



Our Saviour's Good News

Volume XVII, Issue VIII

August 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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A Beautiful Parable

A woman come out of her house and saw three old men with long white beards sitting in her front yard. She did not recognize them. She said "I don't think I know you, but you must be hungry. Please come in and have something to eat.

"Is the man of the house home?" they asked. "No," she replied, "He out." "Then we cannot come in," they replied.

In the evening when her husband came home, she told him what had happened. "Go tell them I am home and invite the men in!" The woman went out and invited the men in. "We do not go into a house together," they replied. "Why is that?" she asked. One of the old men explained: "His name is Wealth," he said pointing to one of his friends, and said pointing to another one. "He is Success, and I am Love." Then he added. "Now go in and discuss with your husband which one of us you want in your house.

The woman went in and told here husband what was said. Her husband was overjoyed. "How nice!", he said. "Since that is the case, let us invite Wealth. Let him come and fill our home with wealth!" His wife disagreed. "My dear, why don't we invite Success?" Their daughter-in-law was listening from the other corner of the house. She jumped in with her own suggestion. "Would it not be better to invite Love? Our home will then be filled with Love!" "Let us heed our daughter-in-law's advice," said the husband to his wife. "Go out and invite Love to be our guest."

The woman went out and asked the three old men, "Which one of you is Love? Please come in and be our guest." Love got up and started walking toward the house. The other two also got up and followed him. Surprised, the lady asked Wealth and Success, "I only invited Love, Why are you coming in?" The old men replied together, "If you had invited Wealth or Success, the other two of us would've stayed out, but since you invited Love, wherever he goes, we go with him. Wherever there is Love, there is also Wealth and Success!"

In happy moments, praise God.
 In difficult moments, seek God.
 In quiet moments, worship God.
 In painful moments, trust God.
 In every moment, thank God.
 God is in every moment.



**For I am not ashamed
Of the gospel, for it is
The power of God for
Salvation is everyone
Who believes.** Roman 1:16

The Power of God for Salvation

Read Romans 1:1-17 and Ps 40

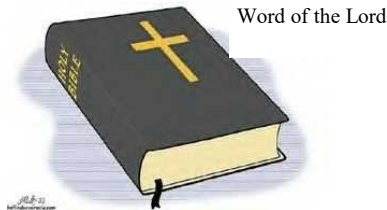
How do we show our power?

Boys show power by flexing their muscles. Adults show power by buying nice homes, owning property, and padding their bank accounts. Governments show power through military strength and economic vitality. If you think about it, all of the ways we show power are just different ways of flexing our muscles.

Following our logic, we would expect God to display His power with amazing feats of strength. We would expect Jesus to conquer the devil with His fists or armies of angels. We would expect him to save us through some miraculous display of power. Instead, He saves us through His death on the cross. We would expect Jesus to come in majesty every Sunday. Instead, He comes to us in His Word on the lips of remarkably un-majestic pastors and hidden in, with, and under bread and wine.

Jesus does not need to display His power as we do. Our God is powerful,, to be sure, but His great work of salvation comes to us by rather unremarkable means. Out of His love for us, He comes to save us in humble ways that only the eyes of faith can see as powerful. He comes to us through the Gospel.

**Dear Jesus,
thank You for
saving me through
the power of Your
Gospel. Amen**



Praying for Our Nation

From our nation's earliest days, God's promise in 2 Chronicles 7 that He will hear the cry of a humbled people has motivated American's leaders to call citizens to prayer. In 1775, as it began to process the forming a new nation, the Continental Congress called for a day of prayer. At critical junctures during the Civil War, President Abraham Lincoln called for the nation to fast and pray (see page of newsletter). And in 1952, President Harry Truman signed a bill establishing an annual *National Day of Prayer* (see page of newsletter).

Second Chronicles helps establish a model of national spiritual renewal. The book recounts how a succession of righteous kings in Judah led to reforms that brought the people back to true faith in God. Second Chronicles 16:9 assures us that God will show Himself strong" toward those who place their trust in Him.

GOD AND STATE CONSTITUTIONS *(We are a Christian Nation—NOT a Muslim Nation)*

While there have been revisions to state constitutions over the years, forth-three state constitutions acknowledge God or a higher power in their preambles (introductory clause of explanation), and the other states acknowledge God in their religious freedom provision.

Connecticut 1818, Preamble: "The people of Connecticut acknowledging with gratitude the good providence of God in permitting them to enjoy a free government...."

Maine 1820, Preamble: "We the People of Maine ... acknowledge with gratitude hearts the goodness of the Sovereign Ruler of the Universe in affording us an opportunity and employing Hid aid and direction in the accomplishment...."

Massachusetts 1789, Preamble: "We, therefore, the people of Massachusetts, acknowledging with grateful hearts, the goodness of the Great Legislator of the Universe, in affording us, in the course of His Providence, an opportunity.... and devoutly imploring His direction...."

New York 1846, Preamble: "We, the people of the State of New York, grateful to Almighty God for our freedom, in order to secure its blessings...."

North Carolina, Preamble: Through its history, North Carolina has had three Constitutions: the Constitution of 1776, the Constitution of 1868, and the Constitution of 1971.

The Preamble and Constitution of 1776:

Preamble: "We, the people of the State of North Carolina, grateful to Almighty God, the Sovereign Ruler of Nations, for the preservation of the American Union and the existence of our civil, political and religious liberties, and acknowledging our dependence upon Him for the continuance of those blessings to us and our posterity....."

Constitution: Article XIX. That all men have a natural and unalienable right to worship Almighty God according to the dictates of their own consciences.

The Constitution of 1868, and 1971: It seems like the Preamble did not change

Second Constitution of 1868: Changed the North Carolina government drastically was adopted. For the first time, all major state officers were elected by the people Article I: Declaration of Rights **Sec. 26** All persons have a natural and inalienable right to worship Almighty God according to the dictates of their own consciences, and no human authority shall, in any case whatever, control or interfere with the rights of conscience..

Third Constitution of 1971: Article I: Declaration of Rights **Sec. 13. Religious liberty.** All persons have a natural and inalienable right to worship Almighty God according to the dictates of their own consciences, and no human authority shall, in any case whatever, control or interfere with the rights of conscience.

The Amusing Cucumber (I'm back)



Always thought it was food for the hogs.... Who would've known that cucumbers had so many uses?

1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.
2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B Vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.
3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.
4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.
5. Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the photochemical in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!
6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!
7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explores for quick meals to thwart off starvation.
8. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.
9. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!
10. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.
11. Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.
12. Looking for a 'green' way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.
13. Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing, also works great on crayons and markers that the kids have used to decorate the walls!!



The Doctrine of the Assumption of the Mary

August 15: The Assumption is a doctrine that teaches that the Blessed Virgin Mary had been taken up, body and soul, into heaven. This process is called "translation" in the Bible and there are two notable examples in the scripture, Enoch (Hebrews 11:5) and Elijah (2 Kings 2:11). At the Council of Chalcedon in A.D. 451, when bishops from throughout the Mediterranean met in Constantinople, Emperor Marcian asked the Patriarch of Jerusalem to bring the relics of Mary to Constantinople to be enshrined in the capitol. The patriarch explained to the emperor that there were no relics of Mary in Jerusalem, that "Mary had died in the presence of the apostles; but her tomb, when opened later . . . was found empty and so the apostles concluded that the body was taken up into heaven." There is no scriptural evidence to support or deny this doctrine as applied to Mary.



GO OUT ON A LIMB **GET INVOLVED**

BE A WORSHIP ASSISTANT
Positions are still open.

Participate in the service of the Lord and sign
Sign up sheets
for the 2022 calendar year in a notebook
on the church office door.
THANK YOU!

YOUR HELP IS NEEDED.
WE DO NOT HAVE ANY
WORSHIP ASSISTANCE, ETC.
FOR
AUGUST, SEPTEMBER,
OCTOBER, NOVEMBER AND
DECEMBER

The Jewish State. 1945

According to Margaret Truman, the most difficult decision Harry S. Truman faced as president was whether to support the creation of a Jewish homeland in Palestine after World War II. "I am trying to Make the whole world safe for Jews," he wrote. In November 1947, he lobbied for the United Nations' resolution that divided Palestine into Jewish and Arab states.

Great Britain announced it would transfer its authority over Palestine to the United Nations by May 14, 1948. On the eve of British withdrawal, most American experts strongly opposed the creation of a Jewish state, warning Truman that Arab countries would cut off oil and unite to destroy the Jews. But Truman weighed the multifaceted concerns and held firm.

The nation's first prime minister, David Ben-Gurion, read a declaration of Jewish independence. "The name of our state shall be Israel." At midnight, British rule over Palestine lapsed; eleven minutes later, White House spokesman Charlie Ross announced U.S. recognition. The American statement recognizing the new State of Israel bears President Truman's last minute handwritten changes. "With Truman's decision, the hopes of the Jewish people were realized."

The Lord builds up Jerusalem; He gathers together the out-cast of Israel. He heals the brokenhearted and binds up their wounds.— Psalm 147:2-3

Pray for the peace of Jerusalem; May they prosper who love you. Peace be within your walls, prosperity within your palaces." For the sake of my brethren and companions, I will now say, "Peace be within you." Psalm 122:6-8



BECAUSE JESUS CHRIST DIED AND ROSE AGAIN, YOU CAN HAVE NEW LIFE

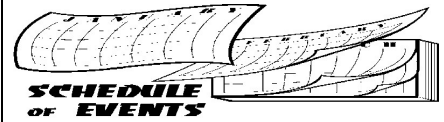
As Jesus hung on the cross, the last person He spoke to was a prisoner who was being executed alongside Him. Even while suffering in horrible pain, Jesus cared enough to forgive the man and promise him a place on heaven.

Jesus wants to do the same for us. Just ask Him to forgive your sins and become the Lord of your life. You can have peace with God and the assurance of a new life now and forever.

August 2022



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



	Mon	Tue	Wed	Thu	Fri	Sat
PURPLE HEART Day	1 Council Mtg.	2	3	4	5	6
7 th Sunday after Pentecost	8 Team Mtg.	9	10	11	12	13 Concert on the Square
14 th Sun. after Pentecost		16 Prayer Group	17	18	19	20
21 st Sun. after Pentecost	22	23	24	25	26	27
28 th Sun. after Pentecost	29	30 CLW Mtg.	31			

- August 1—National Friendship Day (see p 6)
- August 1—Council Meetings: 7:00 p
- August 2-6—2021 Mission Convocation (p 11)
- August 7—Purple Heart Day (see p 6)
- August 7—Friendship Day
- August 7—9th Sunday after Pentecost
- August 8—Team Meetings: 7:00 p
- August 14—Concert on the Square (see p 2)
- August 14—10th Sunday after Pentecost
- August 15—Assumption of Mary (see p 8)
- August 16—Prayer Group will meet at the home of Shirlee Marazza—1:00 pm (p 7)
- August 21—11th Sunday after Pentecost
- August 28—12th Sunday after Pentecost
- August 30—CLW will meet at the home of Penny Wilson/ 1:30 pm (p 7)



FOOD FOR THE MONTH: **Crackers, Peanut Butter, Beanie Weenies**

Food Collection



- 5 Jake Spurrier
- 11 Ryan Gordy
- 12 Roselee Sanchez
- 12 Penny Wilson
- 17 Ethan Petzold
- 18 Katie Sanderson
- 20 Shana Dease
- 22 Morgan Dawson
- 23 Preston Clemmer
- 23 Jacob White.
- 24 Jack Dawson
- 25 Joanna Trudnak
- 25 Nora Cole
- 25 Kasey Digh
- 28 Logan Marr



BAPTISMAL ANNIVERSARY

- Joe Finger
- Betty Clemmer
- Jeff Dease
- Dan Clemmer, Jr.
- Tony Trudnak
- Preston Clemmer
- Jack Lowery
- Will Trudnak
- Caleb Dease



Holy Communion Schedule:
All Sundays

Worship Service Assistance:

- Acolyte: Nora Cole
- Communion Asst: Nora Cole
- Lay Reader: Open
- Worship Asst: Open
- Greeters: Members of OSLC
- Ushers: Members of OSLC

- Collection: Yvonne Finger
- Devotions: Teri Trudnak



NO Choir Practice



- 4th.....Reid & Mariel Schmideler
- 13thDoyle & Darlene Clemmer
- 23rdBill & Teri Trudnak
- 25thJeff & Melinda White
- 29thJeff & Shana Dease

FLOWERS

Flower Schedule:

- August 7 OPEN
- August 14 Nick Vlaservich
- August 21 Shirlee Marazza
- August 28 Open

Please sign up to place flowers on the altar in the glory of God and in honor or memory of your love ones.

Fifteen (15) openings
Decorate the altar of our Lord
And then take home to decorate your home of give to a love one of shut-in

A Stewardship Minute

Tithing is a spiritual adventure. It is but the beginning of a deeper, richer relationship with God. The time to launch out is now. Is that an adventure we want? Listen to this true story and then consider the challenge.

A pastor preached a sermon on the benefits of tithing and a couple of years later retired to another city. One day he received a package from a parishioner who had heard the sermon and simply could not forget what the pastor had said. When he opened the package, he found two lovely framed pictures, both of a carved wooden angel attached to the end of a pew in the chancel area where choir members sat during worship. The choir pews were on opposite sides of

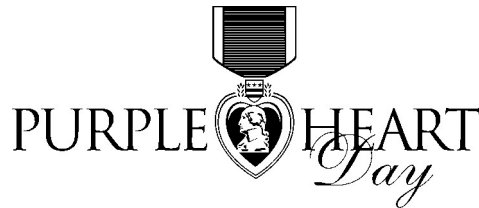
the chancel facing each other, thus the angels faced one another. One angel was facing left in the frame and the other angel faced right as though they were looking at each other. The pastor wondered exactly why his former parishioner had gone to the trouble of taking those pictures and sending them to him. The man had composed a letter that explained:

“Dear Pastor, before you retired you gave a sermon on tithing. This gave me the courage to start. At the time I was out of work. I started tithing my unemployment checks. Not long after starting to tithe, I got a job and have been employed

ever since. So thanks again for giving me the gift of the tithe. Please consider the photos as a gift in return.”

Those pictures are now hanging on a wall in the pastor’s home. He considers them among the loveliest gifts he has ever received. The pastor often shows them to visitors and lets them read the letter written by a grateful parishioner. Tithing is, indeed, a spiritual adventure; the beginning of a deeper, richer relationship with God!

Prayer: Generous and loving God, please help each of us to have a deep, rich relationship with you. Through Christ our Lord we pray. **Amen.**



August 7th

HISTORY OF PURPLE HEART DAY

The original Purple Heart, designated as a Badge of Merit, was awarded by George Washington in 1782. There was a lack of funds in the Continental Army at the time so the award was a way to honor enlisted and deserving people. The honor is presented to soldiers for “any singularly meritorious action.” It was designed with a piece of silk bound through it with a thin edge of silver. Washington only gave out three of the badges himself, and instead authorized subordinates to issue the badges as they saw fit.

The Badge of Merit faded from use but was revived and relaunched in 1932, this time as the Purple Heart. As well as honoring those wounded in combat, this iteration of the Purple Heart recognized commendable action. It was in 1944 that the policy was tweaked slightly and the Purple Heart was given the purpose we know it for today, specifically to honor those who have been wounded or died.

The first service member to be given the modern Purple Heart was General Douglas MacArthur for his service in the Pacific theater during World War II. In total there have been 1.8 million Purple Hearts awarded over the years.

Purple Heart Day was first observed in 2014 and has been observed every year since. It’s a chance to reflect on the bravery of those who have fought for the U.S. and to ensure that their courage is never forgotten.



Church News



OUTREACH MISSION

SHUT-INS

NURSING HOME RESIDENTS

Please remember our church members who are shut-ins or reside in a nursing home* and visit them.

Jill Petzold*

Brookside Senior Living Rm 44
1680 S. New Hope Rd
Gastonia, NC 328054

(If others, please let the church office know)



EVENTS for Agrape/Kure Beach

Contact Camp Agapé:

Telephone: 919-552-9421

e-mail: agape@agapekurebeach.org

Contact Kure Beach Lutheran:

Telephone 910-458-0783

e-mail: kurebreach@agapekurebeach.org

Web site: www.agapekurebeach.org

Directions to Camp Agapé are on the web site.

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

Events For: Lutheridge -Lutherock-Lutherspring-Lutheranch

Web site: www.NovusWay.com or the Church's website for a link

You can also pull this link up through Church's website.

If you need the Pastor Pete Feige, please contact him at 704-516-2805 or our office at 704-922-4648.



"Prayer Group" will meet at the home of Shirlee Marazza August 16, 1:00 pm



"CLW" will meet at the home of Penny Wilson. Bible Study "Sip, Savor, and Drink Deeply" lead by Alice Vlaservich August 30, 1:30 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)*

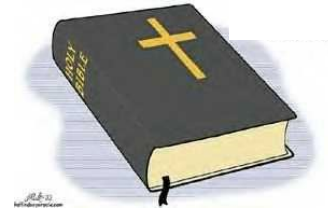


MARGARET Addington, SETH Alexander, AMANDA (friend of the Penley's), MARVIS Anderson, WHITNEY Auten (breast cancer), KELLY Ballard (friend of Shana Dease), ADDISON Blanton (friend of Dease's), KATHY Bohanan (cancer), MARTHA JO Bonnett (friend of Alice Vlaservich – cancer), RONDA Bradley (Marsha Patton's mom, surgery for neck fusion), KAREN Brady, BOB Clemmer (friend of Brady Ratchford), SYLVIA Cloninger (friend of Nick Vlaservich), MIKE Coffey (Robbie Wooten's uncle), STEVE Cloninger (friend of Brady Ratchford-cancer), STEVE Digh (cancer), RENEE Falkenberg (shoulder), HARDY Feige (Pete's dad – chronic back pain), GLEEN Fraizer (friend of Steve & Julie Digh [cancer]), NANCY Friday, DON Gardner (John Patton's uncle -cancer in lung, liver, stomach, & pancreas), BECKY Goodwin (friend of Brady's – cancer), JAMES Goude-lock (cancer), JASON Hames (friend of the White's), GRACE Harbin (friend of Robbie Wooten-cancer), JEAN Huffstetler (two broken wrist), NEULIN Jetton (friend of Robbie Wooten-cancer), JEFF Lineberger (stroke), JOYCE in Morganton (Nick & Alice Vlaservich's acquaintance-cancer), DANA Kirshman (friend of Robbie Wooten-cancer), JACK Lonon (Kasey Digh's step-father-cancer), MARINA Marazza (Shirlee Marazza's granddaughter-Covid19), BO Messick (foot), FRANCIS McAlister (broken hip), CHRIS Messick (recovering back surgery), JERRY Miller (friend of Vlaservich family-eye cancer operation), JASON, ALLISON & LEX Murray, ELLEN & ED Pfeiffer (Keenan Gordy's Parents – Heart issues), GARY Neal, (friend of Caleb Dease), SONDR A Phillips (friend of Melinda White), TERI Trudnak, RONNIE Shiles (friend of Brady Ratchford-declining health), MARTHA Surratt (friend of Alice Vlaservich-cancer). TONY Trudnak (cancer reoccurring), GARY Turner (father of Jason Murray), TIM Vaughan (friend of Robbie Wooten-declining health). JOE White (stroke), MELINDE White (blood count, etc.), NANCY Wilson, REESE Wilson (blood cancer). MARY BETH Wright (cousin of Nick Vlaservich -cancer).





& The



Thought this was pretty amazing and interesting!

For all the scientists out there, and for all the students who have a hard time convincing these people regarding the truth of the Bible, here's something that shows God's awesome creation, and that He is still in control.

Did you know that the space program is busy proving that what has been called "myth" in the Bible is true?

Mr. Harold Hill, President of the Curtis Engine Company in Baltimore, Maryland, and a consultant in the space program, relates the following development. *"I think one of the most amazing things that God has done for us today happened recently to our astronauts and space scientists at Green Belt, Maryland ..."*

They were checking out where the positions of the sun, moon, and planets would be 100 years and 1,000 years from now.. We have to know this so we won't send up a satellite and have it bump into something later on in its orbits. We have to lay out the orbits in terms of the life of the satellite and where the planets will be so the whole thing will not bog down.

They ran the computer measurement back and forth over the centuries, and it came to a halt. The computer stopped and put up a red signal, which meant that there was something wrong with either the information fed into it or with the results as compared to the standards. They called in the service department to check it out, and they said, "What's wrong?" Well, they found there is a day missing in space in elapsed time. They scratched their heads and tore their hair out. There was no answer.

Finally a Christian man on the team said, "You know, one time I was in Sunday School, and they talked about the sun standing still." While they didn't believe him, they didn't have an answer either, so they said, "Show us, "

He got a Bible and went to the book of Joshua where they found a pretty ridiculous statement for any one with "common sense." There they found the Lord saying to Joshua, "Fear them not, I have delivered them into thy hand; there shall not a man of them stand before Thee." Joshua was concerned because he was surrounded by the enemy! And if darkness fell, they would overpower them. So Joshua asked the Lord to make the sun stand still! That's right.... "The sun stood still and the moon stayed and lasted not to go down about a whole day!" (Joshua 10:12-13)

The astronauts and scientists said, there is the missing day! They checked the computers going back into the time it was written and found it was close but not close enough. The elapsed time that was missing back in Joshua's day was 23 hours and 20 minutes .. Not a whole day. They read the Bible, and there it was about [approximately] a day.. These little words in the Bible are important, but they were still in trouble because if you cannot account for 40 minutes, you'll still be in trouble 1000 years from now. **Forty minutes had to be found because it can be multiplied many times over in orbits. As the Christian employee thought about it, he remembered somewhere in the Bible where it said the sun went BACKWARDS.**

The scientists told him he was out of his mind, but they got out the Book and read these words in 2 Kings that told of the following story: Hezekiah, on his death bed, was visited by the prophet Isaiah who told him that he was not going to die. Hezekiah asked for a sign as proof. Isaiah said "Do you want the sun to go ahead 10 degrees?"

Hezekiah said, "It is nothing for the sun to go ahead 10 degrees, but let the shadow return backward 10 degrees. Isaiah spoke to the Lord, and the Lord brought the shadow ten degrees BACKWARD! Ten degrees is exactly 40 minutes!"

Twenty-three hours and 20 minutes in Joshua, plus 40 minutes in Second Kings make the missing day in the universe! Isn't it amazing?

References:

Joshua 10:8, 12-13 and 2 Kings 20:9-11.

If God could do this then; how much more can he do for us today, if we only believe in His word. Never be afraid to try something new.

All I have and all that I am is by the Grace of God!

August:

Named to honor the first Roman emperor (and grandnephew of Julius Caesar), Augustus Caesar (63 BC-AD 14)

HEAT SAFETY TIPS

Heat is the top weather related killer, causing more fatalities than lightning, tornadoes, and hurricanes combined. To practice heat safety, review this checklist.

Drink More Fluids

- Drink more fluids, regardless of your activity level. Don't wait until you're thirsty to drink. Bring a renewable water bottle with you to maintain hydration. If you're at work, you could bring a drinking glass and a pitcher and fill it every morning.
- If you're old, be especially careful to drink fluids because the amount of water retained by the body decreases with age.
- Avoid salt tablets, if possible. If your doctor has you on water pills, ask him/her how much you should drink.
- Don't drink liquids with dehydrating caffeine, alcohol, or large amounts of sugar. Avoid very cold drinks.
- At family events and reunions, bring a cooler of cool drinks.
- Cut back on exercising on hot days. If you must exercise, drink two to four glasses of cool, non alcoholic fluids each hour.

Keep Your Body Cool

- Dress in lightweight, light colored clothing and sun-reflecting shirts.
- Wear loose clothing. Wear wide-brimmed hats and sunglasses. Keep a stash of hats on hand for friends and family!
- According to the Center for Disease Control and Preventions (CDC), fans may provide comfort, but they do not prevent heat-related illnesses when the temperature is in the high 90s. Take a cool shower bath or more to an air-conditioned place to cool off.
- Stay in the shade, especially between 11 AM and 3 PM.
- Avoid strenuous activities during the heat of the day.
- Never leave anyone in a parked vehicle with windows closed or open.
- To feel cooler, eat cooler. Reduce your protein intake.
- Open your house to the breeze after sunset and leave it open until dawn.
- In the early morning, draw the shades before the temperature starts to rise.

Protect Yourself From the Sun.

- Don't get too much sun. Sunburn makes it difficult for your body to dissipate heat.
- In addition to a hat and sunglasses, wear sunscreen of SPF 15 or higher. The most effective products say "broad spectrum" or UVA/UVB" on the label.

Stay Alert

- Be aware of heavy sweating hot and dry skin, rapid pulse, pale or clammy skin, and/or cramps in your leg or abdomen muscles. All could be sign of heat disorder.
- If you are older, it's wise to keep medical information readily available, including phone numbers of health care providers and copies of your prescription and health insurance cards.



On the Lighter Side

Noah's Ark

(Everything I need to know, I learned from Noah's Ark)

- ONE**— Don't miss the boat
- TWO**—Remember that we are all in the same boat!
- THREE**—Plan ahead. It wasn't raining when Noah built the Ark.
- FOUR**—Stay fit. When you're 60 years old, someone may ask you to do something really big.
- FIVE**—Don't listen to critics, just get on with the job that needs to be done.
- SIX**—Build your future on high ground.
- SEVEN**—For safety sake, travel in pairs.
- EIGHT**—Speed isn't also an advantage. The snails were on board with the cheetahs.
- NINE**—When you're stressed, float awhile.
- TEN**—Remember, the Ark was built by amateurs; the Titanic by professionals.
- ELEVEN**—No matter the storm, when you are with GOD, there's always a rainbow waiting.



2022 Court Square Summer Concert

(presented by the Town of Dallas)

Held on the Dallas Historic Court Square, from 7:00—10:00 pm, each FREE concert will feature amazing talent (rain or shine). Enjoy the concerts.

- ◆ **Saturday, August 13th—**
Gary Lowder and Smoking
- ◆ **Saturday, September 10—**
Concert Daniel Jeffers

God's Laws for God's Creatures

The Declaration of Independence declared not only the colonies' independence from Britain, but also a dependence on "the Laws of Nature and of Nature's God." These had been defined by historic legal writers, such as Sir William Blackstone, as the laws that God had established for the governance of people, nations, and nature. Blackstone's *Commentaries on the Law*, the primary law book of the Founding Fathers, defined "the laws of nature" as the will of God for man.

Man, considered as a creature, must necessarily be subject to the laws of his Creator; for he is entirely a dependent being....It is necessary that he should in all points conform to his Maker's will. This will of his Maker is called the law of nature....It is binding over all the globe, in all countries, and at all times; no human laws are of any validity, if contrary to this... But every man now finds that his reason is corrupt, and his understanding full of ignorance and error....The doctrines thus delivered we call the revealed or divine law, and they are to be found only in the Holy Scriptures. Upon these two foundations....no human laws should be suffered to contradict these. Sir William Blackstone

Only may the Lord give you wisdom and understanding and give you charge concerning Israel, that you may keep the law of the Lord your God. Then you will prosper, if you take care to fulfill the statutes and judgments with which the Lord charged Moses concerning Israel. Be strong and of good courage; do not fear nor be dismayed. 1 Chronicles 22:12-13

Blessed are the undefiled in the way, who walk in the law of the Lord! Blessed are those who keep His testimonies, who seek Him with the whole heart! Psalm 119:1-2



2022 August Mission Emphasis –
32nd WALK FOR LIFE (CPC)
Friday, September 9, 2022
“Walk the Walk”

The 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. We at Crisis Pregnancy Center of Gaston County, Inc. would like to welcome you to our center.

The Walk for Life is a way to raise money for the Crisis Pregnancy Center. At the event there will be no money raised, but a time of celebration and fun with activities for all children, youth, and adults from 4:00 until 8:00 p.m. Key activities besides the walking track are: hot-tethered balloon, rock climbing wall, slide, moon bounce, crafts table, face painting and free hot dogs, popcorn, and drinks. Praise music and times of worship from 6:00-7:30 p.m.

Our History

Roe vs. Wade in 1973 had gone unanswered in Gaston County, until on November 13, 1985, at 10:00 o'clock a.m. an initial meeting of the Board of Directors was held at the law offices of Cherry, Bekaert, & Holland here in Gastonia.

Seven men and women came together as God had encouraged their hearts to respond compassionately to the needs of those facing unplanned pregnancies. They gathered to initiate a ministry that would upon opening their doors for clients in September of 1986 have an immediate impact.

- No longer would words be heard without matching deeds and actions that gave a visible expression of our concern for the abortion issue.
- No longer would someone who could not afford a pregnancy test be denied one.
- No longer would the longing for a listening ear, a compassionate, caring counselor when the crisis of pregnancy came about be denied.
- No longer would the everyday needs of material assistance and crisis calls from clients of needing a listening ear, go unanswered.

On that day, this Board of Directors, composed of Dale Chase, Rev. Marion Clark, Audrue McMahan, David Ward, Rev. Marlin Mull, Peter Caprise, Rachel Pichet and Cathy Epperson nominated officers, set meeting times, elected an Executive Director, and voted to request information from a sister CPC. Other Board members unable to attend that day were: Steve Baker, Laura C. Atkins, Rev. M.O. Owens, Dr. Glenn Phoenix and Dr. Thomas Will.

From that humble beginning, the Crisis Pregnancy Center of Gaston County has been in three pivotal rental locations and finally was able to purchase property and a home in July 1996. The journey from those initial days included leadership from diversely skilled Board of Director Members, to Executive Directors, to multi-talented staff, to service by Volunteers that utilized the gifts of individuals as well as the strengths of an interdenominational ecumenical corporate body working for the cause of the unborn.

The history of the Crisis Pregnancy Center of Gaston County, Inc. has included immeasurable faith, the development of a support base that transcends race, gender and religion. The experience of serving in this setting allows women, men and their families to see the efforts of all combined to meet the needs of one. It is an awesome testimony to see so many varied agencies, individuals, and churches tackling this single issue.

From its inception, the Crisis Pregnancy Center of Gaston County, Inc. has now served 50,000+ clients, been blessed by faithful volunteers, trusted God for budget needs numerous times, and made an impact in this County that is now indelible and indispensable.

Over the years, an expanding staff, a diversified Board, Abstinence emphasis, ultrasound/medical clinic, seasoned and well trained volunteers, public presentations, our annual fund-raisers, ad. infitnitum, are making the future as bright as God's genius and calling.

(CPC Mission cont'd on page 12)

Why I Walk for Life.

A young father showed up at up at our doors (CPC) at 9:00 am. He WALKED 14 MILES to get baby supplies for his baby. His gentle demeanor and grateful smile were a blessing to all who were privileged to meet hom. His gratitude overflowed.

I WALK FOR LIFE so we will continue to have a bounty of supplies to give to desperate parents like this.

How far will YOU WALK 4 LIFE?

Mary Smith, Parenting Educator

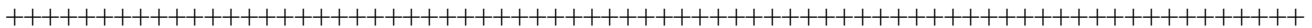
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If you want to come and support LIFE in a visible way
to our community, come and join us for our

Annual WALK 4 LIFE ON September 9

**For more information,
call: 704-867-3706,
or
email: cpcdir@gmail.com**

Crisis Pregnancy Center Gaston County



(CPC Mission cont'd from page 11)

- Thirty-three years later those actions are bearing much fruit,
- Now, Shepherds, within the church of our Lord, the Body of Christ, can strongly affirm Biblical Sanctity of life from conception to natural death and point them to a place in Gaston County that ministers without manipulation;
- Now, those who have hidden the guilt of past abortions can have a place of healing, experiencing first hand, God's unconditional love, ·
- Now, the pro-life constituency can prayerfully point to a place of refuge that will meet not only physical needs but will unashamedly present the gospel of Jesus Christ as the ultimate answer.

Friendship Day History

There is not much literature on Friendship Day history as we celebrate today. However, there are numerous folktales and several instances in mythological legends that show that friends and friendship have been valued since the beginning of the civilized world. As an intrinsically social creature, men love to make friends to further this process of socialization.

History of Friendship Day in US

Considering the valuable role friends play in our life it was deemed to fit to have a day dedicated to friends and friendship. The United States Congress, in 1935, proclaimed the first Sunday of August as the National Friendship Day. Since then, the celebration of National Friendship Day became an annual event. The noble idea of honoring the beautiful relationship of friendship caught on with the people and soon Friendship Day became a hugely popular festival.

Following the popularity and success of Friendship Day in US, several other countries adopted the tradition of dedicating a day to friends. Today, Friendship Day is enthusiastically celebrated by several countries across the world including India.

In 1997, the United Nations named **Winnie - the Pooh** as the world's Ambassador of Friendship.

Importance of Friendship in Bible

The Bible, the primary text of the western civilization, reflects upon friendship as the bond that forms the foundation to human faith, trust and companionship. Following verses from the Bible aptly portray the importance of friends:

"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you." **Matthew 7:7**

"Greater love hath no man than this that a man lay down his life for his friends." **John 15:13-15**

Besides, there are several tales from the Old Testament and the New Testament about the value of friendship and how true friendship is a treasure to unearth. A noticeable point is that, both the versions make a difference between the two broad meanings of friendship- one is a mere acquaintance, the other is a more affectionate relation.

In the **Old Testament**, Abraham is called the "friend of God" because of the intimacy of his relations. God speaks to Moses face to face "as a man...unto his friend" (Ex 33:11). The romantic friendship of Ruth and Naomi, the devotion of the subordinate Hushai for David, or the mutual relation between David and Jonathan - the Old Testament is replete with these interesting tales of friends and friendship.

In the **New Testament**, the relationship between Jesus and his disciples clearly depicts how human friendship can constantly grow. From being teacher and disciple, to lord and servant their relationship finally grew to an unparalleled friendship.

Importance of Friendship in Mahabharata

In the famous Hindu epic 'Mahabharata', Lord Krishna demonstrates the many colors of friendship - affection, romance, brotherhood, protection, guidance, intimacy and even teasing. Friendship is all about these and much more.

What a
Friend
we have
in Jesus



Our Saviour Lutheran Church
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AUGUST 2022

