



ST. BARTHOLOMEW NEWSLETTER

JANUARY 2018



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

GREETINGS IN THE NAME OF HIM WHO IS THE LIGHT OF THE WORLD!

A Bible teacher had just finished speaking to some businessmen about the Christian's responsibility to be a "light" in the world. He emphasized that believers are to reflect the Light of the world, Jesus Christ.

Afterwards on the businessmen shared with him an experience which he had at home which had impressed upon him this same truth.

He said that he had gone into his basement and found something rather interesting. Some potatoes had sprouted in the darkest corner of the basement. At first he couldn't figure out how they had gotten enough light to grow. Then he noticed that someone had hung a copper kettle from the ceiling near a window. The kettle had been so brightly polished that it reflected the rays of the sun onto the potatoes. He went on to say, "When I saw that, I thought, I may not be a preacher or a teacher with ability to expound scripture, but at least I can be a copper kettle catching the rays of the Son and reflecting His light to someone in a dark corner."

Scripture calls upon us to "choose for yourselves this day whom you will serve" (Joshua 24:15). We can use our gift of time to serve ourselves or we can take the higher road and use the gift of time in service to others and to our church.

When we take that higher road, our light will shine before all people. Stay on that road although at times it may be rocky and steep. Be committed in such a way, that all who you meet will see the glory of God reflected in your life. (Adapted from "Stewardship," Jan. 2000)

In the Epiphany season, Jesus is made known by the Wise Men as the "light to lighten the Gentiles." In other words, He is revealed as the Light of the world. May each of us be reflectors of that Light to all with whom we come into contact.

let
your
light
Shine

Together in Christ,

Pastor Krueger

Sharing, Believing, Living, Caring

FINANCIAL REPORT SUMMARY

November 2017

Year-to-date Income: \$149,589.45
 Year-to-date Expenses: \$158,842.28
 Year-to-date Budget: \$146,520.00

+ + +

SPECIAL FUNDS CONTRIBUTORS

Electronic Church Sign

Harlen Krahn in memory of Phyllis Krahn



**New Member
Haley Graef**

KINGDOM WORKERS - JANUARY

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

Ushers (Wednesdays): Roger Bladow, Bob Behnke
 (Sundays): Tim Pope, Evan Pope

Altar Guild: Debbie Kamps, Nancy Davidson

Acolytes: Jan. 7 - Hilary (light entire wreath)
 14 - Meghan
 21 - Ashley
 28 - Spencer

Blessings to All,

Thank you for your continued support and hearing the cry for the poor!

Happy Holidays,

Sara Ramos

Church, School & Community Development Coordinator

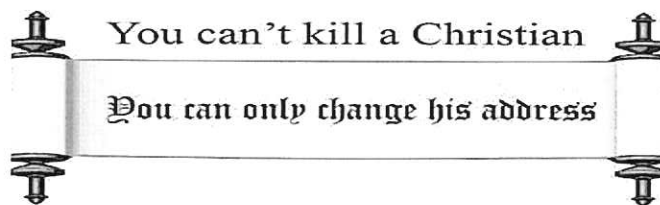


FOOD FOR THE POOR

Saving Lives... Transforming Communities... Renewing Hope

November Scrip Totals

CARD NAME	TOTAL	PROFIT
Amazon	50	1.25
Bakkheia	80	4.00
Barnes & Noble	25	2.25
Bath & Body Works	50	6.50
BP	800	12.00
Buffalo Wild Wings	25	2.00
Cabelas	50	5.50
Cobblestone	50	2.50
Dairy Queen	3	0.60
Deer Run	50	5.00
Econo	2675	80.25
Exxon	225	22.50
Festival	650.00	19.50
Fleet Farm	275.00	13.75
iTunes	15	0.75
Kohls	600	24.00
Kwik Trip	975	39.00
McDonalds	35	1.40
Menards	25	0.75
Piggly Wiggly	250	7.50
Red Robin	50	4.50
Roundy's	25	1.00
Shell	450	45.00
Shopko	400	20.00
Starbucks	70	4.90
Subway	50	5.00
WalMart	1050	26.25
Woodmans	600	30.00
TOTALS	9603	387.65



ST. BARTHOLOMEW MISSION STATEMENT

Sharing the Good News of salvation with others
 (Matt. 28:19)

Believing in Jesus as our Savior (John 3:16)

Living our faith in what we say and do (James 2:18)

Caring for those in need (1 Peter 3:15; Mark 10:45;
 Eph. 4:28; 1 John 3:17)

SHARING, BELIEVING, LIVING AND CARING

Thank You

Thank you to Harlen Krahn for the very gracious gift of our new outdoor church sign in memory of his wife, Phyllis Krahn. The new sign will be a wonderful blessing to the congregation. It is interesting to note that the original church sign was donated in memory of Phyllis' father, Edmund Krueger.

Kris and I would like to thank everyone for the cards and gifts that we received during the Christmas season. They are greatly appreciated. Thank you to the congregation for the monetary gift. May the celebration of our Savior's birth bring joy and peace into your lives now and always! Thank you!
Pastor and Kris

Thank you to Millie Behnke for setting up the Earl and Mildred Behnke Youth Fund. This endowment fund will help support youth activities and pastoral training for years to come.

Thank you to Bob Schultz of Bob's Classic Restoration & Auto Body for all the work he has done to refurbish our camels and wisemen. The work is now complete. Be sure to thank Bob when you see him.

Thank you to Christmas tree sellers and those who helped organize it. The proceeds will go towards providing a house for a family in a third world country. Extra proceeds will help Nicole Wittmann on her mission trip.



If you would like to have a prayer sent on the Prayer Chain, please contact any one of the Prayer Chain members:

Judy Baer	756-2696
Renee Bonick	(920) 296-9164
Sue Detert	756-3439
Ralph & Sandy Haberland	(920) 524-2016
Kris Krueger	756-3912
Jean Peter	(920) 875-0164
Faith Sonnabend	756-2779
Joan Zutz	756-2501

All requests will remain strictly confidential!

Address, Phone, or Email Changes?

We will be updating our church directory soon and need any changes you may have had recently in your address, phone, or email.



We will soon have sheets on the table in the narthex for you to make these updates as well.

Society of St. Vincent DePaul
Holy Family Brillion Food Pantry
1100 W. Ryan Street, Brillion WI 54110-1074

*Merry Christmas
Happy New Year!*

December 20, 2017

St Bartholomew Lutheran Church
105 Horn Street
Brillion WI 54110

Dear Friends,

We're sending a big "Thank You" for all you do throughout the year to support the Brillion Food Pantry and the clients we serve. We have received food from your church members throughout the year, which is all distributed at no cost to many needy families in our area. Our clients are all very thankful for your generosity. God bless you!

Your kindness helps us to accomplish our mission, which is to respond to the Christian calling to find the forgotten, the suffering or the deprived, so we may bring them Christ's love. We couldn't do this without the support of all our very generous benefactors.

Gratefully,

Julie Vondrachek
St. Vincent dePaul

Who Knew?

Who knew a King had been born in Bethlehem? Two loving parents, of course. Maybe an innkeeper and his family. Maybe even their near neighbors. The birth announcement was given to just a few: some shepherds in a field with their flocks. Shepherds *"filled with fear"* who nonetheless gathered their wits about them and said, *"Let us go over to Bethlehem and see this thing that has happened, which the Lord has made known to us."*

"Wise men from the east" knew, or had a pretty good idea, at least, and they went to see also, traveling a long distance. They stopped in Jerusalem, the logical place to find a King. There they ran into Herod and asked their question, for, after all, wouldn't the man in charge know? *"Where is He Who has been born king of the Jews? We saw His star . . . and have come to worship Him."* Herod didn't know, but he wanted to find out. *"Go and search diligently for the Child, and when you have found Him, bring me word,"* (and then he added a lie, for the thing he was beginning to know was causing him great fear and distress) *"that I too may come and worship Him."*

On the wise men went, both following the star and the information the *"chief priests and scribes"* had imparted. Arriving in Bethlehem, the wise men *"saw the Child with Mary His mother, and they fell down and worshiped Him. Then, opening their treasures, they offered Him gifts gold and frankincense and myrrh."* Now they knew for sure. One look, and they knew.

They had been dependent on the Holy Spirit throughout their journey. Now they depended on His word to them *"in a dream not to return to Herod, and they departed to their own country by another way."*

We know, too, because that same Holy Spirit has imparted faith to us by God's Holy Word. The Apostle Paul tells us that God has *"highly exalted that Child and bestowed on Him the name that is above every name, so that at the name of Jesus every knee should bow, in Heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord to the glory God the Father"* (Philippians 2:9-11).

Who knew? More important, who knows? Whom have you told?

(Quotes taken from Luke 2 and Matthew 2)

PENNIES FOR LIFE

To help us in our right to education, Lutherans For Life of Wisconsin would like to ask you to donate one penny for each year you've been alive. For most of us, this is less than the cost of a coffee or soda.



Just as all of our individual voices can join together to defend the precious lives God has created, our pennies can be combined together to help fund the organization that helps defend life.

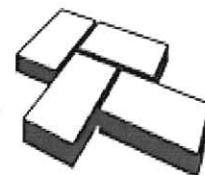
Your pennies may be deposited in the jar in the narthex throughout the month of January. Please do not put in junk pennies or Canadian coins in the jar.

VOTER'S MEETING

January 28, 2018

8:00 a.m. in the Fellowship Hall

PAVERS



If you would like to place a paver in our Memorial Garden, pick up a form in the church office or literature rack. Cost is \$25 each.

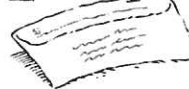
You can purchase a paver in memory of or in honor of someone or some event.

We only place one order during the year so be sure to order now. Deadline is April 9th, 2018.



On January 7th right after the worship service, we will be taking down the outdoor Nativity display as well as the Christmas trees and indoor church decorations. We would appreciate any help you can offer. Thank you.

Offering Envelopes



If you didn't receive a box of offering envelopes for 2018 and need one, please contact the church office.

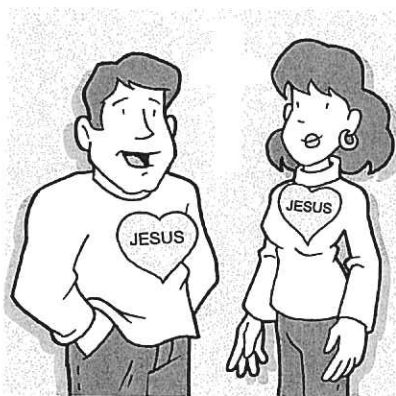
Living Generously

The purpose of this newsletter is to share God's Word so that our members will better understand who we are to be and what we are to do in the light of the Scriptures. It is our hope that this monthly publication will help you grow in your relationship with the Lord and as a Christian steward.

Happy New Year!

Where Is Your Heart?

Jesus said, "For where your treasure is, there your heart will be also" (Matthew 6:21). Your treasure is the thing that is most important to you. Maybe it's your job, investments, a new house, or a new car, your spouse or children. Regardless of your particular passion, your treasure is what you think about, what you go after, what you want to attain. It's where your heart is.

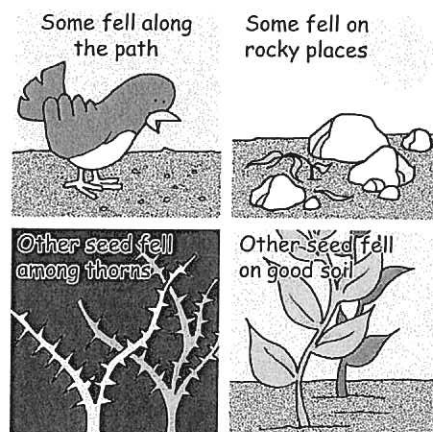


God wants us, His stewards, to treasure Him and hold our time, talents, and treasures with open hands. If you are unwilling to part with earthly goods your treasure isn't God.

When God is your treasure, He will receive from you a generous amount of all that you possess.

Condition of Your Heart

In the Parable of the Sower (Luke 8:5-15), Jesus describes four different conditions of the soil, which represent conditions of the heart. "A sower went out to sow his seed. And as he sowed, some fell along the path and was trampled underfoot, and the birds of the air devoured it" (Verse 5). The birds represent Satan who comes and takes away the Word from our hearts. Continuing the parable, Jesus said, "And some fell on the rock, and as it grew up, it withered away, because it had no moisture. And some fell among thorns, and the thorns grew up with it and choked it. And some fell into good soil and grew and yielded hundredfold" (Verses 6-8).



Two other types of hardened hearts are represented in this parable. There is the shallow heart that doesn't allow God's Word to take root and the other heart that is choked by life's worries, riches and pleasures. However, there is also good soil which represents a good heart, which hears the Word, retains it, remains faithful, and bears fruit.

Jesus Accepts and Perfects our Gifts

As sinful people, we are incapable of giving God what He deserves from us. However, we can be confident that our gifts are acceptable to God through Jesus. To illustrate this point, a story is told about a wood-carver who early in his life was a renowned carver. He passed on his craft to his son. Later in his life, the old man's eyes began to dim, and his hands began to tremble. He could no longer carve the perfect figures of his youth. He would mar the figure, and imperfections blighted his work. His fading eyes could no longer see the flaws.

"Giving satisfies the soul, edifies the church, and magnifies the Lord."
(Stephen Olford)



During the night, as the father was sleeping, the son would sneak down and correct his father's flaws in the newly carved wood. When the figures passed through the hands of the son, they were made perfect again.

In the same way, we may bring our imperfect gifts with the confidence that, as they pass through the hands of Jesus, they will all be placed before the Father in absolute perfection.

Developing an Unselfish Character

Scripture says, "*Do not be conformed to this world...*" (Romans 12:2). The pattern of this world is to acquire and to hold on to material things. Romans 12:2 continues, "*But be transformed by the renewal of your mind.*" This transformation is brought about in you, the believer, through your relationship with the Holy Spirit, Who, through Word and Sacrament, renews your mind so that, instead of following the pattern of the world, you seek to follow your Savior. Like Jesus Who emptied Himself of equality with God (Phil. 2:6), let us empty ourselves of the desire to acquire and hoard. This way of life leads only to misery, not self fulfillment. Like Jesus, let us give freely, even sacrificially.

1 Timothy 6:18-19 exhorts, "*They are to do good, to be rich in good works, to be generous and ready to share, thus saving up treasure for themselves as a good foundation for the future, so that they may take hold of that which is truly life.*" Life that is truly life belongs to those who are unselfish givers. Giving is an indicator of your unselfishness and an outward litmus test of the inner condition of your heart.

The astonishing thing is that, in God's economy, the more you give, the more you have left to give. Because God replenishes you, your giving can be a daily and a lifetime activity. "*You will be enriched in every way to be generous in every way, which through us will produce thanksgiving to God*" (2 Corinthians 9:11).

A little girl exclaimed, "Poor Jesus!" when her mother told her that she had to give only one dime of her ten-dime allowance. May you acquire the same unselfish attitude as the little girl when you come to the Lord with your offering.

Blessings as you Live Generously!

WORSHIP SERVICE CANCELLATION

In the event of bad winter weather conditions, please tune into radio station Y100 100.3 FM for any worship service cancellations.



Members will also be notified via email, so if you have a recent email change, please make sure the church office is aware of it.

ADULT INFORMATION CLASS



Begins January 4th at 6:30 p.m. If anyone is interested in joining our congregation from a non-Lutheran background or is interested in learning the basics of our beliefs as Lutherans, contact Pastor Krueger.

Humor for the hard times

An outspoken unbeliever was lecturing a group on the folly of religious faith in general and the Christian faith in particular. At the close of the presentation, the speaker invited people to respond with any questions they might have.

In the audience was a man who had been converted to Christ. In response to the invitation, he came up front, took out an orange, peeled it, and ate it without comment.

The speaker asked if he had a question for him. After downing the last piece of orange, the man turned to the speaker and asked, "Was the orange I just ate sweet or sour?"

Angrily, the speaker replied, "You idiot, how can I know whether it was sweet or sour when I never tasted it?"

To this the convert retorted, "And how can you know anything about Christ if you have not tried Him?"

— Joan Pfister

St. Michael Lutheran Church
Portage, MI

JANUARY



JANUARY BIRTHDAYS

1st	Becky Krahn	21 st	Jeff Schlender
4 th	Julie Boldt	24 th	Renee Bonick
4 th	Amber Lau	24 th	Nicole Gifford
5 th	Nathan Delvaux	24 th	Randy Rahn
8 th	Brian Krahn	26 th	Sam Gustafson
9 th	Andrea Chupita	26 th	Nicole Koerth
9 th	Kerry Kuehl	26 th	Joan Zutz
13 th	Janet Kalies	28 th	Alan Klepps
16 th	Caleb Delvaux	28 th	Robert Reamer
17 th	Diane Buboltz	29 th	Ashley Bowe
18 th	Mattea Schlender	31 st	Bill Drumm
20 th	Lauren Polkinghorne	31 st	Chris Levash

ANNIVERSARIES

3rd Craig & Jamie Moline

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

Newsletter

If you would like a hard copy of the church newsletter, please contact the church office and we will put one in your church mailbox each time it is printed.

RECIPE FOR A HAPPY NEW YEAR

2 cups of Friendship	3 spoons of Tenderness
4 cups of Love	5 spoons of Hope
2 cups of Forgiveness	6 quarts of Faith
3 cups of Loyalty	2 barrels of Laughter

Take Friendship and Love and mix them with Tenderness. Blend thoroughly with Loyalty; add Hope and Faith. Sprinkle with Forgiveness. Serve daily with abundant Laughter.



CHRISTIAN RESOLUTIONS FOR THE NEW YEAR

During the new year I will:

Like Paul, forget those things which are behind and press forward.

Like David, lift my eyes to the hills from which my help comes.

Like Abraham, trust implicitly in my God.

Like Enoch, walk in daily fellowship with my heavenly Father.

Like Jehosaphat, prepare my heart to seek God.

Like Moses, suffer rather than enjoy the pleasures of sin for a time.

Like Daniel, commune with God at all times.

Like Job, be patient and faithful in all circumstances.

Like Caleb and Joshua, refuse to be discouraged because of superior numbers.

Like Joseph, turn my back on all evil advances.

Like Gideon, advance even when my friends are few.

Like Aaron & Hur, uphold the hands of my pastor and the leaders of my church with prayer and support.

Like Andrew, strive to lead my brothers and sisters to Christ.

Like Stephen, express a forgiving spirit toward all who seek my hurt.

And, realizing that I cannot hope to achieve these objectives by my own strength, I shall rely upon the power of God, for "I can do all things through Christ who strengthens me."

2017 GIVING RECORDS

If we have an email address for you, you will receive your 2017 giving record electronically. If you need a hard copy, please contact the church office and we'll be happy to print one for you. For those we do not have email addresses, you will receive your giving record in your church mailbox by the week of January 7th.



We have several special funds set up at St. Bartholomew that you may like to contribute to for memorials, gifts, etc. or in addition to your regular contribution.

If you would like to contribute to any of the following funds, place your contributions in an envelope and mark it with your name and envelope number as well as the name of the Fund you want it to go toward or you may use the specially marked envelopes in the literature rack.

These funds include: Concordia Scholarship
Hearing Loop
Chancel Lights
Landscaping
Banners



G Go to God in Prayer Each Day

R Read the Word of God Each Day

O Obey the Word of God Each Day

W Witness for Jesus Christ Each Day



Burn Calories During Your Day

God created your body so that it requires a certain number of calories as fuel to keep your heart pumping, your brain thinking and your body functioning. We face food temptations every day so it's easy to consume more calories than we need. Before long, those extra calories turn into extra weight.

Engaging in regular aerobic exercise – such as walking – is an efficient way to burn extra calories, but for most people, that 30-60 minute workout is only a small portion of the day.

Here are a few ways to increase your calorie burn all day long:

- Add more lean muscle mass through strength training to help you burn calories even while your body is at rest. According to the American Council on Exercise, one pound of muscle burns seven to 10 calories per day, while one pound of fat burns only two to three calories.
- Don't severely restrict your calorie intake. If your body doesn't get the minimum required amount, God designed your body so that it avoids starvation by slowing your metabolism. You'll actually find it harder to maintain or lose weight if you drastically cut calories.
- Avoid sitting during your day. Stand as often as you can and walk for at least five minutes out of every hour you spend sitting.
- Limit alcohol. You burn less fat because the alcohol is used as fuel instead.
- Eat protein instead of carbohydrates or fat. Protein meals make you burn slightly more calories during digestion.
- Drink water. Being dehydrated can cause a drop in your metabolic rate. In a German study, drinking water throughout the day caused metabolic rates to increase by nearly 30 percent.
- Practice the tried-and-true basics: park further from entrances and events, and take the stairs whenever possible.

Source: www.nbcnews.com and Livestrong.com

Lighten the Load for Improved Health

TV shows such as *The Biggest Loser* can provide motivating entertainment, but those shows also can create unrealistic weight-loss expectations. The true reality is that you don't have to get frustrated trying to lose hundreds of pounds. Instead, losing just 5 percent of your body weight (10 pounds for a 200-pound person) can greatly improve a number of health problems. For example, losing 10 pounds:

- Relieves 40 pounds of pressure on your knees and other lower body joints. The result is less wear on your knees and reduced inflammation on your joints.
- Delays or even prevents Type 2 diabetes. If you already have Type 2 diabetes, the weight loss can help reduce your medication usage, control your blood sugar, and lower your odds of the diabetes leading to other health problems.
- Lowers your Triglycerides helping you reduce your risk for a heart attack or stroke.

Eases blood pressure.

- Stops sleep apnea. One of the results of being overweight is the extra tissue that can develop in the back of your throat. When you relax and fall asleep, that extra tissue can drop down into your airway making breathing more difficult. Losing weight can lead to losing the breathing devices that treat sleep apnea.

The two tried and true methods that can assist you in losing weight are controlling what you eat (managing portion sizes) and being more active.

Sources: *Harvard Health Publications and WebMD*

Did You Know

No matter how poor your current level of fitness, you can start an exercise routine and become fitter and healthier at any time.

Preparing Your Retirement Recipe

Retirement preparations require certain ingredients to make the recipe complete – some of which most people don't consider. While financial security is regarded by many as the most important, that's not necessarily true.

In a recent Merrill Lynch study of retirees, 81 percent ranked physical health as the most important ingredient for a happy retirement compared to 58 percent who said it was financial security. The study confirms what financial advisors have known for some time: you may have the financial means for retirement, but the enjoyment factor can be greatly enhanced by the physical ability to go places and do things with those finances.

Another central ingredient is having a plan for what you will do with your time while retired. Those happiest in retirement tend to be retirees who volunteer their time, pursue hobbies, travel, or even work part-time (with a job of their choosing).

A final ingredient is the social connectivity associated with all of those activities. Studies show that the risk of depression can greatly increase after retirement (up to 40 percent) due to loneliness or boredom.

As you plan for retirement, consider starting these habits that you can carry into your sunset years:

- Begin or continue an exercise routine – such as walking – several mornings or evenings each week.
 - Regularly schedule get-togethers with family and friends.
 - Attend a week-day Bible study at your church.
 - Explore new hobbies or resurrect some old ones.
 - Get involved in your church and community service projects to cultivate new friendships.
 - Enroll in classes to develop a new skill or hobby.
- Source: The Week*

Help to Avoid Heart Attacks

You may be aware of the more common risk factors that increase your likelihood for a heart attack, such as smoking, high blood pressure, lack of exercise, excessive alcohol use and being overweight. You may not be aware of the lesser known risks that can also increase the possibility of a heart attack. Being mindful of the following risks helps you be on guard to either lessen their impact, or avoid them all-together:

- **Sudden, strenuous exertion:** Shoveling snow, carrying heavy items or over-exerting yourself playing a sport can lead to a heart attack, especially if you aren't used to exercising or already have heart disease risk factors.
 - **Strong emotions.** Intense anger or grief can cause a heart attack. Those extra-ordinary bursts of emotion can trigger a sudden increase in heart rate and blood pressure; although, a heart attack is more likely to happen to people who already have heart disease or strong risk factors for it.
 - **Extreme cold.** Exceptionally cold weather can cause arteries to constrict leading to a sudden increase in blood pressure. The combination of constricted arteries and physical exertion (such as shoveling snow), can cause a heart attack. Every year, more than 11,000 people will end up in the emergency room after shoveling snow, but only seven percent of them will actually have heart disease.
 - **Eating a large meal.** For people who already have heart disease, overeating and having that overly-stuffed feeling can trigger a heart attack. A study found that the risk of a heart attack jumps four times in the two hours after eating a large meal. Here are two reasons why that can happen:
 - o Large, fatty meals raise adrenalin levels which can increase blood pressure, heart rate, or create an abnormal heart rhythm.
 - o Digesting a large meal causes the heart rate to increase because of the increased demands from the digestive system.
 - **Having other related medical conditions.** You may not have heart disease, but you may have another medical condition that adds to your heart attack risk. Such conditions include:
 - o Rheumatoid arthritis, lupus, or any other disease which can cause inflammation in the blood vessels.
 - o Gestational diabetes.
 - o Sleep apnea.
- If you suspect you are a candidate for heart disease, or would like to reduce your heart-health risks, see your physician. *Source: Cleveland Clinic and ABC News*

(The articles above are from "Better Health,"
Winter 2017 issue)