



# ST. PETER'S

Evangelical Lutheran Congregation

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## April 2017

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In the Greek Orthodox tradition, the day after Easter was devoted to telling jokes. It began hundreds of years ago. A monk, whose name has been lost in history, was pondering the meaning of the events of holy week, with its solemn observances of Maundy Thursday, Good Friday, and the astonishing, earth-shaking events of Easter. "What a surprise and joyous ending", he thought. His hearty laugh startled his fellow monks.



# REJOICE!

He has been raised.

"Don't you see," he cried, "It was the best joke in all history! On Good Friday, when Jesus was crucified, the devil thought he had won. But God had the last laugh on Easter when he raised Jesus from the dead."

The monks called it "the Easter laugh." The idea spread rapidly, and the day after Easter became known as a "Day of Joy and Laughter" in Orthodox, Catholic, and Protestant countries. In homes and churches, it became common to celebrate God's great joke on the devil with joke-telling sessions. It became the custom even in monasteries.

As we gather together for our celebration of Easter, it is a time not necessarily filled with laughter, but it is a time filled with a most definite joy. A time filled with song, praise, and worship as we have been given the certainty of our salvation. Christ's resurrection is the foundation of the Christian's faith, life, and eternity.

*Easter proves* Jesus is true God! No human has ever been able to bring himself back from the dead. No human has ever been able to wake himself from the grave. God alone is the creator and sustainer of life, and God alone has dominion over all the living and the dead. It is written, "**Jesus was declared with power to be the Son of God by his resurrection from the dead**" *Romans 4:1*. Jesus is the eternal God, my Savior!

*Easter proves* we are forgiven! Our sins have separated us from our holy God and have only brought us death and damnation. Our sins need to be paid for. It is written, "**Jesus was delivered over to death for our sins and was raised to life for our Justification**" *Romans 9:43*. It was the blood and life of Jesus that was given as payment for our sins.

*continued on page 3*

### Looking Ahead:

Mark your calendars for Church Directory Pictures

**July 25-29**

**Aug. 8-12**

**Sept. 12-16**



## *Membership Matters*

The matters of membership listed below were acted upon or recognized by the Coordinating Council at its March meeting.

### Requests for Transfer Out:

Elizabeth Whitten to Pilgrim Lutheran, Menomonee Falls  
 Jeanne Schmal to Faith, Fond du Lac  
 Jonah and Micah Hinds to Grace, Oshkosh

### Removed Unable to Serve:

Aaliyah Stephany  
 Richard Walser

### Funeral:

Curtis Giese

## **Cleaning Schedule**

Week of:	
April 2	Girl Pioneers (Brindah Birkholz)
April 9	Tom & Mark Deibert
April 16	Tom & Mark Deibert
April 23	Tom Butzke



Please call Gregg at  
 923 - 1583  
 to become a member of the  
 "cleaning team".



<b>APRIL 1 – 15</b>	<b>APRIL 16 – 30</b>
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Rosie Klatt

Addie Jackson

Vicki Brandau

Laurel Woschnick

## GREETERS SCHEDULE

April 2	7:45	Guy & Sue Repp
	10:30	Chris Huizenga
April 9	7:45	Barb Krug      Deb Jaeger
	10:30	Alan & Sue Cedarholm
April 16	6:00	Gordon & Justine Port
	8:30	Ralph & Joan Leisten
	10:30	Royal & Marcella Meyer
April 23	7:45	Ralph & Cheryl Retzlaff
	10:30	Bob & Rosie Klatt
April 30	7:45	Sue Toll      Ruth Schultz
	10:30	Marilyn Gruber   Nancy Kowalski

**For details on flower donations,  
 look for our flower chart  
 on the bulletin board at the end of the  
 member mailboxes.**

# Rejoice!

The fact that God raised Jesus from the dead proves the Father accepted the sacrifice Jesus made for our sins. We are forgiven!

*Easter proves* there is life beyond this world, there is a heaven! When Jesus arose from the dead he proved his victory over sin, death, and the grave. Whereby, through faith in our Living God, we also have victory over the grave. Jesus himself promised, **"I am the resurrection and the life. He who believes in me will live, even though he dies"** *John 11:25*. There is life beyond this world. There is a heaven!

Because of the resurrection of Christ, the Christian can *laugh* at death. We can *laugh* at the days of hardship to come. We can *laugh* at the hold Satan once had over us. We can "laugh" because of the most certain victory we have in Christ! This Easter let the joy of Christ's resurrection reign in your hearts, in your homes, and in your lives!

*"I am the resurrection and the life."*  
JOHN 11:25



## HOLY WEEK



## WORSHIP SCHEDULE

### April 9 ~ Palm Sunday

Thursday 6:30, 7:45 & 10:30

### April 13 ~ Maundy Thursday

3:30 & 6:30  
with Holy Communion

### April 14 ~ Good Friday

Communion Service  
1:00

Tenebrae Service  
6:30

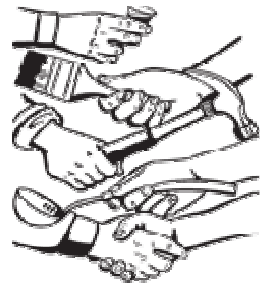
### April 16 ~ Easter Sunday

Sunrise Service 6:00

Festival Service  
8:30 & 10:30

## Volunteer Opportunities

- Church Cleaning
- Funeral Luncheons
- Church Directory
- Hot Lunch
- Altar Guild
- Mailbox Ministry
- Homebound Visitation Team



Friends in Deed

Please contact Courtney Turdo or Anna Gilgenbach in the church office at 922-1160 for more volunteer information.

Thank you for offering your time and talents in service to the Lord. We praise Him for giving you the gifts you possess and the heart to share them.

## Mailbox Ministry Work

Over the past months you have been reading about the changes that will be occurring this spring to the Mailbox Ministry. We are in need of 10 to 15 people to add to our mailbox ministry volunteers to assist in encouraging our young adult members to take an active role in the development of their faith life.

Having their own mailboxes also provides St. Peter's Board of Elders a way to watch over their spiritual lives. We hope you see the need and the importance of providing our young adults with their own mailbox, and are able to help with this important work.

# NURSING POINTS OF INTEREST

## Morning Power

Want to start your day off right? Add some protein to your morning meal. Research shows that getting plenty of this nutrient first thing helps you stay full and satisfied longer. It may even help you eat less throughout the day.

### Fill Up Early: Ways to Get Protein at Breakfast

#### Greek Yogurt Parfait

Thicker than the regular kind, Greek yogurt packs in more protein: One cup delivers 23 grams. It's also high in bone-building calcium and potassium. For a filling breakfast, layer the creamy stuff with fruit and a high-fiber cereal. Tip: Before serving, stir in that liquid sitting on top of the yogurt. That's whey, and it has protein.

#### Chia Seed Pudding

Remember Chia Pets -- clay sculptures with the green sprouts? Turns out, the seeds of those plants are loaded with nutrition. One ounce -- around 2 tablespoons -- serves up 5 grams of protein and 10 grams of fiber. When soaked in liquid, chia seeds turn into a thick pudding: Stir 2 tablespoons chia seeds with half a cup of milk, and put it in the fridge overnight. Have it in the morning with fruit and honey.

#### Veggie Frittata

With 6 grams of protein each, eggs are a smart way to start the day. For an easy one-dish breakfast, whip up a frittata: Beat eggs with salt and pepper. Mix in fillings, like sautéed veggies and cheese. Pour it in an oven-safe skillet, and cook over medium heat for 4 to 5 minutes. Then put it in the oven, and bake for 10 to 15 minutes.



#### High-Protein Cereal

Not all cereals are created equal. Many are made with only grains, so they don't have much protein. But some have nuts and seeds, and others have soy protein baked into their flakes or puffs. Look for ones with at least 8 grams of protein and 5 grams of fiber per serving. This combo will help fend off hunger throughout the morning.

#### Smoked Salmon

Yes, fish for breakfast. Smoked salmon is a morning staple in Scandinavian countries, and for good reason: A 3-ounce serving has 20 grams of protein, plus heart-healthy omega-3 fats. You can add it to omelets and frittatas, or have it the traditional way: Make an open-face sandwich with smoked salmon and cream cheese.

#### Nut Butter Waffle

Skip the maple syrup and spread your favorite nut butter (peanut or almond) on a whole-wheat waffle or toast. It's high in protein (7 grams in 2 tablespoons), healthy fats, and vitamins. In fact, research shows that eating nuts regularly can boost your heart health and help with weight loss. You can also stir a spoonful into a bowl of oatmeal or a smoothie.