

January Calendar of Events

January 4th Sunday school begins

January 6th Epiphany

January 11th Baptism of Our Lord

January 13th LEAF Articles are due

January 19th Book Club at 7:00 pm

January 20th Annual Reports are due

January 24th AED & CPR Training, 9:00 am—1:00 pm, cost \$25.

January 31st Walk through the Old Testament at Mt. Hope in West Allis

February 1st *Souper* Bowl of Caring please bring cans of soup

- Please bring non-perishable food for Hope House on Sundays
- Please bring your aluminum cans and Campbell labels on the second Sunday, January 11, ONLY.
- Dorcas Circle meets Tuesdays at 9:00 am.
- Sunday School at 10:00 am—meets in church Sunday, January 11th.
- God's Young Voices—meets Wednesday evenings at 7:00 .
- Senior Choir meets every Wednesday at 7:30 pm.
- Health and Wellness meeting, Friday, January 23rd at 10:00 am
- Worship & Music meets Tuesday, January 13th, at 7:00 pm
- Ladies Aid meets Wednesday, February 11th at 11:30 am.
- OWLS meet on Thursday, January 8th, at 8:30 am at Forum Restaurant
- Property committee meeting Tuesday, January 13th, at 6:30 pm.
- Christian Education meeting Tuesday, January 13th, at 7:00 pm
- All are welcome—Bible Study meets Thursday, January 15th, 7:00 pm.
- Friends meet Tuesday, January 27th, at 9:30 am.
- Parish Nurse, Barb Estrada is here on Wednesday mornings but not January 21st, she will be here on the Friday, January 23rd, of that week
- PICK N SAVE WPLC WE CARE NUMBER IS # 934480



New Members Class

New members class will begin at the beginning of February.
Please watch for the date.



Diabetes

Why should we care about diabetes? Because it is the leading cause of kidney disease, blindness, and amputation, yet nearly 25% of people who have it don't even know it.

Chances are, you – or someone you love – have been affected by diabetes in some way. But even if you haven't been affected by diabetes, you need to know that diabetes is the biggest public health crisis of the 21st century, and it continues to grow to epidemic proportions. Nearly 24 million children and adults in the U.S. have diabetes. The death rate for diabetes has continued to grow since 1987, while the death rates due to heart disease, stroke and cancer have declined.

Having diabetes places a person at increased risk for a number of serious, even life threatening, complications, including:

- **Heart disease and stroke** - adults with diabetes have heart disease death rates about 2-4 times higher than adults without diabetes.
- **Blindness** – Diabetic retinopathy is the leading cause of new cases of blindness in adults 24-74 years of age.
- **Kidney disease** – Diabetes is the leading cause of kidney failure.
- **Amputation** – More than 60% of non-traumatic lower-limb amputations occur in people with diabetes.

Remembering the 'ABC's of diabetes" can help to prevent or de-

lay the onset of these serious diabetes complications.

- **A1C** – (Average blood glucose level over 2-3 months) should be kept within the normal range. You should receive this blood test every 6 months.
- **Blood Pressure** – Keep your blood pressure within the target blood pressure range of 130/80.
- **Cholesterol** – LDL (bad) cholesterol should be below 100 mg; HDL (healthy) cholesterol should be above 40 mg for men and 50 mg for women; triglycerides should be below 150 mg.

Talk to your doctor about being tested for diabetes, especially if you are having signs and symptoms. Be aware of family history of diabetes. If you are pre-diabetic or have diabetes, keeping yourself healthy is hard work.

Have a wonderful and blessed New Year. —Barb Estrada



Clues to Aging Well

Whether or not we like it, *"the days dwindle down to a precious few,"* as an old song puts it. We're aging daily and hourly. *"The Moving Finger writes; and having writ, moves on. . ."*

The question, sooner or later, is: How do we best handle the aging process?

It begins with keeping a healthy spirit. The body ages, but our spirits can remain vibrantly alive. We can keep spiritually alert by carrying on a conversation with God, truly listening more than talking. We can strengthen our spiritual life by attending worship services and seminars and reading the works of people who lived close to God.

Keeping one's body in tune through exercise and diet are also keys to aging well. But just as important are fellowship with others, working on interesting projects, engaging in family activities, learning something new and traveling.

Most importantly, remember that you're never too old to grow in love for others. After all, St. Paul tells us that love *"bears all things, believes all things, hopes all things, endures all things. Love never ends."* (1 Corinthians 13:7—8)

Article from *Newsletter*

Some Wise Words

Want to provoke a warm response from others? Look in people's eyes and smile sincerely.

Faith isn't meant to be kept to oneself. It simply has to be shared in non-threatening ways and shown in loving actions. Peace must begin within ourselves.

Article from *Newsletter*

Condensed Council minutes from November 18th, 2008

Secretary's Report

The minutes from the 10-28-08 council meeting were approved with two clarifications: 1) The endowment fund donated \$8,125 in 2007 and \$1,500 so far in 2008 for a total of \$9,625 over a two year period -- not just in 2008. 2) Under Health and Wellness, the endowment fund will not have to help with funding for a defibrillator because it has been paid for with other donations.

Treasurer's Report

The bulk of the meeting was spent on a very comprehensive financial report from Treasurer Brent Rice. Envelope giving is down and projections for yearend are \$18,000 under budget. We are currently \$1,500 more "in the hole" than at this time last year due to the pre-payment of salt. Building Fund balance is currently a negative \$9,573. when building fund shows a negative balance, we must "borrow" from other funds. Interest only payments will be made until the fund balance is above zero. Stewardship fund appeal expenses (James Company, etc) total \$8,383 through September. Brent also reviewed his proposed budget for 2009. If we want to increase the budget in specific areas, we must give reasons and suggest where funds will come from. We can no longer cut expenses; income is down, and simply must increase. Council offers our thanks to Brent for the many long hours he spends on church finances.

Pastor's Report

Pastor Fazio submitted a breakdown of all pastoral acts for 10/29/08 – 11/18/08. They include leading worship/preaching at 6 services; 1 healing service/blessing of prayer shawls; 5 hospital visits; 6 pastoral counseling appointments; 1 home visitation; 25 home/hospital communions; 1 wedding planning session, 1 pre-marriage counseling session; 1 Friday night wedding rehearsal, 1 wedding, 2 pre-baptism meetings, 2 baptisms (1 special circumstances) and 1 stewardship campaign

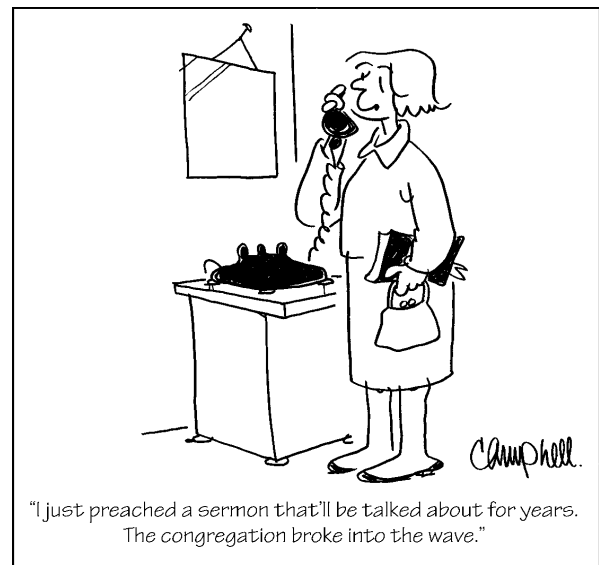
meeting, 2 cottage meetings as well as confirmation classes and committee meetings, Ladies Aid bible studies on Tuesday mornings and Thursday evenings and continuing participation in the Synodical Task Force/Ministry to Returning Veterans and Families.

Special Report from Roger Brinkmeier

ENDOWMENT: Roger reported that 38 people have donated to Endowment; \$1,900 in memory of Henry Poehler. Also regarding Endowment, a 3-ring binder with quarterly reports will be placed in the church office for easy access by all church members.

CHURCH SYSTEMS: Our new network is completely installed. Barb's office, Kelly's office (which has an updated computer) and the library are all wired for high speed. New high resolution cameras which will provide streaming video on our website have also been installed in the sanctuary facing the altar. Council wishes to thank Roger for his computer wizardry!

2009 Annual Meeting will take place at 11:00 a. m. on Sunday, February 22, 2009. All committee reports to be included in the annual meeting booklet must be submitted by 1/20/09. Respectfully submitted,
Ruth Rice, Council Secretary





IT'S NEVER TOO LATE TO HAVE A HAPPY CHILDHOOD

So many of us live our lives as if the secret purpose is to somehow get everything done. We stay up late, get up early, avoid having fun, and keep our loved ones waiting and wanting for our attention. We put off interacting with our families and friends and postpone any activities of pleasure. "Important things" must be accomplished first. Often we convince ourselves that our obsession with our "to do" list is only temporary; that once we get through the list, we'll be calm, relaxed and happy. However, as soon as items are checked off, new ones replace them. There will always be projects to complete, work to be done, and money to be made. Let us take enjoyment in the process of life – in the journey! Let us not wait until we reach our "goal", whatever that is, before we live life to the fullest.

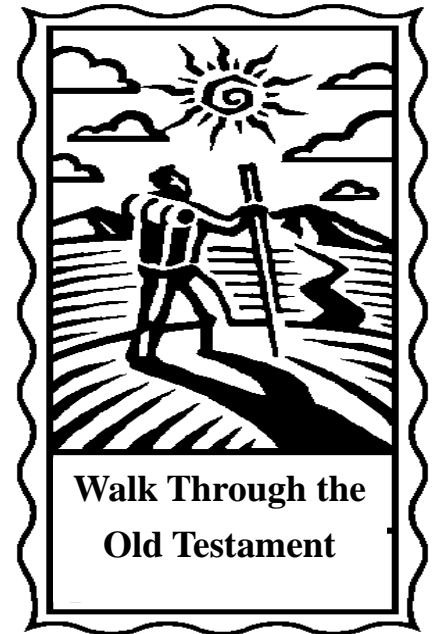
Be a child again, not in a childish way, but in a childlike manner. Jesus tells us,

"Truly I tell you, whoever does not receive the kingdom of God as a little child will never enter it." Let's live a life filled with the love of and appreciation of God's world and the life therein. Try to see this world with the clear eyes of a child. This is difficult to do. Give yourself permission to do some of the "fun stuff" from your childhood – take your kids, grandkids, nieces or nephews along if you need a reason to play. Something as simple as a visit to the Zoo, the Museum, or the Domes will work. Even a walk in the park, especially with a toddler, is an adventure. Remember, lighten up, and don't put a time limit on the journey. How about Discovery World, Imax Theater, Old World Wisconsin, the Art Museum, a water park (don't you forget to go down the giant water slide!)? Go sledding, build a snowman, and try snorkeling. Punch holes in a jar lid and capture a caterpillar and see what develops!

Ride a bike, fly a kite, have a picnic, or take a walk along the lakefront with your husband or a friend. Go fishing! Do it now! Don't waste any more precious moments of your life regretting the things you did not accomplish. It is not what we do in life that we regret, it is the things we did not do! Enjoy the experiences of childhood. Encourage your family to do the same. Have a happy childhood, and take someone else along on the journey.

One of my fellow ELCA Parish Nurses wrote the above article and shared it with the rest of us. January is the time for resolutions. I thought making a resolution to "play" more often may be appropriate. God bless you in the coming year.

—Peace, Barb Estrada, RN, PN



**Saturday, January 31st,
9:00 am to 4:00 pm
Mount Hope Lutheran
Church, 8633 W. Becher St.
West Allis**

Spending one Saturday with other Lutherans, you will gain a better understanding of 4,000 years of life-changing Godly wisdom.

This seminar is designed for:

- Adults, teenagers and children
- Mature believers who want to deep learning and growing in their faith
- New believers who want a foundation on which to build a lifetime of Bible learning
- Those searching to discover the depth of God's love for them

Registration is required. Cost: \$17.00 Make checks payable to Mt. Hope

Lunch is provided.

For more information, call 414-541-9500, or go on line to

Www.mounthopelutheranchurch.org

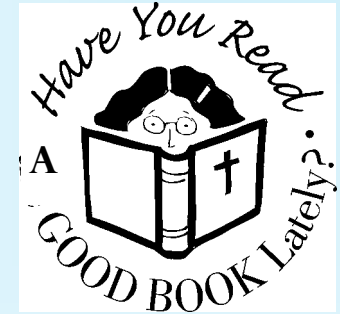
Birthdays

1 Brook Hoffmann
 2 Ralph Cook
 3 Sandy Baumgart
 Jennifer Sorvick
 4 Sidney Arthur
 Daniel Hareng
 7 Teri Collins
 David Koralewski
 9 Janine King
 Dolores Porath
 Roger Steckhan
 10 Rose Palmersheim
 11 Janice Swan
 11 Jennifer Seaks
 12 Carol Kelley
 Baden Loebel
 13 John Hembrook
 14 Georgi Llanas
 15 James Gaffney
 Alec Potter
 Diane Remington
 16 Scott Brothen
 Marilyn King
 17 Shirley Hibbard
 Mark Sparacino
 19 Sandy Abraham
 Alyse
 Lois Essers
 Bob Everts
 Joseph Suchla
 20 Roger Brinkmeier
 Bernice King
 Bonnie Zak
 21 Nancy Blachowski
 Harold Hackbart
 Christopher Halper
 Charles Herfurth
 23 Derek Crawley
 24 Gerald Pagel
 25 Michael Fazio
 26 David Cotey
 27 Robert Labott
 Michael Remington
 Mickie Wills

28 Karen Heinrich
 Gerald Hibbard
 29 James Halper
 Joseph Romans
 30 Gary Stein
 31 Britta Bukowski
 Teri Rouse

Anniversaries

7 Brent & Ruth Rice
 12 Dean & Jolene Krychowiak
 14 Andrew & Krista Bainbridge
 23 John & Betty Hembrook



***Book Club meets
 Monday, January 19th at 7:00 PM***

The winter is long and it's a perfect time to cozy up with a good book. Please read the book, The Shack by William P. Young ahead to discuss.

Below is an excerpt from the back of the jacket cover—

Who wouldn't be skeptical when a man claims he has spent the entire weekend with God, in a shack no less?

Mackenzie Allen Philips' youngest daughter, Missy, has been abducted during a family vacation and evidence that she may have been brutally murdered is found in an abandoned shack deep in the Oregon wilderness. Four years later in the midst of his Great Sadness, Mack receives a suspicious note, apparently from God, inviting him back to that shack for a weekend.

Against his better judgment he arrives and walks back into his darkest nightmare. What he finds there will change Mack's world forever.

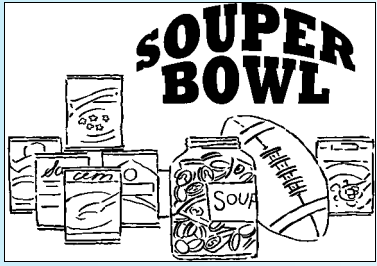
In a world where religion seems to grow increasingly irrelevant The Shack wrestles with the timeless question, "Where is God in a world so filled with unspeakable pain?". The answers Mack gets will astound you and perhaps transform you as much as it did him.

You'll want everyone you know to read this book!

About the author—William P. Young

He was born a Canadian and raised among a stone-age tribe, by his missionary parents in the highlands of what was New Guinea. He suffered great loss as a child and young adult, and now enjoys his life with his family in the Pacific Northwest.

Social Ministry Update



Souper Bowl Sunday—February 1st

The annual *Souper* Bowl marks the “kick off” of another year of projects to help stamp out hunger in the Greater Milwaukee area. It’s a two pronged appeal challenging every WPLC member to bring a can (or more) of soup or drop \$100 (or more) into the Soup Kettles provided. The money will be donated to the Hunger Task Force and the soup will be delivered to the South Side Food Pantry at Hope House. The needs of the hungry are more urgent than ever. Please be generous! Thank you!



A *hearty thank you* to all who faithfully contribute food, baby products, paper products and toiletries. Keep up the good work!!!

The December “**Mitten Tree**” collection of gloves, mittens, hats, caps and scarves was very generous. A detailed account of what was delivered to Hope House on December 22nd will appear in upcoming church bulletins and the next LEAF.

The sponsorship of Hope House and its South Side Food Pantry is an on going mission of WPLC. For Thanksgiving, 10 bags of non-perishable food were delivered and another food delivery was made on December 22nd. Hope House staff expressed sincere thanks and appreciations for the food and report that their shelves empty almost faster than new donations arrive!

—Marilyn Schoenleber



Like most other people at WPLC, I enjoy the real-life stories that Pastor Michael tells in his sermons. There’s something about a story, well told, that makes us perk up our ears. On the first Sunday of Advent, as I was listening to him tell the story about a man with AIDS who wanted so desperately to make amends to another man he had blinded in a drunken rage, I looked around the congregation and thought, *How many other stories are out there – true stories from our own lives or other people we know?* These are the stories that enrich our lives, especially when these stories reflect faith, hope, or love from a Christian perspective.

In the coming year, I’m going to follow through on a congregational effort suggested by Pastor Fredrickson and reaffirmed by Pastor Lund – **try to get people from WPLC to share their stories and their faith.** If you have some ideas of how we can go about this, or if you would like to be involved in helping to create a booklet of shared stories, please give me a call at 414-425-4066 (e-mail: me-pagel@milwpc.com) and we’ll brainstorm together. For starters, I’m planning to drop in at the Dorcas group on one or more Tuesdays in January and listen to their stories as they create their warm gifts of love for Lutheran World Relief.

Wishing you blessings in the New Year,
Marjorie Pagel

January 4 Happy New Year!!

8:30 Assisting Minister **Ron Sonntag** Acolyte **Michelle Fedran**
 Ushers **Ron Hause, Carl Hanson**
 Greeter **Patty Sparacino**
 Altar Guild **Jerrijo Cowman**

10:00 Assisting Minister **Tom Laposki** Acolyte **Samantha Llanas**
 Ushers **Sid Arthur, Steve Mason, Ron Noeske**
 Greeter **Grace Vukich** Nursery **Susan Schlueter**
 Altar Guild **Julie Sorenson**

January 11 *Baptism of Our Lord—Services with Healing* —Sunday school begins in church

8:30 Assisting Minister **Lou Graef** Acolyte **Daniel Peyer**
 Ushers **Dorothy Perkl, John Hembrook, Don Jensen**
 Greeter **Nancy Winger**
 Altar Guild **June Jensen**

10:00 Assisting Minister **Ron Labott** Acolyte **Sarah Martin**
 Ushers **Tom Laposki, Brian and Kristi Peyer**
 Greeter **Nancy Sievert** Nursery **Jill Underberg**

January 18 *Epiphany*

8:30 Assisting Minister **Linda Shea** Acolyte **Christopher Sorenson**
 Ushers **Jim and Linda Shea**
 Greeter **Ellen Dallmann**
 Altar Guild **Sandy Johnson**

10:00 Assisting Minister **Mike Sparacino** Acolyte **Paul Saari**
 Ushers **Larry Pfeil, Jack King, Brian Martin**
 Greeter **Susan Schlueter** Nursery **Tricia Henneberry**
 Altar Guild **Pat Suderland**

January 25

8:30 Assisting Minister **Marjorie Pagel** Acolyte **Ryan Sparacino**
 Ushers **Jim Gaffney, Duane Hause, Lyle Lance**
 Greeter **Audrey Grabarczyk**

10:00 Assisting Minister **Kim Mason** Acolyte **Danielle Sorenson**
 Ushers **Jerry Pagel, Jerome Thome Walter Sievert**
 Greeter **Gary & Dawn Stein** Nursery **Jennifer Just**
 Altar Guild **Dolores Vorpahl**

February 1 *Souper Bowl of Caring—Please bring in cans of soup*

8:30 Assisting Minister **Jane Dillon-Perkl** Acolyte **Mitchell Cowman**
 Ushers **Ron Hause, Carl Hanson**
 Greeter **Evelyn Klug**
 Altar Guild **Jim & Linda Shea**

10:00 Assisting Minister **Ron Labott** Acolyte **Stacy Tikkanen**
 Ushers **Sid Arthur, Steve Mason, Ron Noeske**
 Greeter **Jerome Thome** Nursery **Danielle Kaboskey**
 Altar Guild **Sandy Abraham**

**From M.E., Kelly Brown
Minister of Education**

Sound the bells! The Savior's born!

This was the theme of the Sunday school Christmas service. The children did a great job and I especially enjoyed the enthusiasm. Thank you to the youth group for sponsoring the refreshments following the service. Thank you to everyone that donated toys for our "TOY BOX". Thank you also for the donations of wrapping paper, bows, gift tags and tape. We had a very generous response. All of the donated items will be delivered to Hope House.

With the ending of last year and the beginning of a new year, my wish for you is..... enough.

I wish you enough sun to keep your attitude bright.

I wish you enough rain to appreciate the sun more.

I wish you enough happiness to keep your spirit alive.

I wish you enough pain so that the smallest joys in life appear much bigger.

I wish you enough gain to satisfy your wanting.

I wish you enough loss to appreciate all that you possess.

I wish enough "Hellos" to get you through the final "Goodbyes".

Have a happy and healthy new year!



YOUTH GROUP NEWS!

Thanks again to everyone that participated in the Youth Group Cookie Dough Fundraiser in December, ***we profited over \$800!*** All money raised goes toward our activities and a large portion toward the transportation cost for the group going to the ELCA Youth Gathering in New Orleans – July 2009!

December was a very busy month for the group, selling cookie dough, baking cookies, decorating cookies, sponsoring coffee hour on Music Sunday, Dec. 14th and the fellowship refreshments following the Sunday School Worship Service on





December 21st. I want to thank everyone for their participation. Everyone did a great job decorating the gingerbread cookies for the WPLC annual cookie exchange!

**A special Thanks to the "Master"
Cookie Cutter/Baker – Kylie Just!
January 2009 Youth Group
Meetings/Activities:**

- | | |
|--------------------------|--|
| January 11 th | 9 AM Coffee Hour – Sign-up Sheet for Bringing Food on Youth Kiosk – If you have not helped for a while – Please Sign-up! |
| | 7 PM – Planning Meeting & More Cookie Baking for Luther Manor Cookie |
| January 25 th | ACTIVITY –
TO BE ANNOUNCED! |

January 2009

Whitnall Park Church

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p style="font-size: 2em; font-family: cursive;">Epiphany</p>				1	2 9:00 AM - 11:00 AM Office hours Pastor's day off	3
4 8:30 AM - 10:00 AM Worship 10:00 AM Sunday school	5 7:00 PM Dartball	6 9:00 AM Dorcas 1:00 PM Knitting & Crocheting class Epiphany	7 9:30 AM Parish Nurse 1:00 PM Sit 'n Be Fit 7:00 PM God's Young Voices 7:30 PM Senior Choir	8	9 9:00 AM - 11:00 AM Office hours Pastor's day off	10 *Sunday school meets in church tomorrow
11 Baptism of Our Lord 8:30 AM - 10:00 AM Worship 10:00 AM Sunday school 11:30 AM Confirmation Class 7:00 PM Youth Group meeting Services with Healing	12	13 9:00 AM Dorcas 1:00 PM Knitting & Crocheting 7:00 pm Finance committee meets 6:30 PM Property 7:00 PM Christian Ed 7:00 PM Worship & Music <small>LEAF Articles are due</small>	14 9:30 AM Parish Nurse No 1 Ladies Aid 1:00 PM Sit 'n Be Fit 7:00 PM God's Young Voices 7:30 PM Senior Choir	15 7:00 PM Everyone's Bible Study	16 9:00 AM - 11:00 AM Office hours Pastor's day off	17
18 8:30 AM - 10:00 AM Worship 10:00 AM Sunday school	19 7:00 PM Dartball <div style="border: 1px solid black; padding: 5px; display: inline-block;">7:00 pm Book Club</div>	20  9:00 AM Dorcas 1:00 PM Knitting & Crocheting class	21 7:00 PM God's Young Voices 7:30 PM Senior Choir	22 9:00 AM Assemble the LEAF	23 9:00 AM - 11:00 AM Office hours 9:30 AM Parish Nurse 10:00 AM Health & Wellness meeting Pastor's day off	24 <div style="border: 1px solid black; padding: 5px;">AED-CPR Training 9:00 —1:00 By Hales Corners Fire Department</div>
25 8:30 AM - 10:00 AM Worship 10:00 AM Sunday school 11:30 AM Confirmation Class 7:00 PM Youth Group meeting	26 7:00 PM Dartball	27 9:00 AM Dorcas 9:30 AM Friends 1:00 PM Knitting & Crocheting class 7:00 PM Council meeting	28 9:30 AM Parish Nurse 1:00 PM Sit 'n Be Fit 7:00 PM God's Young Voices 7:30 PM Senior Choir	29	30 9:00 AM - 11:00 AM Office hours Pastor's day off	31 9:00 AM Walk through the Old Testament at Mt. Hope, West Allis



Dear Brothers and Sisters in Christ,

Well, it's that time of year again...Christmas has passed, the joy of the season is still upon us, we're likely getting tired of the white stuff that was a beautiful novelty a month ago, and we're heading into the hope and anticipation of a new year. For many of us, the New Year begins with a time of discernment...a time of decision making...a time of resolution, if you will. So, my question for you is, "What are your New Year's Resolutions for 2009?"

According to a popular website, the top ten New Year's Resolutions that Americans will make this year are:

1. Lose weight and get in better physical shape, 2. Stick to a budget, 3. Debt reduction, 4. Enjoy more quality time with family and friends, 5. Find my soul mate, 6. Quit smoking, 7. Find a better job, 8. Learn something new, 9. Volunteer and help others, 10. Get organized

In looking at this list, one thing jumps out at me; there are resolutions listed that seem to be beyond the realm of personal control. Sure, all it takes is a good plan and some strong self-will to lose weight, exercise, reduce debt, learn something new and get organized; but what about some of the others?

I don't know about you, but I consider the way to "*finding one's soul mate*" to be a task that's best orchestrated by God. And even though quitting smoking seems on the surface to be a mere battle of will, it has been discovered that nicotine is more addictive than heroin. And that elusive task of "*finding a better job*" is easier said than done...I know more than one of you at WPLC are currently involved in this particular undertaking.

The reality of life is that there are many things that ARE in our control...things to which we simply have to set our minds, roll up our sleeves, and (as Larry the Cable Guy says) "git 'er done!" But there are also many things that are beyond the realm of our limited human abilities and we need some divine intervention.

So, as you begin your quest for a "*better you*" in 2009, perhaps the place to begin is a resolve to work toward further developing your relationship with God. We have the power of prayer and the power to set aside some quiet time to clear away the clutter of the day and listen for His calming influence and consummate wisdom. When this relationship is in place, many other areas of life become much easier to handle and we can move forward knowing that we're following an inspired path.

God's Peace on a blessed 2009,
Pr. Michael

PS – It was just a little over a year ago that I too was resolving to "*find a better job*", and now, thanks be to God, I have; right here with all of you.