

We're having a Baby Shower... ...and You're Invited!

Mom-to-Be: Kathy Fazio
 Date: Saturday, November 1, '08
 Where: Hibbard Hall, WPLC
 Time: 11:30 a.m. / Lunch @ Noon
 It'll be lots of fun!!!



Pastor Fazio may join us, too.

All baby items needed, or you may check their registry at: Babies RUs in Brookfield (www.babiesrus.com)

Located in Toys RUs -- both share same website.

R.S.V.P. – Jennifer Breese (414-777-0266) or Sharon Hause (262-679-2161) or Sandy in the church office by October 24th so we know how many to plan for, thanks.

- **Please bring non-perishable food for Hope House on Sundays**
- Please bring your **aluminum cans and Campbell labels** on the second Sunday, **October 12 ONLY.**
- **Dorcas Circle** meets **Tuesdays at 9:00 am.**
- **Sunday School at 10:00 am**—meets in church **Sunday, October 12th.**
- **God's Young Voices**—meets **Wednesday evenings at 6:45.**
- **Senior Choir** meets every **Wednesday at 7:30 pm.**
- **Health and Wellness** meeting, **Friday, October 24th, 10:00 am.**
- **Worship & Music** meets **Tuesday, October 7th, at 7:00 pm**
- **Ladies Aid** meets **Wednesday, October 8th at 11:30 am.**
- **OWLS** meet on **Thursday, October 9th, at 8:30 am** at Forum Restaurant
- **Property committee** meeting **Tuesday, October 14th, at 6:30 pm.**
- **Christian Education** meeting **Tuesday, October 14th at 7:00 pm**
- **Women's Bible Study** meets **Thursday, October 16th, 7:00 pm.**
- **Friends** meet **Tuesday, October 28th at 9:30 am.**
- **Parish Nurse, Barb Estrada** is here on **Wednesday mornings** but not **October 22** she will be here on the **Friday, October 24th** of that week.

October 5 Church Picnic /Quilt Sunday for Lutheran World Relief

October 7, 14, 21, 28 Bible Study at 6:30 pm—Book of Faith

October 11 Blessing of the Animals at church 9:30 am

October 24—26 Confirmation Retreat at Lutherdale

October 26 Reformation / Forward in Faith begins

October 27 Book Club meets at 7:00 pm—Life of the Beloved



What are Antioxidants and Why are They Important

Everywhere we look, in magazine articles, on the news, and even on breakfast cereal boxes, we're reading about antioxidants and their counterpart, free radicals. What is all the hype about?

Vitamins C and E, carotene, lycopene, lutein, and many other substances are antioxidants. They are found in many of the foods we eat, especially fruits and vegetables. There is some thought that they play a role in helping to prevent some diseases such as cancer, cardiovascular disease, Alzheimer's disease, and macular degeneration. It is better to eat your antioxidants than taking supplements. As a bonus, foods high in antioxidants typically offer many other health benefits as well. Most supplements are not regulated by the FDA, leaving each company to make their own decisions on the amounts of the antioxidants and additives that are in each pill.

Antioxidants are thought to be helpful because they can neutralize free radicals, which are toxic byproducts of natural cell metabolism. Free radicals can also be introduced into the body by exposure to certain substances such as cigarette smoke, sunlight or pesticides. They can damage healthy cells through a process called oxidation. Oxidation is thought to be a factor in the development of certain diseases. Overall, free radicals do far more harm than they do good. Our bodies naturally produce antioxidants and are quite effective at neutralizing free radi-

cals. The minerals copper, manganese, selenium and zinc are important players in this process. But this process isn't 100 percent effective, and its effectiveness declines with age.

One reason why foods appear to be a better choice than supplements is that foods contain an unmatched array of antioxidant substances. Some foods contain thousands of types of antioxidants – vitamin A alone has several hundred forms – and it's not known which of these substances are able to confer benefits. Foods high in antioxidants are often plant based and offer health benefits in addition to their antioxidant content, such as being high in fiber, protein, and other vitamins and minerals and low in saturated fat and cholesterol.

When it comes to antioxidant intake, no one food or food group should be your sole focus. It's best to include a wide variety of food from each category.

Berries - Blueberries, blackberries, raspberries, strawberries, and cranberries are among the top sources of antioxidants.

Beans – small red beans and kidney, pinto and black beans are among the top sources of antioxidants.

Fruits – Many apple varieties (with peel) are high in antioxidants, as are avocados, cherries, green and red pears, fresh or dried plums, pineapple, oranges, kiwi and others.

Vegetables – Those with the highest antioxidant content include spinach, red cabbage, red and white potatoes, sweet potatoes and broccoli.

Nuts – Walnuts, pistachios, pecans

and almonds are some of the top nuts for antioxidant content.

Herbs – These may be unexpected suppliers of antioxidants, but ground cloves, cinnamon or ginger, dried oregano leaf, and turmeric powder are all good sources.

Grains – In general, oat-based products are higher than those derived from other grain sources.

Chocolate – Dark chocolate ranks as high or higher than most fruits and vegetables in terms of antioxidant content.

HELP!

On Sunday, Oct. 12, 2008, Whitnall Park Lutheran Church will have our first medication drive to support the Open Door Clinic at Unity Church. Contrary to my announcement on Sunday, **we will not be collecting prescription medications.** The Open Door Clinic at Unity does not accept this kind of donation. Therefore I would like to collect over the counter medications and other usable medical supplies that they need. Generic and Store brands are fine. Suggestions are listed below.

Aspirin – regular strength and 81mg. Strength

Tylenol

Ibuprofen

Multivitamins

Vitamin C, D

Calcium with Vit.D

Splints (no ace bandages)

Glucometers (any brand)

Test strips for glucometers

Batteries for glucometers

Allergy medications

Benadryl

Prilosec (any medication used for GERD)

Any other donation's you can think of!

Thank you for your generosity.

Barb Estrada, RN

Condensed Council minutes from August 26, 2008

Stewardship Committee Core Group Directions - Kris Laposki

A timeline has been established and core leaders have been assembled. Kickoff Sunday will be on September 21st. An Invitation to Prayer/Way We Were Sunday will take place in October, and Small Group Fellowship will begin in early November. Commitment Sunday will be on November 23rd. Also, more volunteers are needed in the following areas: Resource Coordinator, Advance Commitment Group (for large contributions), Spiritual Emphasis Person, Creative Arts Group, Children & Youth Group, and Telephone Callers Group.

There was also a discussion about the difference between the Endowment Fund and the proposed "Helping Hand" fund.

Clarification of Mutual Ministry, Personnel Committee and Executive Committee

Roles and Expectations – Kris Laposki

The Mutual Ministry group is currently made up of Randy Sannes, Jill Underberg and Pastor Fazio. This small group serves as a "sounding board" for staff members to express their concerns and/or ideas about various issues concerning their job.

The Personnel Committee is responsible for preparing and maintaining job descriptions, doing performance evaluations and dealing with disciplinary problems. Current members of this committee are the Worship & Music Chairperson, Property Chairperson, Christian Education Chairperson and Reg Simpson. Anyone else on council may attend and/or provide input on performance evaluations of church staff members.

The Executive Committee is comprised of all council officers and the pastor. This group makes decisions regarding monetary issues (raises, etc.)

Flood Recovery Issues:

- A contract with Catalyst has been signed and the work is well underway;
- Pat Suderland, John Just and Dan Mueller will be recognized for their contributions to the flood recovery effort on Rally Sunday.

Confirmation Class Changes – Pastor Michael

All confirmation students and their parents will receive a letter outlining changes in the current confirmation program. All students will attend classes together and the program will be changed from three years to two years. Classes will take place at 11:30 – 12:45 every other Sunday in order to allow students more time to spend with their families. Focus will be on relationship building. All students will be required to participate in service projects and outings planned and attended by the parents.

Treasurer's Report – Ruth Rice

In Ralph's absence, Ruth distributed balance sheets prepared by Brent, which reflect that the church is in the best financial condition we have been in for years for this time of year. There is enough money coming into the building fund to cover the mortgage payments.

Pastor's Report

Pastor Fazio submitted a breakdown of all pastoral acts for 7/14/08 – 8/26/08. His statistical report indicates two funerals -- for Peg Meier and Rodney Greene (non-member). Other pastoral acts include leading worship/preaching at 10 services; 11 hospital visits; 6 pastoral counseling appointments; 3 home visitations; 7 home/hospital communions; 1 pre-marriage counseling session and 1 wedding. He also led adult bible study at Vacation Bible School as well as all regularly scheduled bible study and committee meetings. He is also participating in a Synodical Task Force on providing ministry to returning veterans and their families. Continuing education classes on "Pastoral Care for the Dying and Grieving" were attended in early August as well.

COMMITTEE REPORTS:

Education – Kyle Sorvick

- VBS had a total of 40 people involved, but there was a poor showing from WPLC;
- Sunday school teacher training will be provided before classes start and goals will be set for each class.

Fellowship – Kris Laposki

- All themed baskets are done for the church picnic on 10/5;
- We need to recruit an "intern" to take over plan-

ning for church-wide events.

Health & Wellness – Jill Underberg

- Plans to purchase a defibrillator are going forward. Church Mutual has advised there will be no added liability on the part of the church. Ongoing maintenance costs would be approximately \$300 per year. Hales Corners Fire Department will do the training for a cost of \$50 per person. H&W recommends buying the same equipment that the Hales Corners Fire Department uses. A church member is willing to donate \$1,000 towards the purchase of the defibrillator and Thrivent might be able to match funds. Fundraising efforts will hopefully cover the training and maintenance costs. Pastor has asked all council members to consider being trained in the proper use of the defibrillator.

Worship & Music – Ruth Rice

- Usher booklets are still being revised;
- An outdoor Blessing of the Animals is planned for 9:30 a.m. on Saturday, Oct. 11th;
- Polka Service is planned for Sunday, Oct. 12th at both services;
- Communion schedule for this fall will be: Both services on the 1st & 3rd Sundays of each month; 8:30 on the 2nd Sunday of the month (by intinction) and 10:00 on the 4th and 5th Sundays of each month (by intinction).
- Thirty WOV hymnals have been donated to Clement Manor Retirement Community for use during their weekly hymn sing and Protestant worship service.

Property – Van Johnson

- Checking into some problems with water pressure and water discoloration;
- Shrubs have been planted on the north side of the building;
- Water problem in the mechanical room was coming from the furnace. This will be repaired when the furnace in the parsonage is checked;
- No more roof leaks have been reported.
- Most of the basement reconstruction should be done by Rally Day. The carpeting and mural in the nursery are not included in the contract with Catalyst;
- AmeriClaim reviewed the inventory list of damaged items and we will receive a payment of \$6,568.88. Our out-of-pocket expenses for replacement costs will only be a \$500 deductible;

- Oconomowoc Sign Company has been contacted to do needed repairs to the church sign;
- Snowplowing bids are being obtained for the upcoming winter season.

NEW BUSINESS

- Plans need to be made for our next annual meeting in March 2009. All committees should start thinking about budget proposals.
- Van Johnson shared details of a “Volunteer Day” at his workplace in which info is provided from various organizations for volunteer and outreach opportunities – something to think about.
- Brent will be asked if he has any other written material giving background info on the Arizona property.

Respectfully submitted...

Ruth Rice, Council Secretary

Habitat for Humanity

As part of the Care Abounds in Communities the South Milwaukee Chapter 30054, provided fruit and snacks for over 200 workers. Delivered September 8th by Carl Medeiros.

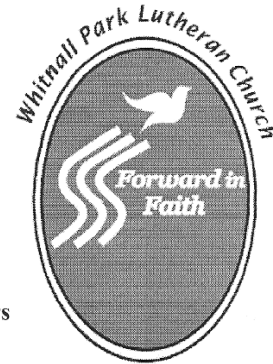
Luther Manor Auxiliary cordially invites men and women of all ages to attend its Fall Meeting on Thursday, October 9th. Starting at 10:00 am, in Luther Manor’s Lippold Faith and Education Center (enter at north driveway, one block south of Hampton, 4545 N. 92nd St.) Our meeting will conclude with lunch, (cost is \$6.00 payable at the luncheon). The Auxiliary will be celebrating its 50th Anniversary. Please make luncheon reservations by calling Kathy Sonntag at 414-425-8606. Auxiliary members from Fox Point Lutheran Church will serve as hosts for the meeting.

Blessing of the Animals Service at WPLC, Saturday, October 11, at 9:30 am

Saint Francis of Assisi—the patron Saint of Animals—believed in the sacredness of all life. We too share his belief and are honoring the festival of St. Francis with a Blessing of the Animals service. Please come and join members and friends of WPLC as we come together to celebrate God’s blessing of those special members of your family. Meet at the church parking lot.

Forward in Faith

2008 Debt Reduction & Stewardship Appeal Leadership Team



Our Debt Reduction & Stewardship Appeal Leadership Team has met to begin its work. We thank the following people for agreeing to serve as our Appeal Leadership Team in this effort:

Core Team Leaders

Jennifer Breese
Gloria Brinkmeier
Lou Graef
Ron Labott
Kris Laposki
Ron Sonntag

Creative Arts Leader

Sharon Hause

Telephone Callers Leaders

Audrey Grafwallner
Betty Hembrook
Joan Henderson
Marilyn Medeiros
Reggie Simpson
Jerrijo Cowman

Invitation-to-Prayer

Home Gatherings Leaders

Gloria Brinkmeier
Jerrijo Cowman

Sunday Events Leaders

Nancy Blachowski
Dorothy Nurse

Resource Coordinator

Jennifer Just

Pastor

Michael Fazio

You may receive a phone call from one of these individuals asking you to serve as a volunteer in our program. Please be open to their invitation. The program is organized so that the work is distributed among a lot of people. Each person does just a little work instead of a few individuals being overburdened. We are confident you will enjoy this experience.

Pray for God's blessings in the coming weeks that we may all grow in our faith and generosity.

Friends of the Congregation

We are seeking the names and addresses of Special Friends of Whitnall Park Lutheran Church you believe would be interested in knowing of our 2008 Debt Reduction & Stewardship Appeal: former members who have moved away, grown children, relatives of present members, community members, etc. Please give their names and addresses to the church office or our Resource Coordinator, Jennifer Just, so they may be given the opportunity to participate in the appeal. (We will mail the letter from the office or will provide the letter for you to send with a personal note)

NAME:

ADDRESS:

SUBMITTED BY:

COMMENT:

Social Ministry Update:



CROP Walk

Communities Responding to Overcome Poverty
The 2008 Greater Milwaukee CROP Walk will take place at 1:30 p.m. on Sunday, October 12th at McKinley Marina on the

Milwaukee Lake front. Additional walkers are always welcome. The congregation will be asked to contribute to the CROP Walk on the Sundays in October and will be asked to bring non-perishable food items on the day of the walk, October 12th.

The food items collected will go to the Hunger Task Force to be distributed to food pantries (including that at Hope House), homeless shelters, and meal programs throughout the greater Milwaukee area for free. Up to 25% of the money contributed will be used locally by the Interfaith Council of Greater Milwaukee. The rest of the funds will go to Church World Service to fight hunger and poverty and aid disaster victims and refugees.

Just two examples of what a contribution combined with those of other people can accomplish:

- \$500 can provide small start up loans that can enable women to jump-start a business, such as making school uniforms. Once the initial loan is repaid, it becomes a revolving loan fund for other women who otherwise might not be eligible for a loan through traditional banking systems.
- \$1,000 can buy a pump and community hygiene training for a village, assuring a reliable source of water and improved community health.

Church World Service often partners with Lutheran World Relief (on school kits for example), and the CROP Walk allows contributions to be designated to Lutheran World Relief if so desired.

Thanks to Thrivent Financial for Lutherans each dollar contributed to Whitnall Park CROP Walkers will actually be worth \$1.50 to help fight hunger and poverty. This year Thrivent will match all money raised by Whitnall Park up to \$1,800 at the rate of fifty cents on a dollar. The matching grant will provide up to an additional \$900 (\$100 more than in 2007) for the vital programs supported by the CROP Walk.



Fresh Garden Produce Table

As fall comes take advantage of the Fresh Garden Produce Table before the growing season ends. Whitnall Park members are encouraged to bring fresh garden produce to church each Sunday and then take home what they want. Any money donated will go to support Second Harvest, the Hunger Task Force, and the CROP Walk.

Thanks to all who brought non-perishable food for Hope House this last month. As a result, we were able to deliver eight bags of food on September 8th. The staff at Hope House expressed their sincere appreciation for the much needed food! So please continue to generously support the Hope House and its food pantry.

As you know, the **Produce Table** has been well stocked each Sunday with a variety of fresh garden produce. Church members have faithfully placed monetary donations into the Hunger Container in exchange for the produce. These donations will all be donated to groups assisting hungry persons in the Greater Milwaukee area.

Please note that **school bags** are still available (on the produce tables) for anyone still needing them, along with a list of needed items in each bag. All schoolbags **must be returned by Sunday, October 12th**. Place filled bags and any extra school supplies in the box provided. Returned bags will be packed and taken to the boxcars the following Saturday. These boxcars will then transport the packed bags to New Windsor, MD and on to Atlantic sea ports for shipment to areas in need throughout the world. Those not sent overseas are used here in the USA in our won disaster areas! Again, **the deadline for returning school bags is October 12th**. Thank you!



Prayer Chain

Would you like to become a member of WPLC Prayer Chain? We welcome new members. It only requires ONE phone call. Please consider it. Call me at 414-425-9229 before the end of October. I will be making up a new list at that time and would like to include new members.

Thank you,

Jung Jensen

Prayer Chain Coordinator

October 5 Lutheran World Relief and Quilt Sunday

8:30 **Assisting Minister** Linda Shea
Ushers Ron Hause, Carl Hanson
Greeter Patty Sparacino
Altar Guild Jim & Linda Shea

Acolyte Paul Saari

10:00 **Assisting Minister** Kris Laposki
Ushers Sid Arthur, Steve Mason, Ron Noeske
Greeter Grace Vukich
Altar Guild Marilyn Medeiros

Acolyte Christopher Sorenson

Nursery Heidi Martin

October 12 Sunday school meets in church/Services with Healing/Lighting of Candles for Mental Illness

8:30 **Assisting Minister** Marjorie Pagel
Ushers Dorothy Perkl, John Hembrook, Don Jensen
Greeter Nancy Winger
Altar Guild Bernice Sparacino

Acolyte Danielle Sorenson

10:00 **Assisting Minister** Ruth Rice
Ushers Tom Laposki, Brian and Kristi Peyer
Greeter Rosemary Richter

Acolyte Ryan Sparacino

Nursery Danielle Kaboskey

October 19

8:30 **Assisting Minister** Ron Sonntag
Ushers Jim and Linda Shea
Greeter Ellen Dallmann
Altar Guild Evelyn Schubert

Acolyte Stacy Tikkanen

10:00 **Assisting Minister** Joan Maasz
Ushers Larry Pfeil, Brian Martin, Jack King
Greeter Jing Jing Fedran
Altar Guild Pat Noeske

Acolyte Mitchell Cowman

Nursery Jennifer Just

October 26 REFORMATION SUNDAY

8:30 **Assisting Minister** Linda Shea
Ushers Jim Gaffney, Duane Hause, Lyle Lance
Greeter Sharon Hause
Altar Guild Krista Bainbridge

Acolyte Joseph Hasenstein

10:00 **Assisting Minister** Tom Laposki
Ushers Jerry Pagel, Jerome Thome, Walter Sievert
Greeter Karon Hedlof
Altar Guild Julie Ann Sorenson

Acolyte Melody King

Nursery Heidi Martin

November 2 ALL SAINTS SUNDAY

8:30 **Assisting Minister** Jane Dillon-Perkl
Ushers Ron Hause, Carl Hanson
Greeter Audrey Grabarczyk
Altar Guild Jerrijo Cowman

Acolyte Michelle Rubenzer

10:00 **Assisting Minister** Mike Sparacino
Ushers Sid Arthur, Steve Mason, Ron Noeske
Greeter Joan Henderson
Altar Guild Pat Suderland

Acolyte Maria Sparacino

Nursery Kathy Ross

Birthdays

1	Susan Biloff Christine Sorenson
2	Katherine Mason Rosemary Richter
3	Laura Gaffney
4	Daniel Peyer
5	Earlean Kurtin Todd Ridder Bernice Sparacino Amy Suchla
6	Linda Buss Charles Fredrickson
7	Todd Loebel Glenn Winger
11	Michael Stanton
12	Tanya Metzger
13	Mitchell Potter Norman Schoenleber
14	Sandy Wiegert Nancy Winger
15	Ellen King Duane Weltzien
17	Mary Dana Karon Hedlof Jason Schubert
19	Antonio Sparacino
22	Robert Christensen
23	Travis Krychowiak
24	Caitlin Larson Deborah Rouse Carol Wagner
25	David Mason Suzanne Sorvick
26	Dean King
27	Kenneth Hause Taylor Zalim
28	Dina Ebert Tyler Loebel Joyce Schlueter
29	Marion Kuglistsch
31	Krista Bainbridge

Anniversaries

1	Ralph & Mary Llanas
3	Jack & Bernice King Robert & Sarah Horner
6	Brian & Nancy Lietzau Jeffrey & Sharon Smith
7	Joseph & Jennifer Seaks Howard & Sandy Wiegert
9	Duane & Sharon Hause Dwayne & Michelle Harbort
12	Robert & Marsha Horcos
16	Ken and Jane Perkl
17	Kenneth & Kristin Hause
18	Harold & June Hackbart 57
22	James & Audrey Grafwallner 52
24	Mark & Gina King
27	Robert & Charlotte Christensen 52
28	Robert & Irene Bonnert 58 Walter & Nancy Sievert 58
29	James & Karen Lorenz Jerome & Deborah Thome

SORENSEN FIRE

Many thanks to our church family for donating funds to be matched by Thrivent Waukesha Branch 30053. They will match over \$2,000—\$.50 on the dollar. **Whitnall Friendship Circle** gave a \$500 Visa card to the Sorenson Family. Clothes for the four adults and two children were needed.

Bible Study of Ruth

For those of you who would like to do the Women's Bible Study but would prefer daytime. Join **Ladies' Aid on Wednesday, October 8th.** Pastor does the same Bible Study on Ruth as the Women's evening study.
—Audrey Grafwallner

**From M.E., Kelly Brown
Minister of Education****Back to school!**

I am very excited to be back at Sunday school and am looking forward to the year ahead. Welcome teachers and thank you for your commitment to the education of the children. A class on *How to use your Bible* was scheduled for September. I did have an opportunity to sit down with the children during Sunday school and go over the material. Congratulations to those children who received their Bibles: Kaitlyn Martin, Sara Romans, Julia Callahan and Abby Callahan.

All women from WPLC are invited to the annual convention of Women of the ELCA – Greater Milwaukee Synod.

The convention will be held at St. Matthew's Lutheran Church, Wauwatosa, on Friday evening and Saturday, **Oct. 3 and 4.** The theme of the convention is "*Here I Am Lord – Send Me.*" Thank you, **Sharon Hause**, for serving as our delegate.

Numerous **workshops** on Saturday include representatives from Habitat for Humanity; Big Brothers, Big Sisters; Lutheran Social Services; Interfaith Older Adult Program; Youth and Family Ministry; Next Door Foundation.

In-Kind gifts will be accepted for the Lutheran Social Services Foster Care Kids and their Mentoring Program. The following items are especially appreciated for the Foster Care program: large diapers, socks, underwear, crayons (24 pack), fat markers (8-pack), and pocket folders.

The cost for the full convention, including meals, is \$75. Saturday only registration is \$45. A registration form and other information are available on the kiosk in Hornburg Hall. Direct inquiries to Robin Fatla, Convention Registrar, 262 377-0046. —Marjorie Pagel

October 2008

Whitnall Park Church

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30 AM Parish Nurse is here 1:00 PM Sit 'n Be Fit 6:45 PM God's Young Voices 7:30 PM Senior Choir	2	3 9:00 AM - 11:00 AM Office hours 5:30 PM Rehearsal Cheeseman/Morris Pastor's day off Women's ELCA Convention -Wauwatosa	4 1:30 PM Wedding Cheeseman/Morris Women's ELCA Convention - Wauwatosa
5 8:30 AM - 10:00 AM Worship 10:00 AM Aderman Baptism 10:00 AM Sunday school 11:15 AM CHURCH PICNIC Quilts for Lutheran World Relief	6 7:00 PM Dartball	7 9:00 AM Dorcas 1:00 PM Knitting & Crocheting class 6:30 PM Bible Study-Book of Faith 7:00 PM Worship & Music	8 9:30 AM Parish Nurse is here 11:30 AM Ladies Aid 1:00 PM Sit 'n Be Fit 6:45 PM God's Young Voices 7:30 PM Senior Choir	9 8:30 AM OWLS meet at the Forum Restaurant 10:00 AM Luther Manor Fall meeting luncheon, all are welcome	10 9:00 AM - 11:00 AM Office hours Pastor's day off	11  9:30 AM Blessing of the Animals at WFLC *Sunday school meets in church tomorrow
12 8:30 AM - 10:00 AM Worship 10:00 AM Sunday school 12:15 PM Confirmation class service CROP Walk Services with Healing	13 7:00 PM Dartball	14 9:00 AM Dorcas 1:00 PM Knitting & Crocheting class 6:30 PM Bible Study-Book of Faith 6:30 PM Property 7:00 PM Christian Ed	15 9:30 AM Parish Nurse is here 1:00 PM Sit 'n Be Fit 6:45 PM God's Young Voices 7:30 PM Senior Choir	16 7:00 PM Women's Bible Study	17 9:00 AM - 11:00 AM Office hours 9:30 AM Parish Nurse 5:30 PM Rehearsal Schulte/Jankowski Pastor's day off	18 2:00 PM Wedding Schulte/Jankowski
19 8:30 AM - 10:00 AM Worship 10:00 AM Knier Baptism 10:00 AM Sunday school	20 7:00 PM Dartball	21 9:00 AM Dorcas 1:00 PM Knitting & Crocheting class 6:30 PM Bible Study-Book of Faith	22 6:45 PM God's Young Voices 7:30 PM Senior Choir	23	24 9:00 AM - 11:00 AM Office hours 9:30 AM Parish Nurse is here 10:00 AM Health & Wellness meeting Pastor's day off	25
Confirmation Retreat						
26 8:30 AM - 10:00 AM Worship 10:00 AM Sunday school Forward in Faith begins REFORMATION 	27 7:00 PM BOOK CLUB meets 7:00 PM Dartball	28 9:00 AM Dorcas 9:30 AM Friends 1:00 PM Knitting & Crocheting class 6:30 PM Bible Study-Book of Faith 7:00 PM Council meeting	29 9:30 AM Parish Nurse is here 1:00 PM Sit 'n Be Fit 6:45 PM God's Young Voices 7:30 PM Senior Choir	30	31 9:00 AM - 11:00 AM Office hours Pastor's day off	



Dear Friends in Christ,

If you've been in church for the past few weeks, you've heard me talk about the ELCA's effort to "*get people back into the bible.*" As I've said, I'm not sure that as a Church we've ever been out of the bible, but I'm all for promoting individual and small group bible study in connecting with God's Word. Following this ideal, throughout **the four Tuesday's in October** we'll be holding a series of four bible studies based on the ELCA-wide initiative, *Book of Faith: Lutheran Insights for Bible Study*. The studies will be held at the church from **6:30-7:30 pm** and will be focused on looking deeply at the highlighted texts (*Exodus 3:1-15; Jeremiah 1:4-19; John 8:31-36; Romans 7:15-25*), while also exploring how these biblical principles are lived out in our daily lives. As we are heading into this endeavor, I thought that we could each use a little reminder as to the basis of our Lutheran understanding of Christianity, and in particular, the Holy Bible.

First of all, when Lutherans read the bible, we do so through the lens of *Law and Gospel*. At the most basic level, we can understand **Law** as that which accuses us and judges us; and **Gospel** as that which comforts us and saves us. All throughout the bible we find certain ideals by God desires His people to live...these ideals are often beyond our capabilities as flawed human beings, therefore we have the saving grace of the gospel. The Law kills; and the Gospel gives us life...and its life given in abundance!

We also understand that the bible reveals the Word of God. This is made manifest not only through the written words printed on the pages, but also through the living Word made manifest in the person of Jesus the Christ. The gospel of John begins by telling us that, "*In the beginning was the Word, and the Word was with God and the Word was God.*" It's this living Word that was present before anything else came into being that we encounter through the rich stories of the Old Testament, the proclamation of the Prophets, the message of Good News in the gospel stories and the hope and promise reflected in the letters of Paul.

Finally, from writings of the great Danish-Lutheran philosopher and theologian, Søren Kierkegaard, I believe that we get the best possible advice when it comes to reading the Holy Scriptures. Kierkegaard says, "*If you were to read the bible every day for the rest of your life as a scholar reads the bible, you would have wasted your life.*" Scholars approach biblical reading following various types of critical methods (i.e. historical, literary, rhetorical, etc.), which seek to place the texts in a specific setting. From my point of view, there is certainly a place for this type of biblical reading as it does help us to understand the background of the text, but it does not provide us with the power of the Scriptures in our lives. The example that I often refer to is that when a two-year-old falls into the swimming pool, the knowledge of where and when Paul wrote his letter to the Romans does absolutely no good.

As Lutheran Christians, I believe that we want to have an authentic encounter with the Living Lord revealed to humanity in a number of ways; most obviously through the God-Inspired words of the Holy Bible. We want the Word to wash over our lives and bring us into that place of grace and peace that surpasses anything that the world can offer. This is the spirit in which we will launch into our *Book of Faith* bible studies...this is the spirit in which we approach worship each and every week. Come out and join the conversation; we can be sure that God will be among us guiding our discussion and blessing our time together.

God's Peace,
Pr. Michael