

The Parish Door

Shepherd of the Bay Lutheran Church, Ellison Bay Wisconsin

A Stephen Ministry Congregation

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March 2010



Celebrating March

Our Members in Florida
Don't Know What They Are Missing

All right, the weather is not the best, too warm for good snow, too cold to enjoy the outdoors. Yes, your friends are gone. But there is lots to do at Shepherd of the Bay.

Lenten Musicales

We still have two more concerts. Sanctuary Choir and Bells directed by Gladys Austgen on February 28, and Judy and Carl Jackson on March 7 (see the article inside). These short concerts are an ideal break from the routine and a great way to have a quiet time of spiritual reflection during Lent. Come and bring a friend.

Mid-week Lenten Meals and Services

Great Food, Great Fellowship, Great Worship.

March 3rd: The Worship: True Man and True God. Really?

Food - Great Chicken Dinner including stuffing, salad, mashed potatoes, dinner rolls, corn and dessert.

March 10th: The Worship: Died and Rose Again. So What?

Food - Italian Night, Lasagna, Spaghetti, and some surprises. Spinach Salad, Garlic Bread, Gelato

March 17th: The Worship: Holy Cow! Do You Really have Spirit?

Food - Beyond Gourmet Sandwiches, Potato Salad, Veggie Trays and Dessert

March 21st: The Worship: A Communion of What.. You Got to be Kidding.

Food - Cookout, Brats, Grilled Chicken Sandwich, Baked Bean Hot Dish, Fruit Salad

And Every Sunday Worship in the Name of Christ

Don't Miss Anything - It's March

God Is At Work in BRIDGES

It has been over five months since our last BRIDGES event, but God is still at work in the hearts of the international students we touched, and in providing for our needs.

Lois Rushton discovered on Facebook that a Chinese girl they had befriended six years ago has found a Christian husband and became a follower of Christ. Signe Onsrud also reported that a Chinese girl they had connected with some years ago is now following Jesus.

Barb and Ron Martin recently spent three weeks in China teaching English. Last summer they were connected with students from Shanghai and Taiwan. They were able to visit some of these students, and were royally treated. They visited a Covenant Church with two girls in Taipei. Lynn in Shanghai was not available to see them, but she wrote in an email, "I remember you have a beautiful necklace which said 'God is love' in Chinese. I always think about its meaning and now I believe it is the truth for everything." God be praised! Barb is going to give Lynn a necklace just like hers. Pray that Sandra and her sister who visited the Christian church will be prompted to return and learn more about our wonderful God.

Ken Hollenbeck has retired from running the bicycle maintenance and loaning, which he faithfully carried out for 13 years. There was concern about how to find a replacement for his exceptional commitment and care of the bikes. After a presentation at Shepherd of the Bay and a request to pray for a replacement for Ken, three men volunteered their services. One of them used to own a bicycle shop; the other two are serious bikers and members of the Lions' Club in Sister Bay. The Lions' Club is supposed to have an international service project, so they are going to manage the BRIDGES bicycle loaning program. We could not have found such an excellent solution, but God did. Praise His name!

Joyce Detert

Please Note: The men who are taking over the bike program have come from Shepherd of the Bay

A Note About our Last Musicales with the Jacksons

Please join Judy and Carl Jackson for the final program in the series of Lenten Musicales at Shepherd of the Bay. They will play two-piano music drawn from the rich traditions of the Christian church and will provide a wonderful opportunity to sing familiar hymns to the creative settings of John Carter, Nielson & Young, Joel Raney and others. Please plan to attend this 45 minute musical offering on March 7th at 4:00 in the afternoon. Bring your voices and invite your friends as we join together in solemn thanksgiving for God's gift of Jesus to our world!

New Members – 2/7/2010

Julie Carlson

Born and raised in Milwaukee, Wisconsin, I learned to love Lake Michigan. My father and mother and I used to come up to the Door fishing. Having spent most of my childhood summers in Door County, it has been my dream ever since to one day move here. Now GOD has blessed me with a home just down the road. GOD has blessed me with 3 terrific kids, who make me proud now all as adults in their twenties. I am also now a grandmother of one granddaughter almost 3yrs old and a grandson on the way! I am looking forward to many years of my family visiting me here in my new home. I am happy to be invited to become a member of Shepherd of the Bay and appreciate that my new friends have already made me feel at home in my new church.

Juan C. Casanas

Juan was born in San Juan Puerto Rico and he was a dealer in a Casino for 17 years while in Puerto Rico. Juan moved to Door County in 2000. He worked for McKeefry and Yeoman as a landscaper. Now he has his own business Naborias - Property Maintenance & Landscape Service. Juan has been a Stephen Minister since 2006 and a member of the choir since 2007 at Shepherd of the Bay. He is the father of Juan C. of Puerto Rico, Ian, Anthony and Annelise of Sister Bay.

Mark, Carol, Jack & Tom Garland

Mark, Carol, Jack (9) & Tom (8) Garland....as a British family we moved to Chicago 8 years ago and moved to Door County in the summer of 2008. Last summer we became Ellison Bay residents enjoying our summer days on the lake and winter days....keeping warm!!

Casey & Anne St. Henry

Casey and Anne moved to Door County in 2006 from Indiana. They are the grandchildren of Marylou St. Henry. Casey is the kayak tour program manager at Bayshore Outdoor Store in Sister Bay and can also be found watching over swimmers at the YMCA. Anne is a substitute teacher and program manager for the Gibraltar branch of the Boy's and Girl's Club.



A warm welcome is extended to all women of S.O.T.B. congregation to participate in any of the activities and events offered by W.E.L.C.A. Please take a moment to look over the Roster calendar which was sent to all women. You will find there are many opportunities for personal enrichment through Bible study, book discussions, and mission projects. Each month offers an event where help is always needed and welcomed; your participation helps us to get to know one another through Christian service.

Many thanks to Grace Rossman for sharing her experience helping to build a Habitat home in El Salvador, and thank you to all the women who attended and provided food for the February General Meeting and potluck lunch!

* Bible Study - 9:00 a.m. Monday mornings in the Parlor with Angela Foster. We are presently growing in faith through our study of the Gospel of John.

*No Board meeting in March.

*Mission Project – LWR Sewing Thursdays March 4, 11, 18 9:15 a.m. – 2:00 p.m.

*Vernamae's Bible Study – No meeting in March

*Book Discussion - Thursday, March 18 9:30 a.m. Peace Like a River, Leif Enger; please call Donna Hupe to let her know if you are attending.

Women's Service Group – March Chairperson – Priscilla Murphy – 854-4646

Scand Birthday Party – Thursday, March 25 2:00 p.m. in the Scand Chapel; please call Marilyn Johnson or Pat Smith if you can help with the party.



From Carol Ash

Sunday School News

We had good parent turnout for the Sunday school open house! Parents sang some songs with us, ate some goodies, toured their child's classroom and played on the computer. It was nice for teacher's to get better acquainted with parents and for parents to see what we're doing on Sunday mornings. Thank you so much to all of those parents that joined us that day and to the members of the congregation that came upstairs. The following Sunday the children were given treat bags for Valentine's Day from the church. We also started a new video series during children's church (during the first service) called Adventures in Odyssey and the kids are enjoying them very much. Thank you to Pastor Foster for providing entertaining children's sermons during the first service. The children are always so attentive and have so much fun up in front!

There will be no Sunday school on March 14th as this is Spring break. Also, looking ahead we will be having an Easter egg hunt on April 4th for all of the children in the church.

Please continue to send some loose change with your kids on Sunday morning so that we can meet our goal of getting animals for people in need through Heifer International.

Reminder: Sunday school times are from 10 a.m. until 11:15 a.m. For those parents that are in second service I have been doing my best to keep the children upstairs until I can deliver them to you in the service. Also, please remember to use the back stairwell so that we are not interrupting the second service during pick-up time. Thank you!

Alleviating “Traffic Congestion” in the West Sanctuary Aisle

The Worship and Music Committee (WMC) has developed a plan to address its concern about too much congestion in the west aisle of the sanctuary during worship. This is especially noticeable when tables for handbells are in place, positioning the bell choir director in the aisle between the tables and the end of the west pews. The current arrangement for the handbell choir restricts access for worshipers entering the sanctuary via that aisle, and makes the aisle too narrow to accommodate wheelchairs, walkers, and parishioners returning from Communion. In addition, a congested and narrow aisle creates a safety hazard that tests the limits of requirements for emergency ingress or egress.

To address this issue, the WMC has been researching options for a more compact arrangement for the handbells. Based on findings by Scott Henry, Gordon Rowley, and Bell Choir Director Gladys Austgen, who contacted bell table supply companies, other church bell choirs, and local manufacturers, the WMC is proposing a plan that uses narrower tables and a different type of music stand to reduce the overall width of the setup by two feet. The new system will consist of tables, music stands, pads and table skirting. Reduced table size and pre-covered pads will also decrease set-up and tear-down time for choir members. The lighter weight of the new tables is also an advantage. But, what about the existing bell tables? Can they be used elsewhere in the church? Yes! The existing tables are just like the newer ones in the fellowship hall, and they can be used to replace some of the old, heavy, tables there. The WMC believes this plan is a cost effective solution to the problem.

Implementing this plan, of course, is not without a cost, and, because it has been under development over a period of several months, this project is not included in our 2010 budget. Nevertheless, members of the bell choir have already begun to pledge their support for this project. Next the WMC will be discussing with the Church Council ways in which we can close the gap to make this project a reality. Meanwhile, please consider this project’s merits for improving the safety in our worship space as well as the benefits for our church’s diverse music program. If you want to find out more about the Bell Choir Table Project or to express your support for this effort, please contact Scott Henry, Gordon Rowley, or Gladys Austgen.



Over the past seven years that Shepherd of the Bay has utilized Stephen Ministers, nearly one hundred individuals have been carefully matched with a caregiver. Some matches were for only a few sessions while others met consistently for months. The care receivers and care givers grew to know, to trust and to respect each other as the care receiver worked through issues which were of importance at that time.

If you have an issue in your life that needs to be expressed, listened to and discussed, a Stephen Minister may be of help to you, also.

COMMUNITY HEALTH INFORMATION PROGRAM



MANAGING YOUR MOODS PART 3

THE POWER OF THE MIND...

Controlling your thoughts to Manage Your Moods

Presented by Carol Stevenson, RN, MS Health Education

Sunday, March 21st 4-5 pm

Shepherd of the Bay Lutheran Church



Anyone interested in a Walking Club at Shepherd of the Bay? This could be inside the building or in the parking lot depending on the weather. If interested, please call Phyllis Fitzgerald at 854-2771.



FROM THE DESK OF THE PARISH NURSE

Carol Stevenson

Women and Heart Disease

Heart Disease kills more women than all forms of cancer put together and women have a higher death rate from stroke than men. Part of the problem is that heart disease manifests itself differently in women than in men so it becomes difficult to recognize in women if the observer doesn't know the difference in symptoms. The classic symptoms for heart attack are severe chest pain, a squeezing sensation in the chest lasting 5-10 minutes, pain radiating down the left arm and profuse sweating. Up to 50% of women suffering a heart attack have symptoms that are atypical. These include shortness of breath, indigestion, pain in the jaw, shoulder, or back, sudden nausea or vomiting, unexplained fatigue, fainting or even dizziness. Anytime a female experiences these symptoms, she should seek medical attention by calling 911. Even a slight hesitation could lead to severe consequences if she is having a cardiac episode.

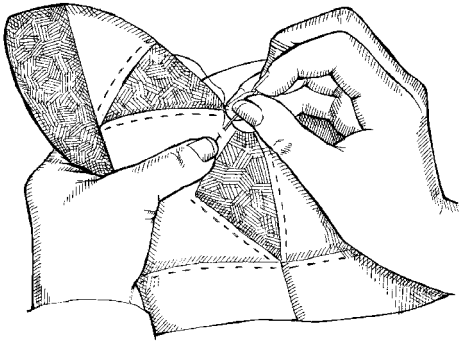
Plaque buildup can be different in women also. In men it tends to be clumpy and irregular which responds well to angioplasty and stents that flatten out plaque. In some women, plaque forms an even layer on the vessel lining which means drug therapy works better than angioplasty. Women also respond to aspirin differently. In women it seems more effective in preventing stroke while in men it is more effective for heart attack prevention.

Discuss your health history with your physician and determine potential risks for heart disease, create a plan to change or impact those risks and follow your doctor's instructions.

Source: www.mayoclinic.com

Reference: Seasons of Wholeness Vol. VI

“Guard your heart above all else for it determines the course of your life.” Proverbs 4:23 NLT



QUILTING GROUP

If you're feeling a bit cooped up this winter and need a project with a purpose, Shepherd of the Bay's Thursday quilting bee might be just the place for you. Every Thursday morning during the months January, February, March, and April, the quilters of Shepherd of the Bay meet at 9:15 a.m. to put together quilts for needy people throughout the world.. Annette Wickman and Florence Johnson started the early program in the basement of the old Trinity church. Today's quilters include Jackie Hoekstra, Ellie Olson, Donna Nelson, Bunny Sheahen, Alice Volden, Pat Smith, Phyllis Turner, and Shirley Rosenquist. Marianne Smith and June Nelson are co-chairman.

In 2007, 452,870 quilts were distributed by churches throughout the U.S. In all, since the beginning in the mid 40's, over 21 million quilts have traveled to people in need all over the world—expectant mothers in the Philippines, orphans in Mali, Iraqi refugees in Jordan. The quilts have served not only to keep people warm but also to shelter them from sun and even to serve as stretchers.

The quilts, approximately 60 x 80 inches are created from cotton fabrics and cotton sheets, collected from a variety of sources, including, here in Door County, Bargains Unlimited. WELCA, the women's group from the ELCA church usually pays for the batting. Thread and other supplies are donated.

After the quilts are completed, they are delivered to a boxcar in Green Bay and are taken to Minneapolis from where they are shipped to countries all over the world.

For many Lutherans, the quilt making project is part of their church history.

Bay View Lutheran in Sturgeon Bay and Trinity Lutheran on Washington Island, two other Door County churches, also are involved in making quilts. It started after World War II, when Lutheran World Relief began sending used clothing from churches here to fellow Lutherans in Europe along with government issued powdered milk and eggs. Within just a few years, LWR recognized that the need existed beyond Europe, and the scope of the program changed.

The quilt focus was suggested in the 1950's by Ray Kyle, the Church of the Brethren's Director of Material Aid. The Brethren women were making quilts and Kyle suggested that the Lutheran women might want to be involved as well. When LWR learned from their European partners that the quilts would be useful, contacts were made with leaders of the women's groups across the U.S. and the quilting ministry started.

Since those early days some changes have been made in the quilt making. In the 50's thick, heavy materials from old coats and suits were made to make quilts, primarily for the cold Northern climate. As LWR started sending to a larger number of countries, the quilt makeup changed to include lighter materials. Today's quilts come in a variety of colorful styles, made up from new and used fabric, remnants, and samples.

Over the years the quilt making has drawn the interest and help of men as well as women. George William Genszler, known as "The Blanket Man" promoted quilts for decades in WI and MI. Ruth and Ken Helling coordinated the collection of quilts in northwest Washington for 32 years from 1974-2006. Ken and Muriel Greene have driven across Kansas for more than two decades, collecting quilts.

One of my favorite Sundays is the day I walk into church and see the beautiful quilts lining the pews. The quilt, a symbol of the fabric of our lives that we have chosen to share with others, has enabled so many people to answer God's calling to serve. If you're free on Thursday mornings, you're welcome to become a part of this rich heritage of LWR quilts.

Cindy Schaulis



March Youth and Family Ministry News from Jane

Little Lambs Story Hour kids and moms had a Valentine's party/potluck to celebrate God's love. Thank you to Shirley Rosenquist for her dedication to reading every week.

The Wonderful Wednesday Kids also had a Valentine's party that focused on God's love and loving one another. Valentines were made for all of the people on the church prayer list. The next Wonderful Wednesday is March 3, with a focus on growing in our faith. July 18-23, we hope to have a bus load signed up for summer Bible camp. Please let me know if you are interested. There is also a camp scholarship fund if anyone would like to make a donation to help youth get to camp. The cost of a week of camp is about \$355.00.

Thank you to everyone who supported our pancake breakfast with a donation to youth ministry. The money will go towards the senior high summer mission trip to Pine Ridge Reservation in South Dakota (\$1,035.00 was donated). Thank you to Dick Burress for organizing the event and cooking, and to Laura Rush and Harry Shroeder for cooking and clean up. Thank you to Carol/Karl Omernick, Kathy Schultz, and the youth group for all of their help. Thank you to Top Shelf for making the batter and Al Johnson's for making the sausage. Thank you to Eloise Lindem for help with set up.

Thank you to everyone who supported the 30 hour famine. \$3,385.10 was raised for world hunger. Thank you to Eloise Lindem for help serving treats to the senior high students at Gibraltar last month and for providing dessert for a senior high meal.

The confirmation youth attended a youth gathering in Oshkosh the last weekend in February. The theme for the weekend was Jesus is our lifeguard. Thank you to John Zacek and Kaija Johnson for going along. It's time to think about mentors for eighth grade confirmation students. Please prayerfully consider giving of your time to a young person. If you think you might be interested, please call me. Thank you to all of the confirmation youth and parents for help with meals during Lent. Thank you to Debbie Casperson for keeping the bulletin board updated, Joanne Peterson for sending out birthday cards, Carol Williams for sending out baptismal birthday cards, Kristen Demarinis for sending out the newsletter for parents of infants and toddlers, and Robin Butchart for replenishing the book bags each week. Youth and Family Ministry only happens because of our many volunteers. You are appreciated!

If you have any gently used jackets, coats, or blankets of any size that you do not use anymore or have out grown, please consider bringing them to church on or before Palm Sunday. They will be taken to Pine Ridge Reservation in South Dakota. Be sure they are clean and in good condition.

There will not be story hour, Wonderful Wednesday, or confirmation during spring break. Have a safe and fun spring break!

Lessons and Prayers

March 7: Third Sunday in Lent

First Lesson: Isaiah 55:1-9

Second Lesson: 1 Corinthians 10:1-13

Gospel: Luke 13:1-9

Prayer of the Day: Eternal God, your kingdom has broken into our troubled world through the life, death, and resurrection of your Son. Help us to hear your word and obey it, and bring your saving love to fruition in our lives, through Jesus Christ, our Savior and lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

March 14: Fourth Sunday in Lent

First Lesson: Joshua 5:9-12

Second Lesson: 2 Corinthians 5:16-21

Gospel: Luke 15:1-3, 11b-32

Prayer of the Day: God of compassion, you welcome the wayward, and you embrace us all with your mercy. By our baptism clothe us with garments of your grace, and feed us at the table of your love, through Jesus Christ, our Savior and lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

March 21: Fifth Sunday in Lent

First Lesson: Isaiah 43:16-21

Second Lesson: Philippians 3:4b-14

Gospel: John 12:1-8

Prayer of the Day: Creator God, you prepare a new way in the wilderness, and your grace waters our desert. Open our hearts to be transformed by the new thing you are doing, that our lives may proclaim the extravagance of your love given to all through your Son, Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

March 28: Sunday of Passion/Palm Sunday

First Lesson: Isaiah 50:4-9a

Second Lesson: Philippians 2:5-11

Gospel: Luke 22:14-23:56 or Luke 23:1-49

Prayer of the Day: Everlasting God, in your endless love for the human race you sent our Lord Jesus Christ to take on our nature and to suffer death on the cross. In your mercy enable us to share in his obedience to your will and in the glorious victory of his resurrection, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

Service Attendants

Ushers:

March 7 Wermer & Sue Krase

March 14 Lon & Ruth Ann Kopitzke

March 21 Lun & Ruth Ann Kopitzke

March 28 Don & Lynne Luker

April 4 Don & Lynne Luker
(Easter - Early Service)

Bob & Sharon Pluff (Easter - Late Service)

April 11 Chuck & Marilyn Johnson

April 18 Chuck & Marilyn Johnson

April 25 Rod Synnes & Bob Pluff

Readers:

March 7 Ken Bergner

March 14 Tom MacDonald

March 21 Sue Daubner

March 28 Pastor Foster

April 4 Pastor Foster

April 11 Jan Mielke

April 18 Bonnie Hanson

April 25 Bill Henning

Service Groups

March Service Group

Co-Chair:

Don & Louise Buchholz 854-6051

Gen Follingstad 854-4355

David & Alysanne Burkhardt 854-4149

Robert & Joan Carlson 854-2419

Carol Champeau 854-4578

Sharon Donegan 854-9320

Sherry Follingstad 421-0431

Ralph & Vivian Hartmann 854-5378

Jackie Hoekstra 854-4582

Suzi Hass 854-2701

Lorraine Hoyt 854-5673

Don Johnson 854-5575

Don & Donna Koepsel 854-4609

or 854-9489

Eloise Lindem 854-4458

Vicki Michelsen 854-7242

Michelle Mindel 854-9489

Elly Olson 854-9508

Jay Olson 854-7242

Jody Olson 854-5226

Kirsten Scheller 854-9295

Stacie Strojny 854-9375

Alice & Marv Volden 854-4233

Magdalene vonZychlin 854-5984

Eugene Wills 854-2671

Jerry & Joan Zaug 854-5281

April Service Group

Co-chair:

Lon & Ruth Kopitzke 854-2469

Russell & Marianne Smith 854-947

Jim & Kristi Appel 421-0377

Darlene Carlson 854-2965

John F. & Donna Carlson 854-2586

Collin & Jennifer Dahl 854-7979

Jim & Iva Grasse 854-4580

Don & Lynn Hanson 839-9601

Virginia Henz 854-2164

Bob & Carla Krist 854-4590

Al & Judy Lohman 746-3830

Judy Nelson 854-2507

June Nelson 854-5224

Glen & Grace Rossman 854-5574

John & Pat Skogsbakken 854-1133

Jeni Tveten 854-5740

Joan Ziccarelli 854-1858

Terry & Linda Zielke 854-2775

Memorials

Organ Fund

† In memory of Jack Rosenquist from

Dr. Vernon & Jane Boman, Lee & Reba Harrer, Chuck & Lana Tencate

Pastoral Acts

Baptisms:

Judy Reeves was baptized on January 31, 2010.

Anne St. Henry was baptized on February 7, 2010.