

Evangelical Lutheran Congregation

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Mission & Tuition: *The Blessed Partnership*

One day in preschool chapel, a little girl sitting in church kept saying, “Jesus, Jesus!” as she looked and pointed to the cross. Looking over grade school art drawings you can see children drawing Bibles, crosses, people kneeling in prayer, or pastors with robes and stoles. As we celebrated confirmation last May, we rejoiced to hear our 8th graders confess the doctrines of their faith through public examination. The Christian education of our children is a progression. From young on, our children first learn who Jesus is. Then as they grow, they come to understand what Jesus has done for them, and then how they can live each day in Christ’s love.

As we begin another school year, we are reminded of the importance of Christian education and why St. Peter’s Lutheran School exists.

St. Peter’s Lutheran School exists because the members of St. Peter’s, back in 1863, saw a need to have Christian education for their children to prepare them for life and eternity. For over 150 years, St. Peter’s School has served the gospel ministry of our church. Our school continues to be a gift from God and a tremendous blessing to our members.

Attending our school is a privilege and not a right. Every week in church, our members graciously give their thank offerings in support of our school. In love, our members generously provide the money needed to subsidize our children’s tuition by 88%. The actual cost per child is \$6,313 a year, but the member rate per child is \$735 per year. It is a privilege to send our children to our school, knowing the generous congregational support behind its

funding. Another way of saying it, “Our members give, so that our children can come to know Christ and worship him!”

The Ministry of our Church is our Worship, where through the preaching of the Gospel through Word and sacraments, the Holy Spirit works, creating and strengthening the faith of God’s people.

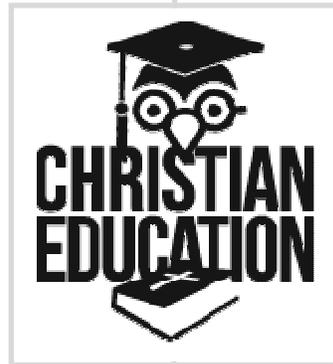
The Ministry of our School is Subordinate to Worship, which means our school exists to educate and encourage our children in their life and worship life to Christ.

As members, staff, and school parents, we therefore understand that everything taught in our school comes from and is focused toward our weekly worship. Our school exists to help parents and

children see their weekly worship as the time gathered around God’s Word and sacraments. This binds us together in faith as we seek to make Christ the center of our homes.

Therefore, our school board under the church council has agreed: where our school member families understand the purpose of our school and the importance of worship attendance, the congregational subsidy and member rate will continue. However, where there is a desire to attend our school but no desire to have an active worship life, financial aid and portions of subsidy will be removed and the non-member rate of \$3,250 per child will be charged. This Mission & Tuition Policy will begin with the start of the 2020 school year.

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Our church worship is the most valuable time we have. It is where we confess our sins and God assures us of forgiveness through Christ. It is where we receive the Word and sacraments for the strengthening of our faith. It is where we give our praise for God's blessings, pray for one another, and stand as the body of Christ supporting each other for life and eternity. Our school instills in our children the need for worship and a life of continued worship and praise to Jesus Christ our Lord.

To my St. Peter's Family,

Thank you for participating in Martin Luther College's Congregational Grant Program! Your generosity has aided me in paying for my education as I prepare to become a called worker. I have anxiously awaited my years at MLC, and now that the time is here I am more than excited. Being a teacher has been a dream of mine throughout my life, and I feel extremely blessed to have your support as I pursue this next chapter.

Once again, thank you for the financial support you have graciously given me. Moreover, thank you for guiding and helping me through my spiritual endeavors by showing me the unconditional love the family of believers has for one another.

In Christ,
Josie O'Brien



Dear St. Peter's
Congregation,

I am very thankful for the gift of \$379 you have given to me. I am excited to continue on to MLC in the pastor track. I'm looking forward to serve God's people and share the word with anyone that needs it.

~ *Brice Guse*

Membership Matters

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

Transfer In:

Jacob Pipping from Peace, Green Lake

Joel and Donna Kammueller from Peace, Granger, Indiana

Patricia Neuman from St. Martin, Shawano

Request for Transfer Out:

Jacque Rose to St. John's, Lomira

Removal (Unable to Serve):

Justin Hebard

Scot Wojahn

Tyler Wojahn

Broede Collien*

Sara Dalton

Adult Confirmations:

Leticia Ramos

Amanda Bonney

Baptisms:

Leticia Ramos

Olivia Walser

Funeral:

Donald Bechler

What Are Antioxidants?

They're chemicals that fight a process in your cells called oxidation. The main source is plant-based foods, but your body makes some, too. You're probably familiar with vitamins C and E, beta-carotene, and the minerals selenium and manganese. Plant nutrients and chemicals like flavonoids, phenols, polyphenols, and phytoestrogens are also antioxidants.



What Do Antioxidants Do? Each one works differently. Together they form a team that fights free radicals. These chemicals cause the oxidation process that damages your cells and the genetic material inside them. Your body makes free radicals as it processes food, sunlight, and toxins like smoke, pollution, and alcohol. Antioxidants either stop free radicals before they form or break them down so they're harmless.

Vitamin E This antioxidant is stored in fat (you may hear it called fat-soluble). It fights off free radicals that attack fats in your cell walls. It may also stop LDL cholesterol from turning into a form that could harden your arteries (your doctor may call it oxidized) and lead to cardiovascular disease.

Where to get it: Whole grains, vegetable oils (olive, sunflower, canola), nuts, and green leafy vegetables.

Vitamin C Also known as ascorbic acid, it's stored in water (you may hear it called water-soluble). It may help prevent cancers of the stomach, lung, and digestive system.

Where to get it: Green vegetables, tomatoes, and citrus fruits like oranges and grapefruits. Choose raw foods because cooking may destroy it.

Beta-carotene It's a fat-soluble carotenoid (those are the yellow, orange, and red pigments in vegetables and fruits). Your body turns it into retinol, which helps you see. It may be dangerous when taken in supplement form, so it's best when it comes from food.

Where to get it: Fruits, grains, carrots, squash, spinach, and other green vegetables.

Lycopene This carotenoid may help protect against prostate, lung, and breast cancer.

Where to get it: Cooked and processed tomatoes are a good and common source: Think marinara sauce on your pasta. Heating the tomatoes makes it easier for your body to absorb the lycopene. Add a bit of fat like olive oil to further help your body use this nutrient.

Selenium Found in soil and water, this mineral helps your thyroid work. Research suggests it can help protect against cancer, especially of the lung, colon, and prostate. It's easy to get too much if you take it as a supplement. That can lead to digestive problems, hair and nail loss, and even cirrhosis of the liver.

Where to get it: Grains, onions, garlic, nuts, soybeans, seafood, meat, and liver.

Flavonoids Scientists know about more than 4,000 of these antioxidants found in fruits and veggies. Every plant contains a different flavonoid combination. They may help protect against heart disease, cancer, arthritis, aging, cataracts, memory loss, stroke, inflammation, and infection.

Where to get them: Green tea, grapes, red wine, apples, chocolate, and berries

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NURSES POINT OF
INTEREST

What Are Antioxidants?

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Omega-3 and Omega-6 Fatty Acids Omega-3s help protect against heart disease, stroke, arthritis, cataracts, and cancer. Omega-6s help improve eczema, psoriasis, and osteoporosis. You should get about two to four times more omega-6s than omega-3s to keep them in balance. Your body can't make these essential fatty acids, which help stop inflammation. There are supplements, but it's better when they come from food.

Where to get them: Omega-3s: Salmon, tuna, sardines, walnuts **Omega-6s:** Vegetable oils, nuts, poultry

Can't You Just Take a Pill? Nope. Long-term studies on tens of thousands of people show that antioxidants in pill form don't lower your odds of bad health. People who took them got heart disease, cancer, and cataracts at the same rate as those who didn't. One exception is age-related macular degeneration. Antioxidant supplements slowed progress a little for some people in late stages of this eye disease.

Are Fruits and Veggies the Secret? Sort of. Vegetables and fruits have lots of antioxidants. And it's true that if you eat more of them, you're less likely to get any number of diseases. What isn't clear is why. It may be the antioxidants, or it might be other chemicals in those foods. It could even be that people who eat them make healthier lifestyle choices overall. Scientists continue to explore the issue. It's hard to get too many antioxidants from the food you eat. That isn't the case, however, for those in supplement form. Too much beta-carotene may raise your lung cancer risk if you smoke. Too much vitamin E could make you more likely to get prostate cancer or have a stroke. These products can also change the way certain medicines work. Tell your doctor about any you take to make sure they don't get in the way of your medication.

Above information obtained from WEBMD Reviewed by Jennifer Robinson, MD on February 14, 2018



On **Sunday, August 18**, after the 10:00 am service, our St. Peter's family will gather on the church grounds for a good, old fashioned church picnic! There will be plenty of food, fun and fellowship.

Activities will include a variety of lawn and field games, dunk tank, bouncy house, horse and wagon rides and more.

All food, drink, and eating supplies will be provided. Seating will be provided under tents. A freewill offering will be gathered to help defer expenses. We'll also be asking for members' assistance with the cleanup at the end of the event.

There is a sign up sheet in the narthex. Please watch your mailbox and bulletin for more info as the planning takes shape.

If you can help us out by bringing your ladder golf, washer box, bean bag game, or any other lawn game you'd like to play, it would be greatly appreciated.

GREETERS SCHEDULE

Aug. 4	7:45	Guy & Sue Repp
	10:00	Bruce, Else, and David Cuppan
Aug. 11	7:45	Alan & Norene Gonring
	10:00	Randy & Joyce Westphal
Aug. 18	7:45	Ken & Jo Wendorff
	10:00	Tom & Joan Mrazek
Aug. 25	7:45	Guy & Sue Repp
	10:00	Diana Kent Judine Schicker

August 1 - 15		August 16 - 30
Addie Jackson		Teresa Samuel
Karen Krug		Barb Krug

Cleaning Schedule

Week of:	
Aug. 4	Bruce & Becca Bowe
Aug. 11	Bruce & Becca Bowe
Aug. 18	Ted Schmitz Ann Steffen Regis Westphal
Aug. 25	Ted Schmitz Ann Steffen Regis Westphal



Please call Gregg at
923 - 1583
to become a member of
the "cleaning team".

REQUIRED MINIMUM DISTRIBUTIONS

During the first six months of 2019 members of St. Peter's have transferred \$18,436 from their IRAs to support our ministry. They have done so in thankfulness for the many blessings God has provided to them.

Following is information on the subject of utilizing your IRA to support St. Peter's:



Taxpayers who are 70½ or older can transfer and donate up to \$100,000 per year directly from a traditional or Roth IRA to qualifying charities such as St. Peter's. The **qualified charitable distribution (QCD)** will satisfy **required minimum distributions (RMDs)** without being added to your adjusted gross income. This can be a bonus if you are going to use the new, higher standard deduction instead of itemizing. The direct transfer could help keep your income below the threshold at which you're subject to the Medicare high-income surcharge as well as reduce the percentage of your Social Security benefits subject to tax.

It is recommended to make a QCD well in advance of New Year's Eve as the money has to be out of your account and the check needs to be transferred to the charity and deposited by the charity no later than December 31 of the current tax year. Please be advised to consult with your tax advisor and/or estate-planning attorney about your specific situation.

SAVE FOR FUTURE REFERENCE