



AUGUST 2016 NEWSLETTER

Celebrating 40 years

1976 ~ 2016

Summer Preaching Series

Songs of Ascents (Psalms 120-134)

During the month of August we will be concluding our summer sermon series on the Songs of Ascents (Psalms 120-134) which the Israelites memorized and sang as they journeyed to Jerusalem to attend the worship and celebration of their major feasts. During the summer months you have been invited to join the Israelites in learning the value of these psalms in our faith journey. We will conclude these psalms on Labor Day weekend. If you have missed any of these sermons, please check the sermon section on our webpage. You may still want to purchase the book, *A Long Obedience in the Same Direction* by Eugene Peterson and continue to learn these psalms. Please join us!

August 7 – Psalm 130 – “Hope” **LBW Liturgy Service**

“I Pray to God . . . and Wait for What He’ll Say and Do”

August 14 – Psalm 131 – “Humility” **Contemporary Service**

“I’ve Kept My Feet on the Ground”

August 21 – Psalm 132 – “Obedience” **Now the Feast and Celebration Service**

“How He Promised God”

August 28 – Psalm 133 – “Community” **Renew Service**

“Like Costly Anointing Oil Flowing Down Head and Beard”

September 4 – Psalm 134 – “Blessing” **LBW Liturgy Service**

“Lift Your Praising Hands”

Summer Brunches after Worship

2nd Sunday of each month

(August 14)

Our last potluck brunch for the summer will be held on Sunday, August 14, after worship in the fellowship hall. This has been a time of great table conversation and always the best brunch in Norfolk. If you have not yet attended, mark your calendar and plan on staying. It is a great opportunity to meet other members at Christ the Servant.



Worship Schedule:

8:45 a.m. Sunday School

10:00 Worship

11:15 Coffee & Fellowship

Change the World School of Prayer

Mondays of each month – 7 PM

(September 19, October 17, November 14, December 12)

There will be **NO** Change the World School of Prayer teaching session in the month of August due to a change in schedule with Every Home for Christ. We will resume our next teaching in September on the 19th. We will meet the 3rd Monday in September and October and the 2nd Monday in November and December. Dick Eastman (founder of Every Home for Christ) has taught his "Change the World School of Prayer" for 40 years and is putting his teaching sessions online. We gather at the church to listen to his teachings each month and pray after each of his three segments. We have participated in three of his seven teachings. You are welcome to come to any of the teachings. If you cannot attend, you can watch his teachings online at www.ehc.org/CTWSOP – click "Watch on Demand" and listen to each session. You can either download a lesson or order a student book. We are watching these videos in preparation for our 40th anniversary as a congregation. (We also encourage you to take a postcard in the back of the church and begin praying for revival in our congregation and region.)

Pastor Matt on Leave for Surgery

(August & September)

Pastor Matt will be having his gastric bypass surgery at Immanuel Hospital on August 8 and will not return to his regular duties until October 4. This is a major surgery and requires several weeks to heal and for his body to adjust. During this period he will be on leave of all his pastoral duties at Christ the Servant. His duties will be covered by the Board of Spiritual Oversight and the Lifelong Learning and Living Ministry Team. Please respect Pastor's Matt privacy during this time and pray for a successful recovery. Please call the church office if you have any special concerns or questions during this time.

Worship/Sunday School Time and Format Discussion

August 21st after worship

On April 26, 2015, the congregation voted to have one service on Sunday mornings at 10:00 a.m. with Sunday school at 8:45 a.m. beginning in May 2015. After a year of having one service, the Board of Spiritual Oversight suggested we have a special congregational meeting to discuss our worship time and format (whether we should continue having one service with rotating formats or consider a different schedule). There will be **NO** decisions or voting conducted at this meeting. This gathering is a time of discussion, listening, and discernment. The Worship Committee will be leading this discussion. All voices are welcome.

PASTOR STEVE'S LETTER: "PUTTING GOD ON HOLD"

One of my morning devotions comes from the book, Jesus Calling: Enjoying Peace in His Presence, by Sarah Young. She writes in the first person as if Jesus is talking to you. I have discovered her insight (based on selected scripture readings) to be both comforting and challenging. Her recent reflection on July 17 bears repeating:

Come away with Me for a while. The world, with its nonstop demands, can be put on hold. Most people put Me on hold, rationalizing that someday they will find time to focus on Me. But the longer people push Me into the background of their lives, the harder it is for them to find Me.

You live among people who glorify busyness; they have made time a tyrant that controls their lives. Even those who know Me as Savior tend to march to the tempo of the world. They have bought into the illusion that more is always better: more meetings, more programs, more activity.

I have called you to follow Me on the solitary path, making time alone with Me your highest priority and deepest Joy. It is a pathway largely unappreciated and often despised. However, *you have chosen the better thing, which will never be taken away from you. (Luke 10:42)* Moreover, as you walk close to Me, I can bless others through you.

Each paragraph demands our attention and reflection as we seek to live out our lives as followers and disciples of Jesus Christ. First, "The world, with its nonstop demands, can be put on hold ... (however) the longer we push Jesus into the background of our lives, the harder it is for us to find Jesus." Did you hear that? Or more importantly, do you believe this? The world, with all its nonstop demands, can be put on hold, but putting Jesus on hold has a disastrous effect because Jesus came to give us the abundant life (it is not found in the busyness of the world). This is a vital decision each person must make!

Second, we live in a world that "glorifies" busyness. The tempo of the world is an illusion that promises more is always better. Is it really? Is it worth what it is doing to our families and our faith development? No longer is Sunday sacred and reserved for the Sabbath rest God designed it to be. That is why God made it one of the Ten Commandments because He foreknew what we would do if He did not command us to stop at least one day of the week to rest in Him. I constantly hear people say how busy they are, but until we recognize busyness is a "tyrant that controls our lives" we will continue on the course we have set before us. I wish you could listen to the confirmands I would interview before they were confirmed – all of them said they had little control or rest in their lives – their schedules controlled them every minute of every day.

And lastly, making Jesus "our highest priority and deepest Joy is a pathway largely unappreciated and often despised." How sad a commentary on our church today! When Jesus (the giver of abundant life) is unappreciated and even despised, we need to ask ourselves how we ever got to this point. Most often we are by-products of our families – most likely your parents followed this nonstop demand lifestyle and have passed it on to you.

PASTOR STEVE'S LETTER: *(CONTINUED)*

Well, there is GOOD NEWS! You can change the course of your direction. It may be difficult at first. It will require not attending certain functions or signing your child(ren) up for certain activities. Life was never meant to be gone every night of the week. And if there is a free night, guess who tries to use it? That's right, the church. When we are invited to come to a church activity or gathering, we often stay home because we are too tired and worn out. Again I challenge you to read the above devotion over again and then have a serious conversation with Jesus! Our faith formation and development begins anew this month with Sunday school and other age-related milestone events throughout the year. I am also working with 3-5 members to develop a process of adult faith development. We can no longer put Jesus on hold!

On the road with Jesus!

Pastor Steve

Board of Administration Meeting
June 21, 2016

Present: Steve Jessen, president; Jan Puls, finance/treasurer; Wanda Muhs, property; Warren Bennett, at-large; Judy Carstens, membership/stewardship committee
Absent: Richard Hillrichs

Steve opened the meeting at 7 p.m. with prayer and handed out the agenda. Kathy printed minutes from the last meeting for all to review, as they had not been approved online, and Steve read them aloud. Motion by Jan to approve the minutes as read, seconded by Judy. All in favor, none opposed; motion carried.

Steve explained to Jan her role and responsibilities on this board. He explained that Christensen-Brozek-Faltys has been hired to do our payroll, and Rhonda Piske will continue to pay the bills.

Discussed this meeting moving to the 3rd Monday next month, July 18, at 6:30 p.m.

Financial reports (Profit/Loss for May 2016 and Balance Sheet as of today's date) were distributed and reviewed. We are at \$21,411.83 net income for the year. Motion by Wanda to accept the financial reports, seconded by Warren. All in favor, none opposed; motion passed.

Ministry team meeting: the Board of Spiritual Oversight will advise of the meeting time with Pastor Garry Seefeldt.

Projects at church or parsonage: the Board of Spiritual Oversight approved the amount, and Steve has ordered materials, for parsonage repairs approved at our last meeting. Installation is included in the price. Work is expected to be done after July 4th. What was not included in the price was a plumber; they'll disconnect the sink and toilet but don't have license to reconnect, and this requires a licensed plumber, which will be an additional expense.

Wanda reported that the cost of repairs to the riding mower was \$100, which has been paid. Warren provided the invoice from John Deere.

Concrete repairs: K&G Construction bid \$1,188 to remove and replace damaged and sunken areas of walkways; \$450 to remove and replace 21 lineal feet of damaged curb on north side of parking lot; \$2,898 to remove and replace 414 square feet of damaged parking lot for a total sum of \$4,536. It would cost \$4,872 to cement the picnic area. This will be discussed with the congregation.

Report by personnel and staff review ministry team by Richard: deferred to next meeting.

Audit committee recommendations were reviewed and discussed.

Item 1 (Good Samaritan account) -- Pastor Steve uses this account.

Item 2 (itemize deposit slips) – some do, some don't.

Item 3 (Shepherds Staff and QuickBooks do not match) – these need to be reconciled on a quarterly basis. Kathy will run reports from Shepherds Staff after July 1 when she runs quarterly giving statements.

Item 4 (designated funds) -- deferred

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Item 5 (payroll) – Payroll is being taken care of but PTO (paid time off) is not being tracked; this will be addressed. Also, a system for evaluations has been addressed.

Item 6 (separate checking account for daycare) – Doing so opens this to IRS scrutiny, and Christensen -Brozek-Faltys does not recommend doing this. Steve can generate a report in QuickBooks specific to the daycare, and the oversight committee is also available to answer questions.

Item 7 (General Ledger and separation of duties) – this is in process. One idea is for Rhonda to print checks (for bill paying) and have Jan sign them.

We will look at the audit committee report again in 3 months.

Membership/Stewardship Committee Report

Recommendations include providing training for ushers, to include cleaning up the pews after worship, as well as training for greeters, to include making sure that visitors sign the guest book so we can send them a card.

The pastors are setting up a schedule to visit members; this committee will call and set up the appointments. Then, committee members will go and visit occasionally. They will also send cards to our young members who are away at college.

This group then went outside to look at the sidewalk and parking lot where repairs are needed. Wanda will get some orange paint to mark the raised area on the sidewalk. This issue will be brought before the congregation for further discussion. Concrete at shelter—no decision will be made until further discussion with the congregation. Steve offered a motion to repair the concrete in the parking lot, curb and sidewalk, and to remove and not replace the sidewalk along the west side of the building; seconded by Jan. All in favor, none opposed.

Warren then made a motion to adjourn, seconded by Wanda. Meeting adjourned at 9:10 p.m.

Respectfully submitted by Kathy Rogers, Administrative Assistant

Board of Administration

July 18, 2016

6:30 p.m.

Present: Steve Jessen, president; Jan Puls, finance; Warren Bennett, at-large; Wanda Muhs, property; Doris Hoffart, membership/stewardship committee

Absent: Richard Hillrichs, personnel/staff review

Doris opened the meeting with prayer.

Motion by Wanda to approve the minutes of the last meeting, seconded by Jan; motion passed.

Financial:

Motion by Jan to accept the financial reports from the quarterly mission meeting, seconded by Warren; motion passed.

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Property:

Underground sprinklers were fixed this morning by G&B Sprinklers; he will be back this fall to winterize the system. Repairs at the parsonage are being done, and Wanda will talk to Mary about painting the bathroom at the parsonage. Repairs to the concrete will be scheduled and the west sidewalk will be removed rather than repaired.

Wanda suggested that, for our 40th anniversary, the confirmation frame be on display. She envisions it going where the WCTS bulletin board is, and moving that to the south wall next to the exit doors. She also volunteered to make sure the class pictures are current. It was noted that many items are being stored in the adult Sunday school room that could be stored in the shed, provided they are not weather-sensitive, and we will need to keep an inventory of what is stored where. Wanda will coordinate this, and we will help move things to where they belong.

The toilet paper and paper towel holders in the unisex restroom are rusty. It was decided to replace rather than paint them. Also the handle on the toilet keeps falling off; Warren will replace it.

Membership/Stewardship

Update the CTS information sheets (that were laminated); this is being done. Recommended not laminating them, but rather placing extra copies in the attendance folders so people can take one home with them.

Visitor cards are being revised and will be in the pew railing with the hand sanitizer and Kleenex, with extras at the visitor center. The visitor center will be reorganized as well.

Doris and Kathy will price binders to replace our attendance folders, which are falling apart.

Discussed whether there is money in the budget for such purchases by this committee.

Doris will talk to Greg Moen regarding property damage done by Rick Benson when he built the house south of our driveway.

This committee recommends that pledge cards be done annually, before work begins on the next year's budget. These will go out to all giving members in September with a request to return them within 30 days.

Eucharistic ministry: training will be provided.

Other questions on this committee's job description regarding electronic giving (nothing has been done) and having an alternate to sign checks when the treasurer is gone. Pat Witte has expressed interest in this.

Jan asked what we do to follow up with visitors; this committee is working on it.

Doris reported that Pastor Steve has made four pastoral visits.

Steve reported that eventually the treasurer duties will transition to Jan. He asked: where do we think the money goes when someone gives to missions (not designated to a specific person or mission). He will also seek answers from the pastors and Board of Spiritual Oversight.

There being no further business, Jan offered a motion to adjourn, seconded by Warren; all in favor; meeting adjourned at 7:45 p.m.

Respectfully submitted by Kathy Rogers, Administrative Assistant

Meeting start time 6:45

Greg started meeting by looking through agenda

Charlie started discussion on outreach day camp. 27 people were at organizational meeting. We need housing for three leaders from Okoboji, Pastor Matt and Jo Roberts will be housing leaders. All teams are well staffed. Sunday night will be a potluck to introduce leaders and prep for Monday.

Quarterly mission meeting July 10th

Potluck on Sunday-Fellowship has taken care of set-up and clean-up. Gary Seefeldt will be present to meet with teams this weekend. He will meet with Spiritual Board on Thursday at 6:30.

Issues that may be brought up at July 10th meeting: worship times as in how many services and Sunday school time; Eucharistic Ministry; 5 teams will update congregation. Again this coincides with Gary Seefeldt's visit, July 7-10. Team leaders will set up times to meet with Gary.

Discipleship: Charlie updated board on Summer Sunday School sessions: Cereals. He would love to see more adults there as it is supposed to be a cross generational lesson. He asked: "How do we get more adults to come?" Charlie will be inviting at the end of services.

Fall Sunday School

Pastor Matt will not be here through August and September so someone needs to run this.

Aug. 14th Blessing of the Backpacks

Teachers in line for teaching

Curriculum will be set, same curriculum company as last year.

Rally Day – September 11th Potluck 3 Milestones to celebrate

Adult Faith Formation -- Pastor Steve: Pastor Steve will be taking part in Vantage Point 3, part of the Vista program, in June. This group will meet three times during the year: June, January, and June. It is part of the Vista Cohort Process with a three point set up: Think Design Implement

This is a discipleship training process with 1 year to develop the process with implementation in June of 2017. Pastor will be joining this group at Augustana and will have more information at the meeting on July 10th.

Worship -- Brian Anderson: We will be using the Now The Feast liturgy through June. It will then be put in a regular rotation of services. (fall) There will be a time to discuss worship at the quarterly meeting on July 10th.

Service -- Becky Bahnfleth: Food Pantry went well thanks to Shirley Theil who volunteered to set this up. Meal on Wheels will be in February of 2017 with new rules about not entering the homes to deliver food. The mission team will be looking at different service opportunities and how other teams may overlap.

Fellowship -- Michelle Anderson: Summer brunches on 2nd Sundays of the month, these are set up by Welcome and Hospitality team, they will also run the blessing of the backpacks. Meet at 9:30 July 4th to work on float. Order your t-shirts soon! There will be a trailer for those who cannot walk the route. Big, Bang, Boom will be held in our parking lot-smores, bring your own picnic, public invited. There have been brochures placed on the mall tables.

Pastoral Update

Pastor Steve: Running Decades classes/meetings to see where different generations see our church going and discuss issues of particular generations.

School of Prayer-Monday Nights

Membership Team is setting up home visits

Pastor Matt: Ethan Olson will be going to confirmation Camp at Okoboji

Looking at overnight to Kansas City for youth group trip

Working on Day Camp finalization-looks good with 20 registered!

Surgery on August 8 – he will be recouping until first Sunday in October(8 weeks)

Vacations

Greg: June 30 – July 7th

Pastor Steve: July 1-4 and July 14 – 19

Pastor Matt: July 22 – July 30

Miscellaneous: Steve Jessen is in process of transferring accounting to Christenson Accounting

Charlie Skoglund moved to adjourn the meeting, Charlie closed with prayer

7:42

Notes respectfully submitted by Becky Bahnfleth

BOARD OF SPIRITUAL OVERSIGHT MEETING MINUTES

July 19, 2016

MEMBERS PRESENT: Pastor Steve, Pastor Matt, Brian Anderson, Linda Cyboron, Becky Bahnfleth, Michelle Anderson
MEMBERS ABSENT: Greg Moen, Charlie Skoglund

Pastor Steve opened the meeting at 6:30pm with prayer and a devotion from “Jesus Calling”.

Minutes from the June 21st meeting were reviewed and unanimously approved.

The date for the next meeting was set for August 16th at 6:30pm

REVIEW OF QUARTERLY MISSION MEETING, JULY 10: Overall, the board had a positive feeling from the meeting.

PASTOR MATT’S SURGERY LEAVE: Pastor Matt will be gone beginning August 8th for his surgery. He will be out 8 weeks, returning October 4th. Pastor Matt will be meeting in the coming days with Discipleship and the Lifelong Learning Team to discuss fall plans so a full plan is in place prior to his surgery leave.

DISCIPLESHIP: The “Cereals” Sunday school continues. On rally day, September 11, there will be a potluck and 3 milestones celebrated. They include the my first bible milestone, those moving to middle school and those entering confirmation. The bibles may be handed out during worship on September 11th. The blessing of the backpacks will be held on August 14th.

WORSHIP: The worship committee met on July 12. Brian Anderson reports that several ministry teams were encouraged by Pastor Garry to host a special worship service or special event focusing on their area of responsibility. A meeting is planned for August 4th at 6:30pm with the worship committee and the applicable teams to help coordinate the efforts collectively. Also, a congregational meeting will be held on August 21 to discuss our current worship schedule and areas where more volunteers are needed. Emily Svitak will be leaving for South Africa on September 23rd and will be gone for 9 months.

OUTREACH: Linda Cyboron discussed launching classes in the fall for Eucharistic ministries. The mission and ministry team will also be working on how CTS can become more of a mission church and its members could become more people of mission. They will discuss mission within 50 miles of CTS and mission outside of 50 miles.

SERVICE: Becky Bahnfleth reported that she will be attending a meeting in Norfolk on August 1st that addresses ways to help the homeless in Norfolk. A speaker from Lincoln will be in town for the event that is presented by Bright Horizons. Becky reports that service is also working on setting up more serving at Mercy Meals in addition to working on the schedules for Meals on Wheels and the Norfolk Food Pantry for 2017. Pastor Matt also encouraged coordinating meals at the Norfolk Rescue Mission.

FELLOWSHIP: The welcome and hospitality team met on July 11th. Michelle Anderson reports that several recent fellowship events were very successful with quite a few attending. Pastor Garry has encouraged the Fellowship and Hospitality team to host a “Hospitality Sunday”. The team will work with the worship committee to coordinate. Blessing of the backpacks and rally day will be coming up. There are several opportunities for congregation members to get involved in helping. There is currently \$311 in the 40th anniversary fund. A possible fundraiser is to sell CTS travel mugs. The welcome and hospitality team will meet again on July 25th. The next congregational potluck brunch is on August 14.

PASTOR STEVE REPORT: The decades meetings are complete. Pastor Steve reports that several good ideas come from the sessions, including a new seniors group that will be starting. The membership ministry team has been helping line up pastoral visits. The World School of Prayer is on the 2nd Monday of each month.

PASTOR MATT REPORT: Pastor Matt will be meeting with the discipleship and the lifelong learning team in the near future to finalize plans for his surgery leave. Blessing of the backpacks will be on August 14th. Rally Day is September 11th. Upcoming faith milestones include my first bible, those entering middle school and those entering confirmation. The bibles may be presented during worship on rally day, while the faith stones will be presented following worship on rally day. Pastor Matt will be on vacation from July 22 – July 30. He will be gone August 8 – October 3 for his surgery. He will return on October 4.

Linda Cyboron closed with prayer

Meeting adjourned at 7:25pm

Respectfully submitted by Brian Anderson

BIRTHDAYS, ANNIVERSARIES & MORE!

THIS MONTH'S BIRTHDAYS

3rd Orlin Olson
3rd Lacy Rehan
5th Myron Falter
5th Linda Grunke
12th Deb Sheppard
16th Jim Meyer
17th Judy Carstens
18th Ellie Hinrichs
21st Kristi Lee
21st Chuck Nicholson
21st Mary Weich
27th Merlin Lee
27th Siarra Sheppard
29th Roger Young

THIS MONTH'S ANNIVERSARIES

Orville & Alvina Heller Aug. 3rd
Kevin & Rhonda Piske Aug. 6th
Jason & Stacy Jones Aug. 26th
Jerry & Linda Shaffer Aug. 31st

*God's blessings to everyone celebrating this month!
If your birthday or anniversary is not listed, please
provide the church office with the month, day and year.*

LADIES: If you would like to participate in the Women of CTS Secret Sisters, please fill out a form and place it in the basket on the back table no later than July 31. Reminder: All women of the congregation are welcome and invited to attend the monthly Women of CTS meeting.

HAS YOUR ADDRESS or phone number changed since last fall? If so, please make sure the church office has your new information. An updated member directory will be coming out soon!

COUNTERS NEEDED: We are still in need of a counting team (or two) for 4th Sunday offerings; training will be provided. If you can give 1 hour (or less) each month, please contact the church office. There could even be two 2-person teams who alternate months, so if any snowbirds are interested, please let us know.

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PASTORAL ACTS

June 5, 2016

Installation of Board Members and
Commissioning of Ministry Teams

July 10, 2016

Installation of Women of CTS Board

Marriages:

Alisha Stormo and Mark Voigt (July 1)

Danielle Piske and Cole Maly (July 30)

BRIGHT HORIZONS

(Jan/Mar/May/July/Sept/Nov)

Items needed: Yellow ruled pads, steno pads, sticky notes; deodorant, children and adult Tylenol, cough medicine, Band Aids, diapers (all the larger sizes); disinfectants, paper towels, toilet tissue, facial tissue; napkins, hair picks, shampoo, dishwashing liquid, laundry detergent, fabric softener, dryer sheets; gas cards, phone cards, Wal-Mart gift cards, grocery store gift cards.

RESCUE MISSION

(Feb/April/June/Aug/Oct/Dec)

Items needed: Facial tissue, toilet tissue, paper towels, cleaning products, disinfectants, dishwashing liquid, laundry detergent, fabric softener, dryer sheets, diapers (all sizes), deodorant, toothpaste, toothbrushes, combs, soap, shampoo, Band-Aids, Tylenol, antibiotic ointment, coffee, creamer, sugar, disposable plates and cups, sugar, salt, pepper, flour, cornstarch, ketchup, mustard, chili powder.

HEALTH MINISTRY

“I pray that everything may go well with you, and that you may be in good health,
as I know you are well in spirit.” (3 John 2)

Yay, 5%!

Shedding this small percentage of your body weight may not seem noticeable when you look in the mirror, but it can make a big difference in your health. Women who lost 7 to 15 pounds cut their chances of type 2 diabetes and heart disease, plus improved their insulin sensitivity, a study in the journal *Cell Metabolism* found. SOURCE: Samuel Klein, MD, director, Center for Human Nutrition, Washington University School of Medicine, St. Louis

The Takeaway

Getting at least 7 hours of sleep is essential. If you feel that your body now needs more than 8, don't fret. Just keep tabs on how you feel. Have you started to notice that you're tired during the day, even after routinely getting 9 or so hours per night? Then pay a visit to your doctor, who can help you rule out any health issues.

Happiness Boosters

If you find yourself wallowing in negativity, science says you should do the following to improve your mood:

- Volunteer. Donate a few hours to help in your community or give money to a good cause (check charitynavigator.org for ideas).
- Flip through photos. Hang a few at eye level throughout your home for quick viewing.
- Create a gratitude list. Write down a few things that you are thankful for in your life. Be specific. Tuck the list away and pull it out when you feel a case of the crummies coming on.
- Let the light in. Sunshine lifts spirits and aids in sounder sleep at night.

Safer Night Driving

When the sun goes down, it's harder to spot obstacles on the road and the likelihood of encountering a drunk or tired driver increases. It's little surprise, then, that fatal car crashes are three times more likely to happen at night than during the day, according to the National Safety Council. Luckily, there are several night driving strategies that can help keep you safe.

- Increase the distance between your car and the car in front of you. A 3-second lead is suggested during the day; at night, you should double this number.
- Use lights to your advantage. Turn on blinkers long before you need them and tap brakes as you slow down to alert drivers behind you.
- Maintain your headlights. Change headlight bulbs when they are getting dim or have burnt out. Use low beams during fog, and keep headlights on from an hour before dusk to an hour after dawn.
- Avoid glare. If a car with bright beams is blinding you, shift your gaze to the right side of the road until the car has passed.

Causes and Cures of Pain

From aching joints to general fatigue, sometimes we're plagued by symptoms, but we don't know what the medical problem could be at the root of our pain. Here are a few health issues that could be causing your problems, and a few "quick tips" that may help.

1. Backaches -- An old mattress can cause back pain, but you may want to have your doctor check your vitamin D levels -- a deficiency can cause back and joint pain. A daily supplement can help if that's the culprit. Weakened vertebrae, muscle fatigue, and back spasms may be eased with daily stretching, yoga, and hot and cold therapy applied via heating pad and ice packs (see your doctor for help with how to use this correctly).
2. Aching joints -- Pain sensitivity is particularly acute for women who have gone through menopause. If you eat tomatoes, eggplant, potatoes, dairy, and/or gluten, keep a food diary to see if food sensitivity is a culprit of your pain.

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August worship servants

	Communion Assistants	Greeters	Ushers	Acolytes	Lector	Coffee
7	Shirley and Duane Theil	Connie Atkinson	Doug and Pat Witte	Zach & Colin	Linda Cyboron	Sharon and BJ Koeppe
14	Gary and Mary Weich	Danita Broders and Family	Steve and Julie Freese	Elizabeth & Katelyn	Lu Carter	Rich and Kay Jaeger
21	Margaret and Lonnie Svitak	Judy Carstens	Steve Morton and Jo Roberts	Katelyn & Emilee	Blake Olson	Mary Lund
28	Becky Bahnfleth and Gina Krohn	Steve and Darla Jessen	Al Boelman and Greg Moen	Zach & Colin	Michelle Anderson	Holly Heller
Sept. 4 (Labor Day)	Charlie and Louise Skoglund	Doreen and Mick Kullbom	Rich and Deb Olson	Elizabeth & Emilee	Shirley Theil	Dean and Doris Hoffart

If you are unable to serve when scheduled, please make your own trade, then notify the church office. Thank you!

AUGUST	SEPTEMBER
Altar Guild: Nell Finkral, Julie Freese Communion Bread: Arlis Lind Membership Care: Mary Lund, Shirley Theil	Altar Guild: Becky Bahnfleth, Kathy Rogers Communion Bread: Becky Bahnfleth Membership Care: Doris Hoffart, Marilyn Woolard

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3. Lethargy and fatigue -- Remaining alert and awake ensures you're working at your highest levels of productivity. If you're also suffering from sensitivity to cold and unexplained weight gain, hypothyroidism could be to blame. Of course, poor sleep could be at fault; get 30 minutes of aerobic exercise every day to increase levels of deep sleep.
4. Foot pain -- Though gout affects joints throughout the body, the most common place for this painful condition to occur is at the base of the big toe. Pain concentrated in the heel or arch of the foot may result from plantar fasciitis. Ditch the high heels and tight-fitting shoes, and lose excess weight to help decrease pain. Alcohol and stress can increase gout flare-ups.

For a more comprehensive list of possible hidden causes and cures of pain, use this online tool: symptomchecker.isabelhealthcare.com

August 2016

Sun Mon Tue Wed Thu Fri Sat

	1 7PM Walk & Talk	2 6:30 Childcare oversight meeting 6:30 Women/CTS	3 9:30 Membership/ Stewardship team 7PM Youth Group	4 9AM PieceMakers 6:30 Fall worship planning meeting	5 Church reserved for wedding rehearsal	6 Caitlyn Shaffer and Jesse Weis wedding (Pastor Matt officiating)
7 Pentecost 12 845 Sunday school 10AM Worship Acolyte training My 1st Bible class 6PM Spirit-led worship	8 630P Welcome/ Hospitality team 7PM Walk & Talk	9 7PM Worship committee meeting	10	11 9AM Agape Circle	12	13
14 Pentecost 13 845 Sunday school 10AM Worship/ blessing backpacks Potluck brunch Thrivent workshop	15 6:30 Board of Administration 7PM Walk & Talk	16 6:30 Board of Spiritual Oversight	17 <i>Kathy (vacation)</i>	18 2PM Card Club 6:45 MOPS	19 NEWSLETTER DEADLINE 5:30 Girl Scouts	20
21 Pentecost 14 845 Sunday school 10AM Worship Congregational meeting Thrivent workshop	22 7PM Walk & Talk	23	24 6PM Fall Kickoff @ the Pit	25	26	27
28 Pentecost 15 845 Sunday school 10AM Worship Fellowship time	29 7PM Walk & Talk	30	31	Fridays = Pastor Steve's day off Office hours = Mon-Fri 8:30 a.m. to 3:30 p.m. (closed for lunch 12:30-1:30) <i>Pastor Matt on leave Aug. 8 thru Oct. 3 (returning Oct. 4)</i>		