

Church Picnic and Sunday School Rally Day

Get Ready for a Fun Rally Sunday, Sept. 13th...Our Fall Rally Picnic will begin with dinner served following 2nd service. Fun games will be available for everyone of all ages - ladder ball, horseshoes, "bean bag city", bingo, and hopefully a bounce house for the kids. Our popular themed baskets will be available again, beginning a few weeks prior to Rally Sunday. And...wonderful delicious food, of course. Your help will be needed for the day - table and chair set-up, serving, kitchen duty, clean-up, raffle help, game help...watch for the sign-up sheets in Hornburg Hall...and, we'll see you on the 13th!

- **Please bring non-perishable food for Hope House on Sundays**
- Please bring your **aluminum cans and Campbell labels** on the second **Sunday, September 13, ONLY.**
- **Dorcas Circle** meets **Tuesdays at 9:00 am.**
- **Caregivers group** meets **every Wednesday at 11:00 am.**
- **Sunday School at 10:00 am**—meets in church **Sunday, September 13.**
- **God's Young Voices**—meets **Sunday mornings.**
- **Senior Choir** meets every **Wednesday, September 9th at 7:30 pm.**
- **Health and Wellness** meeting, **Tuesday, September 8th 7:00 pm**
- **Worship & Music** meets **Tuesday, September 8th, at 7:00 pm**
- **Ladies Aid** meets **Wednesday, September 9th at 11:30 am.**
- **OWLS** meet on **Thursday, September 10th, at 8:30 am** at Forum Restaurant
- **Property committee** meeting **Tuesday, September 8th, at 6:30 pm.**
- **Christian Education** meeting **Tuesday, September 8th at 7:00 pm**
- **Everyone's Bible Study** meets **Thursday, September 17th, 7:00 pm.**
- **Friends** meet **Tuesday, September 29th at 9:30 am.**
- **Parish Nurse, Barb Estrada** is here on **Wednesday mornings but not September 30th. She will be here on Friday, October 2 of that week.**

Dear Members and Friends of WPLC,

In seeing all the new babies recently born into our growing congregation, a few of us mothers thought it would be a good idea to gather as a group and share our collective joys and trials of being parents while at the same time providing a space for our children to gather and play together. We also recognized that there are a number of families in church who have a grandparent, other family member or close friend as a caregiver for their children; our group is certainly open to those caregivers as well.

The **Caregiver's group** will meet weekly on **Wednesdays at 11 am** to discuss a variety of topics relevant to parenthood and childcare and allow time for our children to interact and play together. Our hope is that caregivers of small children will find our group a warm and comfortable place to come and find support and share insights regarding the welfare of our children.

God's love be with you all,

Kathy Fazio, 262-679-1889



FISH AND OMEGA 3 FATTY ACIDS

Omega 3 fatty acids benefit the heart of healthy people, and those at high risk of or who have cardiovascular disease. The American Heart Association recommends eating fish (particularly fatty fish) at least two times a week. Fatty fish like mackerel, lake trout, herring, sardines, albacore tuna and salmon are high in two kinds of omega 3 fatty acids, elcosapentaenoic acid (EPA) and dososahexaenoic acid (DHA). Check the supplement to be sure these acids are in the brand that you are purchasing.

It is far better to get our vitamins, minerals, and fatty acids from the food we eat, but some people have begun taking Fish Oil pills to supplement these food nutrients.

The link between omega 3 fatty acids and cardiovascular risk reduction are still being studied, but research has shown that these fatty acids

- Decrease risk of heart arrhythmias
- Decrease triglyceride levels
- Decrease growth rate of atherosclerotic plaque in the arteries
- Lower blood pressure (slightly)

The ideal amount to take isn't clear. Evidence from prospective prevention studies suggests that taking EPA and DHA ranging from 0.5 to 1.8 grams per day (either as fatty fish or supplements) may be sufficient. As always check with your primary care physician for the correct dose in your specific case and before starting any supplements.

The most common complaint about taking fish oil supplements is of the fishy burps or aftertaste.

You can often avoid this side effect by:

- **Taking the capsule frozen.** This slows the

breakdown of the fish oil in your stomach, yet it is still digested just as effectively

- **Take the capsule at the start of a meal.** The food traps the fish oil in the stomach and mix together, buffering the odor.
- **Trying an “odorless” supplement.** These have a protective coating allowing the capsule to pass through your stomach and dissolve in you intestines.
- **Switching brands.** Pure omega 3 fatty acids don't have a fish taste. Some manufacturers do a better job of purifying the acids and you may find a less fishy aftertaste.



The Health and Wellness Committee in partnership with Luther Manor will sponsor a presentation on Power of Attorney (POA) for Health with additional information available on Financial POA. The presentation will be given on **Sunday September 20 at 11 AM in Hibbard Hall** (lower level). A **light lunch will served** during the presentation. A sign-up sheet is posted on the Kiosk for all who are interested in attending.

Any questions concerning this can be directed to Kathy Sonntag or Barb Estrada.

Condensed Council minutes from July 28, 2009

WPLC COUNCIL MINUTES FROM 7/28/09

Members in attendance: Kris Laposki, Ruth Rice, Betty Hembrook, Van Johnson, Kyle Sorvick, Jill Underberg, Gloria Brinkmeier, Reg Simpson and Pastor Michael Fazio. Ralph Llanas was absent. Special guest: Brent Rice

Treasurer's Report – Brent Rice

MEMORIAL

Balance at end of June 2009 is \$19,714.34

BUILDING FUND

Income 1st six months \$48,761.150 (fund drive pledges)

Interest payments \$ 13,711.00

Normal principal payments \$12,605.00

Extra principal payment (March) \$10,000.00

Extra principal payment (July) \$10,000.00

Mortgage balance after July \$10,000 payment will be \$409,000.00

NOTE: The 8/1/09 mortgage payment will be the first one where more money is applied towards the principal than interest.

BALANCE SHEET

Operating Fund balance down \$ 10,000 since 1/1/09, as expenses exceeded income by this much.

Flood balance is \$3,289. If no additional bills pending, recommendation is to move balance to Operating Fund.

Overall cash balances still very acceptable, especially considering economic environment.

INCOME STATEMENT

Envelope offerings are \$93,854. This is behind budget by \$12,000. Also behind by \$2,000 for same period in 2008. This is a key issue if we are to maintain the same level of programs and staff.

We're going backwards – no growth, even though membership appears to be increasing.

Expenses – first six months. See list of major unplanned expenses below:

New copier in office - \$500.

Tile repairs - \$1,550.

Snow plowing - \$3,782 (versus budget of \$1,200 to \$1,500)

Gas at 80% of budget already; up by an estimated \$1,000.

Expenses were \$107,000 through June which is on budget overall for the first six months, due to savings in other areas.

CONCLUSION

Either income needs to increase or expenses need to be cut in order to break even.

SEMI-ANNUAL MEETING INFO

- 10/4 is the date for the semi-annual meeting.
- Kris Laposki and Ruth Rice will not be serving a third term on council. New members are needed. Nominations will be made and elections held at the semi-annual meeting.

SECRETARY'S REPORT

Minutes from 5-26-09 were approved with date correction on 1st page.

PASTOR'S REPORT

Pastor Fazio submitted a breakdown of all pastoral acts for 5/26/09 – 7/28/09. His statistical report indicates 3 members (Lila Dru Schmitz, William Henry Sorvick, and Elizabeth Kate Schneeberger) were added by baptism, 5 members (Richard & Laura Staats and children Claire, Kathryn and Carolyn Staats) added by affirmation, and 13 members (Samantha Cowman, Erik, Jessica and Michelle Fedran, Heather Hasenstein, Samantha Llanas, Sarah Martin, Daniel Peyer, Paul Saari, Christopher and Danielle Sorenson, Ryan Sparacino and Stacy Tikkanen) were added by confirmation.

Other pastoral acts include leading worship and preaching at 12 services, 6 pre-marriage meetings, 1 wedding, 2 baptism planning meetings, 2 baptisms, 1 death-bed service, 1 healing service; 18 hospital visits; 15 pastoral counseling appointments; 3 home visitations; 29 home/hospital communions; 1 Veterans Ministry meeting, Youth Car Wash, VBS, Blood Drive and all regularly scheduled book groups and committee meetings as well as the Synod Assembly and continuing education classes.

Regarding the up-coming Blessing of the Animals on October 3rd, Pastor invites everyone to attend – if

**Council minutes
continued from page 4**

**COMMITTEE
REPORTS**

Health & Wellness – Jill
Underberg

- Representative from Luther Manor will be here to speak about Power of Attorneys after the 10:00 service on 9/20.
- Representative from Luther Manor will also be here at a date to be determined in October to speak about “What Happens When Your Money Runs Out?”

Finance Committee – Van
Johnson

- Looking into various church software vs. Quickbooks. Easiest time to transition is at the start of the new year. Approximate cost would be under \$2,000. Need to include this as a line item in the budget for 2010, or use memorial funds.

** All other committee reports tabled due to lateness of the hour. **

**Next meeting will be 7:00
p.m. on Tuesday, 8/25.**

Respectfully submitted,
Ruth Rice,
Council Secretary

Birthdays

1	Brian Martin
	Jenna Ridder
3	Marge Ristow
4	Mary Llanas
5	Jackson Bussler
6	Todd Brinkmeier
	Robert Dallmann
	Lois Pogratz
7	Erin Hareng
	Terry Sparacino
8	Jenna Laposki
9	Katrina Loebel
10	Nicole Winiarski
11	Hannah Breese
13	Leroy Pfeil
	Stacy Tikkanen
14	Collin Ehleiter
	Joshua Kienbaum
15	James Grafwallner
17	Madison Bainbridge
	Jessica Stanton
18	William Peck
	Nicole Sparacino
	Rachelle Suchla
19	Jamie Bussler
20	June Jensen
	Ronald Labott
21	Elvin Arthur
	Matthew Elertson
22	Tom Abraham
	Charlotte Christensen
	Tim Robinson
23	Lisa Hayes
	Patricia Page
24	Cody Suchla
26	Lloyd Gellings
	Kyle Sorvick
27	Thera Baginski
	Angela Cotey
	Dolores Cobb
	Donald Hareng
	Gregory Stanton
28	Deborah Krajewski
29	Charlotte MacPherson
	Kathy Swenson
30	Michele Paneitz
	Emily Skubal

Anniversaries

1	Lyle & Joan Lance
2	Donald & Mary Ann Barrows
	Russell & Joyce Goetz
4	Donald & June Jensen 63
7	Gordon & Darlene Kelley
8	James & Bonnie Halper
9	Brian & Kristine Peyer
10	Donald & Kathy Ross
13	Richard & Vickie Katschke, Sr.
15	Robert & Karen Everts
	Kurtis & Sharon Kaempfer
17	Thomas & Sandra Abraham
18	Luther & Lorraine Graef 55
21	Alan & Nancy Olson
22	Roy Stollenwerk & Jennine Sonntag
27	Ward & Lynn Kopp
28	Roger & Mary Ann Steckhan

Celebration! !

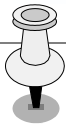
Sunday,
September 27th
For Ralph Klute's
20 Years of
Music Ministry

Potluck in
Hornburg Hall

At 11:00 am



*Stay tuned for
more details—in the
Sunday yellow pages*



Whitnall Park Lutheran Church Family

Fall Rally Picnic

Sunday, September 13, 2009

A day of fun and fellowship on church grounds!

Lunch will be served beginning at 11:15 am

followed by

Entertainment for All Ages * Door Prizes

Contests * Carmel Apple Sundaes

Great Food!

Chicken & Ham; Homemade Salads and Desserts

If you wish to donate a salad or dessert, please see signup sheet.

Lemonade, Crystal Lite, Milk, Coffee & Water provided.

Dinner Tickets!

\$7 Adults • \$5 Seniors (age 65+) • \$3 Kids (age 6-12) • 5 & under free

Look for Sign-up Sheets
to volunteer your help.
It is greatly appreciated!

Themed Basket Raffle!

Tickets: 6 for \$5.00 or \$1.00 ea.

Come and enjoy our annual
Fall event on our
beautiful church grounds!



Questions? See Pat Suderland or Sharon Hause

Social Ministry Update:



CROP Walk Communities Responding to Overcome Poverty

Walkers are needed for the 24th Annual Greater Milwaukee CROP Walk which will take place on Sunday, October 11th, at 1:30 p.m. at the McKinley Marina at Milwaukee's Lakefront. Walkers have a choice of either a two mile or a five and one half mile route. Walkers will collect pledges in late September and early October to support the programs of Church World Service (a frequent partner with Lutheran World Relief) which help fight poverty and hunger in the United States and around the world. Up to 25% of the money raised at the Milwaukee CROP Walk stays locally to support the anti-poverty advocacy work done by the Interfaith Conference of Greater Milwaukee. Non-perishable food items will also be collected by the CROP Walkers for the Hunter Task Force. If you want to walk or otherwise participate in this community outreach program, please contact Charles Schoenleber or a member of the Social Ministry Committee.

Thrivent Financial for Lutherans has this year again provided a generous matching grant of up to \$800. For every three dollars raised by Whitnall Park CROP Walkers Thrivent will add one dollar. This allows all of the money donated to go just a little further to support programs designed to help fight poverty and hunger.

Social Ministry Committee

Coffee Hour. The Social Ministry Committee sponsors the Coffee Hour the first Sunday of each month. The CROP Walk with benefit from the funds raised in September and October and \$100 of money previously raised has been used to buy supplies in bulk for LWR School Kits.

Hope House. This on-going project collects non-perishable food items every Sunday for Hope House. Items can be placed in the boxes near the parking lot entrance to the church.

Fresh Garden Produce Table and Hunger Jug. With the garden season in full swing be sure to bring in your surplus produce. WPLC members can take home what they want in return for a donation. All money raised will go to the CROP Walk, the Hunger Task Force, and America's Second Harvest. Spinach has been planted for a fall crop.

Lutheran World Relief School Kits.

School supplies are now being collected. Please help fill these bags for eager, but impoverished, school children in the United States and around the world. Try to take advantage of "back to school sales" because only one child is helped by a 79 cents ruler while four children can be helped if the same amount is spent on rulers on sale at 19 cents. You have the option of filling a complete bag with the eight items needed, buying an item or two in bulk, or donating money. Money would allow the Social Ministry Committee to purchase items that are needed to fill out complete kits.

The **eight** items needed for each bag are as follows:

- Three 70-page spiral notebooks, for a total of 210 pages for each school kit.
- One pink pencil eraser about two and one half inches long.
- One **BLUNT TIP** scissors with **metal blades**.
- One pencil sharpener.
- One ruler with 12 inches on the top and 30 cm (*The rulers must have the 30 cm.*) on the bottom of the front side.
- One box of 24 crayons.
- Six new **unsharpened** #2 pencils with erasers.
- 12 sheets of construction paper.

September 6 Labor Day Weekend –have fun, be safe

8:30	Assisting Minister Linda Shea Ushers Ron Hause, Carl Hanson Greeter Shirley Meyer Altar Guild Sandy Johnson	Acolyte Melanie Saari
10:00	Assisting Minister Laurie Sorvick Ushers Sid Arthur, Ron Noeske, Katie Mason Greeter Jerome Thome Altar Guild Kathy Fazio	Acolyte Andrew Schlueter Nursery Samantha Llanas

September 13 Rally Day—SUNDAY SCHOOL meets in church / Church Picnic/ Services with Healing

8:30	Assisting Minister Lou Graef Ushers John Hembrook, Dorothy Perkl Greeter Karen Olson Altar Guild Jim and Linda Shea	Acolyte Jeffrey Johnson
10:00	Assisting Minister Ruth Rice Ushers Tom Laposki, Brian and Kristi Peyer Greeter Grace Vukich	Acolyte Kylie Just Nursery Heidi Martin

September 20

8:30	Assisting Minister Jane Dillon-Perkl Ushers Jim and Linda Shea Greeter Dorothy Perkl Altar Guild Bernice Sparacino	Acolyte Georgi Llanas
10:00	Assisting Minister Tom Laposki Ushers Larry Pfeil, Jack King, Brian Martin Greeter Rosemary Richter Altar Guild Elaine Johnson	Acolyte Cody Suchla Nursery Susan Schlueter

September 27

8:30	Assisting Minister Marjorie Pagel Ushers Jim Gaffney, Duane Hause, Lyle Lance Greeter Dolores Porath	Acolyte Emily Brown
10:00	Assisting Minister Kim Mason Ushers Jerry Pagel, Walter Sievert, Jerome Thome Greeter Jing Jing Fedran Altar Guild Bernice King	Acolyte Brittney Henneberry Nursery Jill Underberg

October 4

8:30	Assisting Minister Linda Shea Ushers Ron Hause, Carl Hanson Greeter Kathy Sonntag Altar Guild Evelyn Schubert	Acolyte Scott Johnson
10:00	Assisting Minister Mike Sparacino Ushers Sid Arthur, Katie Mason, Ron Noeske Greeter Elsie Hansen Altar Guild Marilyn King	Acolyte Joanna Stollenwerk Nursery Jessica Williamson

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

Welcome Back! Another new year of Sunday School is here. The Christian Education committee has set some new goals and expectations for Sunday school. Along with some fun activities and we are very excited for the new year.

3 & 4 year old teacher is **Haley Just** and assistant **Carrie Staats**

Kindergarten teacher is **Lori Nelson**

1st & 2nd grade teacher is **Betsey Skubal**

3rd & 4th grade teacher is **Jodi Graef**

5th & 6th grade teacher is—volunteer

7th & 8th grade teacher is **Sharon Kaempfer**

Rally Day is September 13th, at 10:00 am.

All children should meet in church.

September 20th at 10:00 am third grade Sunday school students will receive a Bible. All third grade Sunday school students should meet in church—students will be dismissed to their class following the presentation of Bibles.

Confirmation information meeting and first day of Confirmation is Sunday, September 20th.

JUST 4 YOUTH!

Please join us on Rally Day, Sunday, September 13th for the Gathering Group presentation of our trip to New Orleans. This will take place at Both Services!

The trip has inspired our Young Adults (college age student) to return to New Orleans over the January 2010 winter break. WPLC will join with other ELCA Young Adults in the area - more details to follow.

WPLC Youth Group Opportunity - The Property Committee, in support of the Youth Group, has asked if we would consider taking over the duties of setup/cleanup for Weddings. The customary fee would be paid to the Youth Group to help fund activities and mission trips. Kathy Graef and Corrin Laposki attended to all the necessary setup/cleanup for the wedding on Saturday August 8th.

—Kathy Graef, Youth Group Leader



Back to School Prayer

*Dear Lord Jesus, take their hands,
as they set out for another land.
One not ruled by king or preacher,
But one they'll share with those
they call 'teacher'.*

*Please, God challenge them, but let
them have fun; may they discover
and learn. Reflect and run.
Calm their fears when they don't know
just what to say or where to go.*

*Please, Lord Jesus, hug them tight
and keep them in your loving sight.
With you beside them every day
we know that they will be okay.*

Sept. 5th 12:30-3:00 PM Wedding
Sept. 20th 7:00 PM YG Meeting
Sept. 13th 8:00 AM Both Services –
Gathering Group—9 AM Coffee Hour
Sept. 26th Wedding Time to be Determined

September 2009

Whitnall Park Lutheran Church

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> Olan Mills pictures for the Church Directory will be taken on September 9th & 10th call 1-800-845-1157 for an appointment. Church # is 41510. </div>		1 9:00 AM Dorcas 1:00 PM Knitting & Crocheting	2 9:30 AM Parish Nurse 11:00 AM Caregivers group	3	4 9:00 AM - 11:00 AM Office hours 5:30 pm Rehearsal	5 2:00 pm Wedding
6 8:30 AM - 10:00 AM WORSHIP	7 LABOR DAY Office is closed.	8 9:00 AM Dorcas 1:00 PM Knitting & Crocheting 6:30 PM Property Meeting 7:00 PM Christian Ed Meeting 7:00 PM Worship & Music	9 7:30 pm Senior Choir 9:30 AM Parish Nurse 11:00 AM Caregivers group <div style="border: 1px solid black; padding: 2px; margin-top: 5px;"> 6:00 PM Acolyte class </div>	10 8:30 AM OWLS meet at the Forum	11 9:00 AM - 11:00 AM Office hours	12
13 ★ 8:30 AM - 10:00 AM WORSHIP 10:00 AM Sunday school Rally Day 11:00 AM Church Picnic Services with Healing SW Interfaith MUM Sale	14 <div style="border: 1px solid black; padding: 2px; margin-top: 5px;"> LEAF articles are due </div>	15 9:00 AM Dorcas 1:00 PM Knitting & Crocheting 7:00 PM Health & Wellness meeting	16 9:30 AM Parish Nurse 11:00 AM Caregivers group 7:30 pm Senior Choir	17 7:00 PM Everyone's Bible Study	18 9:00 AM - 11:00 AM Office hours	19
20 8:30 AM - 10:00 AM WORSHIP 10:00 AM Bibles for 3rd Grade 10:00 AM Sunday school 11:00 AM Health & Wellness FYI-Health POA	21 <div style="border: 1px solid black; padding: 2px; margin-top: 5px;"> 11:00 am Confirmation info mtg. & first day of Confirmation </div> <div style="border: 1px solid black; padding: 2px; margin-top: 5px;"> 7:00 pm Youth Group </div>	22 9:00 AM Dorcas 1:00 PM Knitting & Crocheting 7:00 PM Council Meeting	23 9:30 AM Parish Nurse 11:00 AM Caregivers group 7:30 pm Senior Choir	24	25 9:00 AM - 11:00 AM Office hours 5:30 pm Rehearsal Heinz/Worden	26 2:00 pm Wedding Heinz/ Worden
27 8:30 AM - 10:00 AM WORSHIP 10:00 AM Sunday school <div style="border: 1px solid black; padding: 2px; margin-top: 5px;"> Celebration -Ralph Klute 20 years! </div>	28	29 9:00 AM Dorcas 9:30 AM Friends 1:00 PM Knitting & Crocheting	30 11:00 AM Caregivers group 7:30 pm Senior Choir	October 2nd 9:30 am Barb Estrada is here	October 3rd 9:30 am Bless the Animals	



Dear Brothers and Sisters in Christ,

A few weeks ago, we took a little family outing over to the local mall to walk around and pick up a few items for the household. In our travels from store to store, we noticed a large number of teenagers either shopping for themselves or with their parents in the annual ritual of getting ready to go back to school. I remember those days well; the summer coming to a close and trying to gear myself up for another nine months of the academic grind.

While we were strolling through one of the stores, I noticed a number of signs hanging up in various places all throughout the store, all containing the same message, “Don’t just go back; Arrive!” This sign intrigues me...I suppose its message could be taken any number of ways, but to me it speaks to a level of self-importance. Similar to the Hollywood stars “arriving” at a movie premier or the latest and greatest nightclub, it’s not enough to just “go”, there’s a need to ARRIVE!

You know, as I think about it, perhaps I’m being a little too critical. Maybe the teachers, faculty and other students have been missing each other so much over the past three months that their returning to school is more than going back, it is an arrival of sorts; an arrival met with anticipation to reunite with old acquaintances and an eagerness to form new relationships.

I know that summertime here at church is somewhat of a “*summer break*” for many. It’s the time when families take off for vacations or go up North to the cottage or travel for family reunions. It’s been a time that I haven’t seen on a regular basis some of the people that I look forward to seeing each week. And now, as schools resume the business of educating our youth, the church continues our business of growing in Christ as we look forward to Sunday School, Confirmation, Book Studies, Bible Studies, Pet Blessings, First Communions...etc.

So, whether you’re returning to church after a time of travel this summer, or even if you haven’t missed a single Sunday, simply know that we’re excited to see you come back/arrive each and every week. We’re excited to hear new stories, to meet new people, to share our lives and gather together as a community grounded in Christ. Whether you’re simply coming back or arriving in all of your glory, do so knowing that you are coming into a community that is truly glad you’re here; a church family that is excited to share in this great journey together and a people excited to see what God has in store for each of us!

God’s Peace and Blessing,
Pr. Michael