



**ST. PETER'S**

Evangelical Lutheran Congregation

# August 2017



1600 S. Main St. Fond du Lac

info@stpetersfdl.net

920.922.1160

www.stpetersfdl.net

## St. Mary, the Mother of our Lord

### Inside this issue

Calendar	Cover
Schedules	2
Church Picnic	2
Golf Outing	3
Nurses Article	3-4
Church Picnic	4

It had been thirty-three years since she held her precious Son in her hands as his tiny little hand grasped her pinky. Now his precious hands were pierced with nails as her Son hung on a cross in great shame and disgrace. Before he was born, the angel Gabriel announced to the virgin Mary that she was going to give birth to a Son. He instructed her to name the baby "Jesus," which means, "Savior."

What made it possible for her Son to be "Savior?" Well, the angel explained to her that the baby would have no human father. Rather, he would be the Son of God—conceived in her womb by the power of the Holy Spirit—fully God and fully human in one perfect Person. This made it possible for him to live under God's law for us as our Substitute. As true God he could flawlessly fulfill all of the heavenly Father's will in our place. He never once sinned or fell short of the demands of God's law. And yet on the cross he was forsaken by God and forced to suffer hell in our place and die. It was his sacrifice on the cross which would save all sinners, including Mary, from eternal destruction in hell. He lived up to his name Jesus, becoming the Savior of all mankind.



Imagine the sorrow and grief that must have swept over her as she witnessed the life of her perfect Son being drained from him. Perhaps she remembered the words that were spoken to her when Jesus was forty days old and she presented him to the heavenly Father at the Temple in Jerusalem. Moved by the Holy Spirit, a man named Simeon took Jesus in his arms and said to her, "This child is destined to cause the falling and rising of many in Israel, and to be a sign that will be spoken against, so that the thoughts of many hearts will be revealed. And a sword will pierce your own soul too."

Over the next thirty-three years she witnessed Simeon's words fulfilled time and again. Upon hearing Jesus' preaching, many became outraged and fell into damning unbelief. However, many also rose from spiritual death and confessed Jesus as their Savior. His bitterest enemies conspired to rob him of his life, and on that fateful day their plans succeeded.

*continued on page 3*

RELIEVE EDITORIAL STRESS:

**TURN IN  
YOUR ARTICLES  
EARLY!**

RE M I N D E R :  
**DEADLINE FOR  
NEWSLETTER  
ARTICLES IS**

**The 15th of  
every month**

# GREETERS SCHEDULE

Aug 6	7:45	Lois Klobucher William Brasch
	10:00	Royal & Marcella Meyer
Aug 13	7:45	Deb Jaeger
	10:00	Roger & Laurie Bargenquast
Aug 20	7:45	Guy & Sue Repp
	10:00	DuWayne & Marilyn Zamzow
Aug 27	7:45	Vicki Erdman Marvin Mortensen
	10:00	Lorin & Rose Orvis

## Cleaning Schedule

Week of:	
Aug 6	Bruce & Becca Bowe
Aug 13	Bruce & Becca Bowe
Aug 20	Ted Schmitz Ann Steffen Regis Westphal
Aug 27	Ted Schmitz Ann Steffen Regis Westphal



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

## CHURCH PICNIC and NEW TEACHER WELCOME

**August 1 - 15**

**August 16 - 31**



Ann Trewin

Rosie Klatt

Kathy Trewin

Vicki Brandau

Michelle Trewin

Please save the date of **Sunday, August 20** after the late service for an afternoon of food, fellowship, and fun as we hold our summer church picnic and also install and welcome our new fourth grade teacher, Mrs. Roberta Roecker.

The activities will start with a meet-and-greet with our new teacher, followed by a cookout lunch, and will include entertainment and fun activities for kids of all ages throughout the event. The school children will also have the opportunity to drop off their school supplies at their classrooms prior to the cookout lunch.



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

Please sign-up on the sheet provided in the Narthex. Hope to see you there!

## St. Mary, the Mother of our Lord

*continued from page 1*

But God would turn their heinous act of murder into the perfect sacrifice required to deliver us from eternal death and damnation. Did Mary understand what was happening as her Son was hanging on that tree? Or was all meaning lost because of despair? We're not told. But no doubt, as Simeon foretold, a sword was piercing her soul as she helplessly witnessed her Son's death.

But that despair would soon be drowned out by delight. Three days later her Son would do the unbelievable. He would break death's icy cold grip and rise from the dead. The next we hear about Mary is after Jesus ascended into heaven. She constantly gathered together with her fellow believers and worshiped their Savior Jesus. No doubt Mary continued to worship her Son, her Savior, until she had the bliss of seeing him in all of his glory when she was reunited with him in heaven through her death.

August 15 is the Festival of St. Mary, the Mother of our Lord. We do not worship her, because she was a frail sinner like us. We do not pray to her. If we did, we would be guilty of the sin of idolatry. Nevertheless, we thank God for the key role he gave her in carrying out his plan of salvation. He chose this lowly virgin from Nazareth—a humble town up north in Galilee—to give birth to and rear the majestic Son of God from heaven. Because of that, you and I know we have a place prepared for us in heaven.



The Board of Adult Discipleship is pleased to invite you to the St. Peter's Lutheran Golf Outing held at 2:00pm, August 27<sup>th</sup> at Rolling Meadows Golf Course.

Come out and enjoy our beautiful Wisconsin weather along with some friendly competition.

A sign-up sheet with more information is available in the Narthex.

## NURSING POINTS OF INTEREST



### How to Spot a Heart Attack

#### What Is It?

When blood can't get to your heart, your heart muscle doesn't get the oxygen it needs. Without oxygen, its cells can be damaged or die.

The key to recovery is to get your blood flow restored quickly. Get medical help right away if you think you're having symptoms of a heart attack.

#### Causes

Over time, cholesterol and a fatty material called plaque can build up on the walls inside blood vessels that take blood to your heart, called arteries. This makes it harder for blood to flow freely. Most heart attacks happen when a piece of this plaque breaks off. A blood clot forms around the broken-off plaque, and it blocks the artery.

*continued on page 4*

## How to Spot a Heart Attack

*continued from page 3*

### Symptoms

You may feel pain, pressure, or discomfort in your chest. You could be short of breath, sweaty, faint, or feel sick to your stomach. Your neck, jaw, or shoulders might hurt.

Men and women can have different symptoms. Men are more likely to break out in a cold sweat and to feel pain move down their left arm.

### Symptoms in Women

Women are more likely than men to have back or neck pain, heartburn, and shortness of breath. They tend to have stomach trouble, including an upset stomach, feeling queasy, and throwing up. They may also feel very tired, light-headed, or dizzy. A couple of weeks before a heart attack, a woman might have flu-like symptoms and sleep problems.

About 435,000 women have heart attacks in the U.S. each year. Symptoms can be so mild they're often dismissed as something minor.

### What to Do

If you or someone you're with has symptoms that might be a heart attack, call 911 right away. If it is, you're more likely to survive if you get treated within 90 minutes. While you're on the phone, the person should chew and swallow an aspirin (unless they're allergic) to lower the risk of a blood clot. Are they unconscious? Hands-only CPR can double their chances of survival.

### Diagnosis

An EKG, which checks your heart's electrical activity, can help doctors see if you're having a heart attack. It can also show which artery is clogged or blocked.

Doctors can also diagnose a heart attack with blood tests that look for proteins that heart cells release when they die.



### Treatment

Doctors will quickly act to get blood flowing to your heart. You may get drugs that dissolve blood clots.

You'll likely have a procedure called a coronary angiogram. A thin tube with a tiny balloon on the end goes through your artery. It opens up the blockage by flattening the plaque against the walls. Most times, doctors place a small, mesh tube called a stent in your artery to make sure it stays open.

### What Puts You at Risk?

Your odds of having a heart attack go up with age, and men are more likely to have one than women. A family history of heart disease also increases your risk. Smoking raises your chances of a heart attack. So does having high blood pressure, high cholesterol levels, diabetes, and being obese. Stress, a lack of exercise, and depression can, too.

### Prevention

If you smoke, stop. It will immediately cut your chances of a heart attack by a third.

Get exercise and eat right. The American Heart Association recommends 30 minutes of moderate exercise a day, 5 days a week. Eat plenty of fruits, veggies, and whole grains to keep your arteries healthy.

For some people, taking a daily aspirin will help. Talk to your doctor to see if it's right for you.

Find positive ways to manage your stress.

### Life After a Heart Attack

If you're in the hospital, you may come home after just a few days. You can get back to your normal daily life in a few weeks.

Cardiac rehab can help you recover. You'll get your own fitness program and learn how to keep up a heart-healthy lifestyle. Counselors give you support if you're feeling down or worried about having another attack.