Anopheles* mosquitoes are active between dusk and dawn. Pregnant women can transmit malaria to their unborn babies, and such instances are called congenital malaria infections.
- 2) **D** All of these groups are particularly vulnerable to malaria because of their reduced immunity to infection. LWR works with partners in Africa to help protect families from malaria and equip health centers to treat malaria patients.
- 3) **D** All of these are symptoms of malaria. Symptoms of malaria can be associated with other illnesses so many people don't know to seek treatment for malaria. As part of LWR's work, we deliver this important message: if you experience any symptoms of malaria, get treatment right away!
- 4) **False** Malaria is a treatable disease. Uncomplicated malaria can be treated with oral medications. But if left untreated, malaria can be fatal. In fact, malaria claims the life of a child in Africa every 60 seconds. In malaria-affected communities, we stress the importance of timely treatment of malaria. It can save lives!
- 5) **C** Insecticide-treated bed nets are a highly effective way to protect against bites from malaria-carrying mosquitoes. LWR works with partners in Africa to distribute bed nets and to teach families how to use them.

OCTOBER 13 IS OUR CONGREGATIONAL  
DEADLINE FOR THE LUTHERAN MALARIA  
INITIATIVE.

HELP US MEET OUR GOAL!

## HOW DO I FIT IT ALL IN?



*"The kingdom of heaven is like leaven that a woman took and hid in three measures of flour, till it was all leavened" (Matt. 13:33b)*

*-by Jerald C. Wulf*

A Christian friend of mine, a staunch supporter of his church and community, runs a bakery. One day, over a cup of coffee, we were chatting about the various roles we fulfill in our daily lives, and the sometimes difficult task of setting priorities and managing multiple tasks. Because he seemed to be a very organized person, I asked him for some advice about how to fit everything I wanted to get done into my life.

He took me into the bakery, where a batch of dinner rolls was ready to be placed into pans for baking, and he proceeded to explain, "Each roll represents some role I fulfill in my life, reflecting the different gifts God has given me. I am a baker, a husband, a father, a son, a Little League coach, a football fan, a toy-maker, a community volunteer, a choir member." Pretty soon the pan was full, and yet I knew that he had failed to mention one role that was clearly evident in his life.

"How will you fit your role as a Christian into the pan?" I asked. "There is not room for another roll."

"Let's have another cup of coffee," he replied, "and I think you will see."

After another cup, we returned to the bakery, where we found that each of the rolls in the pan had risen to double its original size, except for one in the corner.

My friend then said, "See there, my brother? My role as a Christian was in the pan all along. My Spirit-given faith is like the leavening in these rolls (roles). Unless it permeates each and every role, they do not become what they were intended to be, and they do not bring glory to their Maker."

Each of us has different Spirit-given gifts, and we each serve various roles in various places, but thanks be to God that His gift of faith in our Lord and Savior, Christ Jesus, is the free gift that binds us together as the body of Christ, who is our head. To Him be all glory and honor and praise....

*"We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith; if it is serving, then serve; if it is teaching, then teach; if it is to encourage, then give encouragement; if it is giving, then give generously" (Rom. 12:6-8a).*

*-The Lutheran Witness, September 2013*

## GUIDANCE FOR MAKING END-OF-LIFE DECISIONS

We never know when we will be confronted with the difficult task of making end-of-life decisions. It is helpful to have some guidance in making God-pleasing decisions.

The first and best advice that I can give you is to pray. Ask God to help you make the right decision and then trust His guidance. Put yourself and your loved one in God's hands. When there is doubt as to what to do, it is better to err on the side of life than death.

Here are some excerpts from "Mercy at Life's End: A Guide for Laity and Their Pastors" by Rev. John Pless. The complete publication can be downloaded for free by going to [www.lcms.org/life](http://www.lcms.org/life).

These questions might be discussed with family members, medical professionals and one's pastor.

1. What is the medical prognosis given by the attending physician(s)? Has a "second opinion" been sought? Does this opinion confirm or call into question the original prognosis?
2. Have the patient's vital processes already begun to shut down, indicating that death is inevitable barring divine intervention?
3. Is treatment being discontinued to hasten death (hence "choosing death") or because the treatment itself has become burdensome with no realistic hope of recovery?
4. Are there other pressures being applied that would tilt the bias toward death, such as the need for the patient's organs for transplantation?
5. Is adequate physical care (nutrition and hydration) provided for the dying person even when treatment is discontinued or life support systems are withdrawn?
6. What spiritual advice and guidance has been provided by the pastor on the basis of the Holy Scriptures?

### A GUIDE FOR FAMILIES MAKING ETHICAL DECISIONS AT LIFE'S END

A family member waiting for word about the condition of a patient may be approached by the physician for input on whether to initiate or

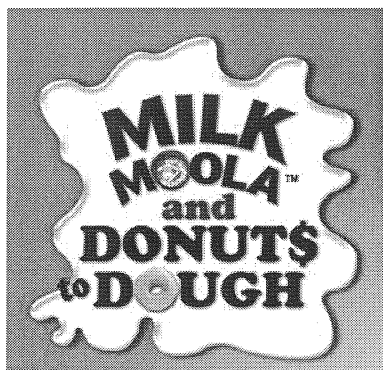
continue life support measures. The following guidelines may be helpful in making decisions compatible with the patient and the Christian decision-maker's faith.

Always ask to speak with the physician directly if a request for a medical decision is made from a nurse or other staff person.

1. Ask the doctor: "What is the medical condition of the patient at this time?"  
(You are asking for an objective medical evaluation, not a philosophical opinion of the patient's condition.)
2. Ask the doctor: "What is the prognosis?"  
(You are asking whether the patient is expected to recover or not.)
3. Ask the doctor: "Is the patient dying at this time?"  
(If the patient is not dying, it would be morally wrong to intend to cause the death of the patient.)
4. Ask the doctor: "Is the patient awake?"  
(If so, you will want to be supportive by discussing his or her condition with the patient and by offering to pray to ask for guidance before a decision is made.)
5. Ask the doctor: "Is the patient in any pain at this time?"  
(You are asking whether pain gives urgency to your decision.)
6. If a decision is needed immediately, err on the side of life, not death. If a decision is not needed momentarily, say, "I need time to talk with my family and/or pastor, and I will call you within \_\_\_\_\_ (length of time)." (You are saying you need the input of others concerned for the patient.)
7. If the situation allows, leave the hospital and meet with your family and pastor at church in a prayerful environment. This distance from the hospital environment sometimes helps you think more clearly. Make sure you tell the nurse you are leaving.

*Written by the Rev. Dr. Richard C. Eyer  
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Concordia University Wisconsin, 12800 North Lake  
Shore Drive, Mequon, WI 53097-2402*

May God be with you and guide you if and when you may need to make such decisions!



**Caps and bag tops from Nature's Touch products and price ovals from boxes of Glazers**

**donuts help earn cash.**

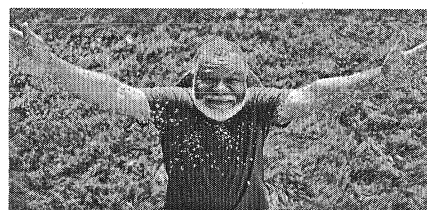
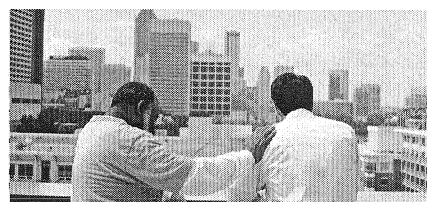
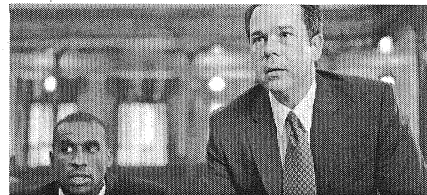
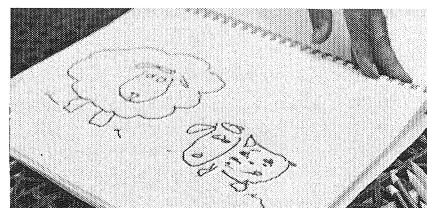
Visit your local Kwik Trip store and collect specially marked MILK MOOLA caps and bag tops found on your favorite Nature's Touch Milk, Orange Juice, Water, and Kwik Quencher products or the price ovals from Dozen or Half-Dozen boxes of Glazers donuts. We will earn 5¢ for each cap or bag top and 10¢ for each Glazers price oval.



## MURPHY'S OTHER 15 LAWS

1. Light travels faster than sound. This is why some people appear bright until you hear them speak.
2. A fine is a tax for doing wrong. A tax is a fine for doing well.
3. He, who laughs last, thinks slowest.
4. A day without sunshine is like, well, night.
5. Change is inevitable, except from a vending machine.
6. Those who live by the sword get shot by those who don't.
7. Nothing is foolproof to a sufficiently talented fool.
8. The 50-50-90 rule: Anytime you have a 50-50 chance of getting something right, there's a 90% probability you'll get it wrong.
9. It is said that if you line up all the cars in the world end-to-end, someone from California would be stupid enough to try to pass them.
10. If the shoe fits, get another one just like it.
11. The things that come to those who wait, may be the things left by those, who got there first.
12. Give a man a fish and he will eat for a day. Teach a man to fish and he will sit in a boat all day drinking beer.
13. Flashlight: A case for holding dead batteries.
14. God gave you toes as a device for finding furniture in the dark.
15. When you go into court, you are putting yourself in the hands of twelve people, who weren't smart enough to get out of jury duty.

**EXPERIENCING  
THE LIFE THAT IS  
TRULY LIFE**



**LIVING  
GENEROUSLY**

**A 5 WEEK  
CINEMATIC JOURNEY  
FROM  
Rhedia**

Wednesdays at 7 p.m.  
(Oct. 9, 16; Nov. 6, 13, 20)  
Sundays at 9 a.m.  
(Oct. 13, 20; Nov. 10, 17, 24)



## OCT. BIRTHDAYS

4 <sup>th</sup>	Joel Koerth	14 <sup>th</sup>	Mary Eickert
4 <sup>th</sup>	Shannon Peter	15 <sup>th</sup>	Debi Polkinghorne
6 <sup>th</sup>	Lon Fels	15 <sup>th</sup>	Seth Riemer
6 <sup>th</sup>	Brenda Geiger	17 <sup>th</sup>	Denise Emmer
6 <sup>th</sup>	Elijah Graf	17 <sup>th</sup>	Karey Schultz
8 <sup>th</sup>	Michael Fels	19 <sup>th</sup>	Craig Scharbarth
11 <sup>th</sup>	Alandra Grenzer	24 <sup>th</sup>	Linda Giese
11 <sup>th</sup>	Michelle Krueger	24 <sup>th</sup>	Abby Krahm
11 <sup>th</sup>	Betty Zarnoth	24 <sup>th</sup>	Leslie Kremer
12 <sup>th</sup>	Deacon Bonick	26 <sup>th</sup>	Myron Peter
12 <sup>th</sup>	Beth Gilbertson	28 <sup>th</sup>	Vanessa Reinke
12 <sup>th</sup>	Grant Propson	28 <sup>th</sup>	Nathan Levash
14 <sup>th</sup>	Jennifer Bowe	29 <sup>th</sup>	Kim Rahn
14 <sup>th</sup>	Mike Cmejla	30 <sup>th</sup>	Bill Schmidt

## ANNIVERSARIES

2 <sup>nd</sup>	Mike & Lois Cmejla
3 <sup>rd</sup>	Hank & Lori Horn
3 <sup>rd</sup>	Todd & Renee Maeder
5 <sup>th</sup>	Pat & Barb Kupsky
9 <sup>th</sup>	Gary & Joan Lemke
17 <sup>th</sup>	Rich & Sandy McWilliams
19 <sup>th</sup>	Gary & Dori Reidy
19 <sup>th</sup>	Tom & Sandi Zahringer
20 <sup>th</sup>	Steve & Norma Latvala
24 <sup>th</sup>	Justin & Andrea Chupita
25 <sup>th</sup>	Hank & Kit Horn
26 <sup>th</sup>	Dwane & Paula Kalies
29 <sup>th</sup>	Mike & Pam Blattner



Please forgive us and politely notify us if an anniversary or birthday is missing from the list. Thank you.

Inherit the Mirth by Cuyler Black



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## AUGUST SCRIP TOTALS

CARD NAME	TOTAL	PROFIT
TARGET	45	0.9
BP	1050	15.75
EXON	325	32.5
KWIK TRIP	1200	108
KOHL'S	950	38
MENARDS	100	3
PIGGLY WIGGLY	125	3.75
SHOPKO	1125	33.75
WALMART	500	12.5
APPLEBEES	0	0
COBBLESTONE	55	2.75
DAIRY QUEEN	25	5
MAC DONALDS	100	4
PIZZA HUT	0	0
RANDY'S	0	0
RL/OG	0	0
RED ROBIN	0	0
SUBWAY	0	0
QDOBA	100	7
SHELL	700	70
COPPS	600	24
ECONO FOODS	2750	82.5
FESTIVAL	300	9
FLEET FARM	100	5
SCHROTH	0	0
WOODMANS	650	32.5
JC PENNEY	0	0
MARRIOTT	0	0
HOME DEPOT	200	8
BUILD A BEAR	0	0
BATH & BODY	25	3.25
REGAL	0	0
BUFFALO WILD WINGS	0	0
I TUNES	0	0
STARBUCKS	0	0
CHAMBERS	0	0
GORDMANS	0	0
GANDER MTN	0	0
MARCUS	0	0
DICKS	0	0
AEROPOSTALE	0	0
TOTALS	11025	501.15

"Do not put off till tomorrow what can be enjoyed today."

- Josh Billings  
The Joyful Noiseletter