



ST. BARTHOLOMEW NEWSLETTER

SEPTEMBER 2020



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

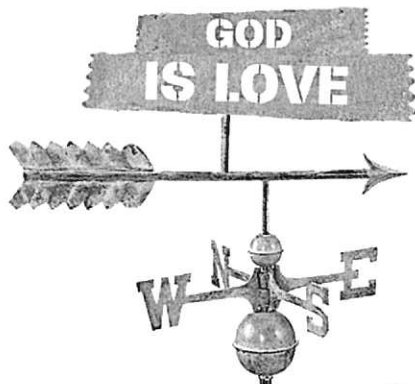
GREETINGS IN THE NAME OF CHRIST OUR SAVIOR!

A pastor visited a member of his congregation who was a farmer. He noticed that the farmer had a weathervane on top of his new barn with the inscription, "God is love." "What do you mean by putting those words on your weathervane?" he asked. "Do you mean that God's love is as changeable as the wind?"

"Oh, no, just the opposite," the farmer replied. "I mean that God's love is the same no matter which way the wind blows."

Very likely the farmer had in mind the verse from Hebrews 13:8 which reads, "Jesus Christ is the same yesterday and today and forever." This is a good verse for all of us to remember. Maybe we've had some disappointing things happen that can make us doubt God's love for us. Maybe things are not going well at work. Maybe one or more of your children are going through difficult times. Maybe someone we know has died. Maybe we are at our wits end with all this pandemic stuff. Life can be very confusing and frightening. Sometimes it's hard to admit to another person that we're concerned that we don't "have it all together." God knows, and His love for us remains constant even though our emotions may run from very high to very low.

As painful as some of these experiences are, we can really learn from them. Best of all, they serve to help us mature in faith. Furthermore, they teach us about other people. If we have these problems, shouldn't we think others may too, even if they don't talk about them? The Apostle Paul knew what it was like to have problems, and he found a purpose in them: "Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God" (2 Cor. 1:3-4). First, we should praise God for the comfort He gives us. He is the Father of all mercies! Then, Paul says, we should comfort others just as God has comforted us. How can we do this? By listening, by being patient when friends don't act as they should as a result of their emotional pain, and, most of all, by sharing our experience with them and telling them of the comfort God brings. Doing these things is practicing good stewardship of the gifts God has given us. God will help us keep our eyes on Him instead of our circumstances, and He will help us to place our trust in Him.



Together in Christ,

Pastor Kueger

Sharing, Believing, Living, Caring

FINANCIAL REPORT SUMMARY

May 2020

Year-to-date Income: \$88,380.56
 Year-to-date Expenses: \$67,121.74
 Year-to-date Budget: \$69,680.00

June 2020

Year-to-date Income: \$99,645.69
 Year-to-date Expenses: \$82,237.60
 Year-to-date Budget: \$83,616.00

July 2020

Year-to-date Income: \$110,008.61
 Year-to-date Expenses: \$93,096.32
 Year-to-date Budget: \$97,552.00

+ + +

SPECIAL FUNDS CONTRIBUTORS

Landscaping Fund

Gary & Joan Lemke
 Janet Kalies, in memory of Wally Sonnabend

+ + +

BAPTISMS

Hadley Elizabeth Boldt 6/14
 Rhett Jacob Lamers 8/09

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



LADIES AID

Ladies Aid will not meet in September due to the coronavirus. Please watch

bulletins and newsletters for next meeting.



Welcome!



Hadley Elizabeth Boldt
 Baptized 6/14/20



Rhett Jacob Lamers
 Baptized 8/9/20

ELDER GROUPS

(A-G) Keith Polkinghorne 756-2370
 (H-M) Tanner Behnke (920) 427-6201
 (N-Z) Ron Detert 756-3439

KINGDOM WORKERS - SEPTEMBER

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

Ushers (Wednesdays): Ralph Haberland, Pete Kittel
 (Sundays): Bryan Krepline, Duane Loose

Altar Guild: Faith Sonnabend, Renee Bonick

Greeters: September: Norma Latvala, Renee Bonick

Acolytes: Sept. 6 - Addison
 13 - Emma
 20 - Kelvin
 27 - Simon

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.

King David's Example of Giving

In 1 Samuel 13, the prophet Samuel comes to Saul to reprimand him for his rebellion against the Lord. He tells him that, because of his disobedience, he is going to be displaced by David: *"The Lord has sought out a man after His own heart, and the Lord has commanded Him to be prince over His people"* (1 Samuel 13:14).

David's life started out as an innocent but brave shepherd boy who became the mighty warrior who killed the giant Goliath. After years of hiding from his enemy, Saul, he finally took the throne and began a glorious reign – a reign marred by the sins of adultery and murder. Yet he was *"a man after God's own heart"* (1 Samuel 13:14). This shows how utterly God forgives our sin. When we repent of our sin and receive His forgiveness, He even forgets our sin and continues to use us in His Kingdom.

David wanted to serve God by building Him a temple, but God, through Nathan, the prophet, said no. David found another avenue to serve his Lord; he began amassing his great wealth and making preparations so that his son Solomon could do the construction. David continued to the end of his life using the gifts God had given him –

gifts of incomparable wealth, organization and administration, and leadership which provided an example for others leaders to continue to help Solomon even after David was dead.

From David we learn that, even when we fail, God can pick us up and use us. We also learn that when God says no to one way of serving Him, God will open the door to another venue of service. In the same way that the deeds of David honored the Lord long after he was gone, our deeds will be remembered by others long after we're no longer on earth. Our good deeds will also be an encouragement to others to do good works and will be reason for praise to be given to God.



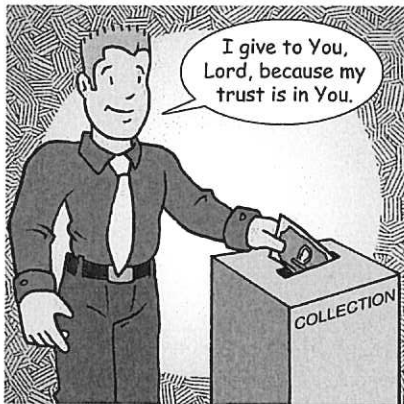
Receiving and Giving

There is a phrase that states, "The mind grows by what it takes in—the heart grows by what it gives out." Interestingly, stewardship involves both taking in and giving out. What God gives us, we are to receive graciously and thankfully. Recognizing that the many God-given gifts

we receive can be used to further God's kingdom, we give generously (2 Corinthians 9:11). God gives so we can give. Thus, the cycle continues: God gives, we receive, we give, and God replenishes.

Faith Determines the Amount

Every year each of us will ask ourselves the stewardship question, "What percentage of my income will I give?" Our faith will set the percentage. Jesus said, *"I tell you the truth, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there' and it will move. Nothing will be impossible for you"* (Matthew 17:20-21). Giving is more a faith issue than a financial one. Many individuals and/or households enjoy a good income but lack the faith to release it.



We need a faith that dares to sacrifice. Can we be called generous givers when our giving does not cause us to do without at least one single purchase or event? Are we not willing to give a sacrificial percentage to God's Kingdom? God does not ask us to give things up just for the sake of giving something up, but He does ask for meaningful self-denial that characterizes our whole lives.

As we answer the question of what percentage or proportion to give, we may want to consider God's arithmetic: \$10 minus \$1 for Jesus equals \$10+! For unbelievers, this arithmetic does not make sense, but Christian givers who have given proportionately have experienced true spiritual arithmetic. Many have discovered to their delight that the remaining part of their incomes goes even further after they have given generously of their firstfruits. Proverbs 11:25 reads, *"A generous man will prosper; he who refreshes others will himself be refreshed."* St. Paul made a similar statement: *"Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously"* (2 Corinthians 9:6).

Whether God gives us much or little, we are called by faith to give generously.

Seeking God's Approval

As our relationship with Jesus grows, our desire for recognition or applause from others becomes less important. Through the working of the Holy Spirit, we are able to resist the temptation to attract attention to ourselves. Instead, we desire God's attention and approval. Knowing our Lord wants our good deeds or acts of righteousness done in secrecy, we do things without seeking praise from others.

"The world asks, 'What does a man own?' Christ asks, 'How does he use it?'" (Andrew Murray)

A fine is a tax for doing something wrong.
A tax is a fine for doing something well.

Blessings as you Live Generously!



The first day of Sunday school will be September 13th at 8:15 a.m. Join us for another fun year!

2020-21 SUNDAY SCHOOL STAFF

S.S. Superintendents

Amanda Zoellner & Becky Krahn

Teachers

Tanner Behnke, Kayla Krahn, Megan Boldt & Krystal Nenahlo

We are doing Sunday School a little different this year. We are going to do Sunday school in the fellowship hall so we can social distance the children. We do ask children who are 5 and older wear masks. The teachers will also be wearing masks.

St. Bartholomew has several special project/memorial funds set up to contribute toward.

These funds include:

- Landscaping
- Hearing Loop
- Concordia Scholarship Fund
- Debt Retirement
- Banners



If you would like to contribute to any of the above funds please place your contribution in an envelope and mark it with your name and envelope number as well as the name of the fund you want the contribution assigned to. You may also use the specially marked envelopes in the literature rack.

PRODUCE TABLE



The table in the coat room for extra garden produce will continue to be set up during the Fall months. Items may be left on or taken from the produce table throughout the growing season.



MILITARY BIBLESTICK

July 1, 2020

Dear Pastor Krueger,

Please accept our gratitude and deep appreciation for your support of our troops through the Military BibleStick. Your church is a testament to sacrificial giving. Providing our brave men and women in uniform with the gift of God's Word in audio is a blessing that will bring them peace, comfort and spiritual protection as they put themselves in harm's way while serving our country.

It's clear that you are making a difference in the lives of our troops. And thanks to your generosity, many more will now be blessed with their very own BibleStick!

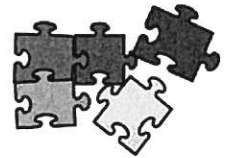
Again, thank you for standing with us in partnership to bring the comfort of God's Word to our military heroes.

Your Servant in Christ,

Morgan Jackson
Senior Vice President

PUZZLE EXCHANGE

The puzzles have all been placed on shelves in the first room on the left-hand or east side past the hallway to the Fellowship hall. Feel free to take one or two home to work on. If you have any puzzles you'd like to donate, please make sure all the pieces are in the box and just place them in that room. Thank you.



From Rev. Paul Lintern, Lutheran pastor in Mansfield, OH:

"Homeschool, Day 1: Wondering how I can get this kid transferred out of my class."

"Many parents are about to discover the teacher was not the problem."

"I wonder if God got so mad about all of our fighting down here that He sent us to our rooms?"

JUNE SCRIP TOTALS

CARD NAME	TOTAL	PROFIT
Amazon	25	0.63
BP	450	6.75
Dairy Queen	25	5.00
Deer Run	100	10.00
Econo	1200	36.00
Exxon	150	7.50
Festival	250	7.50
Fleet Farm	150	7.50
Kwik Trip	225	9.00
McDonalds	10	0.40
Menards	150	4.50
Piggly Wiggly	300	9.00
Shell	150	7.50
Target	50	1.25
WalMart	500	12.50
TOTALS	3735	125.03

Appreciation



Thank you to Carolyn Bladow & Sue Juno for taking care of all the plants (both indoors & outdoors) during the summer as well as weeding the

flower garden around the church sign.



ADULT INFORMATION CLASS

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 (756-3031) so a class can be set up beginning in September.



MAY SCRIP TOTALS

CARD NAME	TOTAL	PROFIT
BP	200	3.00
Dairy Queen	5	1.00
Econo	1300	39.00
Exxon	100	5.00
Festival	200	6.00
Kwik Trip	200	8.00
Piggly Wiggly	50	1.50
WalMart	150	3.75
TOTALS	2205	67.25



Prayer Chain

A prayer request may be made to any member of the prayer chain. If you are requesting a prayer for someone, let the person know so that they are aware and respect their wishes if they do not want the request given to the prayer chain.

- Judy Baer 756-2696
- Florence Behnke (920) 418-4315
- Renee Bonick (920) 296-9164
- Sue Detert 756-3439
- Lori Fels (920) 639-3792
- Rhonda Geiger (920) 371-7375
- Ralph & Sandy Haberland (920) 524-2016
- Kris Krueger 756-3912
- Faith Sonnabend 756-2779
- Diane Zickert (920) 841-8951
- Joan Zutz 756-2501



PRAYER CHAIN MINISTRY

“This is the confidence that we have toward him, that if we ask anything according to his will he hears us” (1 John 5:14)

Reduce Your Heart Disease Risk

Every year roughly 650,000 people in the United States die from heart disease. Those numbers don't have to be that high: research has shown that people at the highest risk for heart disease can lower their risk by taking preventive measures.

The American Heart Association calls the preventive measures "Life's Simple 7." You don't even have to meet all seven - if you can check off at least five of the criteria below, you have a 78% reduced risk for heart-related death compared to not meeting any of them:

1. **Be physically active.** Our bodies were created to move. Walking 10-15 minutes a day is a good start.
2. **Eat a healthy diet.** Include fruits and vegetables and cut back on processed foods high in added sugar, white flour, and preservatives.
3. **Don't smoke anything.** Our lungs weren't created to be filled with chemical-laden smoke or aerosols.
4. **Maintain a healthy weight.** For men, try to get your waist circumference less than 40 inches. For women, try for less than 35 inches.
5. **Keep blood pressure numbers in a healthy range.** Less than 120/80 mm Hg is ideal.
6. **Maintain healthy cholesterol numbers.** Aim for your LDL ("bad") cholesterol level to be less than 100 mg/dL. (Levels of 100 to 129 mg/dL are acceptable for people with no health issues.) Shoot for an HDL ("good") cholesterol level of 60 mg/dL or higher.
7. **Keep healthy blood sugar numbers.** Ideally you want your fasting blood sugar level to be less than 100 mg/dL or your hemoglobin A1c less than 5.7%.

If you have heart disease or are concerned about your risk, Concordia Plan Services is here to help you meet the "Simple 7." For example, Vitality can motivate you to exercise more; Naturally Slim helps with healthier eating; Omada, Naturally Slim, and Virta can help you lose weight.

Finally, you can always find out about your numbers (blood pressure, cholesterol, blood sugar) by having a biometric screening. Go to www.ConcordiaPlans.org and click on the Wellness tab for information.

Source: American Heart Association

Prayer Tops Pinot

During anxious times when you need to relax, consider wrapping your hands in prayer versus wrapping them around the neck of a bottle of wine.

Research suggests that prayer can calm your nervous system, make you less angry and make you less reactive to negative emotions.

One study found that people who pray 20 minutes a day experienced greater reductions in anxiety and stress. Researchers found that participants felt a sense of emotional support and a connection to God – someone that had more power than them and who was actually in control. That same study found that prayer was more beneficial than meditation.

Source: The Week

Boost Your Immune System with Food

Feeding your body certain foods may help keep your immune system strong. That's why a trip to the grocery store, not the drug store, should be a priority for the prevention of a cold and the flu.

Here are some of the most common, easy to find, and easy to eat immune system booster foods:

Citrus fruits: Almost all citrus fruits are high in vitamin C. Vitamin C is thought to increase the production of white blood cells, which are key to fighting infections. A juicy orange or clementine makes a great snack or dessert after a meal.

Keep in mind, your body doesn't produce vitamin C on its own, so you need daily vitamin C – preferably by consuming fruits, not pills. The recommended daily amount for most adults is 75 milligrams (mg) for women and 90 mg for men. You'll also want to avoid overdoing it and consume no more than 2,000 mg a day.

Red bell peppers: Use them in fajitas, add them to salads, chop them up in scrambled eggs. A cup of chopped red bell pepper contains nearly three times more vitamin C than an orange. Red peppers also promote eye and skin health.

Broccoli: Broccoli is one of the healthiest vegetables you can put on your plate as it contains vitamins A, C, and E, as well as fiber and other antioxidants. Steaming is the best way to keep more nutrients in the broccoli.

Spinach: Spinach contains vitamin C along with antioxidants and beta carotene, both which may increase your body's infection-fighting ability. Add spinach to a salad or homemade smoothie.

Yogurt: Yogurt is a great source of vitamin D which regulates the immune system and is thought to boost our body's natural defenses against diseases. Look for yogurts that have the phrase "live and active cultures" printed on the label, such as Greek yogurt. Purchase plain yogurts rather than those loaded with sugar and add your own fruit.

Almonds: Almonds contain vitamin E which is important for a healthy immune system.

Sunflower seeds: Sunflower seeds also contain vitamin E along with phosphorous (maintenance and repair of cells and tissues), magnesium (regulates muscle function), and vitamins B-6 (builds blood cells). Sprinkle on salads or have a handful as an afternoon snack.

Kiwi: Kiwis naturally contain vitamin C to boost the white blood cells to fight infection, and kiwi's other nutrients such as folate, potassium, and vitamin K keep the rest of your body functioning properly.

Source: healthline.com

The Clue to Weight Loss: More Diet than Exercise

Although many people use exercise as their only method for weight management, many studies have shown that exercise, when not combined with dietary changes, does very little to help you lose weight.

A study published in The British Journal of Sports Medicine found that when a group of obese people completed 12 weeks of supervised cardio workouts without dietary changes, most did not experience any significant weight loss. Similarly, after a three-year study of participants in the Weight Control Registry, there was no difference in weight maintenance among people who exercised the most each week compared to those who exercised the least.

One of the reasons exercise alone doesn't often reduce weight is that people tend to over-estimate how many calories they have actually burned working out, and so they overeat or consume high-calorie foods as a reward for the exercise – ultimately negating any calorie loss achieved by the workout.

When it comes to losing weight, it's more about how much and what you put in your mouth than what you're burning off.

Did You Know

Chewing gum might make you more alert. Coventry University researchers found that chewing mint-flavored gum reduced feelings of tiredness. The alertness, however, is short-lived – typically lasting only 15–20 minutes.

Other studies have found that chewing gum while performing tasks can improve various aspects of brain function, including memory, understanding and decision making.

Source: healthline.com

Food for Thought

Bananas can help improve your mood. A banana has approximately 30% of your daily recommended intake of vitamin B6. Vitamin B6 helps the brain produce serotonin, which is considered a mood stabilizer. Serotonin impacts your motor skills and emotions. It is also the chemical that helps you sleep and digest food. Eating a banana can help relieve depression and anxiety by stimulating the serotonin levels in your body.

Source: Spectrum Health Care

(Reprinted by permission from "Better Health" Fall 2020)

September Birthdays

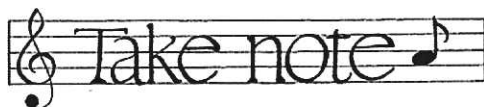
2 nd	Craig Moline	21 st	Tanè Plate
3 rd	Kayla Krahn	22 nd	Molly Gifford
4 th	Kristen Woldt	24 th	Tim Eickert
8 th	Lori Horn	26 th	Dave Kamps
8 th	Whitney Kees	26 th	Dori Reidy
8 th	Ashley Krueger	26 th	Dylan Wilson
12 th	Norman Krahn	27 th	Kendra Plate
16 th	Melva Riemer	27 th	Michelle Schleis
17 th	Sandra Koffarnus	28 th	Maya Emmer
18 th	Matthew Boldt	29 th	Elliot Gifford
18 th	Norma Latvala	30 th	Chase Denor

ANNIVERSARIES

1 st	Thomas & Danielle Schneider
2 nd	Jerry & Sharon Urban
3 rd	Jon & JoAnn Mignon
4 th	Adam & Abigail Geiger
6 th	Randy & Joan Prigge
11 th	Ron & Nancy Davidson
12 th	Gary & Sue Graf
12 th	David & Charity Plate
14 th	Kurt & Erin Propson
16 th	Dave & Debbie Kalies
17 th	Thomas & Shelly Jost
18 th	Duane & Karen Loose
20 th	James Jr. & Tracy Hurda
21 st	Bud & Elaine Zeamer
22 nd	Jay & Amy Krahn
23 rd	Leo & Lyn Skattebo
25 th	Ron & Linda Giese
27 th	Steve & Tané Plate
29 th	Buddy & Brenda Geiger



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



CHURCH CHOIR: Due to the COVID, the choir will not be meeting at this time. Please keep watch in upcoming newsletters & announcements for the start up of choir.

JULY SCRIP TOTALS

CARD NAME	TOTAL	PROFIT
Amazon	100	2.50
BP	500	7.50
Dairy Queen	15	3.00
Deer Run	125	12.50
Econo	1400	42.00
Exxon	100	5.00
Festival	150	4.50
Fleet Farm	150	7.50
Kohls	100	4.00
Kwik Trip	425	17.00
Menards	300	9.00
Piggly Wiggly	100	3.00
Roundy's	200	8.00
Shell	100	5.00
Starbucks	50	3.50
Subway	20	2.00
Target	35	0.88
WalMart	375	9.38
TOTALS	4245	146.26

The Lighter Side of Life

Sign put up during the coronavirus quarantine:
 "Thoughts and prayers going out to all the married men who have spent months telling their wives, 'I'll do that when I have time.'"

- via Risa Samra
Hallendale Beach, FL



"Never in my wildest dreams did I imagine I'd go to a bank teller with a mask on asking for money."

- via Risa Samra
Hallendale Beach, FL



"It's like being 16 again, and I'm grounded."

"Returned from the grocery store with the hubby. Took masks off. Turned out it was the wrong hubby! Be attentive!"

-via Rev. Dr. Karl R. Kraft
Dover, DE