

## Our Savior's Good News

### Grace Alone, Faith Alone, Scripture Alone

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### **Our Savior Lutheran** Church

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#### Gratitude

Living the Christian life these the grace that God uses days is challenging to say the least. One of the things that consistently gets away from the typical believer is the concept of gratitude and generosity. As churches kick off Stewardship programs all over our nation, we are reminded of the business side of churches that need to meet their cash flow obligations. Rarely do we hear about or see a church telling a Stewardship team not to worry-that they have already raised everything they need for the coming year. That rarely happens!

This concept has been lurking around our Sunday lessons as well as our weekday work with Nehemiah. Being generous is something we get to do, not something we have to do. Too many Christians of today begrudge God a tithe or even a single percentage of their take home pay. In all of the power of economics, we miss who the choice. It is not meant to be Giver of all we have truly is.

Ponderings from the Pastor..... And that is a shame. I am convinced that gratitude is a once a year celebration of life-style choice. It reflects ful lives that recall all that God. Jesus. and the Holv Spirit do for us. Our gratitude reflects the grace of God to us, and then that can side of heaven.

an isolated event, like our the holiday we know as Thanksgiving. Instead, it with us as we live out thank- might best be considered as the way we choose to live our lives, morning, noon, and night of each day God chooses to let us walk this



spill over into the lives of those people we meet each day. We live generous lives because we choose to live that way.

Consider this- as God bless- Year, and you'll find God at es each one of us, we in turn can bless one another. Again, this is a life-style

Consider gratitude as your new life-style choice this upcoming holiday season. You'll beat the rush of resolution makers at the New work in your life!

Be blessed to be a blessing!



### 

As LCMC continues to grow \* in faith and in numbers, many of you have asked for \* more information about it. The LCMC website provides the following description:

- Congrega- \* Lutheran tions in Mission for Christ is an association of congregations and individuals who are:
- Free in Christ;
- Accountable to one another

- Rooted in the Scriptures and **Lutheran Confessions:**
- Working together to fulfill Christ's Great Commission to go and make disciples of all nations.
- We have a great respect for the reality that the church is where the people of God gather together around Word and Sacrament. The local congregation is where the church becomes a concrete reality for God's people

2015 Statistics from LCMC:

- \* Total # of Congregations:
- \* US Congregations: 715
- \* US States represented: 40
- \* US Territories represented: 2
- \* Countries represented: 14

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### **Council Highlights**

Birthdays & Anniver-

saries

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- Letter sent to Tim Berini, owner of Bean Depot for use of parking lot
- Letter mailed to Hope Family notifying them of Memorial Gifts to OSLC in memory of Warren Hope
- 676 hits on website
- Work on 2017 Budget
- Nominations Sunday 11/13
- Elections Sunday 11/20
- Pastor Jon on mission trip returning for the 11/20 ser-

### Our Savior's Good News



Summer is officially over, and Fall is upon us. Soon we shall be able to look out our windows and see the beautiful colors of the leaves on our trees. Oops, we are in Florida. The only extra color we get is all the cars from up North. But it is wonderful welcoming our "snowbirds" back! We have missed you and are thrilled to see you again!

Exciting things will soon be happening. Federal elections not withstanding, we will soon be holding our own elections for a Vice President, Outreach Chair, and At-Large member. Incumbents are Jeanne Keyser (VP), Geri McGary (Outreach) and Roy McGary (At-Large). Soon, the Nominating Committee Chair (Jeanne) will appoint two members to the Committee, and they will select persons to fill these positions. Please volunteer if you feel a calling to any of these positions. When you serve on the Council, you are serving God through your service to His Church!

We will be helping Shirley Lowing hold a Garage sale in the near future. You are welcome to bring your treasures to this garage sale,

with all proceeds going to the Church. Just bring items which will sell, and are in good (and clean) shape. You might want to buy some new treasures for yourself while you are at the sale. It is also a great time to talk to people about the Church itself. The Holy Spirit will be attending!

Of course the Holidays are coming soon. We will be able to thank our Lord for His many gifts bestowed upon us and then to celebrate His greatest gift of all. The gift of His Son, Whose presence alone gives us the gift of life everlasting.



What a wonderful time of vear this is! Also, upcoming will be the El Jobean Christmas Parade. We have been asked, and accepted, an invitation to join in the fun. It is a great opportunity to introduce our Church to the Community! Also, in the park where the parade ends, we will be running a food concession stand, where the Church will once again be the recipient of the proceeds. It will also be a great time to talk to our friends and neighbors. Please talk to Geri about how you can help.

Blessings to all,

Dean

### Treasurer's Report \$\$\$\$



Our Heavenly Father has blessed our people with a strong Stewardship faith!

As of October, 2016

Savings Account \$ 37,102.51 Checking Account \$ 26,915.33 Building Fund \$ 30,604.94 Benevolence Fund \$ 7998.97



# On the Funny Side!

(who said church has to be boring?

Three pastors were having lunch in a diner.

One said "You know, since summer started I've been having trouble with bats in my loft and attic at church. I've tried everything -- noise, spray, cats -- nothing seems to scare them away."

Another said "Me too. I've got hundreds living in my belfry and in the narthex attic. I've even had the place fumigated, and they won't go away."

The third said, "I baptized all mine, and made them members of the church. Haven't seen one back since!"





### A Great Inspirational Story!....

At a fundraising dinner for a school that serves children with learning disabilities, the father of one of the students delivered a speech that would never be forgotten by all who attended. After extolling the school and its dedicated staff, he offered a question: 'When not interfered with by outside influences, everything nature does, is done with perfection. Yet my son, Shay, cannot learn things as other children do. He cannot understand things as other children do. Where is the natural order of things in my son?' The audience was stilled by the query. The father continued. 'I believe that when a child like Shay, who was mentally and physically disabled comes into the world, an opportunity to realize true human nature presents itself, and it comes in the way other people treat that child.'

Then he told the following story: Shay and I had walked past a park where some boys Shay knew were playing baseball. Shay asked, 'Do you think they'll let me play?' I knew that most of the boys would not want someone like Shay on their team, but as a father I also understood that if my son were allowed to play, it would give him a muchneeded sense of belonging and some confidence to be accepted by others in spite of his handicaps. I approached one of the boys on the field and asked (not expecting much) if Shay could play. The boy looked around for guidance and said, 'We're losing by six runs and the game is in the eighth inning. I guess he can be on our team and we'll try to put him in to bat in the ninth inning. 'Shay struggled over to the team's bench and, with a broad smile, put on a team shirt. I watched with a small tear in my eye and warmth in my heart. The boys saw my joy at my son being accepted. In the bottom of the eighth inning, Shay's team scored a few runs but was still behind by three. In the top of the ninth inning, Shay put on a glove and played in the right field. Even though no hits came his way, he was obviously ecstatic just to be in the game and on the field, grinning from ear to ear as I waved to him from the stands. In the bottom of the ninth inning, Shay's team scored again. Now, with two outs and the bases loaded, the potential winning run was on base and Shay was scheduled to be next at bat. At this juncture, do they let Shay bat and give away their chance to win the game? Surprisingly, Shay was given the bat. Everyone knew that a hit was all but impossible because Shay didn't even know how to hold the bat properly, much less connect with the ball. However, as Shay stepped up to the Plate, the pitcher, recognizing that the other team was putting winning aside for this moment in Shay's life, moved in a few steps to lob the ball in softly so Shay could at least make contact. The first pitch came and Shay swung clumsily and missed. The pitcher again took a few steps forward to toss the ball softly towards Shay. As the pitch came in, Shay swung at the ball and hit a slow ground ball right back to the pitcher. The game would now be over. The pitcher picked up the soft grounder and could have easily thrown the ball to the first baseman. Shay would have been out and that would have been the end of the game. Instead, the pitcher threw the ball right over the first baseman's head, out of reach of all team mates. Everyone from the stands and both teams started yelling, 'Shay, run to first! Run to first!' Never in his life had Shay ever run that far, but he made it to first base. He scampered down the baseline, wide-eyed and startled. Everyone yelled, 'Run to second, run to second!' Catching his breath, Shay awkwardly ran towards second, gleaming and struggling to make it to the base. By the time Shay rounded towards second base, the right fielder had the ball . The smallest guy on their team who now had his first chance to be the hero for his team. He could have thrown the ball to the secondbaseman for the tag, but he understood the pitcher's intentions so he, too, intentionally threw the ball high and far over the third-baseman's head. Shay ran toward third base deliriously as the runners ahead of him circled the bases toward home. All were screaming, 'Shay, Shay, Shay, all the Way Shay' Shay reached third base because the opposing shortstop ran to help him by turning him in the direction of third base, and shouted, 'Run to third! Shay, run to third!' As Shay rounded third, the boys from both teams, and the spectators, were on their feet screaming, 'Shay, run home! Run home!' Shay ran to home, stepped on the plate, and was cheered as the hero who hit the grand slam and won the game for his team!

'That day', said the father softly with tears now rolling down his face, 'the boys from both teams helped bring a piece of true love and humanity into this world'. Shay didn't make it to another summer. He died that winter, having never forgotten being the hero and making me so happy, and coming home and seeing his Mother tearfully embrace her little hero of the day!

We all have thousands of opportunities every single day to help realize the 'natural order of things.' So many seemingly trivial interactions between two people present us with a choice: Do we pass along a little spark of love and humanity or do we pass up those opportunities and leave the world a little bit colder in the process?

**Upcoming Congregational meetings:** 

Sunday Nov. 13 Nominations For Council Sunday Nov 20 Elections



# CHURCH LIFE AT OUR SAVIOR LUTHERAN



Happy Birthday!

Janet celebrates her 90th Birthday!



Happy Anniversary!

Congratulations to Willard and
Janet Wilson who celebrate 67
years of wedded bliss!



Happy Birthday Pastor Jonathan!



- Christmas Tree set up Sun I I/27 after service. Please stay to help!
- Christmas Eve Service 6pm
- Christmas Service 10am
- Ordered and distributed Portals of Prayer for 2017.
- Committees submitted ideas to change service

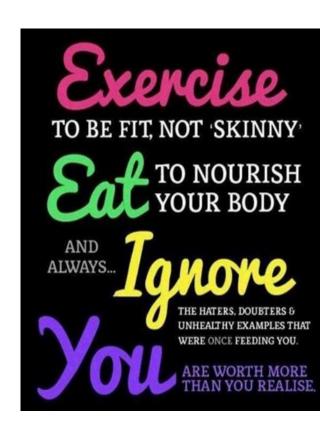


- Jesus Loves You Ministry on Nov 29th. We're collecting blankets, small toiletries, canned food, men's socks, and camping equipment.
- El Jobean Community Parade Sat Dec 10th 9am. We're in need of help before the parade to set up. See Bob Wilgus or Dean Carson



- Replaced door locks in Restrooms
- Purchased First Aid Kits
- Worked on sound system
- Repaired leaks under Kitchen Sink
- Working with El Jobean Community Center to resolve parking lot issues.

# Take care of the body GOD gave you!



# The 8-Hour Myth

It is often touted that the average person's sleep needs are 8 hours of sleep each night. In fact, research suggests that 8 hours and 10 minutes of sleep are required, on average, to avoid the effects of sleep deprivation.

When examining a large population, however, considerable variation exists. There are some who only need 6 hours of sleep, and more time spent in bed will result in insomnia. Others, who require nine or even 10 hours of sleep, will be sleep deprived by consistently getting 8 hours per night.

Moreover, there is evidence that older people beyond 65 years of age may need less sleep on average, perhaps 7-8 hours. This may require spending less time in bed – or else experiencing more insomnia.



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### **Anniversaries & Birthdays**

## Birthdays

#### October—December

Susan Carson 10/12

Steve GaNun 10/8

Ken Gilbert 10/22

Mary Knight 10/10

Jonathan Kosec 10/25

Keith Hazzard 11/24

Ron Lang 11/15

Garrett Owens 11/22

Frank Pierce 11/18

Richard Aland 12/7

Rod MacKinnon 12/15

Bev Wilgus 12/20

### **Anniversaries**

Tony & Pricilla Alonzo 12/4

#### Foods That Accelerate Fat Burning!

Asparagus contains the chemical asparagine. This is an alkaloid that stimulates the kidneys and improve the circulatory process. These alkaloids directly effect the cells and break down fat. It also contains a chemical that helps to remove waste from the body by breaking up the oxalic acid, this acid tends to glue fat to cells, so by breaking the acid up, it helps to reduce fat levels.

<u>Beets</u> are a strong diuretic that focuses on the liver and kidneys. Beets flush out floating body fats. They have a special iron the cleanses the corpuscles, corpuscles are blood cells that can contain fat deposits. It also contains a chlorine that also helps to flush out fatty deposits. This chlorine stimulates the lymph which will clear out the fat deposits.

### **Brussel Spouts**

This vegetable stimulates the glands, the pancreas especially, which releases hormones the has a cleansing effect on the cells. There are also minerals the stimulate the kidneys. Waste is released quicker and it helps to clean out the cells.

### Cabbage

This cleanses your body of waste matter because it contains sulphur and iodine, which helps to cleanse the mucous membrane of the stomach and intestines. Cabbage is a great food if you should have a pot belly or a middle age spread. The diuretic cabbage will help to break up the fat in this area.

<u>Carrots</u> contains carotene, a form of Vitamin A, this carotene will start a fat flushing reaction in your system. This reaction will literally wash out fat and waste quickly. The carotene will be transformed into vitamin A in the intestines and this process will create a speed up in your metabolism and cause a reaction in your cells to remove fat deposits.

More next issue.......







# Please Pray for :

- Families of Charles Kennedy, Warren Hope, Shirley Klingerman
- All those who are sick or injured.
- OUR TROOPS here and abroad!
- Our Country's Leaders



