

# Parish Scope

Our Savior's  
Lutheran Church

Issue 2  
February 2012

## February Happenings

**February 1, Wednesday**  
Wednesday Bible Study

**February 2, Thursday**  
A.M.er's Bible Study

**February 6, Monday**  
OSW Meeting  
Movie Night

**February 7, Tuesday**  
Communion Service

**February 9, Thursday**  
Comforts of Home Communion  
Taizé Service

**February 12, Sunday**  
New Member Inception  
4-yr-old "Jesus Loves Me" Milestone  
**Potluck/OSL Annual Meeting**

**February 13, Monday**  
Finance Meeting

**February 14, Tuesday**  
Leah Circle  
Tuesday's Table  
Youth/Education Meeting  
Property/Management Meeting  
Global Missions Meeting  
Church Council Meeting

**February 15, Wednesday**  
Writers' Club & Reading Club

**February 16, Thursday**  
Quilting Queens

**February 21, Tuesday**  
DCHCC Communion  
500 Card Party

**February 22, Wednesday**  
Soup Supper  
Ash Wednesday Service

**February 28, Tuesday**  
Sassy Stitchers

**February 29, Wednesday**  
Scope Collating  
Soup Supper  
Lenten Service

### Annual Meeting

Mark your calendar to attend the annual congregational meeting of Our Savior's Lutheran Church on Sunday, **February 12, 2012**, in the Sanctuary. Immediately after the 10:30 a.m. worship service, a potluck lunch will be held in the Friendship Room followed by the annual meeting.

### New Contribution Envelopes

Our Savior's is now printing its own envelopes. The envelopes are numbered one through 12. After you have made your tenth offering, another set of envelopes will be printed for you, which can be picked up at the church or mailed to you at your request. If you did **not** receive your envelopes, please contact the office immediately.

As always, you are invited to change the way your offering is given to OSL by signing up for "**Simply Giving**." This program allows you to automatically give through electronic transfer of funds from your financial institution account. An enrollment form is available by contacting the office at (715)235-0693 or <office@oslme.com>.

### 2012 Pledge/Simply Giving Update

It is not too late to submit your 2012 pledge card. Currently, OSL has received 132 pledge cards and 53 individuals/families are giving through Simply Giving. Both a Simply Giving enrollment form and a 2012 pledge card are available in the office. Thanks to all of you for your faithful support of God's work in and through OSL!

### New OSL Office Hours

The office will be open from 9:00 a.m. to 3:30 p.m. (5:00 p.m.\*) on Monday, Tuesday, and Thursday, and (9:00 a.m.\*) 1:30-8:00 p.m. on Wednesday. The office is closed on Friday. The times marked with an (\*) are dependent upon volunteer coverage.

### Lenten Worship Schedule



Lenten worship services will begin on Ash Wednesday, 2/22/12, with a soup supper at 5:00 p.m. and worship service at 6:30 p.m. Small group Confirmation classes and children's choir rehearsals will be from 5:45-6:15 p.m. during Lent.

### Taizé Service

An ecumenical service of music, prayer, and meditation at Grace Episcopal Church, on Thursday, February 9, at 7:30 p.m. Grace Episcopal Church is located at E3457 451st Ave., Menomonie (south past Pinewood Golf Course).

### Tuesday's Table Volunteer Opportunity

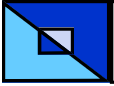
Volunteers are needed to work at St. Joe's Tuesday's Table on February 14. Please sign up on the bulletin board located under the skylight.

### Electronic Media

In an effort to reduce paper, photocopying, and mailing costs, consider receiving the *Parish Scope* and other communications via e-mail. Not only will you receive the newsletter in color, it may also include photos! Notify Kathi in the OSL office by e-mailing her at <office@oslme.com>. Please include any address, phone number, or e-mail address change(s).

### OSL Activity Cancellation Policy

OSL follows the snow-day policy of the School District of the Menomonie Area. If school is cancelled because of hazardous conditions, then OSL's activities are also cancelled, including the preschool, Wednesday-evening programming, Bible studies, and other gatherings.



**From Your Interim Pastor**

Several things for February:

Jan 22, 29, Feb 5, 12 & 19: We'll be doing a worship/sermon series on The Church and the Office of the Ministry. The time of calling a pastor is a most opportune time to review/learn what the office of the pastor is all about and how we understand it in the Lutheran tradition.

February 5 or 12: We'll be receiving new members. Please plan on attending worship so you can meet and welcome them!

**February 12**

8:00 a.m. and 10:30 a.m. worship services: Pastor Todd Iverson, Assistant to Bishop Duane Pederson will be preaching.

9:15 a.m.: Pastor Iverson will lead a forum in the Friendship Room explaining how the Call Process works.

11:30 a.m.: Potluck luncheon in Friendship Room.

Approximately 12:15 p.m.: Annual Meeting. As well as all the normal business of an Annual Meeting, if all goes as planned, you'll elect a Call Committee—the next step in the journey towards getting a new pastor.

February 22 is Ash Wednesday and we begin our Wednesday evening soup suppers and worship services. Our focus this year will be The Lord's Prayer.

February 26 is the First Sunday in Lent. On Sundays during Lent, we'll be attending to Jesus' journey to the cross in the Gospel of Mark. We'll be using the book, Reliving the Passion, by Walter Wangerin. Pastor Wangerin is a Pulitzer Prize-winning author, former speaker on Lutheran Vespers, and regular contributor/columnist for The Lutheran magazine. He is widely regarded as being among the best preachers/teachers in the church today. We'll have the books for sale at OSL for \$10.00 as soon as we receive them. (It's also available for Kindle and other readers that utilize the Kindle format.) It's one of the most powerful pieces I've ever read and I'm pleased to bring it to your attention.

See you in church!

Pastor Mark

**From the Interim Child, Youth & Family Minister:**

These are suppose to be the coldest months of the year, but all we seem to get is a few days here and there of really cold weather. I'm not complaining because there have been times that it seems like it only snows on Wednesdays and those drives aren't fun.

**Youth/Education Committee Doings:** In January, the Youth and Education committees came together to discuss what is needed to find OSL's next Children, Youth and Family Minister. We have talked about what the wants and needs of this position, knowing that this will be a part-time position. We hope to have a couple of listening sessions in February to hear what the congregation's wants and needs are for the position. Please watch the bulletin and listen for announcements, as the meetings aren't set at the time of the newsletter publishing.

**Confirmation:** Ash Wednesday service is February 22 at 6:30 p.m. Students are expected to be at the Ash Wednesday service, which is in place of large-group Confirmation. Small-group Confirmation classes will be held on Wednesdays during Lent from 5:45-6:15 p.m., and then students are expected to be at the Lenten services each week. If you do not have the schedule for Confirmation from February 22 to the end of the year, please let me know.

**Children Choirs:** The Joy and Jubilee children choirs will meet on Wednesdays, from 5:45-6:15 p.m. during Lent. Come for the soup supper and stay for worship.

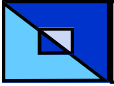
**Middle School Youth Group:** Youth group will meet February 1, 8, and 15 from 7:30-8:30 p.m. There will be no youth group on Ash Wednesday or during Lent (the month of March).

**Summer Camp:** Luther Park has some great opportunities for kids K-12, grandparents, and families! You can pick up a Luther Park brochure at church or check out the website <[www.LutherPark.org](http://www.LutherPark.org)>.

There are GREAT senior high opportunities through Luther Park. If you are looking at the Apostle Islands' kayak trip, register ASAP as this is a smaller-sized camp and fills quickly. If you want to go on a mission trip, check out the FLOOD servant trip to Milwaukee. There is a houseboat and a river kayak trip also planned if those interest you. Want to spend two weeks at camp for FREE?!! Become a P.A.L.S. (Partners Actively Learning and Serving). As a high school youth, you will learn what it means to be a disciple. You will help around camp with meals, games, and get a chance to lead at campfire. You can see all of these opportunities at <[www.LutherPark.org](http://www.LutherPark.org)>.

WELCA has scholarships to give out to anyone attending a Christian camp; don't be afraid to ask in order to bring your cost down.

Peter Gallatin



**From the Transition Task Force:**

Calling a new pastor is like an organ transplant – the matching process needs to be done carefully to ensure the health of the body and avoid rejection.

The Transition Task Force is busy drafting our Ministry Site Profile (MSP) for the Synod, Call Committee, and candidates using the information collected from the congregation through our surveys and forums.

We are in the midst of the “Call Process”, not simply a hiring process. A process by which we discern God’s future for OSL, not simply decide where OSL is heading. Discerning our own, personal future can be challenging, even more so for our congregation. Fortunately, you (the congregation) have been open and forthcoming.

Coming up on our interim journey:

Feb. 12 – OSL annual meeting, call committee elected,

Feb. 12 – Pastor Todd Iverson from the synod staff will be with us to preach and lead a forum between services on the call process.

Goal of late February/early March – final draft of the Ministry Site Profile for congregational consideration.

**Stewardship Testimony:**

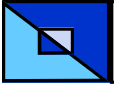
On Sunday, January 15, Don and Donna Landsverk marked their 60<sup>th</sup> wedding anniversary here at Our Savior’s, where he proposed, she accepted, and they were married. Following is an excerpt from a letter from them, used with their permission, that accompanied a most generous gift to OSL:

“Donna and I have tithed through feast and famine ever since we came back down the aisle on that January evening. We have always tried to keep our priorities straight and of course tithing means putting first things first. Over these 60 years of marriage, tithing has been a real blessing and we would have it no other way.

At this time, we have uncommitted tithe funds that need to be put to work. It was our Guardian Angel—yes, we do have one!,—who suggested as a remembrance of our 60<sup>th</sup> Anniversary, that we dedicate the enclosed check/tithe to Our Savior’s Lutheran Church. It can be used in any manner that you deem appropriate to further the work of the congregation.”

I wouldn't say that tithing makes a marriage last 60 years. But keeping priorities straight certainly must help!

Pastor Mark



**OUR SAVIOR'S LUTHERAN CHURCH COUNCIL  
MEETING MINUTES**

**January 10, 2012, 7:00 p.m. – Fireside Room**

Present: Jenna Creaser, Lisa Brogan, Troy Peickert, Amy Eitrhein, Mark Kalscheur, Scott Barnhart, Pastor Mark Hendrickson, Barb Lindberg

Excused Absence: Calvin Christianson

Meeting called to order by Amy Eitrhein at 7:11 p.m.

1. Call to order – priority agenda
  - A. Adoption of agenda-additions or corrections: Mark K/Lisa made a motion to approve the agenda. Motion carried.
  - B. Meeting minutes from December 13, 2011, were electronically approved.
  - C. Devotions: Pastor Mark led discussion of Chapter 9 of Peter L. Steinke's, "Congregational Leadership in Anxious Times" book.
  - D. Finance committee report (w/o): Checking account balance as of 12/31/11 is \$17,183.26. As of 12/31/11 YTD, our disbursements exceeded receipts by \$11,591.99. Through the stewardship campaign as of 1/9/12, OSL has received 138 pledge cards totaling \$217,152.13 in annual contributions. Approximately 49 members are signed up for Simply Giving. The 2011 average weekly contribution was \$6,273.50.
  - E. 2012 Budget: A proposed budget was given to Council members for review and discussion. A motion was made by Amy/Barb to present the proposed budget to the congregation at the Annual Meeting as presented to Council. Motion carried.
  - F. Transition Task Force: The TTF is meeting weekly. After the last forum held in December, the TTF decided to revamp the OSL's Interim Journey roadmap. The Ministry Site Profile is currently being written and is setting a goal to be completed at the end of the February or early March.
  - G. Call Committee update: Pastor Mark has been contacting the individuals identified by the Council to see if they would like to be nominated for the Call Committee.
  - H. Annual Meeting: The meeting will be on February 12, 2012, after the second service.
    - a. Agenda: Executive Council will establish.
    - b. Committee Reports due January 15, 2012. All committees need to submit their annual reports to Kathi Lehmann.
    - c. Update Leadership Directory
    - d. Nominating Committee: Barb Lindberg, Mary Anderson, and Lisa Brogan will follow up with Ted Bensen to get nominations.
  - I. Pastor's Report:
    - a. Personnel – Office Hours: The feedback from office staff has been difficult to find volunteers to work in the office past 5 p.m. and on Friday. A motion has been made to change the office hours to Monday, Tuesday, and Thursday 9:00 a.m.-5:00 p.m., Wednesday 9:00 a.m.-8:00 p.m., Friday closed, and Sunday 7:45 a.m.-11:45 a.m.
    - b. Healthy Congregations – The proposed topic is about relationships, and the Council discussed and decided to forgo presenting the healthy congregation meetings at this time.
    - c. New members: Letters of invitation to potential new members went out with a welcoming reception to be scheduled on February 5 or February 12. Per our Constitution, the Council needs to approve the members, and Pastor Mark will send the list electronically within the next few weeks.
  - J. Other committee or member reports:
    - a. Education: Peter Gallatin's wife has received a permanent Senior Pastor call and their family may choose to move prior to the end of his contract. More details to come.
    - b. Worship: A new book will be offered during Lent.
  - K. Team Building: Amy Eitrhein will send out thank you notes.

Adjournment & Lord's Prayer – Motion to adjourn the meeting at 9:27 p.m. by Mark/Amy.

Next meeting: February 14, 2012, at 7:00 p.m. in the Fireside Room.

### Parents of Kindergartners

If you have a child who is enrolled in kindergarten this year and is **not** attending Sunday School at OSL, please notify Kathi in the office so that she can update the church database. This will assure that your child is not missed on Milestone mailings throughout his/her school years.

### February Milestone Worship Service

The four-year-old "Jesus Loves Me" milestone will be celebrated on Sunday, February 12, at the 10:30 a.m. worship service.

### Phone Number/Address Change?

In order to keep Our Savior's directory current, please contact the office if you have a change in your telephone number and/or address. A current address reduces returned postage fees when a mailing is sent out.

**Thanks**

Our Savior's is in receipt of a thank you from Stepping Stones of Dunn County for the gifts totaling \$2,559; from Thursday's Table, Ltd. for the gift of \$600; from Tuesday's Table for the gift of \$400; and from Living Water Mission Church for the gift of \$1,000. OSL's Mission Endowment Fund sponsored the gifts in addition to the funds raised for Dunn County Stepping Stones through the poinsettia outreach project.



### "Empty Bowls" Community Event

"Empty Bowls" is an event for the whole family and whole community to have fun together and to help eliminate hunger and homelessness. Come when you wish between 11:00 a.m. and 2:00 p.m. on Saturday, March 3, at Menomonie Middle School, 920 21<sup>st</sup> St., Menomonie. Come and enjoy a homemade soup and bread meal, a silent auction, and local entertainment. Come view displays. Come write a letter to enlist government help for hungry people. Bring the children—activities are planned for them! Professional potters and UW-Stout art students are creating over 600 ceramic bowls. Each person attending will receive an artistic bowl along with his/her meal for a donation of \$15. The suggested donation for the soup and bread meal without a bowl is \$5.

### Monday Night at the Movies

**When:** February 6, 2012

**Time:** 7:00 p.m. in the Fireside Room.



Bring your own beverage; popcorn will be provided. Hope you can join us to watch the movie on the big(ger) screen!

### 500 Card Party

Please join us on February 21 for fun, fellowship, and food at 6 p.m. in the Fireside Room. Pizza and beverages will be provided. Anyone may bring snacks.



OSL staff pray for 12 OSL families each week. Each family receives a postcard, in advance, informing them of the prayer date and inquiring if they wish to have a personal prayer added on their behalf.



### Our Savior's Reading Club

The Reading Club meets on the third Wednesday of each month at 1:00 p.m. in the Fireside Room. The next get together will be February 15. Sharon Sterry and Maggie Johnson will serve as hostesses, and devotions will be led by RoseAnn Husby. Joan Keller will review the book entitled, "The Faith Club: A Muslim, A Christian, A Jew—Three Women Search for Understanding," by Ranya Idliby, Pricilla Warner, and Suzanne Oliver. Everyone is welcome!!



**Newer Gathering!** If you knit, crochet, embroider, etc., please join the "Sassy Stitchers" at 6:00 p.m. on Tuesday, 2/28/12, in the Fireside Room. Be sure to bring your current project, 'show-and-tell' item(s), and **friends!**

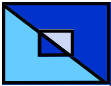
### Thought for the Month!

**Ability** is what you're capable of doing.

**Motivation** determines what you do.

**Attitude** determines how well you do it.

~Lou Holtz



## TUESDAY COMMUNION SERVICE

WILL BE HELD TUESDAY, FEBRUARY 7, 2012, AT 9:30 AM IN THE FRIENDSHIP ROOM



to Sylvia Nelson, Mary Benson, Liz Forster, Tami Borcharding, Amy Eitrheim, the middle school youth parents, Kris Lemke, and Judy Kirk for serving coffee fellowship during the month of January. Thanks, also, to Sylvia Nelson, Mary Benson, Liz Forster, Tami Borcharding, Amy Eitrheim, Nancy Bjornson, Mabel Gifford, and Denise Husby for providing the snacks for coffee fellowship. You now have the option to serve **and/or** bring treats for coffee fellowship. Please sign up—it's the only way everyone will continue to enjoy the coffee fellowship hour! UW-Stout's Habitat for Humanity group will be serving the month of February and would greatly appreciate your assistance with snacks.

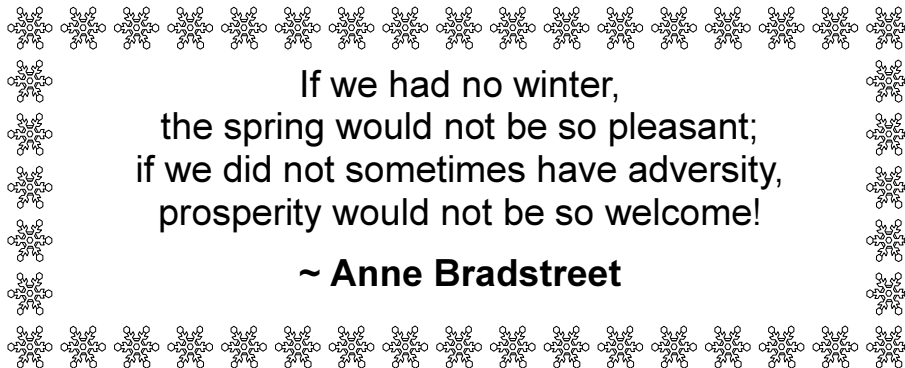
### Hospital Patient Policy

The local hospital has put into place a privacy legislation which assures confidentiality for the patients. Please let the church office, or the pastor, know if you are hospitalized in Menomonie.

### Home Communion

If you desire to have your name added to our list of monthly home communion visits by the pastor, please call the church office with your request. The office phone number is (715)235-0693.

The altar guild is looking for people to assist in setting up for communion. In addition, OSL is looking for computer-savvy individuals to operate the Sunday worship service media presentation (PowerPoint) via the balcony computer and a host/hostess for the communion service held once a month on Tuesday morning **after** the first Sunday. If you are interested in any of these opportunities, please contact the office.


  
 If we had no winter,  
 the spring would not be so pleasant;  
 if we did not sometimes have adversity,  
 prosperity would not be so welcome!  
 ~ Anne Bradstreet



OSW Board meeting will be held on 2/6/12 at 1:00 p.m. in the Children's Library.

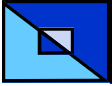


### Bible Studies

**A.M.ers:** First Thursday of each month at 7:30 a.m., at Menomonie Family restaurant. Contact Jan Willow, at (715)235-9571, if you have any questions.

**Wednesday Bible Study:** First Wednesday of each month at 10:00 a.m. in the Fireside Room.

**Leah Circle:** Second Tuesday of each month at 10:00 a.m. in the Fireside Room.



## Memorials and Gifts

### GENERAL FUND

Given by the Quilting Queens.

In memory of Mary Hegna given by Joel & Sharon Radke, Sylvia Nelson, Ruth Hendrikson, Tim & Kathi Lehmann, and Wes & Maggie Johnson.

In memory of Randy McQuiston given by Marilyn Lee.

In memory of Pastor Langhough given by the Forster family.

In memory of Marjorie Olson given by Pearl Ninas and family.

### RADIO BROADCAST

Given by Carol Egan.

In memory of Mary Hegna given by Avis Smithback.

### PRESCHOOL

Given by Dick & Pat Edwards.

In memory of Mary Hegna given by Becky Kneer.

### CHANCEL RENOVATION

Given by Howard & Rita Slinden.

In memory of Mary Hegna given by Ken & Jeannette Breckner.

### BUILDING FUND

Given by Marlene Jones and Wallace & Ardella Knutson.

### MUSIC FUND

In memory of Mary Hegna given by Gerald & Phlayne Olson.

In memory of Marge Mutschler given by Ralph & Loretta Wiehr.

## Official Acts

### *Parish Records—January 2012*

#### DEATHS:

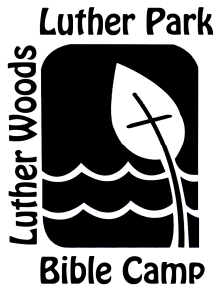
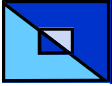
None

#### BAPTISMS:

Rachel Sorensen, daughter of Michael and Tara Sorensen, baptized on January 15, 2012, by Pastor Mark Hendrickson

#### MARRIAGES:

None



Greetings from Luther Park!

February 2012

**Winter/Spring Retreats Offered Jointly at Luther Park/Luther Point:** Check out our websites, <[www.LutherPark.org](http://www.LutherPark.org)> or <[www.LutherPoint.org](http://www.LutherPoint.org)>, and choose a retreat offering:

Youth Retreats during March, check the websites  
Spirituality of Bread Baking: March 23-24, 2012, at Luther Point  
Prayer Shawl and Knitting: April 26, 2012, at Luther Point

**Summer 2012—Register for Camp NOW!!:** This is a special word to our parents who are beginning to look ahead to the summer of 2012. The camp schedule is on the Luther Park website: <[www.lutherpark.org](http://www.lutherpark.org)>. Online registration is available now so register early, especially for the specialty camps, as these programs fill up early. Once again, there will be a number of incentives and discounts, so take advantage! **Camperships will also be available.** Look for the Campership request form on the webpage: <[www.lutherpark.org](http://www.lutherpark.org)>. Summer brochures are available at your church.

**VBS Daycamp Openings:** We still have a few openings for Luther Park-sponsored VBS Daycamp. Inquire about available weeks by contacting <[liz@lutherpark.org](mailto:liz@lutherpark.org)> or call Liz Bowman at (715)859-2215.

**Program and Retreat Coordinator Position Announcement:** Luther Park Bible Camp, Chetek, Wisconsin, is seeking a person to serve in the following position: Program and Retreat Coordinator. The purpose of the position will be to coordinate summer and year-round programming, rental retreats, and provide public/church relations in accordance with the mission and vision of Luther Park. This is a one-year, full-time position with the possibility of continuation after one year.

For a complete description of the position please visit the following link: <[www.lutherpark.org/employment/fulltime](http://www.lutherpark.org/employment/fulltime)>.

**Needs/Wish List:** We have some larger equipment needs and wants. Specifically, we are looking for good, used vehicles, preferably mini-vans or mid-size sedans. We are also looking for a good used or new pontoon motor, preferably about 25 horse-power.

**Adopt a Room in Covenant Center:** We are encouraging congregations to consider adopting a room to remodel and upgrade in Covenant Center. This is the camp's oldest retreat facility and it needs some tender loving care. Estimated cost: \$1,000 per room plus some great volunteer help from your congregation. Contact <[Jon@lutherpark.org](mailto:Jon@lutherpark.org)> or (715)859-2215.

**Calling All Counselors:** Calling all enthusiastic and spirit-filled young adults looking for an adventure of a lifetime! Starting NOW! Luther Park is looking for the 2012 Summer Staff. About 35 counselors and team leaders will bring our ministry to life this summer. Employment information is available on our website at <[www.lutherpark.org](http://www.lutherpark.org)>. For questions please email us at <[Program@lutherpark.org](mailto:Program@lutherpark.org)>.

**Year-Round Retreat Committee Members Needed:** Luther Park and Luther Point are pleased about the promising start of a new ministry effort. We are excited about seeking the creativity and enthusiasm of a volunteer committee. If you or someone you know would like to contribute time and talents to creating meaningful retreat opportunities, we'd love to have you join us. Please contact Liz at (715)689-2347 or <[Liz@LutherPark.org](mailto:Liz@LutherPark.org)> for more information.

**Mark your calendars--The Spiritually of Bread Baking—March 23-24, 2012:** Luther Point and Luther Park are excited to announce this year-round ministry opportunity. Your host and instructors are Pastor Joel Olsen and LouAnn Olsen. This retreat will be held at Luther Point. Check out registration at either <[www.Lutherpark.org](http://www.Lutherpark.org)> or <[www.Lutherpoint.org](http://www.Lutherpoint.org)>

Together in Ministry,

Rev. Craig M. Corbin, Interim Executive Director



# Health Ministry



## Greetings!

As we move into February Heart Month, I encourage you to *slow down* and consider the following quote:

"Many people, who would not think of putting too much air pressure in their car's tires, constantly put too much pressure on their hearts and arteries by living each day at a hectic pace. They 'catch' a bus, 'grab' a bite to eat, 'dash off' a letter, 'run' to the store, and 'contact' a client. They are so continually on the go that they miss a lot along the way. They live their lives in a constant state of physical, mental, and emotional exhaustion."



Is this YOU? Remember the advice of the psalmist: "Be still and know that I am God." Psalm 46:10.

On Thursday, February 9, 7:30 p.m., a **Taizé Service** will be held at Grace Episcopal Church. If you haven't had a chance to experience this opportunity to take the advice of the psalmist, please join others from our community in this unique service.



*Shalom,*

Becky Kneer, Your Parish Nurse

## 10 Hints for Health & Hope

- Shout hooray.
- Read a book.
- Exercise regularly.
- Stop & marvel at the beauty of nature.
- Smile at a grouch.
- Pray often.
- Eat your fruits & veggies.
- Go for a walk.
- Blow up a balloon.
- Sing along with the radio.

## Heart Attack: Know the Warning Signs

It is vital that you know the warning signs of a heart attack and take fast action when they occur. You could save a life in doing so. The warning signs may include:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts for more than a few minutes, or goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain.
- **Discomfort in other areas of the upper body.** Can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- **Shortness of breath.** Often comes along with chest discomfort. But it also can occur before chest discomfort.
- **Other symptoms.** May include breaking out in a cold sweat, nausea, or light-headedness.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

If you feel heart attack symptoms, do not delay. Remember, minutes matter! Do not wait for more than a few minutes—5 minutes at most—to call 9-1-1.

Even if you're not sure it's a heart attack, do have it checked out.

"Snowflakes are one of nature's most fragile things but look at what they can do when they stick together."  
~Author Unknown



## Crockpot Chili

- 2 lbs ground beef, browned
  - 2 16-oz cans kidney beans, rinsed & drained
  - 2 14-oz cans diced tomatoes
  - 8 oz can tomato sauce
  - 2 onions, chopped
  - 1 green pepper, chopped
  - 2 garlic cloves, minced
  - 2 Tbsp chili powder, or to taste
  - 1 tsp salt
  - 1 tsp pepper
- Combine all ingredients in a crockpot. Cover. Cook on low 8-10 hours or on high 4-5 hours. To serve, may top with shredded cheese.
- Source: Fix-It & Forget-It Recipes



## SMILE...

### Church Bulletin Bloopers



- The Peacemaking Meeting scheduled for today has been cancelled due to a conflict.
- Don't let worry kill you—let the church help.
- The church will host an evening of fine dining, super entertainment, and gracious hostility.
- Ladies Bible Study will be held Thursday morning at 10 a.m. All ladies are invited to lunch in the fellowship hall after the B.S. is done.
- The Fasting & Prayer Conference includes meals.



**February 2012**

**Senior Independence**

*A message from Lutheran Social Services (LSS) of Wisconsin and Upper Michigan*

All types of dementia are progressive, including Alzheimer's. However, research has shown that involvement in specific types of activities, including socialization, will slow the progression. LSS MindWorks, a bi-weekly program that helps clients learn methods to strengthen memory, is making strides to help people with dementia. MindWorks is a memory enhancement program based on current research and other successful programs. The MindWorks model helps the individual with early memory loss utilize the capabilities that they possess, while providing the caregiver with respite. Through MindWorks, participants engage in brain fitness activities and light physical exercise designed to support their cognitive function and their ability to live as independently as possible. Because participants meet twice each week, a natural network of peer support forms. The structured-group setting creates a non-threatening environment for participants to learn and share. Participants gain a renewed sense of purpose and hope that contributes positively to their wellbeing and self-esteem. At the same time, caregivers benefit from the respite time provided by their loved one's involvement in MindWorks.

**Early detection is important; know the 10 warning signs of Alzheimer's<sup>1</sup>:**

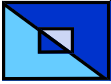
- Memory changes that disrupt daily life
- Challenges in planning or solving problems
- Difficulty completing familiar tasks at home, at work or at leisure
- Confusion with time or place
- Trouble understanding visual images and spatial relationships
- New problems with words in speaking or writing
- Misplacing things and losing the ability to retrace steps
- Decreased or poor judgment
- Withdrawal from work or social activities
- Changes in mood and personality

LSS provides housing and aging services to over 5,000 older adults and persons with disabilities. Our programs promote and encourage client independence; offer opportunities for our clients to engage in meaningful activities; provide a wonderful opportunity to socialize and develop relationships; and allow caregivers to receive much needed respite while their loved ones can still remain living at home. In addition to MindWorks, programs for older adults include the Thompson Community Center, adult day care, mental health counseling, respite services, residential services, caregiver support, and more. For more information about LSS visit <[www.lsswis.org](http://www.lsswis.org)>.

<sup>1</sup>Early warning signs according to the Alzheimer's Association <[www.alz.org](http://www.alz.org)>.

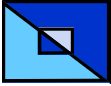
## February 2012 MINISTRY SCHEDULE

	<b>Sunday, 2/5/12</b>	<b>Sunday, 2/12/12</b>	<b>Sunday, 2/19/12</b>	<b>Ash Wednesday, 2/22/12</b>	<b>Sunday, 2/26/12</b>
<b>Ushers/Greeters</b> (need 4) Scheduled by office: < <a href="mailto:info@oslme.com">info@oslme.com</a> >	<b>8:00 a.m.</b> Louie & RoseAnn Husby Ed & Mary Olson  <b>10:30 a.m.</b> Roger & Judy Kahl Tim & Kathi Lehmann	<b>8:00 a.m.</b> Cal & Bonnie Christianson Dave & Joy Bergstrand  <b>10:30 a.m.</b> Penni Bostelman & Jill Jolliff Tim & Daniel Eiden	<b>8:00 a.m.</b> Scott & Lindsay Barnhart Tom & Debbie Hass  <b>10:30 a.m.</b> Steve & Laura Lecheler family	<b>6:30 p.m.</b> John & Liddy Achter family	<b>8:00 a.m.</b> Mark & Sonya Kalscheur Steve & Diane Brown  <b>10:30 a.m.</b> Steve, Stacey & McKinley Siegle Steve & Shannon Thomas
<b>Lectors</b> Scheduled by office: < <a href="mailto:info@oslme.com">info@oslme.com</a> >	<b>8:00 a.m.</b> Tami Borcharding  <b>10:30 a.m.</b> Ken Breckner	<b>8:00 a.m.</b> Sylvia Nelson  <b>10:30 a.m.</b> Julie Eiden	<b>8:00 a.m.</b> Jim Anderson  <b>10:30 a.m.</b> Doug Larson	<b>6:30 p.m.</b> Karl Palmer	<b>8:00 a.m.</b> Deanna Applehans  <b>10:30 a.m.</b> Kathy Weber
<b>Communion Assistants</b> (need 5 for first Sunday, 3 for third Sunday)  Scheduled by office: < <a href="mailto:info@oslme.com">info@oslme.com</a> >	<b>8:00 a.m.</b> Joel Seppa Mary Langford Jane Kingzett Dennis & Sue Beety  <b>10:30 a.m.</b> Anita Klamm Kathi Lehmann	NO COMMUNION	<b>8:00 a.m.</b> Bonnie Nelson RoseAnn Husby Carolyn Barnhart  <b>10:30 a.m.</b> Corey Niven Dan & Laura Debee	<b>6:30 p.m.</b> Kris Lemke Judy Kirk Arvin Solsaa Cal & Bonnie Christianson	NO COMMUNION
<b>Altar Guild Communion Set-up</b>	<b>8:00 a.m.</b>  <b>10:30 a.m.</b>	NO COMMUNION	<b>8:00 a.m.</b>  <b>10:30 a.m.</b>	<b>6:30 p.m.</b>	NO COMMUNION
<b>Media Team</b> Scheduled by Troy Peickert, < <a href="mailto:tpeickert@charter.net">tpeickert@charter.net</a> >	<b>8:00 a.m.</b>  <b>10:30 a.m.</b>	<b>8:00 a.m.</b> Jesse & Stephanie Rintala  <b>10:30 a.m.</b>	<b>8:00 a.m.</b>  <b>10:30 a.m.</b>	<b>6:30 p.m.</b>	<b>8:00 a.m.</b>  <b>10:30 a.m.</b>
<b>Coffee Fellowship</b>	<b>Serving:</b> UW-Stout's Habitat for Humanity  <b>Food:</b> Betsy Scribner	<b>Serving:</b> UW-Stout's Habitat for Humanity  <b>Food:</b> Cake for new-member reception	<b>Serving:</b> UW-Stout's Habitat for Humanity  <b>Food:</b>		<b>Serving:</b> UW-Stout's Habitat for Humanity  <b>Food:</b>



**FEBRUARY 2012**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>29</b> Blood Pressure Checks <b>8:00 AM</b> Worship Service <b>9:15 AM</b> Coffee Fellowship <b>9:15 AM</b> New Member Class <b>9:15 AM</b> Sunday School <b>10:30 AM</b> 4th Grade 'Apostles' Creed' Milestone <b>10:30 AM</b> Contemporary Service	<b>30</b> <b>8:30 AM</b> Quilters <b>9:00 AM</b> Crafters	<b>31</b> <b>10:30 AM</b> Staff Meeting <b>6:00 PM</b> Sassy Stitchers <b>7:00 PM</b> Church Council Meeting	<b>1</b> <b>10:00 AM</b> Wed. Bible Study <b>5:30 PM</b> Family Meal <b>6:00 PM</b> Confirmation <b>6:30 PM</b> Bell's Angels <b>6:30 PM</b> Children's Choirs <b>7:30 PM</b> MS Youth Group <b>7:30 PM</b> Sr Choir	<b>2</b> <b>7:30 AM</b> AMers' Bible Study <b>9:00 AM</b> Preschool Bible Study	<b>3</b>	<b>4</b>
<b>5</b> <b>8:00 AM</b> Worship Service w/Holy Communion <b>9:15 AM</b> Coffee Fellowship <b>9:15 AM</b> Sunday School <b>10:30 AM</b> Contemporary Worship w/Holy Communion	<b>6</b> <b>8:30 AM</b> Quilters <b>9:00 AM</b> Crafters <b>1:00 PM</b> OSW Meeting <b>6:00 PM</b> Girl Scout Troop #3225 <b>6:30 PM</b> OSL Boy Scout Troop #23 <b>7:00 PM</b> Movie Night	<b>7</b> <b>9:30 AM</b> Communion Service <b>10:30 AM</b> Staff Meeting	<b>8</b> <b>5:30 PM</b> Family Meal <b>6:00 PM</b> Confirmation <b>6:30 PM</b> Bell's Angels <b>6:30 PM</b> Children's Choirs <b>7:30 PM</b> MS Youth Group <b>7:30 PM</b> Sr Choir	<b>9</b> <b>9:00 AM</b> Preschool Bible Study <b>2:00 PM</b> Comforts of Home Communion	<b>10</b>	<b>11</b>
<b>12</b> <b>8:00 AM</b> Worship Service <b>9:15 AM</b> Coffee Fellowship with Forum on Calling a Pastor <b>9:15 AM</b> Sunday School <b>10:30 AM</b> 4-Year-Old "Jesus Loves Me" Milestone <b>10:30 AM</b> Contemporary Service <b>11:30 AM</b> Potluck Lunch with Annual Meeting to Follow	<b>13</b> <b>8:30 AM</b> Quilters <b>9:00 AM</b> Crafters <b>6:30 PM</b> OSL Boy Scout Troop #23	<b>14</b> <b>10:00 AM</b> Leah Circle <b>10:30 AM</b> Staff Meeting <b>2:00 PM</b> Tuesday's Table <b>6:00 PM</b> Prop/Mgmt Mtg <b>6:00 PM</b> Youth Committee Meeting <b>6:15 PM</b> Global Missions Meeting <b>7:00 PM</b> Council Meeting	<b>15</b> <b>1:00 PM</b> Reading Club <b>1:00 PM</b> Writers' Club <b>5:30 PM</b> Family Meal <b>6:00 PM</b> Confirmation <b>6:30 PM</b> Bell's Angels <b>6:30 PM</b> Children's Choirs <b>7:30 PM</b> MS Youth Group <b>7:30 PM</b> Sr Choir	<b>16</b> <b>9:00 AM</b> Preschool Bible Study <b>9:00 AM</b> Quilting Queens	<b>17</b>	<b>18</b> <b>9:00 AM</b> OSL Boy Scout Troop #23
<b>19</b> <b>8:00 AM</b> Worship Service w/Holy Communion <b>9:15 AM</b> Coffee Fellowship <b>9:15 AM</b> Sunday School <b>10:30 AM</b> Contemporary Worship w/Holy Communion	<b>20</b> <b>8:30 AM</b> Quilters <b>9:00 AM</b> Crafters <b>5:30 PM</b> Girl Scout Troop #3444 <b>6:30 PM</b> OSL Boy Scout Troop #23	<b>21</b> <b>10:30 AM</b> DCHCC Communion Service <b>6:00 PM</b> Card Party	<b>22</b> <b>5:00 PM</b> Soup Supper <b>5:45 PM</b> Children's Choirs <b>5:45 PM</b> Confirmation <b>6:30 PM</b> Ash Wednesday Service <b>6:30 PM</b> Bell's Angels <b>7:30 PM</b> Sr Choir	<b>23</b> <b>9:00 AM</b> Preschool Bible Study	<b>24</b>	<b>25</b>
<b>26</b> <b>8:00 AM</b> Worship Service <b>9:15 AM</b> Coffee Fellowship <b>9:15 AM</b> Sunday School <b>10:30 AM</b> Contemporary Service	<b>27</b> <b>8:30 AM</b> Quilters <b>9:00 AM</b> Crafters	<b>28</b> <b>10:30 AM</b> Staff Meeting	<b>29</b> <b>10:00 AM</b> Scope Collating <b>5:00 PM</b> Soup Supper <b>5:45 PM</b> Children's Choirs <b>5:45 PM</b> Confirmation <b>6:30 PM</b> Bell's Angels <b>6:30 PM</b> Lenten Service <b>7:30 PM</b> Sr Choir	<b>1</b> <b>7:30 AM</b> AMers' Bible Study <b>9:00 AM</b> Preschool Bible Study	<b>2</b>	<b>3</b>



## Parish Scope

### HAPPY BIRTHDAY!!

**FEBRUARY BIRTHDAYS** - If your name should be on this list and isn't, please call the church office and let us know your birthday so that we can update our records, (715)235-0693 or e-mail <office@oslme.com>.

Verona Lundell.....2/01	Wayne Nero .....2/09	Wyatt Schwartz .....2/18	Dan Debee .....2/26
Pixie Haug .....2/01	Bruce Trimble.....2/09	Tessa Tkachuk.....2/18	Marcus Sand .....2/26
Nancy Stordahl .....2/01	Nate Cody .....2/09	Gerald Olson .....2/19	Tyler Klingfus.....2/26
Jodi Hintz .....2/01	Mitchell Thomas .....2/09	Devany Olson.....2/19	Blake Paulson .....2/26
Jenna Larson .....2/01	Claire Kraft .....2/09	Megan Lawson.....2/19	Dominic Johnson .....2/26
Addie Skovbrotten.....2/01	Tessa Thompson .....2/09	Dale Gagner.....2/20	Kyah Barnhart .....2/26
Bailey Patterson.....2/01	Pauline Liesenfelt.....2/10	Melanie Miller .....2/20	Gail Nelson.....2/27
David Bergstrand .....2/02	Ramie McMahon .....2/10	Megan Bayrd.....2/20	Troy Smith.....2/27
Doug Hyde .....2/02	Kenneth Sebranek .....2/11	Jessica Cook.....2/20	John Grape .....2/27
Judy Johnson.....2/02	Cooper Gorecki.....2/11	Jeanie Gagner.....2/21	Dawn Skovbrotten .....2/27
Cathy Erickson.....2/02	Derek Weber.....2/11	John Lynch.....2/21	Travis Moore .....2/27
Nathan Freberg.....2/02	Elizabeth Moe .....2/12	Teresa Mabb .....2/21	Grayson Obenberger.....2/27
Emily Guden .....2/02	Angela Richardson.....2/12	Jonathan Doran.....2/21	Elene Stainer.....2/28
Matthew Sarff.....2/03	Connie Fuerstenberg .....2/12	Dustin Sabby .....2/21	Kelly Doane .....2/28
Robert Federico .....2/03	Allison Dickman.....2/12	Sally Schendel .....2/22	Kari Sandberg .....2/28
Brittnee Shackleton .....2/03	Elizabeth Hamilton .....2/13	Dick Edwards .....2/22	Kelly Watkins.....2/28
Lauryn Hintz.....2/03	Sadie Bygd.....2/13	Perry Hodgson .....2/22	Arvin Solsaa .....2/29
Herb Schutz .....2/04	Dan Wood .....2/14	Emma Bygd.....2/22	Sarah Stainer .....2/29
Jeff Sand.....2/04	Tiffany Hayden .....2/14	Jack Jeatran.....2/23	
Bonnie Sadowski .....2/04	DeeAnn Thompson .....2/14	Lori Paulson .....2/23	
Joe Creaser .....2/04	McKenna DeMarce .....2/14	Jerin Hendrickson.....2/23	
Aaron Black .....2/04	Larry Boe .....2/15	Jordann Williams .....2/23	
Nancy Bjornson.....2/05	Tyler Grape .....2/15	Parker Behrens .....2/23	
Eugene Kraemer.....2/05	Tyler Oleson.....2/15	Karen Olson .....2/24	
Erin Walker .....2/05	Jeffrey Kraft.....2/16	Larry Sylte .....2/24	
Stephen Doran.....2/05	Janet Clements .....2/16	Todd Thies .....2/24	
Janna Jones .....2/06	Cindy Hoff .....2/16	Peg Kolden.....2/24	
Steven Buhrow.....2/06	John Kinnard.....2/16	Karen Lee-Veith .....2/24	
Dianna Wold .....2/06	Amy Anderson.....2/16	Todd Hayden.....2/24	
Justice Szotkowski.....2/06	Heather Witts .....2/16	Kristofer Smeltzer.....2/24	
Donna Flick.....2/07	Leonard Sterry .....2/17	Jesse Madsen .....2/24	
Kathy Weber .....2/07	Mary Langford .....2/17	Apryl Rieger .....2/24	
Wendy Wyss .....2/07	Wilma Schwartz .....2/17	Corinne O'Dell.....2/24	
Matthew Miller.....2/07	Dennis Repaal .....2/18	Correne Husby .....2/25	
Kelsey Husby.....2/07	Liddy Achter .....2/18	Jacob McQuiston.....2/25	
Kathryn Path .....2/08	Amy Brenegan .....2/18	Kenneth Breckner.....2/25	
Susan Barnett .....2/08	Steve Otto .....2/18	Laurel Madsen .....2/25	
Emma Bird.....2/08	Neil Micheels.....2/18	Jasmine Buttke.....2/25	
Sullivan Card.....2/08	Katie Cronk .....2/18	Robert Hirsch .....2/26	
Jan Willow.....2/09	Stefani Friedenfels .....2/18	Alice Debee.....2/26	



**Our Savior's Lutheran Church**

910 9th Street  
Menomonie, WI 54751

Phone: (715)235-0693  
Fax: (715)233-3422  
E-mail: <office@oslme.com>

God calls all members of Our Savior's Lutheran to +WELCOME all to faith in Jesus Christ +WORSHIP our Lord and Savior +EQUIP us for a faith that works in real life +SEND us into the world to minister in Jesus' name.

**February 2012**



**Return Service Requested**

Non-Profit  
Organization  
**PAID**  
Menomonie, WI  
PERMIT NO.106



**THE PARISH SCOPE** is a monthly newsletter of Our Savior's Lutheran Church  
Phone: (715)235-0693 Fax: (715)233-3422  
Website: <http://www.oslme.com> E-mail: <office@oslme.com>

**Sundays 8:00 a.m. and 10:30 a.m., Sunday School 9:15-10:15 a.m.**

Coffee Fellowship on Sunday Mornings at 9:15 a.m.  
Radio Broadcast every Sunday at 10:35 a.m. on WMEQ 880AM

**CHURCH COUNCIL MEMBERS through 2/12/12:**

<council@oslme.com>

Amy Eitrheim (President)	Scott Barnhart (Vice President)	Lisa Brogan
Mark Kalscheur (Treasurer)	Barb Lindberg	Cal Christianson
Jenna Creaser (Secretary)	Troy Peickert	Vacancy

**STAFF:**

<b>Interim Pastor:</b> Mark Hendrickson <mhendrickson@oslme.com>	<b>Bookkeeper:</b> Laura Bagan <laura@oslme.com>
<b>Interim Children, Youth, &amp; Family Minister:</b> Peter Gallatin <peter@oslme.com>	<b>Nursery Attendant:</b> Nancy Ohvall
<b>Music Minister:</b> Michaela Gifford <michaela@oslme.com>	<b>Custodian:</b> Lynn Borcharding
<b>Health Ministry Co./Parish Nurse:</b> Becky Kneer <becky@oslme.com>	
<b>Administrative Assistant:</b> Kathi Lehmann <office@oslme.com>	
<b>Preschool Director:</b> Tami Borcharding <tami@oslme.com>	