

. . .from the President's pen

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 notwithstanding, 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 year 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 much-needed 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 second-baseman 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 Anniversary!
Congratulations to Willard and
Janet Wilson who celebrate 67
years of wedded bliss!

Happy Birthday !
Janet celebrates her 90th Birthday!

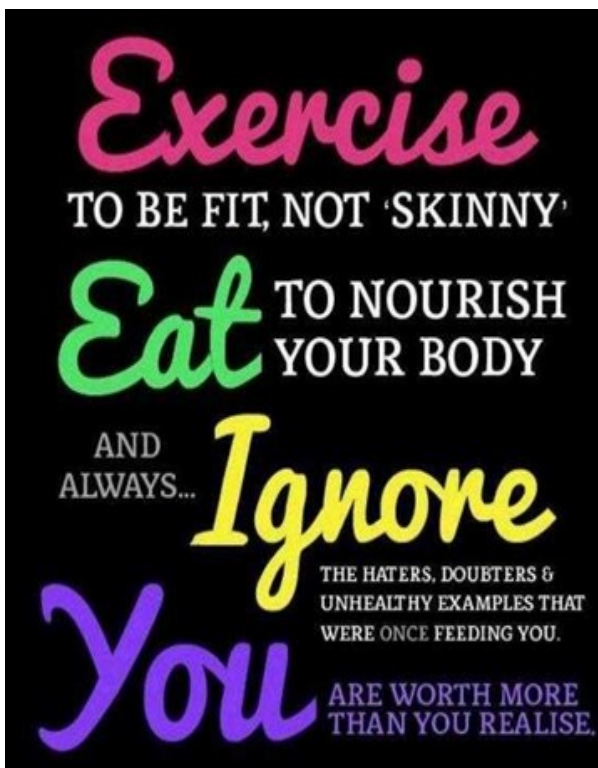


Happy Birthday
Pastor Jonathan !



- Christmas Tree set up Sun 11/27 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
- Sandwiches are needed for the 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.

Our Savior Lutheran Church
14344 Jamison Way
Port Charlotte, FL 33953
941-249-5108

*Grace Alone, Faith Alone, Scripture
Alone*



WE'RE ON THE WEB!
WWW.OSLC-LCMC.COM

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.

Beets 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.

Carrots 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

