

CONNECTION

Our Savior Lutheran Church

Mesquite, TX

April 2021

APRIL 1ST EDITION: NEW ALL-INCLUSIVE WORSHIP SCHEDULE

*Our Savior Worship Returns In-Person As New Services Highlight our April 1st Grand Reopening :
Something for everyone and a Service for All*

<u>APRIL 1ST SERVICE TIME</u>	<u>SERVICE NAME</u>	<u>THOSE WHO QUALIFY FOR THIS SERVICE</u>
8:30 AM	The Pharisee Festival	All who have the Pfizer Vaccine
9:00 AM	The Moses Meeting	All who have the Moderna Vaccine
9:30 AM	The Jesus Jubilee	All who have the Johnson & Johnson Vaccine
10:00 AM	The Agnostic Assembly	All Anti-Vaccers
10:30 AM	The Herod Hallelujah	All who still think the Coronavirus is a Hoax
11:00 AM	The Leprosy Lollapalooza	Members of Unclean Leper Colonies
11:30 AM	The Hugging Happening	All who refuse to practice Social Distancing
12:00 PM	The Freedom Fighters	All who'll fight to not have to wear a mask

Yes, you have just read the most feeble attempt at April Fool's humor in history, but we aren't fooling when it comes to the return to in-person worship for Holy Week ... beginning March 28 on Palm/Passion Sunday. Details for Holy Week worship can be found on the next page, including Maundy Thursday, Good Friday, and Easter Sunday. While we aren't having services to separate Pfizer, Moderna, and Johnson&Johnson vaccers from those as yet unvaccinated, we do want to insure the safety of all who worship and we do want to respect those who do not feel ready to return to in-person worship. That's why we will continue to Facebook Live our worship at 11 AM on Sundays ... as well as the 7 PM Maundy Thursday and Good Friday services.



We are continuing to schedule all three services (8:30, 11, and 5:30) to spread out attendance numbers between three time slots and enforce social distancing. Masks are required at all services. For the time being, fellowship will be limited to the parking lot. All of this will be re-evaluated after Easter Sunday worship so stay tuned for any updates. If any services will be outdoors, we will notify you via phone tree—usually on Saturday.

Perhaps, the time will come soon when our entire adult congregation will have received one of the vaccines. We strongly encourage all eligible adults to get vaccinated. There is no excuse and no rationale to not work together for the common health of all and for the goal of achieving herd immunity by getting vaccinated against the Coronavirus. The most foolish thing that we can do is not wear masks and refuse to get vaccinated. That's no April Fool's joke. If we can respect our neighbor's health as well as our own, one day we can look forward to giving each other a hug ... even as I look forward to seeing you again, in-person, for Holy Week Worship.

April 18, 2021: Warming up the Worms

What sounds like a strange fishing custom is actually a grand celebration of one of the most courageous stands for our faith. It happened 500 years ago on April 18 in Worms, Germany, as Martin Luther declared in no uncertain terms: "Here I Stand!" The 500th Anniversary of the Diet of Worms is an opportunity for us to remember, reflect, and rejoice in the freedom of the Gospel. So let's "Warm up the Worms" into a blazing fire of faith and freedom Sunday, April 18th--500 years later but just as important today as it was then.



TENTATIVE HOLY WEEK SCHEDULE

PALM/PASSION SUNDAY—MARCH 28 “WE’RE BA-A-A-ACK”

Our first in-person worship since November welcomes Jesus into Jerusalem on Palm Sunday. We’ll shout “Hosannas!” to the King whose throne is a cross as we process with palms into the Great and Holy Week. From this triumphant entry, however, our service will turn to the dramatic enactment of our Lord’s Passion as we journey with Christ Jesus to a cross on Golgotha. At this point, we’re planning on indoors at 8:30 and outdoors in the backyard of the Bethlehem House at 11am. 5:30 should be back indoors. But until further notice, listen to our Friday night and Saturday phonetree to confirm our Palm Sunday schedule.



MAUNDY THURSDAY—APRIL 1, 7:00PM

Our Maundy Thursday worship will remember the night our Lord was betrayed and turned over to Roman soldiers. But it will also remember the night He took Bread and Wine and gave us the gift of everlasting life. Once again, we will ask that you register to attend this service.



GOOD FRIDAY—APRIL 2, 10:00AM VERY TENTATIVE STATIONS OF THE CROSS

If enough sign up, we will walk the Via de la Rosa with our Lord as he carries his Cross to Golgotha. We will follow the Stations of the Cross in an outdoor worship through the byways of our city as we share in Jesus’ passion and death. Wear walking shoes. **You must call if you want to participate**



GOOD FRIDAY—APRIL 2, 7:00PM TENEBRAE SERVICE

In a service of darkness and mediation, we will remember and share our Lord’s suffering and death in Good Friday worship. The nails that spelled Christ’s agonizing death, spell our salvation as we nail our sins to that same cross to live his new life. Observing the ancient order of Tenebrae, we will stand with the centurion at the foot of the cross and declare, “Truly, this was the Son of God.” **Please register if you wish to attend Good Friday Tenebrae.**



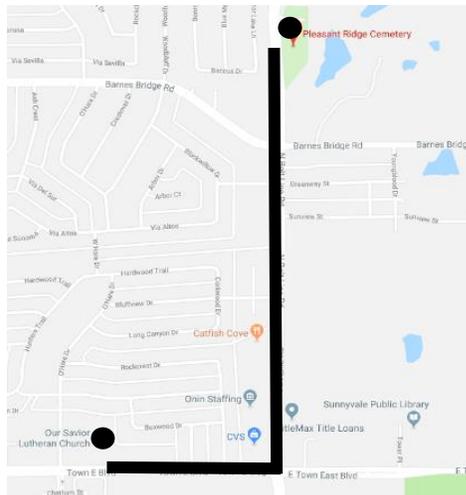
Four Spaced and Socially-Distanced Services to Celebrate Easter

Easter Sunrise—April 4, 7:00am PLEASANT RIDGE CEMETERY

Like surprised women carrying embalming spices, we will gather together ‘at early dawn’ for our Easter Sunrise at a cemetery. In a place of death, they found life! Imagine their surprise! Imagine our surprise, as well, for we will celebrate Christ’s triumph among tombstones, and find joy in the place of mourning.



(The cemetery is located on the east side of Beltline between Barnes Bridge and Northwest Drive.)



Easter Worship—April 4 8:30 & 11am, 5:30pm



What a joy to celebrate Easter in-person after last year’s drive-thru and Facebook Live. So, with excitement in the air and Easter on the ground, there are some things that are still up in the air. With the gymnasium serving as storage for our water damaged insurance claims, we will not have an Easter Breakfast this year. The Easter egg hunt is out as well but make sure the kids bring a basket for our worship services! For now, we will do a socially-distanced, masked Easter. Please register your attendance. (Who knows? If the weather is great, maybe we’ll be outdoors for 8:30 & 11am services too!) Stay posted for a phonetree that will provide more information about Easter when we get closer to the date. Whatever shape Easter takes this year, we’re going to celebrate it to the fullest because the resurrected Christ always meets us “in-person.”

Nancy's Health Notes

Diabetes is one of the most common chronic diseases that affect human beings. Hardly a day goes by that one does not see an advertisement for this or that medication that will ease the problems of diabetes. These ads do not include education regarding diabetes just how this product is necessary if you want more control. There is no panacea for diabetes. Treating diabetes is multifactorial and includes medication, diet, exercise and lifestyle changes developed for an individual's regimen.

There are three distinct types of diabetes. The most frequently diagnosed type is Type II and is the one that can be positively influenced by the individual regimen. Type II diabetes responds to the following: regular consistent exercise, diet, and lifestyle changes. There have been many scientific studies done that outline the effectiveness of these practices and reflect the need to develop treatment plans based on the individual's needs. Some studies have concluded overweight individuals who lose weight may be able to improve symptoms or eliminate diabetes. Weight loss can also result in decreased blood pressure and increased activity levels.

Medications commonly used in Type II treatments are oral medications not insulin. I mentioned above the proliferation of new drugs, some of these are medications administered once weekly by injection. That injection is only a part of treatment and should not be thought of as the only thing an individual needs. Each day is a new challenge for an individual to adhere to their individual regimen.



Type I diabetes is the type seen in children and it is insulin dependent. Type I is an autoimmune disorder and is often referred to as "brittle" because of the difficulty of controlling the blood sugar level. Children who develop Type I usually present with extreme thirst, frequent urination and sudden unexplained weight loss. Consuming large amounts of carbohydrates does not cause diabetes but it makes it harder to control. As one can imagine, Type I can be a nightmare for parents as they face the challenges of rearing children and then add constant monitoring of their blood sugar and diet.

Diabetes can cause multiple complications throughout life. However, Type I has additional concerns because the individuals are diagnosed as children. There are additional parameters to monitor: vision, kidney function and skin integrity—especially of the feet. Because this is diagnosed during childhood, physiological changes, i.e. growth and puberty add to the stress on the body, which increases the complications.

The third type of diabetes is Late Autoimmune Diabetes Adult—LADA. It has been the past 20-25 years that this has been identified. Most frequently, this is diagnosed when the individual is 30-40 years old and presents with urinary frequency over a short period. Because it advances very rapidly individuals suddenly can develop Diabetic Keto Acidosis (DKA) which can be life threatening. The body through the autoimmune response destroys the insulin producing pancreatic cells. An individual was diagnosed the LADA and in a matter of days when symptoms began, was admitted to the hospital in DKA with a blood sugar of 585. She is learning to live with LDA and the foods that can meet nutritional needs and be low carbohydrate. Unlike Type II, an individual with LADA does not fit the picture often painted of Type II diabetics: obese, sedentary, and very poor diet. This individual did not fit any of these, but was 60 y/o, 5'4", 120 lbs, vegetarian and long-distance hiker. Individuals with LADA usually will not be instructed to make lifestyle changes and lose weight. The regimen will be frequent blood sugar checks and insulin injections and detailed education.

Any individual who has been diagnosed with diabetes regardless of the type, should be monitored closely by their healthcare provider. In addition, as is found in any chronic disease, be willing to learn all you can about the disease. This is only an overview of Diabetes and I would be glad to help anyone who has questions. An excellent resource for accurate information is American Diabetic Association.

Spread the light be the lighthouse! *Nancy Wilson, RN, FCN*

A New Episode of 'As the World Turns'

Wear masks? Don't wear masks? 6 feet apart? 3 people apart? Get a vaccine? Don't get a vaccine? Small gatherings ok? Only gather with family?

These are questions we all have been faced with this past year. It seems the rules for the game keep changing almost daily. As we return to in-person services, masks will be worn, hand sanitizer is available, distance will be maintained, and temperature taken. Many of our church family have received the COVID vaccine. Getting the vaccine is a decision to be made by the individual and their healthcare provider.

The vaccine is readily available at Kroger pharmacies, CVS, county health departments, and some physician's offices. The vaccine helps to protect the individual as well as individuals which whom one comes in contact. See you soon!

Birthdays

- 2 Patti Preas
- 3 Pam Hillegas
Char Kratus
- 4 Tino Williams
- 5 Ronette Lenhart
- 9 Lois Schelter
- 10 Joyce Lacy
- 12 Mila Keys
Yolanda Rice
- 16 Michael Furr
- 17 Joyce Barabas
- 18 Shawn Sanders
- 19 Christopher Drews
- 21 Nicole Kurt
- 24 Kevin Finamore
- 25 Christa Schelter
- 30 Betty Mastin
Vicki Wardlaw

April



Wedding Anniversaries

<u>Date</u>		<u>Years</u>
1	Mark & Teresa Hall	43
6	Paul Cross & Karen Staton	3
7	Rodney & Paula Hutchinson	48
14	Charles & Connie Skyles	48
20	George & Betsy Brockmann	47
24	Martin & Vicki Wardlaw	39
28	Bill & Pauline Hutchinson	70
28	John & Collette Lippincott	37



Baptism Birthdays

- 3 Janet Ndomahina
Prince Ndomahina
- 4 Collette Lippincott
- 8 Emily Snyder
- 9 Betty Haven
Christopher Mayfield
- 10 Gerald Hare
Joyce Lacy
- 16 David Williams
- 17 Anastasia Aguirre
Chad Murray
- 20 George Morton
- 21 Mila Keys
Diana Perez
- 22 Rachel Schelter
- 23 Jeff Combs
- 24 Brian Dannen
Jordan Starr
- 25 Jessica Brown
- 26 Nadia Keys
- 27 Lois Schelter
- 30 Andrew Taneja
Matthew Taneja



Easter Lilies

The enhancement of our worship center with Easter Lilies is a tradition at Our Savior which allows us the opportunity to enjoy the beauty of spring, the symbol of the resurrection, and to honor or remember loved ones.

Those wishing to help decorate our sanctuary for Easter by purchasing an Easter Lily are encouraged to do so by completing the form below and placing it in the offering plate or church office by **Wednesday, March 31st**. **The cost of plants has increased to \$9.00 per plant.** You may take your plant(s) home after the Easter services.

Name _____

Number of Lilies _____ Amount Enclosed \$ _____

Given in Memory of _____

Honor of _____

Celebration of _____

