

THE MESSENGER



Vol. 5, No. 5 | A Monthly Publication of First Lutheran Church of Fremont | May 2010

REFLECTIONS From the Senior Pastor

**A place to belong and
a place to become . . .**

Charlie's Chatter

**"Why do you seek the living
among the dead."**

He is risen indeed!!

At the time of Jesus the Sabbath was celebrated on the seventh day of the week. **We celebrate our Sabbath on the first day of the week, because each of our Sabbaths is considered to be a "little Easter."** Each Sunday we celebrate the resurrection of our Lord and Savior, Jesus Christ. In addition we have a special Easter Season that stretches from Easter to Pentecost.

Easter is the surprisingly happy ending to the story of Jesus. Happy endings, which are so difficult to achieve in our own space and time, are woven into God's future. The resurrection of Jesus seems to be the only way to resolve the contradictions in the story of God's chosen one. What is even more important, the resurrection of the Crucified seems to be the only way to resolve the paradox of a fallen world loved by a holy God. So, Easter is more than a remembrance of the Jesus story or a coronation of "ever-recurrent spring." Easter is, in fact, a celebration of God's victory over sin, death and the devil – and more. Easter is the church's passage with Jesus by way of his cross and through his open tomb to life again.

As Mary Magdalene, Joanna and Mary the mother of James approached the tomb that morning little did they know that they would become the bearers of the greatest news in the history of humanity. **The message of the empty tomb is the message of salvation.** In the end it is the only miracle we need. He is risen indeed!

In Christ,
Pastor Charlie

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BRUCE BARTELS Senior Choir Director	
LAURIE BARTELS Senior Choir Accompanist	
BARB HANEN Cherub Choir Accompanist	
RACHEL SAMUELSON & SARA SPEICHER Junior Choir Assistants	
ROSIE HAIAR Nursery Coordinator	
BILL MILLER & MILT HAVEKOST Maintenance	
ALICE CLAUSEN, IONE POPKEN & MARTIN TRAUTRIMAS Parish Lay Visitors	

Radio Broadcast KHUB 1340 AM
Sundays at 11:00 am

TV Broadcasts Channel 13
Mondays at 10:30am & 6:00 pm
Tuesday, Thursday & Friday at 2:00 pm

WEB site www.flc-ne.org

PRAYERS

Remembering ...

First Lutheran staff prays for five member families at their meeting each week. If you have a specific prayer request for your family, please call the church office to let us know of your concern. The following members and their families being prayed for throughout **May** are:

Craig & Jennifer Wells, Grady & Lori Wells, Shannon Wells, Bernice White, Linda Wiese, Ron & Joan Wilcox, Alyce Wilke, Jens & Bonnie Williamson, Marty & Debra Williamson, Spencer & Michele Williamson, Brent & Angie Willnerd, Bill & Von Deen Wilson, Frank Wilson, Jon & Kelly Wilson, Mark Wilson, Susan Wilt, Alan & Kristine Winterstein, Jan Wolfe, Alan & Tammi Wolff, Wilbur & Bonnie Wrich, Dan & Nancy Wright, Ron & Charlotte Young, Dennis & Jayne Zoucha, Brent & Alison Zuch, and Doug & Margo Alberts.

We ask you to include in your prayers the following members and friends of First Lutheran who continue in active service to their country:

AMN Robert M. Blume, *nephew of Scott & Bonnie Warner*
Cadet Bryce Christensen, *son of Dale & Jeannine Christensen*
Specialist Stefan A. Fahrlander, *grandson of Ray & Myrna Meister*
LCDC Keith R. Hanson, *son of Jim & Mary Ann Hanson*
2nd Lt. Michael Harper,
grandson of Lowell & Mardell Weitzenkamp
Sgt. Sarah Haskins, *Granddaughter of Larry & Mary Ann Thomas*
CPL Garret D. Heitshusen, *friend of the congregation*
2nd Lt. Ryan Hurt USMC, *nephew of Dave & Kathy Pinkall*

Army Spc. Jared Kruse, *son of Jeff & Connie Elliott*
SFC Eldon Kuntzelman, *son of Rex and Vi Kuntzelman*
Lt. Col. Randall Morris, *son of Diane and Paul Morris*
ENFN Chase P. Nickels, *grandson of Delwyn & Anita Hasemann*
Curtis Nissen, *grandson of Clarence & Dee Schakat*
1st Lt. Johanna O'Toole, *granddaughter of Barbara Lanning*
Sgt. Scott Peterson, *son of Chuck & Lorie Peterson*
Andrew Steffensmeier, *nephew of Scott & Bonnie Warner*
If you have someone that you would like to be added to this list please call the church office.

DEVOTIONS

Family Faith Conversations

Week of: May 2, 2010

An Angel Frees Peter From Jail (Acts 12:1-18) - Angels protect and help God's people. What do you really know about angels? Is your knowledge of angels based on biblical stories you have heard? Which ones? Do you believe that angels make visits to earth today? Why or why not? How do the acts of angels show God's power? How do they show God's love?

Week of: May 9, 2010

Lydia is Converted (Acts 16:9-15) - Be prepared to tell others about Jesus. Read Acts 16:9-15. Then discuss the following questions as a family: When Paul was called to meet the needs of people in Macedonia, he left immediately. Why do you think Paul responded so quickly? What was Lydia seeking? Were her needs met? How? When? Do you think it is important to tell others about Jesus? Why? What does this tell us about God's priorities? When God calls, when should we answer?

http://www1.salvationarmy.org/uss%5Cwww_uss_natcaparea.nsf/0/A284F323F080506785256DA70006D318?opendocument

As you read this article, think about how quickly a response to a need had to be made in this situation. What might have happened to some of the people who needed assistance if that help had been delayed? How important is response time when meeting needs?

Week of: May 16, 2010

Paul's Jailer Believes in Jesus (Acts 16:16-34) Jesus saves us. Read Acts 16:16-34. What did the jailer have to do to be saved? What must we do today to be saved?

Week of: Sunday, May 23, 2010 (Pentecost)

Paul Describes Living by God's Spirit -

Learn the history behind letters sealed with wax at the first URL. Then check out the instructions for making your own seals at the second website. You might see a family project in that one! Remember that a seal is a representation of you. It is your mark of ownership. You can choose a family seal, like a coat of arms, or individual symbols for each member of the family. God's Word teaches in 2 Corinthians 1:22 that we are "sealed" by God and given his image through the Holy Spirit. The Holy Spirit is God's evidence of his mark on our lives. In Romans 8:9-17, Paul explains a new nature that is given when we commit to living by God's Spirit. Discuss how you, as a family and as individuals, can show others that God has sealed you to live by his Spirit.

http://www.bible-history.com/backd2/signet_ring.html

http://www.signetring.com/Jewelry/Renaissance_Jewelry/Renaissance_Collar/Info_Page/Making_wax_seals/making_wax_seals.htm

http://www.signetring.com/Jewelry/Renaissance_Jewelry/Renaissance_Collar/Info_Page/Making_wax_seals/making_wax_seals.htm

http://www.signetring.com/Jewelry/Renaissance_Jewelry/Renaissance_Collar/Info_Page/Making_wax_seals/making_wax_seals.htm

Week of: Sunday, May 30, 2010

Paul Explains Christians' Relationship With Christ - God's power saves us. Browse these websites that present facts about power

<http://www.darnell.com/>

<http://www.eeproductcenter.com/powersources/>

<http://www.nuc.berkeley.edu/thyd/ne161/ncabreza/sources.html>

How do you suppose these sources of power measure against the power of God? The Bible teaches that God's power saves us by his grace. What do you think this means? How can knowing about God's power give you confidence to trust in him for salvation? Explain.

YOUTH

Jr. & Sr. High Ministry

FLYs (First Lutheran Youth: 9 - 12th grade) meet Wednesdays in the youth room at 7:30 pm.

FLY Mission Trip 2010 will head to Mississippi once again to volunteer their time and service to the victims of Hurricane Katrina. Trip dates are July 24th - August 2nd. Registration forms are available above the slotted mailbox or online at www.flc-ne.org.

FAMILIES

Children and Family Ministry

Get ready for the voyage of a lifetime! Register your kids now for a **High Seas Adventure with Community Vacation Bible School** at Midland Lutheran College Campus June 14-18, from 1:00 - 4:00 pm. Registration forms are available at the Ministry Center, above the slotted mailbox or online at www.flc-ne.org. We are in need of helpers and food donations (watch the green sheets).



Carol Joy Holling Camp is gearing up for the 2010 summer camp season. First Lutheran will pay 1/2 of the tuition for FLC members. Visit www.caroljoyholling.org or call 1-888-656-6254 for more information. A representative from Camp will visit first Lutheran on Sunday, May 2.

GOING DEEPER

Opportunities

Sunday Mornings at 9:30 and 10:45 am

May 2 - The Gospel according to "Star Wars" – John Lyden

May 9 - Reflection on Mother's Day – John Lyden

Men's Bible Study meets on the 2nd & 4th Tuesday, at 8:15 am in room 122.

MEMBERS

Births, Baptisms, Deaths, Marriages

The Ministry of Healing

Please remember to let our church office know when you are facing a health concern or hospitalization so that our pastoral staff might be in touch with you and you can provide information to share with our whole faith community. When you request, a prayer chain will also be activated. First Lutheran members known to have health concerns this month included:

Harold Hanen, Judy Neuhaus, Willard Schulz, Deb Jarecki, Harold Hanen, LaVonne Nelsen, Vi Kuntzelman, Marcella Rix

Deaths

Our sympathy to the family and friends of:

Roger & Eileen Larsen on the death of Eileen's mother
Eileen Rittler

Maxine Price on the death of her husband Ted

Kevin & Shelia Fenner on the death of Sheila's grandfather

Terry & Janet Snyder on the death of Janet's father
Ramon Little

Ruth Heyne on the death of her husband Willard Heyne

Baptism

Kate Caroline Gifford

Parents: Jenna & Marty Gifford

Sponsors: Barry & Jennifer Benson

Births

Collin Folkers

March 5, 2010

Parents: Travis & Anne Folkers

Jax Tighe

March 31, 2010

Parents: Ryan and Becky Tighe

Table Talk Wednesdays at 5:30 pm.

The last session will be May 5 "The Holy Spirit"

Friday Morning Bible Study meets at 9:30 am. All are welcome to join!



A reminder to all First Lutheran households to turn on your **star-crosses**.

Keep your star-crosses on until Pentecost, Sunday, May 23.

Together, we are shining bright with Christ's light!



WORSHIP SCHEDULE

Special Occasions

Sunday, May 2

Camp Carol Joy Holling Sunday

- 8:00 Traditional Worship with Communion
 - 9:30 Blended Worship with Communion
 - 11:00 Contemporary Worship with Communion
- New Members Received**

Sunday, May 9

Ascension Sunday/Mother's Day

- 8:00 Traditional Worship
- 9:30 Blended Worship
- 11:00 Contemporary Worship with Communion

Sunday, May 16

Mission Sunday

Sponsored by the 125th Anniversary Committee

Guest Preacher Rev. Dr. Gemechis Buba

- 8:00 Traditional Worship
- 9:30 Blended Worship
- 11:00 Contemporary Worship

Sunday, May 23

Pentecost/Graduation Sunday

- 8:00 Traditional Worship
- 9:30 Blended Worship **Led by the Senior Class**
- 11:00 Contemporary Worship with Communion

Sunday, May 30

SUMMER WORSHIP SCHEDULE BEGINS

Trinity Sunday

- 8:30 Blended Worship Led by ZOE
- 10:30 Contemporary Worship Led by ZOE

Postmaster: Dated Material



First Lutheran Church

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THE MESSENGER is published monthly by First Lutheran Church of Fremont. Deadline for the June Messenger is Monday, May 17. Contact Tammi Wolff, Editor, with submissions or comments at 402.721.2959 or tammiw@flc-ne.org.

LETTERS What You're Saying to Us

Dear friends at First:

I wanted to let you know that I enjoyed using the gift certificate you gave me as I completed my work among you. With Nathan working at the Luther Seminary Bookstore and providing good advice, I've been able to add some gems. I knew I wanted "Martin Luther's Basic Theological Writings" (a volume on Pastor Charlie's shelf that I found helpful). To prepare for my journey in Israel/Palestine, I'm now also enjoying "Abraham: Trials of Family and Faith" by Terrence Fretheim, "The Land of Milk and Honey" by John Beck, and "Water from the Rock," essays by several Palestinian Lutherans. The new books will help me remember the many months of ministry together for which I am truly grateful. I continue to appreciate both your welcome and your farewell. I hope we'll make it back to one of the Anniversary events. Enjoy this year of celebration, as you have been blessed to be a blessing. You have been a blessing to me!

Shalom, PK (Pastor Kathy)

We have enjoyed the loveliness of the flowers delivered on Sunday. Thank you so much.

Stan & Ione Popken

Thank you for the prayers, cards, and get-well wishes that were given to me at the time of my back surgery. The altar flowers were beautiful and a welcomed cheerful surprise. Dr. Gill was grateful for your prayers as well. You truly are a blessing.

Beth Meyer

Thank you for the flowers I received Easter Sunday they brighten my day. God Bless

Marcella Rix

I want to thank you very much for the flowers and food that was given to me and also the cards.

LaVonne Nelsen

THANK YOU We Are Grateful

Many thanks to the members of First Lutheran Church who contributed to the **American Cancer Society Daffodil Days** sales. "With your help 5,000 daffodils were distributed which raised over \$5,800 to help with research for various cancer programs. This would not have been possible without your help."

Ruth Fischer, 2010 Chairperson

Dear First Lutheran Friends, Your continuous support of the **Jean's Storytime TV Ministry** is sincerely appreciated. Your generosity will assist young children to be introduced to Jesus and his love. Did you realize this is the 54th year of this ministry? God is Good. You might be interested to know that my mom, "Jean" will be 80 this year. Again, sincere thanks!

Bob & Eileen Thornburg

SERVICE How You Can Help

First Lutheran serves a meal once a month at **Care Corps Homeless Shelter** in Fremont. This month will be Tuesday, May 18, at 5:30 pm. Watch the Green Sheets for your way to help.

Operation Shield is looking for names of soldiers to add to their list to send care packages, cards and to pray for. Contact Lorie Peterson at 620-4182.

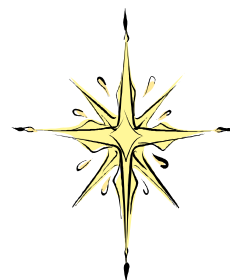
Low Income Ministry of Dodge County will be collecting the following items during the month of May: canned fruit, canned vegetables, and canned soups. Thank you for helping the families of our community. Donations may be dropped off at 549 N. H. Use glass door on south side of the building.

The **Jefferson House** is still looking for suitcases to send belongings home with the kids when they leave the house. Donations can be dropped off at church in the grocery cart in the Fellowship Hall.

Building Families Boutique is always looking for donations of baby care items. For more information contact Liz Johnson or Lori Cheshier at 941.0075.

The **Crisis Center** is always in need of the following items: Paper towels, Diapers (size 4 & 5), used cell phones, hygiene products, batteries, stamps, cleaning products, garbage bags, laundry baskets, new toys, calling cards, laundry soap, toilet paper, gas cards, food gift cards and light bulbs. Items may be dropped off at 1114 E. Military. Did you know that you can come as a group the Crisis Center to rake leaves, shovel snow, or help with yard upkeep. Adopt a family for a holiday (Easter, Halloween, Thanksgiving or Christmas) Donate birthday packages (collect cake mixes, party hats, plates, napkins). For more information on how you can help contact the Crisis Center at 721.4340

Carol Joy Holling Work Day is scheduled for Saturday, May 15, from 9:30 am to 1:00 pm. Free lunch for all workers. Every May, CJH works with more than 80 people on this day to get the site ready for summer camp. From fence repair to cleaning to planting flowers, the staff and volunteers make this just plain fun work! Bring a group or come by yourself. Call toll free 1.888.656.6254 to reserve your space.



STEWARDSHIP

Financial Giving

	General Fund Pledged Receipts			Building Fund Receipts		
	2008	2009	2010	2008	2009	2010
January	53,355.50	49,293.50	59,905.50	10,907.50	12,977.00	8,808.85
February	52,211.80	56,074.00	49,049.50	37,848.18	9,466.00	2,444.50
March	<u>59,293.50</u>	<u>69,420.91</u>	<u>55,008.50</u>	<u>24,000.25</u>	<u>10,675.50</u>	<u>2,384.50</u>
Total to Date	164,860.80	174,788.41	163,963.50	72,755.93	33,118.50	13,637.85

	2010 General Fund			2009 General Fund		
	Receipts	Expenses	Net Loss	Receipts	Expenses	Net Income
March	59,426.51	68,589.32	(9,162.81)	73,868.76	48,627.77	25,240.99
Total to Date	182,503.59	192,177.52	(9,673.93)	185,123.08	162,510.10	22,612.98

March doesn't look so great compared to last year, but that doesn't tell the whole story. Last March was helped with five Sundays and Easter. This year, Easter is in April and we won't have a five Sunday month until May. Pledged giving is down a little and expenses are up, which doesn't normally make the best combination. Consequently, we are currently at a deficit, a loss, or "in the red". Please keep current on your pledges and help get us "out of the hole". The Building on Blessings campaign is in full gear, please help whenever asked. Sincerely, Kent Speicher, Church Treasurer.

COUNCIL HIGHLIGHTS

April 2010

The April, 2010, meeting of the Church Council was called to order by President Paul Johnson. Roll call was taken and a quorum was present. Pastor Charlie presented opening devotions. Committee time was postponed until after adjournment of the council meeting. The following is their agenda for the evening:

Board of Stewards

1. Simply Giving - regular giving/Capital campaign

Board of Deacons

1. The deacons will discuss their visits and giving communion to the shut-ins and also a way that the shut-ins' pictures can be taken that may reduce travel to the church.
2. The Pantry shower in honor of Pastor Matt and Jessica Knopf for Habitat for Humanity
3. The use of nametags by the members during Sunday morning worship services

Board of Trustees

1. The Trustees will continue their discussion of the current bus policy
2. Parking lot striping

Secretary's report

MSC to accept the Secretary's report:

Treasurer's report

MSC to accept the Treasurer's report:

Senior Pastor's Time

1. Pastor Charlie reviewed the Strategic Planning guide
2. The "Building on Blessings" Capital

Appeal is well under way with Pastor "Chick" Lane returning on April 25th for Commitment Sunday.

Associate Pastor's Time

1. Pastor Matt reported that two teams have been added to help facilitate our Strategic Planning for the church. The first is a Technology Team which will study three areas: the worship service, the web and the new building.
2. The second is a Work Team. There are two areas of focus for this team at this time: working on damage to homes in flooded communities and working on homes for Habitat for Humanity.
3. It was decided to continue the use of the Green Sheets in addition to "First Weekly" as hand-outs for the Worship services.

President's report

1. Paul Johnson reported the receipt of the following thank-you notes: Monetary support for Nebraska Lutheran Outdoor Ministries, Nebraska Synod Campaign "Feed the Roots, Grow the Forest", and Jean's Story Time, Mission Support for the Nebraska Synod, and donations of mittens and cookies for Care Corps, Inc.
2. We will implement the use of Hospitality Teams during the 10:30 Worship services this summer in response to last fall's presentation from Sheridan Lutheran Church in Lincoln, NE.

New Business

1. There was no new business.

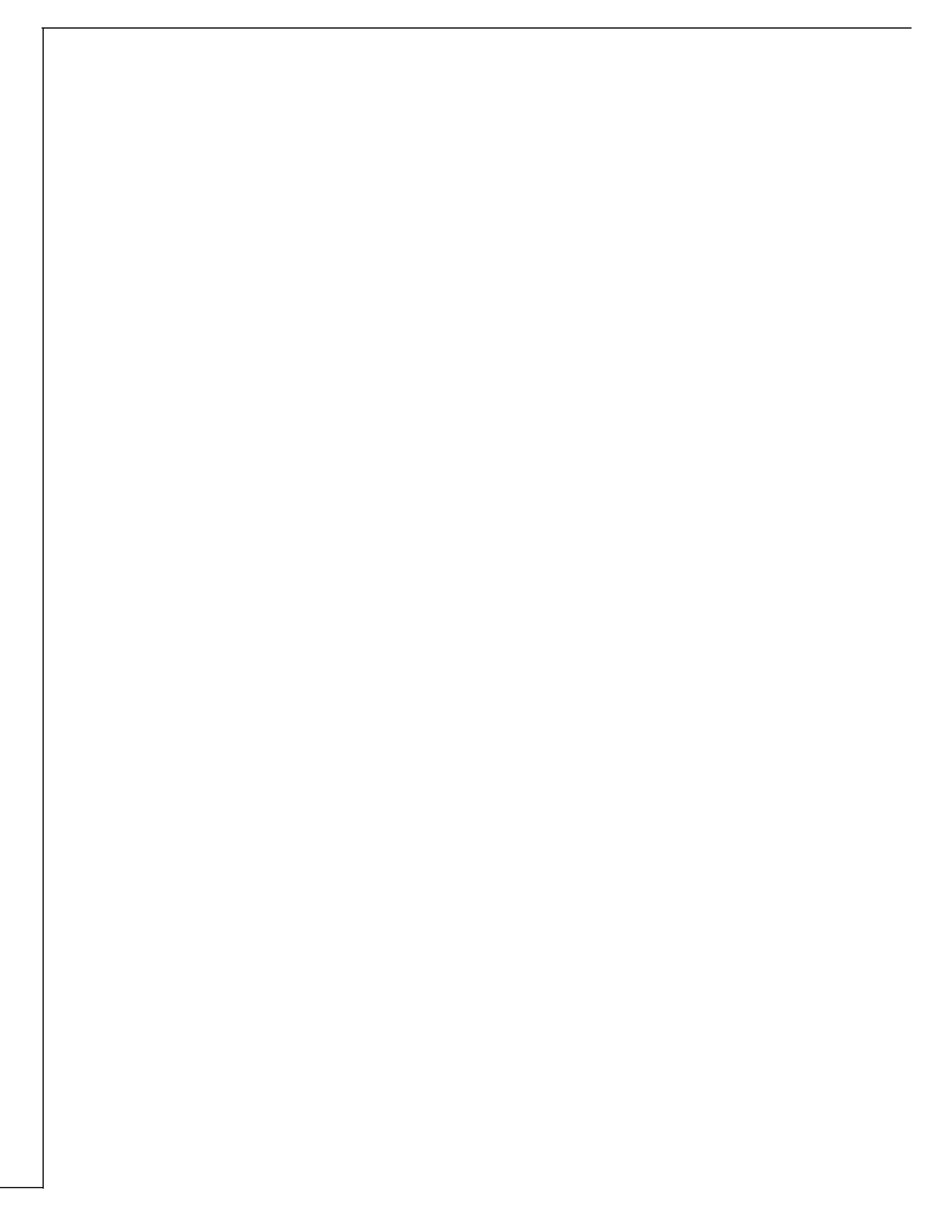
Old Business

Caryn Erickson gave a report on the festivities of the 125th Anniversary, "Blessed to be a Blessing".

1. There will be at least five more events in our celebration this year and it was noted that a number of groups are also celebrating: First Lutheran Women's event on April 17th, cookbooks will go on sale on April 11th, the Picture Directory, "Building on Blessings" Capital Appeal, and a monthly collection of different articles to be donated were mentioned as a few of those groups.
2. Nancy Rix talked about the Prayer Vigil, which will be held on Saturday, April 24th from 8:00 am - 8:00 pm. The vigil is beneficial to the church in several areas. Among them, she mentioned that prayer is an integral part in the life of a Christian, and in the life of the church. Through prayer, our relationship with our Lord is strengthened. We can see God's blessings here at First Lutheran as we celebrate 125 years together as a church body, and also as we request His blessings for plans for the next 125 years.

MSC to adjourn:

Respectfully Submitted,
Nancy Rix



FEATURING Of Special Interest

Christian Fellowship will meet on Friday, May 7, for Von-Deen's Sloppy Joes, chips, pickles and ice-cream bars. Jane Dugan will be joining them to talk about Grief ministry.

The church has four teams composed of women and men from the congregation that bake and prepare a meal after a funeral. Each team serves only 2-4 time a year. The **Funeral Ministry** provides help and support to families during a very trying time. If you are looking for a way to be a part of First Lutheran but don't want to commit to a weekly or monthly event, this might be the ministry for you. For more information, call Alice 721-2160 or Marilyn 721-9622

Second Monday Men & Women meet on the second Monday of the month (May 10). Both groups now meet at 9:00 am for coffee and then tackle some of the tasks needing to be done here at the church. Both groups always welcome newcomers.

L.I.F.T. (Lutherans in Fellowship Together) Potluck Group will meet on Thursday, May 17, at 6:00 pm. Join them for a pot luck meal (bring your own table service) and board or card games following.

The **FLC walking group** meets at 4:30 pm at FLC for a short devotion and then walking for half an hour on Tuesday & Thursday afternoons. Please join us!!!!

SOLOs (Fellowship for singles or those widowed) meet at 11:45 am each Sunday for dinner at a variety of places:

May Calendar

2	Wooden Windmill
9	Runza
16	KFC
23	Hy-Vee
30	Burger King

Interested in adopting a soldier? Contact one of the Operation Shield members: Tracy Arett, Connie Elliot or Chuck & Lorie Peterson

Nursery: Rosie is looking for reliable youth to be on a sub list for the nursery. This is a paid position and subs are needed during worship hours. Please contact Rosie in the nursery (on Sunday mornings) if you are interested.

Are you a church member in need of a ride to an evening event, a doctor's appointment or maybe a worship service? **YOU ARE IN LUCK!** We have an **"Over the Road" Gang** in place to assist you! Please call Jill (in the church office; 721-2959) to make arrangements. Please let us know how we can best serve you!

125TH CELEBRATION News



Blessed to be a Blessing

Monthly Collections - As a thank you to our community, we are giving back to Fremont's non-profit organizations in celebration of our anniversary.

Please drop off your donations in the Family Worship Center.

May Care Corps Flat twin sheets & pillow cases

As we prepare to **celebrate the birthday of the whole church on Pentecost**, we will be honored by the presence of Dr. Gemechis Buba, as our guest preacher at all worship services on May 16. Dr. Buba, ELCA Director of African National Ministries, will help us consider missional hospitality as we celebrate our immigrant roots and prepare for our future.

The **Rev. Dr. Gemechis D. Buba** is currently serving as the Director of African National Ministries in the ELCA. He is originally from East Africa, Ethiopia and is currently living in Chicago, Illinois, with his wife Nassisse Baro Tumsa. He has a Bachelor of Theology, Master of Divinity and Master of Arts in Christian Education and a Doctorate Degree specializing in Missional Leadership. Dr. Buba was ordained in 2001 and has served as a Seminary professor, mission developer, Senior Pastor, Vice President of Southeastern Black Lutheran Pastors' Conference, an assistant to the Bishop of Southeastern Pennsylvania Synod and President of the World Wide Union of Oromo Evangelical Churches Inc. He has traveled extensively and ministered across the nations. Above all, he is proud to be called a child of God, which is the highest privilege and authority in the Kingdom of God.



Weekly Attendance through March	
2009	2010
686	738



These figures may be slightly skewed as Easter occurred later in 2009

FELLOWSHIP

Women's Ministry

Ruth Thursday, May 13 9:00 am

Faith Thursday, May 13 7:00 pm
Lesson Leader: Nancy Nielsen
Hostess: Evelyn Eldridge

Lydia Wednesday, May 9:30 am
Lesson Leader: Myrna Meister
Hostess: Tracy Arett

Third Tuesday Bible Study
Tuesday, May 18 7:00 pm

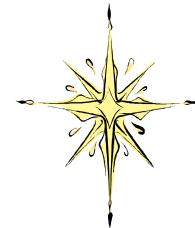
Friday Morning Bible Study at 9:30 am. – This Bible study group meets every Friday morning and is led by Janice Hansen. The topic for this study is The Parables. Any woman is welcome at any time to this group study.

Midland Conference of the Nebraska Synodical Women's Organization Spring Gathering is Saturday, May 1, at St. Andrew's Lutheran Church in Lincoln. This event begins with registration at 8:30 am and concludes at 3:00 pm. This is an opportunity for fellowship beyond our church unit. The day includes workshops, worship, and Bible study with the Bishop. Cost is \$15 which includes lunch. Contact Beth Meyer for more information.

If you have been busy over the winter with needles and crochet hooks, please plan on bringing your finished shawls and hats to the **Prayer Shawl Ministry** meeting on Tuesday, May 4th, at 9:30 am at church. At that time we dedicate our items and then put a small cross and a card explaining the reason we are giving the items. Also, we will be sorting yarn. Thanks to Judi McKenzie for a generous gift of yarn. Our stash had nearly been used up so this is another miracle. If you would like to make a shawl, we will supply the yarn and even the needles. Just call 727-1557 or 721-9622.

Cover Girl Quilters kept busy over the winter. Twelve quilts were given to the Salvation Army when they made an appeal for blankets. Twenty five were sent directly to Haiti through Lutheran World Relief. It was a blessing to be able to give warm blankets to those in need when needed. Thanks to everyone who kept cutting blocks and sewing tops over the winter. Now when we meet on Wednesday, May 19, at 9:30 am we will have many quilts to tie. More hands are needed to tie knots. Please join us for tying, eating (a light lunch), and fellowship that day.

Spring (finally) and Garage sales!! We are looking forward to that. In your search will you look for items needed for **Lutheran World Relief** in the fall? This is the organization that provides items to those in need from disasters. Please look for items for layettes and health kit that are in good condition. Items needed are shirts or "Onesies", gowns or footed sleepers, receiving blankets, sweaters or infant sweatshirts, safety pins, 100% cotton T-shirts (lg or xl) to make diapers for layettes and towels and beach towels to make into hand towels and washcloths. Also if you are a sewer continue to make bags for the school kits. If anyone has extra material they want to donate for quilts, sewing kits or school kits please contact Lucy at 478-5406. With lots of hands many good things will come. Thanks for everyone's contribution. Please wash and keep items till fall when we will collect them for LWR.



HEALTH

Or Special Concerns

May is National Arthritis Month. Arthritis is the most common cause of disability in the United States, limiting the activities of nearly nineteen million adults. Studies have shown that exercising the affected joint can make a noticeable difference in long-term pain relief. People with arthritis should stay as active as possible because inactivity can lead to stiff and weak muscles. Arthritic patients should begin by attempting to carefully move arthritic joints through their full range of motion on a daily basis. Ideally, they can then build endurance over time to the point where they are able to exercise at least 20-30 minutes per day, three times a week. Muscle strengthening exercises can also help. Stronger muscles will provide additional support for joints by stabilizing them. This will enable patients to move the joints more easily and less painfully. Now, with the improving weather, it is a great time to take regular walks outside or join the First Lutheran walking group. Exercise those joints while walking with friends.