



ST. PETER'S

Evangelical Lutheran Congregation

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February
2018

My Song is Love Unknown

February 14 is St. Valentine's Day. Legend says St. Valentine was a third-century priest in Rome who secretly performed marriages for Roman soldiers because the emperor had forbidden his soldiers from marrying. In order to remind these soldiers of their wives while away at war, he gave them hearts which he had cut out of parchment. Because he performed these illegal marriages, he was executed in 269 A.D. The night before his execution he supposedly healed his jailer's blind daughter. Before he died, he sent her a letter and signed it, "Your Valentine." The idea of romantic love was brought to St. Valentine's Day by Geoffrey Chaucer when he wrote in 1382, "For this was on St. Valentine's Day, when every bird cometh there to choose his mate." Over time the festival blossomed into a full-blown celebration of romantic love. Along with it came the cards, the chocolates, the cupid, and the hearts—symbols of one's love for another.

This year on Valentine's Day we will begin witnessing what love truly is, because February 14th is also Ash Wednesday, which marks the beginning of the Lenten Season. During Lent we will marvel at how God put true love on display. 1 John 4:10 says, "This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins."

The term *Ash Wednesday* reminds us of why we needed Jesus to be our atoning sacrifice offered up on the altar of the cross. The day gets its name from the ancient Christian custom of worshipers daubing their foreheads with the ashes of the previous year's Palm Sunday palms. Ashes are a symbol of sorrow and repentance over sin. The result of our sin was announced to our first parents, Adam and Eve. After they fell into unbelief and disobedience, God proclaimed, "Dust you are, and to dust you will return." Sin had brought not just death of body, but death of both body and soul in hell.

Nevertheless, in his great love for us, the LORD was not pleased to simply cast us into hell forever. Rather, he announced that he would send a Savior—the Lover of our Souls, Jesus Christ. "The reason the Son of God appeared was to destroy the devil's work." (1 John 3:8) The devil's work was to bring death and damnation on all people. Jesus came to secure life and salvation for all people. This life and salvation would come at a price. After a perfect life of love toward both God and his neighbor, he would have to endure bitter, innocent sufferings which would culminate in his death on the cross. He was buried. But the grave could not hold him. On the third day he broke death's icy cold grip by powerfully rising from the dead. We now know that our sins have been atoned for. By his Holy Spirit he has warmed our hearts with Christ's love, so that we, in turn will love God and our neighbor. "We love because he first loved us. If anyone says, 'I love God,' yet hates his brother, he is a liar. For anyone who does not love his brother, whom he has seen, cannot love God, whom he has not seen. And he has given us this command: Whoever loves God must also love his brother." (1 John 4:19-21)

On this Valentine's Day, come and begin reading the greatest love letter ever written—the account of God's love for us which he displayed through Christ's holy passion—the grief, sorrow, agony and woe that he endured for you and for me, so that we could be together with him and each other throughout eternity.

My song is love unknown,
My Savior's love to me,
Love to the loveless shown
That they might lovely be.
Oh, who am I That for my sake
My Lord should take Frail flesh and die?



Counting Teams

At the end of 2017 Rose and Loren Orvis announced their retirement from their evening envelope counting team after many years of faithful service. We thank them for their dedication and long-time service to the Lord. We have a number of teams that may need replacement members, if you are interested in serving on a team or subbing please contact Norbert Kolell or John Willis.

Requirements are math skills, accuracy and attention to detail.

2018 Youth Rally Info Meeting

Never Alone! Is the theme of this year's WELS International Youth Rally, when 2,500 of our teenagers descend upon Bowling Green State University in Ohio. The rally will take place June 26-29. As we gear up, we will be having an information meeting on **February 25 at 12:00pm in the Multi-purpose room.** We invite all interested teens and parents to attend as we will be discussing itinerary, cost, and what to expect. These International Youth Rallies only come around every 2-3 years and are a true highlight of the summer. This is a great opportunity for our teens to witness the unity of our church body, to grow in their faith, create friendships, and to learn how they too can serve their Lord. *Never Alone!* What a great theme and message for our Christian teens!



Contact Pastor Guse at 517-9000 or pastorguse@stpetersfdl.net for more information.

Membership Matters

Baptism

Emelia Riley

Transfers In

Judy Klimke from Redeemer, FDL

Patience McCord from Trinity, Brillion

Daniel Polfer from Resurrection, Aurora, IL

Joshua KammueLLer from Faith, FDL

Transfer Out

Laurel Woschnick to Redeemer, FDL

Joseph, and Jana* Koffman
to Ascension Lutheran Church in Jacksonville, NC

Blair Tilleman and Wyatt Goldapske*
to St. Paul's, NFDL

Request for Release

Laurie Alston Kyle Alston

Removed

(Unable to Serve)

John Bartlett

Sam Bartlett

Haley Husnick

Hannah Husnick

Heidi Husnick

Olivia Immel*

Hope Kelm*

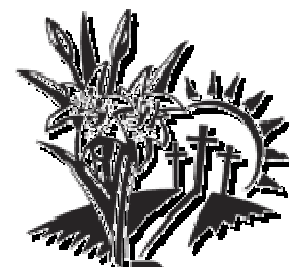
Funeral

Erich Wowerat

Death

without a funeral

Harry Jung



LENT BEGINS

Ash Wednesday

February 14th

3:30pm & 6:30pm

Lenten Dinner

in between services

4:30-6:00pm

NURSING POINTS OF INTEREST

WHAT'S CAUSING YOUR LEG PAIN?

Peripheral Artery Disease (PAD)

With this condition, your limbs -- typically your legs -- don't get enough blood. It usually happens because your arteries have narrowed. Your legs may feel weak or numb or cramp when you walk. They might feel cold and be an odd color. Some people can manage PAD with habit changes, like quitting smoking. If that doesn't work, your doctor might give you medicine to treat the problem or help with pain. But some people need surgery.

Deep Vein Thrombosis (DVT)

This is a blood clot in a vein, usually in your thigh or lower leg. It doesn't always cause symptoms, but you might have pain, swelling in your leg, and it might be warm and red. Call your doctor right away if you notice any of these. DVT can lead to a serious condition called a pulmonary embolism -- when the clot breaks off and goes to your lungs. Your doctor can give you medicine to keep clots from forming, growing, or breaking off.

Peripheral Neuropathy

This happens when there's damage to the nerves in your body that relay messages to and from your brain. The most common cause is diabetes, but other health conditions, medicines, injuries, or infections can cause it. If it affects the nerves in your legs, they might feel prickly or tingly, or they might be numb or weak. Your doctor will treat the condition that's causing it and give you medicine for pain if you need it.



Electrolyte Imbalance

Electrolytes are minerals like sodium, potassium, and calcium that help your muscles work the way they should. You lose some through sweat when you exercise, and if you lose too much, your legs can cramp or feel weak or numb. It can happen when you get some medical treatments, like chemotherapy, too. Sports drinks with electrolytes -- or water along with foods that have those minerals -- can help. See your doctor if you cramp up often.

Spinal Stenosis

This condition happens when the spaces within the bones in your spine get narrow. That puts pressure on the nerves in the area and can cause pain, tingling, numbness, or weakness in your legs. You also might have trouble with balance. See your doctor right away if you have any of these symptoms. Medication can ease the pain, and physical therapy can help, too. If these don't work, you might need surgery.

Sciatica

This is leg pain that comes from a pinched nerve in your lower spine. It can range from a bad cramp to a strong shooting pain that makes it hard to stand or even sit. You might feel it because of a slipped or herniated disk, a slipped vertebra, a spasm of your butt muscles, or spinal stenosis. Your doctor might recommend over-the-counter pain meds or physical therapy. If you have a more serious case, you might need surgery.

Arthritis

This is a common condition that affects your joints and causes pain, swelling, and stiffness. When it happens in your hips, knees, or ankles, it can be hard to walk or do other everyday activities. There's no cure, but it can help to exercise and stay at a healthy weight. Heating pads or ice packs on the aching joints can ease pain and swelling. So can over-the-counter pain relievers.

WHAT'S CAUSING YOUR LEG PAIN?

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Pulled Muscle

This is when a muscle gets stretched too far. It happens a lot to people who play sports. The pain is intense and starts right away, and the area is tender to the touch. The best treatment is to ice it with cold packs for 20 minutes at a time, several times a day. Outside of that, wrap the area lightly, keep it raised if you can, and rest it. Over-the-counter pain relievers can ease the ache.

Sprain

This injury happens when the tissue that connects a muscle to a bone, called a ligament, is stretched or torn. Ankle sprains are common. The injured area swells and hurts, and you can't put weight on it. The best way to treat it is the R.I.C.E. method -- rest, ice (about 20 minutes a few times a day), compression (wrap it in a bandage), and elevation (prop it up). See your doctor so she can take an X-ray and check for broken bones.



Muscle Cramp

This is when a muscle, usually in your calf, suddenly gets tight. It can bring on a sharp pain, and you may feel a hard lump of muscle under your skin. Cramps tend to happen more as you age, and you're also likely to have them if you're out in hot weather and don't drink enough water. Cramps usually go away on their own and aren't a sign of any health issue, but talk with your doctor if you have them often.

Shin Splints

These happen when the muscles and tissues around your shinbone get inflamed, making the inner edge of the bone hurt. They're common among people who run a lot. Flat feet, rigid arches, or the wrong shoes can lead to them, too. The best treatment is to rest your legs, put cold packs on them for 20 minutes several times a day, and take pain relievers if you need them. But see your doctor so she can make sure it's nothing more serious.

Stress Fracture

If pain that feels like shin splints doesn't get better, you may have a small crack in your shinbone. It happens when the muscles around the bone are overused and don't cushion the impact of movement the way they should. Rest is the best treatment for a stress fracture, but it can take about 6 to 8 weeks to heal. Make sure it's healed completely before you start exercising again so you don't make the bone injury worse.

Tendinitis

Tendons are the flexible cords that connect muscles to bones. It can hurt a lot if they get inflamed, especially when you move that joint. This is called tendinitis, and it's a wear-and-tear injury that can affect your hip, knee, or ankle. As with a sprain, the best way to treat it is the R.I.C.E. method. And see your doctor so she can rule out other issues. She also may suggest anti-inflammatory pain meds like ibuprofen or naproxen.

Varicose Veins

When veins have to work extra hard to get blood back to your heart, they bulge and look twisted, blue, or dark purple. They can make your legs feel heavy, burn, throb, or cramp. You're more likely to have them as you age, or if you're overweight, pregnant, or stand or sit for long stretches. Losing weight, exercising, or wearing compression stockings may help. If they don't, talk with your doctor about other treatment options.

GREETERS SCHEDULE

| | | |
|---------|--------------|--------------------------------------|
| Feb. 4 | 7:45 | Jerry & Diane Fricken Deb Dehring |
| | 10:30 | Jim & Marcia Pflum |
| Feb. 11 | 7:45 | Deb Jaeger |
| | 10:30 | Judine Schicker |
| Feb. 18 | 7:45 | Guy & Sue Repp |
| | 10:30 | Jim & Marcia Pflum |
| Feb. 25 | 7:45 | Lois Klobucher William Brasch |
| | 10:30 | Allan & Sue Cederholm |

Cleaning Schedule

| Week of: | |
|-----------------|-------------------------------------|
| Feb. 4 | Don & Sue Knuth |
| Feb. 11 | Don & Sue Knuth |
| Feb. 18 | Joe Tasch |
| Feb. 25 | Roger Bargaenquast Mark Kollmann |



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



FEB. 1 - 15

FEB. 16 - 28

Teresa Samuel

Kathy Kraus

Barb Krug

Sherry Georg



Tenth Anniversary

Throughout 2018 we will be celebrating the tenth anniversary of worshipping in our "new" church and school. The theme will be: Rejoicing in the House of the Lord! Psalm 122:1: Ten Years of Gathering Around the Lord's Blessings. Our celebration will kick off on February 11 with monthly themed sermons, culminating with a luncheon on Sunday, September 30. There will also be a focus on retiring the \$33,315 deferred debt we still owe the City of Fond du Lac for service improvements made to our property when we relocated. Special giving envelopes will be placed in your member mailbox once a month through the end of the year.

- † **February 11:** Sermon theme - Baptism
- † **March 4:** Sermon theme - Communion
- † **April 15:** Sermon theme - Ministry of the Keys
- † **May 20:** Sermon theme - Christian Education
- † **June 10:** Sermon theme - Music in the Church
- † **September 30:** Sermon theme - Church Symbols

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