



ST. PETER'S

Evangelical Lutheran Congregation

June & July 2017

1600 S. Main St. Fond du Lac

info@stpetersfdl.net

920.922.1160

www.stpetersfdl.net

Inside this issue:

Calendar	Cover
Schedules	2
Membership	2
Organ Concert	3
Offering Envelopes	3
Book Review	4
Golf Outing	4
Church Picnic	4
WELS Night	4
Church Directory	5
Nursing Points of Interest	5-6

**I rejoiced with those who said to me,
"Let us go to the house of the Lord."**

Psalm 122:1

I love to watch children coming to church on Sunday mornings. Many of them are ready to jump out of the cars, even before their parents open the car doors. I see them running across the parking lot with their parents yelling after them to watch out for cars. Some children are required to hold their parents hands in the parking lot, but it doesn't stop them from skipping, hopping, and pulling their parent into church. They come with smiles on their faces and joy in their hearts. And why shouldn't they? They know they are going to see their friends, sing songs of praise, sit with their families in a beautiful sanctuary, and they are going to hear about Jesus. It is all part of what we call, Worship.

Martin Luther often wrote about Worship, "We cannot give God anything but praise and thanks, for everything else, we receive from him be it; grace, words, works, Gospel, faith, and all things." Martin Luther also wrote, "The Worship of God is the praise of God."



Our Worship is our praise and thanks to God. We praise God for his gift of salvation revealed through Christ Jesus, His Son. We thank God for the preaching of his Word and for coming to us in the sacraments, for the forgiveness of our sins. We praise God for his creation in music and song, and we thank God for his providence, preservation, and protection in prayer. We praise God for sending Jesus to take away our sins by way of the cross, and we thank God for the eternal life we have received by way of the empty tomb. We praise God for his gift of saving faith, and we thank God for the opportunities to share that saving faith to our families and friends. The Worship of God is indeed the praise of God.

I remember a devotion that went something like... "Do you rush, shout, and become generally unpleasant when getting ready for church on Sunday mornings? Do you complain about church? Are you irregular in your attendance?"

continued on page 3

RELIEVE EDITORIAL STRESS:

TURN IN YOUR ARTICLES EARLY!

RE M I N D E R :

DEADLINE FOR NEWSLETTER ARTICLES IS

The 15th of every month

GREETERS SCHEDULE

June 4	7:45	Vicki Erdmann
	10:00	Jim & Marcia Pflum
June 11	7:45	Tim & Gale Zorn
	10:00	Tom & Joan Mrazek
June 18	7:45	Warren & Mary Demmon
	10:00	Bruce, Else, & David Cuppan
June 25	7:45	Bonnie Baerwald
	10:00	Jerald & Diane Fricken

***Look for your July Greeters in the announcements!**

Cleaning Schedule

Week of	
June 4	Laurel Woschnick
June 11	Ron & Marilyn Repp
June 18	Lynn Vermeulen
June 25	Dean Standke
July 2	Jerry Fricken
July 9	Terry & Jill Reynolds
July 16	D. Fisher G. Pipping D. Knueppel
July 23	Gregg & Carol Leisten
July 30	Chad & Lara Birkholz



JUNE 1 - 15

JUNE 16 - 30

Ann Trewin
Kathy Trewin
Michelle Trewin

Joan Voss
Mary Demmon

For details on flower donations, look for our flower chart on the bulletin board at the end of the member mailboxes.

JULY 1 - 15

JULY 16 - 31

Joan Voss
Mary Demmon

Else Cuppan
Deb Deere
Karen Krug

Membership Matters
The matters of membership listed below were acted upon or recognized by the Coordinating Council at its May meeting.

<u>Youth Confirmations</u>	<u>Adult Confirmations</u>
Katherine Davies	Dan Drohman
Reiley Lange	Tom Gribben
Nicole Meyer	Chris Stolper
Andrea Kahlow	Courtney Stolper
Ashlee Kent	
Karter Karpathian	
	<u>Funeral</u> Helen Seibel
<u>Affirmation of Faith</u> Eric Lauden	<u>Requests for Transfer Out</u> Isabella Shafer to Grace, Oshkosh
<u>Baptism</u> Blakely Roehl	<u>Removed Unable to Serve</u> Brett Strong Jered Strong Stephen Strong

I rejoiced with those who said to me, "Let us go to the house of the Lord."

Psalm 122:1

continued from page 1

Do you criticize the pastor, the choir, the length of services or the usher crew? Then don't be surprised if your children grow up to look at Sundays as the worst day of the week.

We are a "Church", which means we are a gathering of believers. Each week we are privileged to gather for the one united purpose of praising and thanking our God. This public form of Worship gives us a unique opportunity as individuals, as families, as members - to join together as one body, the body of Christ. In this public worship we greet each other, pray for each other, strengthen each other, and serve each other. In Worship we are able to hear the holy Word of God, confess Christ as the only Savior, and partake of the sacraments for the assurance of forgiveness and the strengthening of our faith. It is what makes Sunday, the best day of the week!



This summer, let us continue to rejoice as we come to the house of the Lord. Let us continue to join together as the body of Christ. Let us continue to thank and praise our God, for he has given us everything else!

OFFERING ENVELOPES

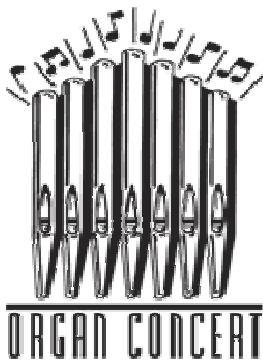
Our congregation has a dedicated finance team supported by volunteers who are accurate and devoted to their responsibilities of counting the numerous offering envelopes, cash, and checks received every week. The time these volunteers spend, ranges from 1 ½ to 2 or more hours every week. To assist them with their duties, we are asking all members to please adhere to the following:



- Do not fold your check or cash when inserting in your contribution envelope
- Write the amount enclosed in your contribution envelope on the line provided
- If you are a member, please use the contribution envelopes provided
- Do not fold checks or cash placed in the collection plate.

We thank you, as your assistance will help to reduce the time required to complete our weekly counting .

Summer Organ Concert Series



The Noon Organ Recital Series,
sponsored by the FDL Organists Association, will be held here on **Thursday,**
July 20 from 12:15 - 12:45 pm.

Concerts are presented free of charge and a free will offering will be taken for the continuation of summer organ recitals and to encourage young people to become part of a new generation of organists.

Come hear some of the wonderful instruments found in our community!

CHURCH PICNIC and NEW TEACHER WELCOME

Please save the date of **Sunday, August 20** after the late service for an afternoon of food, fellowship and fun as we hold our summer church picnic and also install and welcome our new fourth grade teacher, Mrs. Roberta Roecker.

The activities will start with a meet-and-greet with our new teacher, followed by a cook-out lunch, and will include entertainment and fun activities for kids of all ages throughout the event.

The school children will also have the opportunity to drop off their school supplies at their classrooms prior to the cookout lunch. Watch the bulletin for more information and volunteer opportunities.



The Board of Adult Discipleship is pleased to invite you to the St. Peter's Lutheran Golf Outing held at 2pm, August 27th at Rolling Meadows Golf Course. Come out and enjoy our beautiful Wisconsin weather along with some friendly competition. A sign-up sheet with more information on the outing will be placed in the Narthex.

WELS NIGHT AT MILLER PARK!

Your local WELS Congregations have booked a number of coach busses from St. Peter's Parking Lot on Thursday, August 10 to Miller Park to watch the Brewers take on the Minnesota Twins. Registration forms are available on the counter in the narthex. Please fill out a registration form and deposit it in the blue Brewer box in the narthex. Deadline to sign up is June 25.



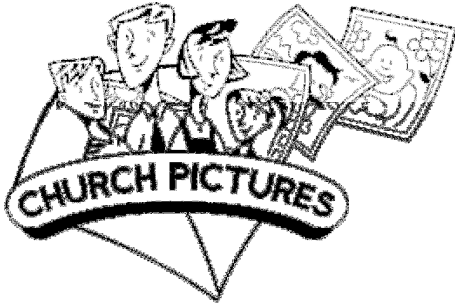
TEEN ARK ENCOUNTER

A life size replica of Noah's Ark! All our St. Peter's teens are invited to come along on a 2 day Creation Museum trip to Kentucky. We will be walking through the proofs of God's creation activity and finishing with a tour of a real Noah's Ark! The trip, June 22-23, will be an overnight excursion with plenty of things to do and see. Please contact our youth leader Tim Kent, 904-2008 for more information. There are flyers available in the church entryway!



FROM OUR CHURCH LIBRARY:

International bestseller *My Name Is Mahtob*, written by Mahtob Mahmoody is a non-fiction story written by the daughter of Betty Mahmoody. She and her mother were imprisoned by her own father. She tells of that imprisonment when she was 4 years old, escape at age 6 with her mother, and life after fleeing Tehran, moving 32 times in as many years. It is the heart wrenching story of her triumph over life-crushing trauma; building a life of peace and forgiveness while discovering the joy and peace that comes from doing so.



No sitting fee
 1 FREE 8 x 10
 portrait and a FREE
 directory

Photo Session Dates:	
July 25-28 2:00-9:00pm	July 29 10:00am-5:00pm
August 8-11 2:00-9:00pm	August 12 10:00am-5:00pm
September 12-15 2:00-9:00pm	September 16 10:00am-5:00pm

\$10 off coupon for each family

Bring a nonperishable food item for the
"Feed the Need" campaign & get **\$5 off** your order

NURSING POINTS OF INTEREST

Wake-Up Tips: How to Make the Morning Easier

Start Small

Good news for night owls, and anyone else who doesn't bound out of bed when the sun comes up: You can learn to love your mornings. Even small changes to your routines can boost your mood and energy. Little tweaks can help you get the shut-eye you need, too. When you're well-rested, it's not a struggle to get up.

Put Your Alarm Out of Reach

Let's face it: Unless you have another hour or 2 to sleep, hitting the snooze button won't really help you feel less tired. But there's another reason to get up when you first hear that annoying beep. When you get up and go to bed at the same time every day, you'll keep your body's internal clock in sync. That makes you more alert in the morning, and sleepy when it's time to call it a night.

Let in the Light

As soon as you wake, open the curtains or blinds. Or step outside. Natural light gets your brain going and keeps your body clock on track. If it's gloomy out, turn on the lights. A light-up alarm clock can help. And it may be less jarring than a noisy alarm. If you struggle with a.m. brain fog or have seasonal affective disorder or depression, try a light box (or sunlamp). It can lift your mood and help you feel more awake.



continued on page 6

NURSING POINTS OF INTEREST

continued from page 5

Enjoy a Morning Splurge

To curb your urge to stay under the covers, plan something to look forward to each morning. You could read your favorite web site over a tasty breakfast, or go for a walk in a scenic park. Anything that excites you or brings you pleasure helps to rouse your brain and makes you less sleepy.

Sip a Cup of Joe

Just make sure your java's the caffeinated kind. Caffeine pumps up brain chemicals like serotonin and dopamine. They boost your mood, spike your energy levels, and help you focus. (Regular coffee drinkers are also less likely to get the blues than those who rarely or never sip the strong stuff.) Not a fan? Opt for a cup of black or green tea. They have caffeine plus other healthy compounds.



Fuel Up

No appetite? Try to have a small morning meal anyway. Even a light bite, like an egg with a piece of whole-grain toast or a cup of yogurt with berries, gives your body the energy it needs to get going. Breakfast helps you focus, too. It may even keep your body clock on track. That'll make your morning feel more like morning and less like the middle of the night.



Power Down Before Bedtime

Bright lights at night can reduce your melatonin levels (that's a hormone that helps you feel sleepy). And it isn't just overhead bulbs that can have you counting sheep. The glow of cell phones, computers, and TVs also slows melatonin production. The fix: Dim the lights in your home, and turn off all screens and tech tools at least an hour before you plan to hit the hay

Skip the Nightcap

Yes, alcohol makes you feel sleepy. But it makes it harder to stay asleep and can make you feel groggy in the morning, too. If you do hit the hooch, stick to one drink and have it with dinner, or at least 2 to 3 hours before bedtime.

Try Melatonin

This hormone helps your system get ready for sleep. It plays a role in keeping your body clock in check, too. If you have trouble dozing off or you're off-schedule because of travel or a new routine, a melatonin supplement may help. Stick to a small dose (0.3-1 milligrams) taken an hour before bed. And always talk to your doctor before taking any new medication.

Find a Good Wind-Down Routine

A relaxing evening helps you fall asleep. Avoid stressors like email and tough talks with family members at least an hour before bed. To get in the mood for slumber, you can meditate, stretch, take a warm shower or bath, or read a book in a low-lit room. If you get at least 7 hours a night but you're still worn out, see the doctor. A health problem or a sleep disorder like sleep apnea may be to blame.

