



Our Saviour Lutheran Church

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Our Saviour's Good News

Volume XVII, Issue II

February 2022

MISSION STATEMENT

Our Saviour Lutheran Church welcomes all people to a safe place to grow in faith and serve the Lord Jesus Christ

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And he was transfigured before them, and his face shone like the sun, and his clothes became dazzling white.
Matthew 17:2, NRSV

10 Things You Need to Know About Jesus' Transfiguration

What happened at the mysterious event known as the Transfiguration? What did it mean?

The Transfiguration of Our Lord is hard to understand. Why did it happen? What did it mean?

Here are 10 things you need to know.

1. What does the word "transfiguration" mean?

The word "transfiguration" comes from the Latin roots *trans-* ("across") and *figura* ("form, shape"). It thus signifies a change of form or appearance. This is what happened to Jesus in the event known as the Transfiguration: His appearance changed and became glorious.

Before looking at the Transfiguration itself, it's important that we look at what happened immediately before it in Luke's Gospel.

2. What happened right before the Transfiguration?

In Luke 9:27, at the end of a speech to the twelve apostles, Jesus adds, enigmatically: There are some standing here who will not taste death before they see the kingdom of God. This has often been taken as a prophecy that the end of the world would occur before the first generation of Christians died out. The phrase "kingdom of God" can also refer to other things, though, including the Church — the outward expression of God's invisible kingdom. The kingdom is embodied in Christ himself and thus might be "seen" if Christ were to manifest it in an unusual way, even in his own earthly life.

3. Did such a manifestation occur?

Yes, and it is the very next thing that Luke relates: the Transfiguration. Pope Benedict states that it has been...

...convincingly argued that the placing of this saying immediately before the Transfiguration clearly relates it to this event. Some—that is to say, the three disciples who accompany Jesus up the mountain—are promised that they will personally witness the coming of the Kingdom of God 'in power.' On the mountain the three of them see the glory of God's Kingdom shining out of Jesus. On the mountain they are overshadowed by God's holy cloud. On the mountain—in the conversation of the transfigured Jesus with the Law and the Prophets—they realize that the true Feast of Tabernacles has come. On the mountain they learn that Jesus himself is the living Torah, the complete Word of God. On the mountain they see the 'power' (*dynamis*) of the Kingdom that is coming in Christ (*Jesus of Nazareth*, vol. 1, p. 317).

We thus may have the key to understanding Jesus' mysterious statement just before the Transfiguration. He wasn't talking about the end of the world. He was talking about *this*. In fact, Luke notes that the Transfiguration took place "about eight days after these sayings," thus stressing its proximity to them and suggesting that it was the fulfillment of this saying, concerning the fact that some of them would see the kingdom of God. Mark gives a different number of days, saying it was "after six days" (Mark 9:2), but these both approximate a week.

(Ten things cont'd on page 2)

(Ten things cont'd from page 1)

4. Who witnessed the Transfiguration?

The three who are privileged to witness the event are Peter, James, and John, the three core disciples. (Andrew was not there or not included.) The fact that Jesus only allowed three of his disciples to witness the event may have sparked the discussion which swiftly ensued about which of the disciples was the greatest (Luke 9:46).

5. Where did the Transfiguration take place?

Luke states that Jesus took the three "on the mountain to pray." This mountain is often thought to be Mt. Tabor in Israel, but none of the gospels identify it precisely. (though be aware that the gospels do not actually say which mountain it was).

6. Why did the Transfiguration take place?

The Catechism explains it this way: **Christ's Transfiguration aims at strengthening the apostles' faith in anticipation of his Passion:** the ascent onto the 'high mountain' prepares for the ascent to Calvary.

Christ, Head of the Church, manifests what his Body contains and radiates in the sacraments: 'the hope of glory.'

7. What does Luke (in particular) tell us about this event?

Luke mentions several details about the event that the other evangelists do not:

- He notes that this happened while Jesus was praying.
- He mentions that Peter and his companions "were heavy with sleep, and when they wakened they saw his glory and the two men who stood with him."
- He mentions that Peter made his suggestion to put up booths as Moses and Elijah were departing.

8. Why do Moses and Elijah appear on the mountain?

Moses and Elijah represent the two principal components of the Old Testament: the Law and the Prophets.

Moses was the giver of the Law, and Elijah was considered the greatest of the prophets. The fact that these two figures "spoke of his departure, which he was to accomplish at Jerusalem" illustrates that the Law and the Prophets point forward to the Messiah and his sufferings. This foreshadows Jesus' own explanation, on the road to Emmaus, of the Scriptures pointing to himself (cf. Luke 24:27, 32).

9. Why was Peter's suggestion misguided?

The fact that Peter's suggestion occurs when Moses and Elijah are preparing to depart reveals a desire to prolong the experience of glory. This means Peter is focusing on the wrong thing. The experience of the Transfiguration is meant to point forward to the sufferings Jesus is about to experience. It is meant to strengthen the disciples faith, revealing to them in a powerful way the divine hand that is at work in the events Jesus will undergo. This is why Moses and Elijah have been speaking "about his departure, which he was to accomplish at Jerusalem." Peter misses the point and wants to stay on the mountain, contrary to the message the two heavenly visitors have been expounding. As a seeming rebuke of this, a theophany occurs: "A cloud came and overshadowed them; and they were afraid as they entered the cloud. And a voice came out of the cloud, saying, 'This is my Son, my Chosen; listen to him!'"

10. What can we learn from this event?

The Transfiguration was a special event in which God allowed certain apostles to have a privileged spiritual experience that was meant to strengthen their faith for the challenges they would later endure. But it was only a temporary event. It was not meant to be permanent. In the same way, at certain times in this life, God may give certain members of the faithful (*not* all of the faithful, all the time), special experiences of his grace that strengthen their faith. We should welcome these experiences for the graces they are, but we should not expect them to continue indefinitely, nor should we be afraid or resentful when they cease. They may have been meant only as momentary glimpses of the joy of heaven to sustain us as we face the challenges of this life, to help strengthen us on the road that will--ultimately--bring us into the infinite and endless joy of heaven.



HEAT YOUR HOME SAFELY

Home fires occur more in the winter than any other time of the year.

- Keep anything that can burn at least 3 feet from all heat sources, including fireplaces, wood stoves, radiators, space heaters, or candles.
- Never use an oven to heat your home.
- Turn space heaters off when leaving the room or going to bed.
- Maintain heating equipment and chimneys by having them cleaned and inspected each year by a professional.

LEADERSHIP BOARD MINUTES**OUR SAVIOUR LUTHERAN CHURCH
December 20, 2021**

Devotions: Alice Vlaservich led in prayer

Meeting called to order by President, Anna Lowery

Members present: Alice Vlaservich, Melinda White, Anna Lowery, Robbie Wooten

Members Absent: Becky Messick, Joe Finger, Jeff White, Denise Traveria, Teri Trudnak

Minutes: November 2021 minutes were reviewed.; Robbie Wooten made the motion to approve the minutes and Alice Vlaservich seconded the motion.

Reception of Petitions and Communications:

Pastor's Conference on February 15-17. Pastor Feige will be asked regarding attendance

Report of the Pastor: None

Report of the Treasurer: Report was reviewed, and a motion was made by Melinda White to accept the Treasurer Report and seconded by Robbie Wooten

Report of the Ministries:

- a. Property: None
- b. Stewardship and Finance: Presented 2022 budget and Council sent for congregational approval
- c. Worship & Music: Decorated sanctuary for the Christmas season
- d. Youth Team: No report this month
- e. Witness: Cards and prayers continue to be sent to shut ins. Alice is also sending bulletins to those unable to attend worship service.
- f. Christian Education Team: Twenty-two shoe boxes were delivered to support Operation Christmas Child

Report of Auxiliaries: Prayer Group to meet at the home of Shirley Marazza on 12/21/2021.

Old and/or Unfinished Business:

- a. Amending NALC Constitution, Article 11 was discussed. We as Council had questions/concerns and will also speak with Pastor Feige for guidance. No decision was made at this time. Still under review.

New Business:

- a. New Devotion schedule for 2022 to be created
- b. 2022 Installation of new Council member, Steve Digh will be 1/9/2022
- c. 2022 budget, present and vote by congregation on 12/26/2021

General Information:

- a. Attendance: BRING A FRIEND!!
- b. Laszlo Mission (Kids International) Report
- c. Tragedy in Hauna!
- d. New Parish Directory (change Robbie Wooten's address)

- e. Letter from LCMC
- f. Save the Date: 3/5/2022; 99th Gathering LMIM Grace Lutheran Church, Hendersonville, NC

The Council meeting adjourned with the Lord's Prayer.

Next meeting is January 17, 2022 at 7pm
Anna Trudnak -Devotions

The Origin of St. Valentine

The origin of St. Valentine, and how many St. Valentines there were, remains a mystery. One opinion is that he was a Roman martyred for refusing to give up his Christian faith. Other historians hold that St. Valentine was a temple priest jailed for defiance during the reign of Claudius. Whoever he was, Valentine really existed because archaeologists have unearthed a Roman catacomb and an ancient church dedicated to Saint Valentine. In 496 AD Pope Gelasius marked February 14th as a celebration in honor of his martyrdom.

Saints are not supposed to rest in peace; they're expected to keep busy: to perform miracles, to intercede. Being in jail or dead is no excuse for non-performance of the supernatural. One legend says, while awaiting his execution, Valentinus restored the sight of his jailer's blind daughter. Another legend says, on the eve

of his death, he penned a farewell note to the jailer's daughter, signing it, "From your Valentine."

St. Valentine was a Priest, martyred in 269 at Rome and was buried on the Flaminian Way. He is the Patron Saint of affianced couples, bee keepers, engaged couples, epilepsy, fainting, greetings, happy marriages, love, lovers, plague, travelers, young people. He is represented in pictures with birds and roses.

For God so loVed the world
thAt He gave His
onLy
begottEn
SoN,
thaT whoever
believes
iN Him should not perish
but havE everlasting life.

(John 3:16, NKJV)



When: Since 1968, it is celebrated on the third Monday in February (21)

President's Day is a day set aside to honor all of the U.S. presidents. We often think of two great presidents George Washington and Abraham Lincoln when we celebrate this holiday as it falls by design between their birthdays. But more and more of us, look at this day as a tribute to each and every person who has ever served in the office as President of the United States of America. It is a national holiday, although most businesses and industry do not recognize it as a paid holiday.

George Washington's Birthday

When: February 22nd

The "Father of His Country", George Washington was born on February 22, 1732. He became commander in chief of the Continental Army in 1775 and fought a long and arduous war for freedom from British rule. The war was finally over in 1781 when the Continental Army with the help of the French, forced Cornwallis to surrender at Yorktown.

In 1787, Washington was unanimously elected president by the Constitutional Convention in Philadelphia and took the oath of office in 1789. He served two terms of office from 1789 until 1797. After the presidency, Washington retired to his home in Mount Vernon, Virginia where he died on December 14, 1799 of a throat infection.

Quiz: What is George Washington's most famous quote?

Answer... "I Can not tell a lie... .. I chopped down the Cherry Tree!"

Abraham Lincoln's Birthday

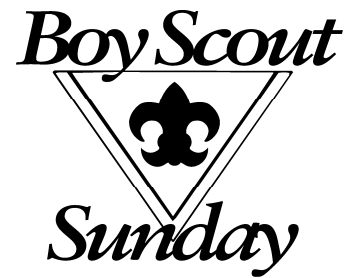
When: February 12th.

Every American knows President Abraham Lincoln, the 16th President of the United States. "Honest Abe", as he was commonly known as, was born in the wilderness country of Hardin County, Kentucky on February 12, 1809.

Abraham Lincoln became president in 1861. Although he hated war, he was drawn into it as he believed it was the only way to save the nation after the southern states declared their secession to the Union.

In addition to serving as president during the civil war and saving the Union, Lincoln wrote the Emancipation Proclamation that ended slavery in the U.S. forever. He also wrote and gave The Gettysburg Address, memorializing the bloodiest and most important battle of the Civil War. Gettysburg proved to be the turning point of the war.

Shortly after the war ended, Abraham Lincoln became the first U.S. President to be assassinated. He was shot and mortally wounded on Good Friday, April 14, 1865 by John Wilkes Booth in Ford's Theatre.



February 8

The **Boy Scouts of America (BSA)** is one of the largest youth organizations in the United States, with over four million youth members in its age-related divisions. In 1909, Chicago publisher W. D. Boyce was visiting London, where he encountered the Unknown Scout and learned of the Scouting movement. Soon after his return to the U.S., Boyce incorporated the Boy Scouts of America on February 8, 1910. Since its founding in 1910 as part of the international Scout Movement, more than 110 million Americans have been members of the BSA.

The BSA goal is to train youth in responsible citizenship, character development, and self-reliance through participation in a wide range of outdoor activities, educational programs, and, at older age levels, career-oriented programs in partnership with community organizations. For younger members, the Scout method is part of the program to inculcate typical Scouting values such as trustworthiness, good citizenship, and outdoors skills, through a variety of activities such as camping, aquatics, and hiking.

The BSA is a constituent member of the World Organization of the Scout Movement. The traditional Scouting divisions are *Cub Scouting* for boys ages 7–10, *Boy Scouting* for boys ages 11–18 and *Venturing* for young men and women ages 14–21. Learning for Life is a non-traditional subsidiary that provides in-school and career education. The BSA operates traditional Scouting locally through units sponsored and operated by churches, clubs, civic associations, educational organizations and the like. Units are led entirely by volunteers who are supported by local councils using both paid professionals and volunteers.

The influence of Scouting on American society is frequently cited by both its advocates and critics. In addition to nostalgic memories of campfires kindling friendships, prominent leaders in various fields of endeavor have credited the skills they learned in Scouting as helping mold them into successful citizens.

The BSA's stated purpose at its incorporation in 1910 was "to teach [boys] patriotism, courage, self-reliance, and kindred values. Later, in 1937, Deputy Chief Scout Executive George J. Fisher expressed the BSA's mission; "Each generation as it comes to maturity has no more important duty than that of teaching high ideals and proper behavior to the generation which follows." The current mission statement of the BSA is "to prepare young people to make ethical and moral choices over their

The Long History Behind Ash Wednesday Traditions

by

ASHLEY ROSS

Ash Wednesday

is inextricably linked to Easter. After all, it marks the beginning of the Lent penance period that ends on that important Christian holiday. But, even though the Easter story takes place in biblical times, the traditions of Ash Wednesday aren't quite that old. (Ash Wednesday is on March 2, 2022)

"The practice of Ash Wednesday dates back to the 11th Century," says Lauren F. Winner, a priest and assistant professor at Duke Divinity School. "You see that in the book Daniel in the nine chapter there's a line about associating fasting with ashes, so ashes are associated with penance, which is the dominant theme of Lent."

And the most familiar Ash Wednesday observance—the ash crosses worn on the foreheads of many churchgoers—hasn't always been acknowledged by all branches of Christianity, Winner says. It wasn't until a few decades ago that the tradition became widespread in the United States.

In the 1970s, the practice matched up with a few wider trends in American religion, including the embrace of once-discarded traditions and the search for ways to connect the physical body to spiritual life. Ash Wednesday was an opportunity for a multi-sensory way of connecting faith to the body, so many American Christians at the time decided to begin wearing that outward physical mark of their spiritual lives. Winner says she thinks its popularity has endured as it offers those celebrating an easy way to prompt conversations about faith.

"We've seen the rise of a whole array of bodily practices and this is a very striking one for those who are not necessarily comfortable talking about faith," she says. "The practice of this once a year is an organic way of drawing their faith into their lives."

But what is it exactly that's on the foreheads of those observing the holiday? The ash used for Ash Wednesday is made of palm branches used on the previous Palm Sunday, when Christians carry palms in a nod to the Gospels' reference to Jesus' path being covered in palm fronds on the day he entered Jerusalem. Occasionally the ashes are mixed with oil so they stay on congregants' foreheads for longer.

In modern times, especially as cremation has become more popular in the U.S., many people imbue the ashes with a new level of meaning, Winner says. "[They represent] penance and mortality," she says, "but there's also a much stronger and more palpable association if people were just last year scattering ashes of a family member."

With many religious traditions, the meaning can often be lost over time. But Winner says Ash Wednesday, even as observances evolve, is one exception to that rule.

"It's very powerful to say those words about 'you are dust and to dust you shall return,'" she says. "I keep waiting for it to get overly familiar and lose its power but it doesn't."

A Stewardship Minute

I would like to focus your attention on a letter written to the editor in the February issue of the Christian newsletter called *Stewardship*. The writer of the letter gently reminded the editor that articles in the newsletter should not shortchange the Gospel theme of God's love for us.

His point was that we Christians love because God first loved us. Our stewardship should be in response to God's unstinting love and grace poured out on us, in us, and for us. As St. Paul put it in his letter to the church at Rome: "God's love has been poured into our hearts through the Holy Spirit that has been given to us." (Romans 5:5) St. Paul went on to say: "God proves his love for us in that while we still were sinners Christ died for us." (Romans 5:8) The cross should always remind us of that.

So, someone may ask, what does God's love for us have to do with stewardship? Well, everything! That's all. Simply everything.

Our lives come from God. Our bodies, our brains, our talents, our time on earth, our ability to be creative, to serve, to work, to earn, to share....are all the result of God's love and our response to that love.

The bottom line regarding our stewardship is how willing we are to use our lives to lovingly serve God in whatever way the Holy Spirit leads us. Whenever we awake each day, our first prayer should be to thank God for the life and the blessings God has given us. And then to ask for guidance and the strength to do whatever service God wishes for us to do.

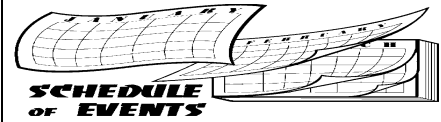
I close with another quote from St. Paul, this one found in Romans 12:1: "I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship."

Prayer: Dear Lord, keep reminding us that we belong to you and will find our greatest pleasure in loving and serving you in all things. **Amen**

February 2022



Sunday School: 9:45 pm
 Sunday Church Worship: 11:00 pm



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 February 1-28		1	2 	3	4	5
6 5th Sunday after the Epiphany	7 Team Mtg.	8 	9	10	11	12 Lincoln's Birthday
13 6th Sun. after the Epiphany	14 	15 	16	17	18	19
20 7th Sun. after the Epiphany	21 Council Mtg.	22 Washington's Birthday	23	24	25	26
27 	28 CLW/Rachel Group			29 February 13		

- Feb. 1-28—Black History Month
- Feb. 2— Ground Hog Day (see p 2)
- Feb. 6— 5th Sunday after Epiphany
- Feb. 7— Team Meetings: 7:00 pm
- Feb. 8— Boy Scout Sunday (see p 4)
- Feb. 12— Lincoln's Birthday (see p 2)
- Feb. 13— 6th Sunday after Epiphany Souper Bowl Sunday
- Feb. 14— Valentine Day Presidents' Day
- Feb. 15—"Prayer Group" will meet at the home of Shirlee Marazza at 1:30 pm
- Feb. 20— 7th Sunday after Epiphany
- Feb. 21— Council Meeting—7:00 pm "President Day"
- Feb. 22— Washington's Birthday (see p 2)
- Feb. 27— Transfiguration of Our Lord
- Feb. 28— CLW/Rachel Group Meeting at the home of TBA (See p 8)

FOOD FOR THE MONTH:



Soup, Mac n Chesse, Beanie Weenies.



Choir practice each Wednesday at 4:00 pm unless otherwise announced in the bulletin



Holy Communion Schedule:
Every Sunday

Worship Service Assistance:

Acolyte: Nora Cole

Communion Asst: OSLC Members

Lay Reader: Denise Traveria

Worship Asst: Denise Traveria

Greeters: OSLC Members

Ushers: OSLC Members

Birthdays



- | | |
|-----------------|----------------|
| 1 Tony Trudnak | Rob Trudnak |
| 8 Jared Dease | Kathy Trudnak |
| 9 Donna Clemmer | Becky Messick |
| 16 Teri Trudnak | Ashley Holland |
| 19 Brady Cole | |



ANNIVERSARIES

- 9thRyan & Keenan Grody
 14thNick & Alice Vlaservich
 27thBrian & Anna Cole

FLOWERS

Flower Schedule:

- Feb. 6
- Feb. 13 Nick Vlaservich
- Feb. 20
- Feb. 27

Please sign up to place flowers on the altar in the Glory of God and in Honor or Memory of your love ones.

Plenty of openings (26)
 Decorate the altar of our Lord
 And then take home to decorate your home of give to a love one of shut-in



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**Remember Our
 SHUT-INS
 OUTREACH MISSION**

**SHUT-INS
NURSING HOME RESIDENTS**

Please remember our church members who are shut-ins or reside in a nursing home* or senior living and visit them or send a card to them

Marilyn Finger
 2701 Jackson Square, Andersin, SC 29625

Jill Petzold
 Brookdale Senior Living, Rm 44,
 1680 S. New Hope Rd., Gastonia, NC 28054
 (If others, please let the church office know)



**Help fill the pantry
 at the
 Dallas-High Shoals Christian Ministry.**

Check and see what food item they need for the month (on page 6—our calendar) and let us over fill that basket in the hallway. This is a great outreach program.

God will bless you in your generosity.

**Events For
 Lutheridge -Lutherock-Lutherspring-
 Lutheranch**

Web site: www.NovusWay.com
 and

Kure/Agape Beach

E-mail: kurebeach@agapekurebeach.org
 Web site: www.agapekurebeach.org

Please see calendars
 and
 other
 information on the
 bulletin board or go on-line



**GO OUT ON A LIMB
 GET INVOLVED**

BE A WORSHIP ASSISTANT

A positions are still open. Participate in the service of the Lord and sign up.

Sign up sheets
 for the 2022 calendar year are on the
 wall in the Education wing.
 THANK YOU!



The legend of Groundhog Day is based on an old Scottish couplet: "If Candlemas Day is bright and clear, there'll be two winters in the year."

Every February 2 –around 7:30 am ET - , people gather at Gobbler's Knob, a wooded knoll just outside of Punxsutawney, Pennsylvania.

The ceremony in Punxsutawney was held in secret until 1966, and only Phil's prediction was revealed to the public. Since then, Phil's fearless forecast has been a national media event.

The groundhog comes out of his electrically heated burrow, looks for his shadow and utters his prediction to a Groundhog Club representative in "groundhogese." The representative then translates the prediction for the general public.

If Punxsutawney Phil sees his shadow, it means six more weeks of winter. If he does not see his shadow, it means spring is just around the corner.

Phil started making predictions in 1887 and has become an American Institution. Residents contend that the groundhog has never been wrong. Approximately 90% of the time, Phil sees his shadow.



Church News



If you need a Pastor, please contact Pastor Pete Feige at 704-516-2805 or our office at 704-922-4648. Check out our website at oslc-nc.org or email us at oslcdallas@aol.com.

Souper Bowl Sunday



FEBRUARY 13

Each year on **Souper Bowl Sunday** congregations from around the nation collect monies to be donated to local and/or regional charities. This year we will support our local Dallas-High Shoals Christian Ministry. On Sunday, February 13, the baskets will be at each door of the church with their kettles for any donation you might want to give plus there will be a basket at each door of the church for canned goods. Please help fight hunger and poverty in our community.



DALLAS DIXIE YOUTH BASEBALL AND SOFTBALL
SIGN-UPS

BASEBALL AGES 5—15

SOFTBALL AGES 6—14

DENNIS FRANKLIN GYM

February 1 thru March 11

For more info call: 704-922-3176 Ext. 234

CLWRACHEL GROUP

WILL BE MEETING IN THE TBA

on February 28 AT 1:30 PM



PRAYER GROUP

WILL MEET AT THE HOME OF SHIRLEE MARAZZA

on February 15 at 1:00 PM

LET US PRAY... "Are any among you suffering? They should pray...The prayer of faith will save the sick, and the Lord will raise them up." (James 5:13-15)



MARGARET Addington, SUSAN Aderholt, SETH Alexander, AMANDA (friend of the Penley's), MARVIS Anderson, WHITNEY Auten (breast cancer), KELLY Ballard (friend of Shana Dease), BRAXTON Bearden (friend of the Locketts), ADDISON Blanton (friend of Dease's), KATHY Bohanan (cancer), KAREN Brady, JACKIE Carpenter (friend of Alice Vlaservich-liver cancer), SYLVIA Cloninger (friend of Nick Vlaservich), MIKE Coffey (Robbie Wooten's uncle), STEVE Cloninger (friend of Brady Ratchford-cancer), BEVERLY Copeland (friend of Robbie's-cancer), STEVE Digh (cancer), HARDY Feige (Pete's dad - chronic back pain), NANCY Friday, BECKY Goodwin (friend of Brady's - cancer), JAMES Goudelock (cancer), JASON Hames (friend of the White's), GRACE Harbin (friend of Robbie Wooten-cancer), JEFF Lineberger (stroke), JOYCE in Morganton (Nick & Alice Vlaservich's acquaintance-cancer), DANA Kirshman (friend of Robbie Wooten-cancer), MARI-NA Marazza (Shirlee Marazza's granddaughter-Covid19), SAM Marr (Heart), BO Messick (foot), FRANCIS McAllister (broken hip), CHRIS Messick (recovering back surgery), JASON, ALLISON & LEX Murray, MARSHA Patton (embryo implants), ELLEN & ED Pfeiffer (Keenan Gordy's Parents - Heart issues), GARY Neal, (friend of Caleb Dease), SONDRRA Phillips (friend of Melinda White), MARTHA Surratt (friend of Alice Vlaservich-Cancer), LIBBY Toler (Dec 14 - heart value), TERI Trudnak, TONY Trudnak (cancer reoccurring), GARY Turner (father of Jason Murray), HAL White, JOE White (stroke), DANNY Wilson (surgery Dec 22), NANCY Wilson, REESE Wilson (blood cancer)

GOD WANTS YOU!

(1) God wants you to participate in His worship service for **2022** by servicing as a worship assistant as a Crucifer, Greeter or Usher

See the sign up sheet in notebook in hold on office door and please help.

(2) New Flower Calendar is up. Please remember your love ones and also help decorate our Lord's altar. **Cost of Flowers has increased to \$35.10 There are 25 openings**

2022 Feb. Mission Emphasis – DHSCSM

"...and what does the Lord require of you but to do justice, love kindness and to walk humbly with your God." ---Micah 6:8

OUR MISSION

The mission of The Dallas/High Shoals Christian Social Ministry (DHSCSM) is to serve as a cooperative ministry of the area churches in bearing witness to the Love of God made visible in Jesus Christ through acts of compassion and mercy by providing crisis assistance, humanitarian aid and developmental (self improvement) opportunities to persons and families in the North Gaston area.

OUR HISTORY

In an effort to enhance the quality of life for all the citizens in the North Gaston area and in response to a number of urgent needs, The Dallas Ministerial Association (DMA), initiated a local food pantry which soon became known as The Dallas/High Shoals Christian Social Ministry. For more than 36 years, DHSCSM has served faithfully in the North Gaston Community and continues to receive generous and wide spread support from both the area churches and the local community.

A COOPERATIVE EFFORT

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TWO DHSCSM MINISTRY OPPORTUNITIES FOR OSLC THIS MONTH:

Souper Bowl Sunday



- **Souper Bowl Sunday – February 13, 2022:** Bring soup (and other canned goods) for DHSCSM There will be containers in the hallway for the cans



- **Love Offering to Replace the Chicken Dumpling Dinner**

Love offering for the all the Sundays in February. The DHSCSM received over \$10,000/year. All the area churches will be having something to help the DHSCSM.

The DHSCSM is the February Mission opportunity for you to participate in locally.

- **Pray** for the organization, its staff, those who come to receive food, clothes, financial emergency support for their unpaid medical, electrical, and gas bills, will be encouraged by the words of care and concern spoken in Jesus' Name.
- **Bring cans of soup** (or other canned goods) on Souper Bowl Sunday – Feb. 13



Food Collection

Soup, Mac n Cheese, Beanie Weenies.

10 Ways To Improve Your Health

by Kenneth H. Cooper, M.D., M.P.H.

In the new year, many people make resolutions with the best of intentions, but often those soon fall by the wayside. As you probably know from previous articles I have written for Decision, I firmly believe that "data drives decisions." If you have a standard to work toward, you are more likely to achieve that goal. Here are the top 10 ways I believe you can improve the quality and quantity of your life in 2022.

DAILY PRAYER AND BIBLE STUDY, which I have done for many years and is the way I start each day.

1. **WEIGHT.** If you are overweight, losing just 10% of your body weight can have tremendous health benefits, including lower risk for high cholesterol, osteoarthritis, high blood pressure and sleep apnea. Determine what you should weigh by calculating your BMI (body mass index). If your BMI exceeds 25, make a major effort to lose weight by restricting calories and exercising regularly. Remember, if you lose weight rapidly, you are not as likely to keep it off unless you implement an exercise program along with the caloric restriction.
2. **PHYSICAL ACTIVITY.** At a minimum, try to get at least 30 minutes collective or sustained aerobic activity such as cycling, walking or running most days of the week. This can be one long period of activity or bouts of activity several times a day (walking 10 minutes three times a day, or two 15-minute walks.) It should amount to at least 150 minutes of activity each week. I work out each evening at our fitness center before heading home, where I walk my two dogs around the neighborhood.
4. **EAT HEALTHY.** Try to consume at least five to seven servings of fruits and vegetables daily. Limit snacks and sugary drinks and avoid trans fats (read labels). I begin my day with a bowl of oatmeal with a tablespoon of Benecol® for its cholesterol-reducing effects, plus two fruit servings, typically grapefruit and blueberries. Remember with fruits and vegetable servings: five is fine, but nine is divine.
5. **DO NOT USE TOBACCO IN ANY FORM, AND LIMIT ALCOHOL.** Don't start smoking, and if you do smoke, make a major effort to quit. The use of tobacco is probably the worst health habit in the world today! It's never too late to stop smoking, and reducing the risk of heart problems starts within weeks; longer for lung problems. And remember, many more people die of heart disease than lung problems each year. If you consume alcohol (which I don't), limit it to no more than one drink per day for men or women, as alcohol is known to increase your risk of liver problems and cancer.
6. **PROTECT YOUR SKIN.** To increase vitamin D blood levels without unnecessarily increasing the risk of cancer, limit sun exposure to no more than 20 minutes per day. Remember, sunscreen is important even in the winter months. Avoid midday sun and protect the skin with a hat, shirt, sunglasses and a broad-spectrum sunscreen.
7. **SUPPLEMENT WITH VITAMINS.** I recommend consuming at least 40 mcg of vitamin B12 and 2,000 IU (50 mcg) of vitamin D3 daily to protect yourself from developing Alzheimer's and dementia, and to offer some protection against coronavirus, particularly for people of color. Add omega-3—1,000 mg daily (or two servings of fatty fish per week)—for its analgesic and anti-inflammatory properties.
8. **SLEEP SEVEN TO NINE HOURS NIGHTLY.** This might help prevent several diseases, such as Alzheimer's and dementia. If you have difficulty getting to sleep or staying asleep, try to avoid over-the-counter sleep aids and instead try melatonin or exercising at the end of the day.
9. **SOCIALIZE AND ENGAGE YOUR BRAIN DAILY.** Join a club or social group, attend worship service or volunteer to keep your mind and body active. I read and study almost every night after dinner. Try incorporating activities such as crossword puzzles, learning a new language or how to play a musical instrument to keep your mind sharp.
10. **KNOW YOUR NUMBERS.** By numbers I'm referring to **your blood pressure, height and weight measurements** to determine body mass index (BMI), **lipid profile** (cholesterol and triglycerides), and **diabetes testing** (fasting blood sugar and hemoglobin A1c) performed annually after 40 years of age. If possible, **schedule a regular complete physical examination annually, including cancer screening.**

At 90 years of age, I am blessed to continue enjoying my long, healthy and active life. I quote the words of my late friend Zig Ziglar who always said, "You don't retire, you re-fire!" as my passion is working with my patients and continuing the mission of improving the quality and quantity of people's lives. I exercise both my mind and body daily.

If you accomplish all of these recommendations in the new year, you will certainly enjoy better health and will be honoring God in your body and spirit. That is my wish and prayer for all of you!

Kenneth H. Cooper, M.D., M.P.H., known worldwide as "the father of aerobics," is the founder and chairman of Cooper Aerobics in Dallas and chairman emeritus of The Cooper Institute.

Equality Begins in the Womb

Supreme Court abortion case gives pro-lifers renewed hope in preparing for annual March for Life.

By Becca Coon

As the U.S. Supreme Court considers what could be the most significant abortion case in decades, tens of thousands of people will rally for the unborn at the 49th annual March for Life in Washington, D.C., on Friday, Jan. 21. The inaugural March for Life was organized by Nellie Gray, a lawyer for the federal government, in January 1974 as a response to the high court's decision to legalize abortion nationally through *Roe v. Wade* in 1973. Gray vowed to hold a March for Life every year until *Roe v. Wade* was overturned.

Forty-eight years later, America has tragically lost more than 62 million children to abortion. But with the fate of *Roe* now in the balance, pro-life supporters are hopeful that our country's laws will soon reflect the personhood of babies in the womb—who have a heartbeat as early as four weeks, develop fingers and toes around eight weeks, and begin to hear and swallow at 20 weeks. This year's theme—"Equality Begins in the Womb"—aims to expand the ongoing conversations surrounding racial and gender equality to include equal protections for unborn life.

"The pro-life movement recognizes the immense responsibility this nation bears to restore equal rights to its most defenseless citizens in the womb," March for Life President Jeanne Mancini said during a press conference. "Since [the 1973 *Roe v. Wade* Supreme Court decision], scientific advances have undeniably confirmed the humanity of the unborn, and today most Americans agree there should be significant limits on abortion.

"To this end, we hope the Supreme Court honors the existing constitutional protections for the unborn as they [weigh the] arguments in *Dobbs v. Jackson Women's Health Organization*," Mancini said. "No child's life, either here or abroad, should be threatened by the injustice of abortion."

The March route will begin between 12th and 14th streets around 1 p.m. EST, travel down Constitution Avenue and eventually end at the steps of the Supreme Court.

Cissie Graham Lynch will offer the closing prayer at the event.

"All life has dignity and purpose, in and outside of the womb," she told *Decision*. "I'm so grateful to be participating once again in the March for Life in Washington, D.C.—the world's largest annual human rights demonstration. As Christians, we are expected to stand up for the vulnerable, and there is nothing more vulnerable than a preborn baby."

Mancini believes that we cannot advance as a society without addressing the discrimination taking place against the unborn.

"In order to create a more just society," she said, "we must recognize that equality begins in the womb."

28th Celebration of Life

Date: Thursday, March 10, 2022
Location: First Assembly of God, 777 S. Myrtle School Road, Gastonia
Time/Program: It is Different... There i=will NOT be a meal! Invitations won't be sent.
 6:15 to 7:00 pm—Musical Worship in the Sanctuary.
 7:00 pm—Program in the sanctuary/
Speaker: Lt. Governor Mark Robinson
Seating: On a First Come, First Serve basis
 There will be reserved seating for those unable to climb steps.



Crisis Pregnancy Center of Gaston County

We at Crisis Pregnancy Center of Gaston County, Inc. would like to welcome you to our center. Our pregnancy center is a nonprofit pro-life organization of committed Christians sharing the gospel of Jesus Christ and actively helping women, men and families in crisis pregnancy situations.

Questioned frequently asked:

- Where can a pregnant women go for physical help and emotional support
- Where can a a new mom or dad go for resources and support for their newborn to twelve month old?
- Where can a pregnant teenager go for support, advice and mentoring?
- Where can a woman carrying the guilt of an abortion go for healing and support?
- Where can a teen hear the truth of Purity and practical ways to live an Abstinent lifestyle?

The answer to all those questions is Crisis Pregnancy.

Since 1986, Crisis Pregnancy Center of Gaston County has offered all of our servies for free thanks to the donations and support of individuals, churches and businesses across Gaston County.

Now, how can we serve you?

- | | | |
|------------------------|------------------------|---------------------|
| • Pregnancy test | • Peer Counseling | • Ultrasound |
| • Adolescent Parenting | • Abstinence Education | • Maternity Clothes |
| • Baby Clothes | • Car Seats | • Pack & Plays |
| • Diapers | • Wipes | • Baby Supplies |
| • Formula | • Baby Food | • Blankets and more |

Sanctity of Human Life

For more than 3 decades we have been making a difference in Gaston, Lincoln and the greater Piedmont area of NC. Simply, by the grace of God, He has strategically placed us here for such a time as this with a reminder that he will honor them, and they will not be insignificant. This is our time.

We work with each client on an individual basis to meet their needs so that giving life to their baby is a viable option. We also prevent unwanted pregnancies by training our youth to save sex for marriage and offer healing and forgiveness in Jesus to those already wounded by an abortion in their past. By PARTNERing with us you can help end the tragedy of abortion one life at a time. YOU can make a difference.

In April and September: Attend volunteer training at CPC.



2022 PARISH DIRECTORY OF OUR SAVIOUR LUTHERAN CHURCH

CHURCH OFFICE 704-922-4648 --- EMAIL oslcdallas@aol.com --- Website oslc-nc.org

LEADERSHIP BOARD

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		*2 nd Term

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Ministry of Youth	Melinda White
Nominating Ministry Team	(appoint in Oct.)**
Fellowship/Facility Ministry Team .	

MINISTRY REPRESENTATIVE

Dallas-High Shoals Christian.....	Julie Digh
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Our Saviour Lutheran Church
P.O. Box 457
725 Gastonia Technology Parkway
Dallas, NC 28034



February 2022

Souper Bowl Sunday



Don't forget to bring can goods on
February 13

