



ST. BARTHOLOMEW NEWSLETTER

SEPTEMBER 2021



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

GREETINGS IN THE NAME OF JESUS!

The school year is about to begin as I write this. There are three words that we are hearing and seeing a lot these days – “Back to School.” It’s time for the children to return to the classroom so they can continue to learn the three “R’s” – reading, writing, arithmetic, along with other subjects. Their continued education is very important. They grow in knowledge and in their ability to make their way in the world.

I have another three words that we need to hear and act upon – “Back to Church.” It’s time for the children of God to return to in-person worship, to gather together in order to grow in their relationship with their Savior, to not only hear the Gospel but to receive the Gospel through Holy Communion. Over the last months it has become very convenient for people to sit with their pajamas on in their comfy chair at home and watch church while drinking their coffee and eating their breakfast.

The live-streaming of our worship services is a wonderful blessing but it’s not intended to keep you from coming to church. Live-streaming the services is for the benefit of the shut-ins who can’t get out because of health reasons, for those who are sick, for those who may have to work during the regular worship times, to reach out to people who need to hear the Gospel message. We give thanks to God that we have such a means to reach these people! But for the rest of us, God wants those of us who are healthy and able to meet together so that we may grow in the grace and knowledge of our Lord and Savior Jesus Christ.

Brothers and sisters in Christ, it is of utmost importance, as God’s children, to be in worship together – listening together, praying together, singing together, coming to the Lord’s Supper together. Your fellow members are missing you! Join us on Wednesdays at 7 p.m. or Sundays at 9 a.m. so that together we can grow in the knowledge of our Savior and in our faith-relationship with Him as well!

Together in Christ,

Pastor Kueger

(P.S. – Sunday school and Bible class will begin on Sunday, September 12 at 8 a.m.)



Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another and all the more as you see the Day approaching.

Sharing, Believing, Living, Caring

FINANCIAL REPORT SUMMARY

May 2021

Year-to-date Income:	\$65,529.03
Year-to-date Expenses:	\$70,997.25
Year-to-date Budget:	\$70,820.00

June 2021

Year-to-date Income:	\$78,428.22
Year-to-date Expenses:	\$84,724.85
Year-to-date Budget:	\$84,984.00

July 2021

Year-to-date Income:	\$89,183.87
Year-to-date Expenses:	\$98,536.92
Year-to-date Budget:	\$99,148.00

+ + +

REMOVED UPON REQUEST

Bonnie Smith 6/9

DEATHS

Norma Bailke 6/15
Linda Giese 7/05

KINGDOM WORKERS - SEPTEMBER

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

Altar Guild: Faith Son nabend, Renee Bonick

Acolytes: Sept. 5 - Addison
12 - Emma
19 - Kelvin
26 - Simon

ELDER GROUPS

(A-G) Tanner Behnke (920) 427-6201
(H-M) Ron Detert 756-3439
(N-Z) Gary Lemke 853-3846

SPECIAL FUNDS CONTRIBUTORS

Roof Fund

Bill & Norma Drumm	Kelly & Laurie Behnke
Bob Behnke	Steve & Beth Gilbertson
Millie Behnke	Deacon & Renee Bonick
Leo & Lyn Skattebo	Scott Eickert
Dave & Debbie Kamps	Hank & Lori Horn
Norman Krahn	Gary & Alice Koerth
Rev. & Kris Krueger	Jessica Krueger
Pete & Judy Vechart	Karen & Duane Loose
Sandi Zahringer	Dave & Brigitte Son nabend
Harlen Krahn	Ron & Nancy Davidson
Gary & Linda Streck	Jr. & Debbie Doughty
Judy Baer	Mark & Jan Wittman
Roger & Carolyn Bladow	Dave & Diane Buboltz
Russ Boldt	Ron & Sue Detert
Linda Breitzman	Lon & Lori Fels
Simon & Rhonda Geiger	Jim & Patsy Wendling
Steve & Sue Juno	Bud & Elaine Zeamer
Elliot & Dorothy Maile	Rick & Terri Riemer
Jerry & Sharon Urban	Anonymous donors
Florence Behnke	Julie Boldt
Sandy Haberland	Sue Graf
Matt Juno	Pete & Cheryl Kittel
John & Sheri Levash	Joel & Connie Koerth
Tanner Behnke	Gary & Joan Lemke
Pastor Ahlborn	Randy & Joan Prigge
Bryan & Jeannine Krepline	Hank & Kit Horn
Duane & Karen Loose	Janet Kalies
Tony & Susan Wittmann	Dale Streck
Kurt & Erin Propson	Brenda Geiger

Joe & Laura Deba in memory of Wally Son nabend
Faith Son nabend in memory of Wally Son nabend

**Thank you to all for helping to
keep a roof over our heads.**

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

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.

God's Grace Empowers Us

In his letter to the church in Ephesus, the Apostle Paul wrote, "*For by grace you have been saved through faith...*" (Ephesians 2:8). God's Word is clear that we are saved by grace through faith. God's grace to us is a gift. It is by grace that God gives us our physical and spiritual lives. We have done nothing to earn or merit God's grace.

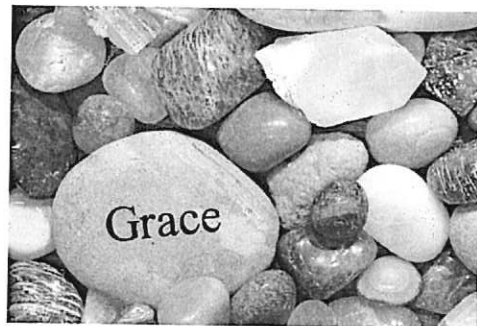
Dietrich Bonhoeffer, a famous Lutheran pastor serving in Germany, was critical of God's people when they stopped believing in and living by grace. He referred to their problem as "cheap grace." He described "cheap grace" as follows:

"Cheap grace is the preaching of forgiveness without requiring repentance, baptism without discipline, communion without confession, absolution without personal confession. Cheap grace is grace without discipleship, grace without the Cross, grace without Christ, living and incarnate."

Pastor Bonhoeffer believed that God's people living in Germany in the late 1930s did not understand what it meant to be followers of Jesus living under grace. The people had forgotten who they were and who they were called to be. They stopped

being salt and light to the world. Instead of following Jesus, they followed the ways of the world.

If Pastor Bonhoeffer lived today, we can only guess what he would think and say. Hopefully, he would see a resurgence in God's people who are living out their calling to live by God's grace. Through faith, we understand the wonderful gift of grace that God has given to us through His Son, Jesus. While this grace is free, it is not cheap, because it cost Jesus His life. Because of His ultimate sacrifice, we have received grace that empowers us to live as disciples today and saving grace that assures us a life forever with Jesus. May the Holy Spirit empower each us to live in God's grace each and every day.



Marvelous Acts of Grace

In the beginning, God created the world, and this was the first of God's countless marvelous acts of grace. The wonder and beauty of His creation reflect His grace. We bask in the beauty of God's creation. From the very onset, God established His pattern of lavishing grace upon those He creates. From King David we hear, "*The heavens declare the glory of God, and the sky above proclaims*

His handiwork" (Psalm 19:1). The Apostle Paul tells us that there is evidence in the world around us that proclaims the grace and glory of God. *"For His invisible attributes, namely, His eternal power and divine nature, have been clearly perceived, ever since the creation of the world, in the things that have been made"* (Romans 1:20). God is not visibly present, but the world shows His existence and nature. The world reveals God's grace, deity, and power. His fingerprints are everywhere. By grace, God created this lavish and majestic world and then gave it to us.

Grace

During His six days of creation, God stated that what He had created for us was "good." In Genesis 1:31, we read, *"God saw everything that He had made, and behold, it was very good."* When His creation was ready, God said, *"Let us make man in our image, after our likeness. And let them have dominion over the fish of the sea and over the birds of the heavens and over the livestock and over all the earth and over every creeping that creeps on the earth"* (Genesis 1:26). God created Adam and Eve, and He gave them an abundance of everything. They had everything they needed to enjoy life to the fullest. God also blessed the couple with the opportunity and responsibility of having dominion over God's creation. God made them stewards over all that He had created. They had a purpose for living. Unfortunately, as we know, they violated God's trust and everything changed.

Giving Generously

As our relationship with Jesus grows, our attitude toward giving evolves. Acknowledging that God is the owner and we are His caretakers of what He places in our hands, we begin to think more about what we should keep rather than how much we should give. This attitude is beautifully shown in Pastor John Wesley, the great revivalist of England more than two hundred years ago. When he began his ministry, he earned 30 pounds annually. He prayerfully decided to live on 28 pounds and give 2 pounds to his church. When his income was increased to 60 pounds, he still lived on 28 but now gave 32 pounds to the church. He later made 120 pounds but continued to live on 28 allowing 92 pounds to be given the local church. He truly acknowledged God's ownership, and he became a model of generosity.

"When wealth is lost, nothing is lost, when health is lost something is lost, when character is lost, all is lost." (Billy Graham)

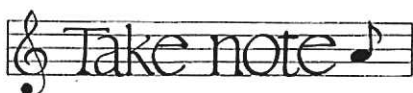
Declared Righteous

Through faith in Jesus Christ, we have received two treasures. We are justified, that is, God has once-for-all declared us righteous. In addition, we are sanctified. This means that God has equipped us for righteous living, a process through which, by the power of the Holy Spirit, we daily become more like Christ. God's goal is not only to justify us. As the just judge, he does not let the guilty go free to continue in sin. For the sake of His Son's self-sacrifice, he declares us not guilty so that we may be restored to the righteousness which we had at creation. His goal and purpose in declaring us righteous is to rehabilitate us. (*The Goal of the Gospel*, 1992; CPH)

Blessings as you Live Generously!

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.



Come One, Come All

We will once again raise our voices to the Lord! The choir will be starting up on September 15. New members are always welcome. Choir meets every Wednesday at 5:45 p.m. If interested, please contact either Terri Riemer (853-7172) or Devin Zahringer (920-973-5542). *See you there!*



God's kids say & do the funniest things

A six-year-old boy was overheard during the reciting of the Lord's Prayer at a church service as follows: "...and forgive us our trash passes as we forgive those who pass trash against us."

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.



Thank you to Carolyn Bladow and Sue Juno for taking care of all the plants (both indoors and outdoors) during the summer.



Thanks!

to Kurt Propson for installing the pavers in the Memorial Garden.



Marriage counselor: "Your wife says you never buy her flowers. Is that true?"

Husband: "To be honest, I never knew she sold flowers."

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

Find the Word Puzzle

Answer each question by finding the word within a name of a book of the Bible. Use your Bible contents page to help you.

1. Which book of the Bible has a *fruit* in it?
2. Which book of the Bible has a homonym for a *type of pants* in it?
3. Which book of the Bible has a *watering tool* in it?
4. Which book of the Bible is the same name as a *famous cookie maker*?
5. Which book of the Bible is popular with *countrymen from the middle of Italy*?
6. Which books of the New Testament—excluding the gospels—have *male names* in them?
7. Which book of the Bible has a *part of the human body* in it?
8. Which book of the Bible has a synonym for a *beauty parlor* in it?
9. Which book of the Bible has the antonym for *gain* in it?
10. Which book of the Bible has a *part of speech* in it?

Answers to puzzle on next page.

LEARNING TO BE MORE CONTENT

A Study on How To from the Bible

Adult Bible Class
Sundays @ 8 a.m.

Are you a contented person? Be honest now. We live in what may be the most prosperous and comfortable country in the world; yet, we're among the most discontented people in the world. But there is hope. Philippians 4:11b, "I have learned to be content whatever the circumstances." Paul confesses that he had to learn contentment and so do we.

- Lesson 1 *Concerning My Existence*
- Lesson 2 *Concerning My Spirituality*
- Lesson 3 *Concerning My Daily Living*
- Lesson 4 *Concerning My Trials*
- Lesson 5 *Concerning My Aging*
- Lesson 6 *Concerning My Life in Heaven*



THE FAMILY CIRCUS By Bil and Jeff Keane



"No, Dolly, our father art downstairs watching football."

from JoyfulNoiseletter.com
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Puzzle Answers

- 1. Philemon
- 2. Genesis
- 3. Hosea
- 4. Amos
- 5. Romans
- 6. Philippians, Timothy, Philemon
- 7. Philippians
- 8. Thessalonians
- 9. Colossians
- 10. Proverbs



Dear Rev. Krueger,

On behalf of the Bloedorn-Becker-Jensen American Legion Post 126, Brillion Wisconsin, I would like to thank you for the generous donation of Military Biblesticks to our Post. As we remember our fellow veteran's who gave their lives in the service of our country, we also remember the words of Our Savior who said, "Greater love has no one than this, that he lay down his life for his friends." This is a verse that resonates with our serviceman and veterans and has throughout our history.

The Biblesticks will be distributed to our members who will use these for their devotions and worship.

Once again, thank you for your support of our local veterans.

May God continue to bless America.

Rick Riemer
Commander
Bloedorn-Becker-Jensen
American Legion Post 126
Brillion WI

RR/r
pc



Bloedorn - Becker - Jensen
Post 126
Brillion WI.

"Bread is a lot like the sun. It rises in the yeast and sets in the waist."

— via Chaplain Jack Hinson
Waynesville, NC



Checking In On Your Mental Health

It's been a challenging year. How are you doing? How is your mental health? If you are concerned about overwhelming feelings of stress or anxiety? Are you are having relationship issues caused by factors out of your control? It's okay. Help is available. Acknowledge your feelings and seek help through your support network – your pastor, friends or family. If you are still feeling overwhelmed, consider professional counseling help. The staff at Lutheran Counseling and Family Services of Wisconsin is available and can guide you to a peaceful place. Seeing a counselor is not a sign of weakness, but rather an act of courage and love for those around you. Call 800-291-4513 for more information.



"Stewards Walking by Grace"

I am pleased to inform you that next month we will be offering an exciting new stewardship emphasis titled **Stewards Walking by Grace**. This three-week emphasis will start on

October 6 & 10. For three weeks, we will focus on one verse that the Apostle Paul wrote in his letter to the church in Corinth. *"And God is able to make all grace abound to you, so that having all sufficiency in all things at all times, you may abound in every good work"* (2 Corinthians 9:8). The weekly themes are as follows:

"And God is able to make all grace abound to you,

Week 1: "All Grace Abound to You" Grace is a foundational pillar of our faith. Understanding grace is essential for us as God's people. Because we are sinful people incapable of doing anything in our helpless state, we are in need of God's grace. We don't deserve God's love and mercy, but, by His grace, He gives us all things. Grace changes everything. Knowing that both our physical and redeemed lives are gifts from God, we thank, serve, and praise Him.

so that having all sufficiency in all things at all times,

Week 2: "Having all Sufficiency" The world teaches us that we can and should depend on our own sufficiency. Through the lens of faith, we see God's truth which enables us to see that we are not *sufficient in ourselves to claim anything as coming from us, but our sufficiency is from God*" (2 Corinthians 3:5). God's sufficiency is always sufficient. Without God's sufficiency, there is no forgiveness, no abundant life on earth, and no life eternal with Him.

you may abound in every good work" (2 Corinthians 9:8).

Week 3: "Abound in Every Good Work" Good works are deeds done in service to others prompted by love through faith. Our good works are evidence of changed hearts. Because of our relationship with Jesus, we seek opportunities to express our love and gratitude for who He is and what He has done for us. We do good works without any prodding, because we are eager to be of help to others. When God works in and through us, we engage in a lifestyle of good works. The good works are done unconsciously by God's grace for God's purposes.

May God's grace in Jesus give us our sufficiency to be about glorifying Him by loving and serving others. Blessings on your journey as a steward as you walk by God's grace.



An 89-year-old man, who was smoking a cigarette while driving, was stopped by police around 2 a.m. and was asked where he was going at that time of night.

The man replied, "I'm on my way to a lecture about alcohol abuse and the effects it has on the human body, as well as smoking and staying out late."

The officer asked, "Really? Who's giving a lecture at this time of night?"

The man replied, "That would be my wife."

– via Peggy Goldtrap
Ormond-by-the-Sea, FL



St. Bartholomew Lutheran Church

Voters Meeting Minutes

April 25, 2021

The meeting was called to order at 8:00am by President Gary Koerth.

Pastor led in opening prayer.

Members Present: 23

Secretary Minutes: Rick Riemer made the motion to accept the secretary minutes. Second by Faith Sonnabend. MC

Membership Gains/Losses:

- Gains:
 - Owen Nenahlo by Affirmation of Baptism
 - James Campbell-Nenahlo by Affirmation of Baptism
- Losses:
 - Lauren Janous by transfer to First Immanuel Lutheran in Cedarburg
 - Richard Schwahn by removal due to whereabouts unknown
 - Kyle Kittel by removal due to joining another denomination
- Tanner Behnke made the motion to accept the membership action. Second by Rick Riemer.

Treasurer's Report

- At the end of March, we were \$7,289.48 ahead
- At the end of February, we were \$8,300 ahead
- As of Tuesday, April 20th, we were \$8,869.63
- The loan interest rate is reducing from 4.5% to 3.875%
 - Payments will be the same, so more money will be going towards the principal
 - Every April the rate can adjust

Board Reports

Elders

- Tech Grant
 - Applied for the \$4,500 tech grant through Siebert Lutheran Foundation in Milwaukee
 - Waiting for Faith Technologies to do an assessment to see what our needs are
 - An idea for how we could use the grant would be to get iPads and internet hot spots for individuals who cannot make services
 - Another idea is to upgrade the speakers in the fellowship hall

Stewardship/Evangelism

- Electronic giving
- Mission Insight Demographics Report
- Received the bill for sponsoring the flower basket
- No parade this year
- Next meeting is in August

Trustees

- A list of projects was put together:
 - Church Roof
 - Fellowship Hall Carpet
 - Office Carpet
 - Update Bathrooms
 - Sound System
 - AC – Fellowship Hall/Office
 - Enlarge Shed
 - South Double Doors
 - Outside Light by Shed
 - Church Flooring
 - Parsonage Carpet
 - Parsonage Painting
 - Parsonage Countertop
 - Parsonage Sidewalk
 - Clean North Wall
 - Paint Garage Roof
 - Patio Project
 - North Lawn Bushes
 - Remove Ash Trees
 - Remove Pine Trees
 - Landscape around posts, etc.
 - Restripe Parking Lot
 - Reseal Parking Lot
 - Reroute Fellowship Hall Downspouts
 - Canopy Roof
 - Rebuild Outside Cross
 - Move sign by north drive
- Biggest item is the roof
 - In 2019, we received a quote for \$50,000 for a metal roof from Security Luebke Roofing
 - Only have about a year or two left on the roof
 - Will look to get more bids (2 or 3 bids total)
 - Will look to start fundraising right away for a roof
 - Rick made the motion for the congregation to take on the fundraising for the metal roof replacement project prior to accepting a bid for the said project. Faith second the motion. MC
- Resealing the parking lot is another big item

- Will need to be done next year
- A/C unit in fellowship hall, office, and classrooms is 25 years old
- Pastor suggested the idea that we do a 2 for 1 to match the Endries Fund. For example, for every \$2 we raise, then we can use \$1 of the money in the fund
- Thrivent Action Dollars
 - Any member who has Thrivent can get \$250 twice a year for Thrivent Action Dollars

Pastor's Report

- As of January 31st: 288 souls and 244 communicants
- As of April 25th: 287 souls and 242 communicants
- Memorial service for Gabriel Petersen on March 27th
- Confirmation of two confirmands is May 2nd
 - Ava Denor
 - Alandra Grenzer
- Live streaming all services
- March Madness bracket winner was Bob Behnke
- Military Bible Sticks
 - 274 Bible sticks
 - 106 St. Bartholomew
 - 168 St. Peter
- Hilbert vacancy is coming to an end
 - Pastor's last day at Hilbert is May 23rd

Unfinished Business

- By Law Changes
 - Postponed
 - There are a few items we would like to update, and hoping to have these changes completed by the fall voter's meeting

New Business

- Statement of Belief
 - *"We believe that God wonderfully and immutably creates each person as male or female. These two distinct, complementary genders together reflect the image and nature of God (Gen. 1:26-27). Rejection of one's biological sex is a rejection of the image of God within that person."*

We believe that the term marriage has only one meaning: the uniting of one man and one woman in a single, exclusive union, as delineated in Scripture (Gen. 2:18-25). We believe that God intends sexual intimacy to occur only between a man and a woman who are married to each other (1 Cor. 6:18, 7:2-5; Heb. 13:4). We believe that God has commanded that no intimate sexual activity be engaged in outside of marriage between a man and a woman.

We believe that any form of sexual immorality (including adultery, fornication, homosexual behavior, bisexual conduct, bestiality, incest, and use of pornography) is sinful and offensive to God (Matt. 15: 18-20; 1 Cor. 6:9-10).

We believe that in order to preserve the function of integrity of St. Bartholomew Lutheran Church as the local Body of Christ, and to provide a biblical role model to the members of

St. Bartholomew Lutheran Church and the community, it is imperative that all persons employed by St. Bartholomew Lutheran Church in any capacity, or who serve as volunteers, agree to and abide by this Statement of Marriage, Gender, and Sexuality (Matt. 5:16; Phil. 2:14-16; 1 Thess. 5:22).

We believe that God offers redemption and restoration to all who confess and forsake their sin, seeking His mercy and forgiveness through Jesus Christ (Acts 3:19-21; Rom. 10:9-10; 1 Cor. 6: 9-11).

We believe that every person must be afforded compassion, love, kindness, respect, and dignity (Mark 12:28-31; Luke 6:31). Hateful and harassing behavior or attitudes directed toward any individual are to be repudiated and are not in accord with Scripture nor the doctrines of St. Bartholomew Lutheran Church."

- This statement is not new and has always been the synod policy
- Looking for reaffirmation
- Faith made the motion to reaffirm the Statement of Belief. Rick second the motion. MC

Adjourn: Faith made the motion to adjourn the meeting at 8:48am. Second by Rick.

Pastor led in closing prayer

Shawna Kiesow
Secretary

MEAL TRAIN

For John & Lori Krueger

The Meal Train for John & Lori is still going. If you would like to help out with a meal, go to the following website and sign up.

<https://mealtrain.com/r5nnmw>

You can ignore the previous eating plan ("good ingredients vs bad ingredients"). Any delicious meal is a good meal!

*Feel free to call/text Whitney @ 920-588-0479

A cooler is placed by the front door if you prefer to just drop off.

If you do want to deliver it to the front door, please be mindful you may just be called to come on in and you will need to carry meal to the kitchen unless John is there to collect.



SUNDAY SCHOOL

Begins Sunday, September 12

@ 8:00 a.m.

Parents, please note that the time of Sunday school is back to 8 a.m. Besides the lesson and an activity, the children will also be singing. The offerings that the children bring will go toward a specific mission project which you will learn about in a letter/email from the Sunday school superintendent, Amanda Zoellner.

Watch for more information to come your way!



"I fell asleep halfway through. Can you text me the rest of the sermon?"

from JoyfulNoiseletter.com
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MAY SCRIP TOTALS

CARD NAME	TOTAL	PROFIT
Amazon	125	3.13
BP	500	7.50
Cobblestone	50	2.50
Econo	950	28.50
Exxon	150	7.50
Festival	200	6.00
Home Depot	175	12.25
Kohls	200	8.00
Kwik Trip	175	7.00
Menards	100	3.00
Piggly Wiggly	200	6.00
Roundy's	50	2.00
Target	25	0.63
Walmart	100	2.50
TOTALS	\$3,000	\$96.50

*He will cover you with his feathers,
and under his wings you will find refuge*

Psalm 91:4

JUNE SCRIP TOTALS

CARD NAME	TOTAL	PROFIT
Bed Bath	60	4.20
BP	700	10.50
Dairy Queen	5	1.00
Econo	1075	32.25
Festival	325	9.75
Fleet Farm	200	10.00
Home Depot	50	3.50
Kohls	225	9.00
Kwik Trip	500	20
Piggly Wiggly	200	6.00
Roundy's	75	3.00
Shell	100	5.00
Subway	25	2.50
WalMart	150	3.75
TOTALS	3,690	120.45

Food for Thought

One kiwi provides almost 80% of an adult's daily vitamin C requirement. It's also a good source of fiber, potassium, and vitamin K (for stronger bones and for lowering the risk of stroke). The easiest way to eat a kiwi is to slice one in half and scoop out the flesh with a spoon.

Source: Harvard Health Publishing

Did You Know?

Dehydration could lead to back pain. When the gel-like elastic substance inside your lumbar discs isn't fully hydrated, the discs begin to shrink making them less able to absorb the weight of your body. As a result, the discs can flatten, putting pressure on the nerves exiting the spinal column and potentially causing pain in your lower back.

Source: Atlantic Brain and Spine

Heart Health Doesn't Come in a Pill

Half of Americans say they take supplements and multivitamins in the hopes that doing so will improve their heart health and increase longevity. The truth is, that won't happen.

The Journal of the American College of Cardiology published a series of reviews about nutritional supplements and the heart. The declarative statement on multivitamins (based on 22 trials comparing multivitamins to placebo) is that supplements do not lower the risk of heart attack, stroke, or death.

The good news is that instead of a pill, consuming more actual fruits and vegetables does provide essential nutrients that could result in a 16% lower risk of cardiovascular disease and up to a 25% lower risk of early death according to the Journal of the American Heart Association.

Source: Harvard Health

Fresh Fruit and Type 2 Diabetes

A new study reveals that eating two servings of fresh fruit each day could lower your risk of developing type 2 diabetes by 36%.

Researchers from Edith Cowan University, Australia, analyzed the diets of 7,675 people for more than five years and found that those who ate at least two servings of fruit per day had higher measures of insulin sensitivity. That means their bodies could better control their blood sugar levels – by producing less insulin to lower their blood glucose levels – than those who consumed less than half a serving a day.

Fruit juice did not produce the same results. In fact, researchers found no association between fruit juice intake and reduced risk of type 2 diabetes. That's due to fruit juices being higher in sugar and lower in fiber. Unlike juice, most fruits typically have a low glycemic index, which means the fruit's sugar is digested and absorbed into the body more slowly.

This recent study further points to the importance of adding fruit to your diet. Not only can fruits reduce your risk of developing type 2 diabetes, but they also provide important vitamins, minerals and fiber.

Source: Science Daily & Journal of Clinical Endocrinology and Metabolism

Shedding Light on Food Myths

When it comes to food and nutrition, what was true even just a few years ago may have changed. That's because ongoing research either reveals new discoveries or breaks down the false, hyped narrative. Here are a few examples.

Myth: Raw carrots are more nutritious than cooked.

Reality: In a study in the Journal of Agricultural and Food Chemistry, researchers found cooking carrots actually increased their nutritional value. Boiling carrots led carotenoids (antioxidants) to increase by 14%.

Myth: Sea salt is healthier than table salt.

Reality: Nope. Both types contain the same 2,300 milligrams of sodium per teaspoon. Differences do exist, however:

- Table salt is fortified with iodine which is essential for your thyroid gland to function properly. Otherwise, your thyroid may become inactive and that could lead to weight gain.
- Sea salt comes from evaporated ocean water while table salt is mined.
- Sea salt typically costs more.

Myth: Spicy food gives you an ulcer.

Reality: *Helicobacter pylori* – a specific type of bacteria – causes almost all ulcers, except those triggered by certain medications. Spices can worsen the problem which is why people mistakenly believe that spices cause ulcers.

Myth: Eating just the egg white and not the yolk is healthier.

Reality: Eating the whole egg is the healthier option. The yolk contains half the protein of an egg but it contains all of the healthy fatty acids and micronutrients such as immune-boosting selenium and B-vitamins. Yes, the yolk contains the cholesterol, but dietary cholesterol doesn't have an impact on blood cholesterol levels. In fact, researchers from Wake Forest University found that there is not a link between heart disease and egg consumption.

Myth: Certain foods, such as grapefruit, cayenne pepper or vinegar, can burn fat.

Reality: No foods burn fat, make you lose weight more quickly or increase your metabolism enough to have any effect on weight loss. Diets that focus on single foods, such as the grapefruit diet, are too restrictive and deny your body other nutrients it needs. Those types of diets are also unsustainable for your lifetime. Any weight loss you experience due to reducing calorie intake will most likely come back once you resume eating other foods.

Sources: healthline.com, myfitnesspal.com, eatthis.com

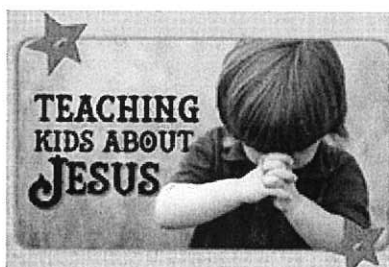
(from "Better Health" Fall 2021)

From Pastor's files -

Can you believe that its already time for school to start again? As you prepare to send your kids back to school I want you to remember that **the most important teacher your children will ever have is you!** It is primarily through you that God will shape and mold the lives and personalities of your children. That means that, with God's help, you have the chance to teach your children just what it means to be a Christian man or woman.

What are some things you can teach them? Obviously, **teach them about what God did for them in Jesus Christ.** Don't simply let the Sunday School teacher or the Pastor be the ones to tell them about the Gospel. Let them hear from you about how Jesus died for their sins on the cross. **Teach them about the importance that God is to have in their lives.** As they hear you talking about God in your daily life ... as they see you active at church, and regular in worship they will learn from your example and from your words that God is to have first place in our lives. **Teach them about giving to the Lord's work.** How did I learn about giving of my income to support the Lord's work? I heard about it at church but I learned it from my parents. Let them know that you set aside money for the Lord. Let them know that you aren't trying to buy something from God ... that you aren't giving so that you'll be important at church. Let them know that you give because you're so thankful for what God has given to you. You want others to know about how much He has to give. Let your kids know how you decide what to give. **Teach them how to pray.** Take time to pray with the kids every day. Don't just pray at meals. Pray at bedtime. Pray with them about things that are worrying them. Lead them in giving thanks for things God has given. Share with them ideas of things they might pray for. Let them hear you pray. **One more thing – as you teach, ask for God's help.** He'll give it. He promised.

(written by a Pastor friend)



T..I..MMMM..B..E..RRRRR!!!!

The Trustees have nine trees on the church property that they want taken down. They are looking to do this in October or early November.

If you are interested in the wood, you are asked to help cut down the trees and to haul the wood away.

If you are not interested in the wood, your help would be appreciated in any way.

If you have any questions, contact one of the Trustees – Hank Horn VII, Dave Kamps, Russ Boldt.

Seven of the trees are ash trees and two are evergreens.



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
Sandy Haberland	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)

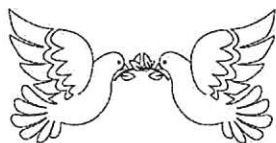
September

Birthdays

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

Happy Labor Day

"My soul finds rest in God alone."

Psalm 62:1

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.



Humor for the hard times

We went to a wedding for a friend who was a Marine. When the bride and groom knelt at the altar, the entire congregation roared with laughter when they saw that the Marine's mischievous friends had painted "HELP" on the sole of one of his shoes, and "ME!" on the other.

– Paul Samra
Brooklyn, NY

"You know you're getting old
when everything either dries
up or leaks."

– Will Rogers

SPECIAL FUNDS LIST

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 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:

- Decorating
- Concordia Scholarship
- Hearing Loop
- Landscaping
- Banners
- Improvement Fund

