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# CONNECTION

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Our Savior Lutheran Church

Mesquite, TX

February 2020

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## Whose Lives Matter?

The Kobe Bryant tragedy stunned our country and flooded the news. Bryant was one of the greatest basketball players of all time—beloved by his peers, adored by his daughters, mourned by the masses, admired by the fans . . . except when he singlehandedly beat the Mavericks!

But what of other deaths—tragic or sudden—that daily go unnoticed by all but a few family and friends?

Over the years, I've mourned the deaths of dedicated servants, faithful teachers, caring nurses, tireless humanitarians, loving parents, and many gifted, considerate individuals whose deaths don't register a blip on any screen. Their only public mention is the obituary page of the funeral home website.

Who decides whose lives matter? Just because they couldn't throw a 100-mile-an-hour fastball, or sink a 50-foot-putt, or make a 30-foot-jumper, or hit a receiver in full stride from 50 yards, are they less important? Just because they didn't win an Oscar or an Emmy or a Tony or a Grammy or an ESPY, does that mean their greater—though humbler—contributions weren't noteworthy?

These questions sound ridiculous, of course. We all know who is a celebrity and who isn't. But what we don't all agree on is “whose lives matter”.

Given an inordinate number of shootings of unarmed black young men, citizens tried to cry out for awareness and for justice by saying, “Black Lives Matter”. Some special interest groups immediately countered by proclaiming, “All Lives Matter”, implying that race makes no difference, when, unfortunately, it does.

So, is it true that “all lives matter”? The answer seems obvious, until we encounter the way the world works. For example, it is estimated in the raging fires of Australia that a billion animals were killed. Sympathy and outrage resulted for wallabies, kangaroos, and koala bears—truly beloved creatures. In the same time frame, however, a billion other animals were slaughtered in factory farms—cows, chickens, pigs—and practically no one cared. Clearly, some lives matter more than others.

The animal kingdom is different, some may say; and, in fact, it is. But who decides that a koala is cuter than a cow . . . and how? That differential in worth is glaring when it comes to the battlefield. When our country decided to spontaneously pull out of Syria, we left our allies, the Kurds, at the mercy of Turkey, Syria, and Russia—ancient enemies. That betrayal didn't seem to matter, even though 12,000 to 15,000 Kurdish lives were lost fighting for us against ISIS. In that war's same arena, we suffered 500-600 casualties—a terrible loss to be honored and mourned . . . but were not the Kurdish lives, who did our dirty work in exponential numbers, of equal value?

United States' lives matter, of course. They are ours—our soldiers, our patriots, our family. But when lives are to be lost, we prefer to push someone else to the front lines. They engage in the direct risk of combat . . . while we use drones.

Is it because we have forgotten that all lives matter to God? God is the giver of life. All life has its source in God who is the Way, the Truth, and the Life. If we are to follow this life-loving God, we must assert that each and every life is a treasure and a gift that matters.

When Jesus looked down from the cross, he, no doubt, saw cows and kangaroos, Kurds and Kobe Bryant. And, leave no doubt, he saw you. In that act of humble, dedicated, faithful, caring, loving service—that didn't even make the evening news—he died for them all . . . in equal measure. His life didn't matter one whit to the Empire of Rome, but it mattered to the heavenly Father . . . because, through the cross, they all matter to God. Jesus' death makes every life of infinite value and importance.

Jesus life makes all lives matter . . . and to think that Jesus never hit a 30-foot-jump-shot.

# Soup-er Sunday

February 2 is Super Bowl Sunday. For most folks, that means football; for Our Savior that means a special offering for World Hunger. We'll roll out an enormous soup bowl to remember those for whom life is more than a game... those for whom a bowl of soup might mean making it through another day. Plan prayerfully to turn February 2 into a "Soup-er Sunday."



## Lutheran 101 is Moving to Saturday Morning February 8, 15, 22

Come "warm up" with Lutheran 101. If the winter chill has you singing the blues, come join us for heartwarming fellowship and lively discussion about our faith. Our first meeting will be Saturday, February 8<sup>th</sup> at 9:00am. We'll learn about Lutherans, tour the history of the Reformation, and deepen your faith in Christ. Topics like sin and grace, the liturgy and the Sacraments, prayer and the Holy Spirit, Christian denominations, and any topic you bring to the table are always on the : a light Saturday brunch!

If you're new to the Lutheran Church, this is the perfect group to understand about Lutheran worship and teaching. If you'd like to join Our Savior, you'll get the information you need in this setting of Christian friendship and faith. If you've been a Lutheran so long that you no longer remember the Six Chief parts, you need to be a part of this class. Either way, sign up in the centrum to join us in February. (If childcare is needed, just let us know!)



## Make Mardi Gras Magical



Sign up in the centrum to help decorate, cook, or clean-up for this year's Mardi Gras bash, February 23<sup>rd</sup>, 12:30pm. If you're a shopper, there's even a slot to get Mardi Gras groceries. Anybody want to help search for crawdads this year? Call the office at 972-226-0510

## Mardi Gras Celebration

*How about a sparkling  
"Champagne" Brunch and Mardi  
Gras Celebration?*

**Sunday, February 23 at 12:30pm**

*The best pancakes, sausage, bacon, and  
sparkling grape juice are served up for you  
and the whole family. Who will be the next  
Mardi Gras King and Queen?*

*Who will win the limbo?*

*Who will wear the most  
beads in the parade? Come find out!!*

*The Jubilation of Mardi Gras  
celebration on February 23<sup>rd</sup> quickly  
gives way to the most somber day of  
the church year on February 26<sup>th</sup>—*

## A S H W E D N E S D A Y

It is the only time which black is the liturgical color.

It is a confrontation with our sin and mortality.

It is a confirmation of new life in Christ.



**SHARE WITH US THE IMPOSITION  
OF ASHES AND HOLY  
COMMUNION  
ON FEBRUARY 26<sup>TH</sup>, 7:00AM & 7:00PM.  
(There is no meal on Ash Wednesday)**

# 2019 CROP Walk Report

\$ 150.00	BROCKMANN, BETSY & GEORGE
\$ 387.00	CHAVEZ, VALENTE
\$ 95.00	ENRIGHT, JONATHAN
\$ 105.00	FINCHER, PAULA
\$ 260.00	JOHNSTON, BONNIE
\$ 50.00	LUBBEN, CYNTHIA
\$ 75.00	PETERSON, PAM
\$ 75.00	SCHELTER, JOHN
\$ 85.00	SCHELTER, LOIS
\$ 823.00	WILLIAMS, HENRY

**\$ 2105.00 TOTAL**

*Dear Friends,*

*Thank you so much for the love and support I have received since the passing of Lou. Your Christmas caroling was greatly appreciated. Thanks to all who attended the service and participated with the following reception. You all are special to me. Lou and Ashley were my life. I am blessed to have great friends, family, and my faith in God to help me through each day.*

*Love and Blessings,  
Marie Mazza*

## Nancy's Health Notes

Eating has become one of the major parts of our society and our relationships. Believe me, food is essential for maintaining our health. However, many activities revolve around the consumption of food in quantities and varieties that are not always the best choice. Tailgating, for instance, has become the weekend ritual for watching football and includes high calorie and high fat foods. Learning how to make healthy choices of foods will allow one to be better nourished while continuing favorite activities.

I am addressing nutrition not a diet. So often when that "four letter" word enters conversation, the focus becomes losing weight. The human body needs a variety of nutrients including essential vitamins, minerals, and naturally occurring compounds. They are high in fiber, healthy fats including olive oil, avocados, nuts, seeds, and protein. The fats are unsaturated and do not increase cholesterol. The saturated fats are found in some red meats, coconut oil, palm oil and cocoa butter (chocolate). Dietary fat is needed for the body to function by allowing the fat-soluble vitamins, A, D, E, and K to be absorbed. Fat is found in every cell in the body and makes up 60% of the brain. Dietary fat provides Omega 3 and Omega 6, which the body cannot make.

Foods high in fiber are 100% of the grain including whole wheat, brown rice, oats, and cornmeal. In addition, raw fruits and vegetables have increased fiber content as do nuts and seeds.

When selecting protein foods, the majority should come from seafood, beans, lentils, nuts, seeds, and nut butters. The serving size is also important. For instance, the amount of seafood recommended for a week is only 8 ounces. Fewer amounts of protein would be from lean red meat, poultry, eggs, etc. I realize that we live in cattle country and steaks rule but space out the frequency with which these are consumed.

The largest portion of a meal should be a variety of dark green, red, and orange fruits and vegetables. The more colorful the food selection is, the more nutritious. Looking at a plate  $\frac{1}{2}$  would be fruits,  $\frac{1}{4}$  protein, and  $\frac{1}{4}$  whole grains.

Two other items that need to be monitored are sodium and sugar. I have watched individuals sit down for a meal and before tasting a dish pour salt over it. This causes a multitude of problems from high blood pressure to kidney disease. The use of a lot of sugar can cause increased weight, which can result in high blood pressure in addition to leading to problems with diabetes. The majority of processed foods are high in both sodium and sugar.

The most effective way to address the nutritional needs is to learn to read labels. Learn what is a serving size and the calories in a serving. Also it is important to recognize if the fat, sugar, sodium and cholesterol are within the recommended levels: total fat is 5 grams per serving, cholesterol is 100-300 mg per day, sodium is less than 2300 mg per day and sugar is less than 10 mg per serving. Please note some are the total for a serving while others are the total for a 24-hour period.

If anyone would like to discuss nutrition in more detail, I will be happy to do so. I would gladly share some heart healthy recipes that are easy to make, really taste good, and are not expensive.

God's Peace

*Nancy Wilson, RN, FCN*

# February

## Birthday

2 Valente Chavez  
 3 Barbara Cisneros  
 Yiyaine Floyd  
 5 Michael Anthony  
 6 Pat Smith  
 7 Craig Gerold  
 Susan Starr  
 8 Robert Holmes  
 Bill Speake  
 Mike Williams  
 10 Caroline Finamore  
 Timothy Murphy  
 14 Judy Hocker  
 Emily Snyder  
 15 Nancy Wilson  
 17 David Brashear  
 Coen Enright  
 Alexander Nivens  
 20 Jacki Howk  
 Gordon Johnston  
 John Lippincott  
 22 Jerry Combs  
 Maynard Semmler  
 24 Vie Engsberg  
 Jordan Starr  
 28 Grayson Granados



## Baptisms

1 Pat Smith  
 7 Theresa Taylor  
 Tristan Tran  
 8 Jaeden Freeman  
 Cody Hardi  
 15 Jackie Howk  
 22 Rachel Shafer  
 23 Jarret Combs  
 24 Stacy White  
 25 Jaylen Freeman  
 27 Greg Barabas  
 28 Dorothy Hutchinson  
 29 Ashlee Morton

## Wedding Anniversaries

4	John & Lois Schelter	36
10	Randy & Pam Peterson	7
14	Brian & JoAnn Dannen	32
14	Herb & Rita Salmons	33



## WORSHIP ASSISTANTS

	8:30	11:00	8:30	11:00
<b>Assisting Minister</b>	Thane Katz	Chip Cannon	Lois Schelter	Randy Peterson
<b>Greeter</b>	Paul Cross	Nicholas McCabe	Dave Shafer	Sally Nelson
	Karen Staton	Patti Preas	Beth Shafer	Julie Williams
<b>Ushers</b>	Debbie Lonon	Dennis Chubbs	Michael Lubben	Nicholas McCabe
	Earl Herndon	Matt Chubbs	Cynthia Lubben	Patti Preas
<b>Reader</b>	Steven Belz	Richard Mastin	Betsy Brockmann	Chip Cannon
<b>Communion</b>	Dave Shafer	Jon Cook	Thane Katz	Richard Mastin
<b>Assistants</b>	Carol Murray	Marie Mazza	Debbie Lonon	Debbie Zimmermann

# CONNECTION

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## Our Savior Lutheran Church

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Mesquite TX 75150

Office: 972-226-0510

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[www.oslmesquite.org](http://www.oslmesquite.org)

RETURN SERVICE REQUESTED

Sunday Worship—8:30am, 11:00am & 5:30pm

Sunday School—9:45am

Pastor—John Schelter

## *Four Fabulous February Festivities... With Food*

Every Sunday in the month of February offers a unique form of February fellowship. All will include a feast of great fun as well as food. The reasons are varied but the celebration is the same. We are celebrating our congregation family and the ministry God gives us

1. **February 2**—When February 2<sup>nd</sup> falls on a Sunday, the church calendar recognizes 2 senior citizens of the Jerusalem temple who welcomed Mary, Joseph, and Jesus on his 40<sup>th</sup> day of life. We'd like to recognize our Golden Agers on that day with a **12:30pm** banquet.

2. **February 9, 5:30pm**—Surprise, Surprise! For how many years has Stephen Moore (and Irene) given us a joyful song to sing at our Sunday evening worship? For almost 15 years, Mr. Moore has brought out keyboard, fiddle, guitar, harmonica, and accordion to make beautiful music. We are inviting anyone to join us at the 5:30pm service to give Mr. Moore a surprise presentation as well as a surprise birthday party (his birthday is that Thursday, 2/13). This will be a potluck surprise party and all are invited.



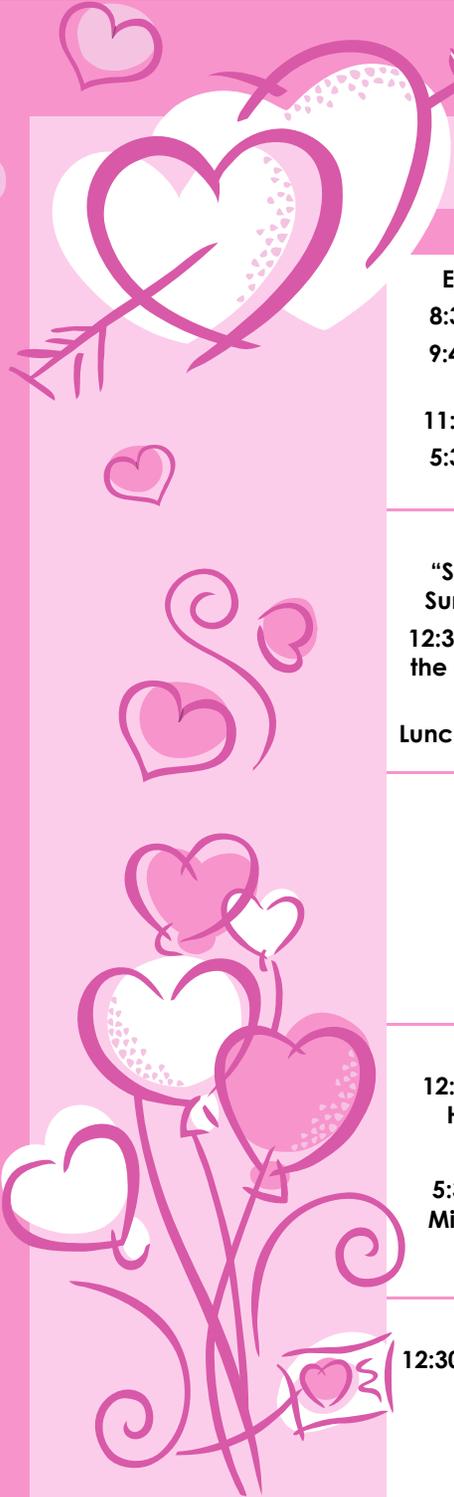
3. You're invited to a wedding **February 16<sup>th</sup> at 5:30pm**. Our refugee couple is getting married right here at Our Savior, and, since they have no family here, we will be their family. Once again, this will be a potluck celebration for Jairo and Milagro. Let's surround them with our care and support and a wedding celebration just like they might have had in Honduras and Nicaragua. Bring a potluck dish, snack, or dessert.



4. It's Mardi Gras time, **February 23<sup>rd</sup> at 12:30pm**. Join us as we do the limbo, race with crawdads, stoke up the ashes for Ash Wednesday, and march in a Mardi Gras parade that will be the envy of 'New Orleans'! The best pancakes this side of Sweden will be served up in the Family Life Center. Don't miss it!

February won't be cold and dreary if you feast on four straight February Sundays at Our Savior.

# February 2020



SUN	MON	TUE	WED	THU	FRI	SAT
<p>Each Sunday 8:30am Service 9:45am Sunday School 11:00am Service 5:30pm Service</p>						<p>1 9:00am Men's Basketball 9:00am Mission Endowment Board Meeting</p>
<p>2 "Soup-er" Bowl Sunday Offering 12:30pm Festival of the Presentation of Our Lord- Luncheon for Seniors</p>	3	<p>4 9:30am Mother's Day Out</p>	5	<p>6 9:30am Mother's Day Out</p>	7	<p>8 9:00am Men's Basketball 9:00am Lutheran 101 11:30am Council Retreat</p>
9	10	<p>11 9:30am Mother's Day Out</p>	12	<p>13 9:30am Mother's Day Out</p>	14	<p>15 9:00am Men's Basketball 9:00am Lutheran 101</p>
<p>16 12:30pm Nursing Home Service 5:30pm Jairo &amp; Milagro Wedding</p>	17	<p>18 9:30am Mother's Day Out 10:00am NED Conference</p>	19	<p>20 9:30am Mother's Day Out</p>	21	<p>22 9:00am Men's Basketball 9:00am Lutheran 101</p>
<p>23 12:30pm Mardi Gras Brunch Bash</p>	24	<p>25 9:30am Mother's Day Out</p>	<p><i>Minister's Week @ TCU</i></p>			<p>29 Gym Reserved</p>
			<p>26 7:00am Ash Wednesday Service 7:00pm Ash Wednesday Service</p>	<p>27 9:30am Mother's Day Out</p>	28	