

# GREETERS SCHEDULE

Aug. 5	7:45	Ruth Schultz
	10:30	Royal & Marcella Meyer
Aug. 12	7:45	Tim & Gail Zorn
	10:30	Jim & Marcia Pflum
Aug. 19	7:45	Larry Debbert
	10:30	Bruce, Else, and David Cuppan
Aug. 26	7:45	Ken & Jo Wendorff
	10:00	Royal & Marcella Meyer

## Cleaning Schedule

Week of:	
Aug. 5	Bruce & Becca Bowe
Aug. 12	Bruce & Becca Bowe
Aug. 19	Ted Schmitz, Ann Steffen, Regis Westphal
Aug. 26	Ted Schmitz, Ann Steffen, Regis Westphal



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

## Membership Matters

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

### Baptisms

Mack Barnes  
Vada Narbatovics

### Adult Confirmation

Myranda Fisher

### Children's Confirmation

Trista Muench

### Requests for Transfer Out

Tammy Schneidervin to St. John's, Lomira  
Hailey Zimmerman to St. John's, Lomira  
John Shafer Jr. to Redeemer, Fond du Lac

### Marriages

Stephanie Bakeberg & Charles (Chuck) Kimball  
Elizabeth Glodowski & Pastor Matthew Guse  
Rochelle Orvis & Justin Bangart



**ST. PETER'S**

Evangelical Lutheran Congregation

1600 S. Main St. Fond du Lac

info@stpetersfdl.net

920.922.1160

www.stpetersfdl.net

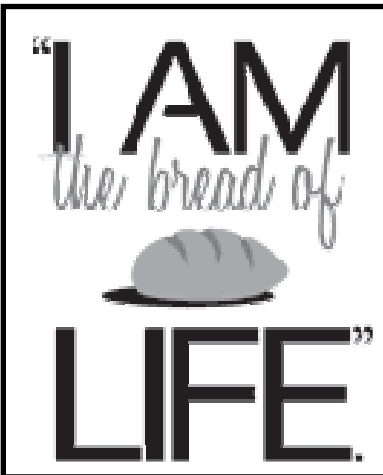
August  
2018

## The Bread of Life!

**“I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world.” John 6:51**

Check out worship this month, as the Gospel readings for August center around Jesus’ words, *“I am the bread of life.”* Only in Jesus do we find the words of eternal life. Words so vital for the salvation of a Christian, that the early Christian church began worship with the prayer.... *“Blessed Lord, who caused all holy Scriptures to be written for our learning: Grant us so to hear them, read, mark, learn, and inwardly digest them, that we may embrace and ever hold fast the blessed hope of everlasting life, which you have given us in our Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.”* It is a reminder that those who feast on Jesus, feast on the words of eternal life.

At the beginning of John chapter 6, Jesus had just performed a miracle where he fed 5,000 people on 5 loaves of bread and 2 small fish. It was a display of his almighty power, and a display of his great compassion for his people. Later that evening Jesus departed for the other side of the Sea of Galilee. The next morning, when the crowd of people realized that Jesus had gone to the other side of the sea, they immediately went in search of him. When the crowd found Jesus they were pleased, but Jesus was not so pleased, saying *“you came looking for me not because you saw miraculous signs, but because you ate the loaves and had your fill”* John 6:26. The people only saw in Jesus one who could fill their earthly needs and satisfy their earthly appetites.



What are we hungry for? In this life we hunger for many things. We hunger for wealth and good careers. We hunger for friendships, family, and children. We hunger for accomplishments and recognition. We hunger for intellect, ability, and good health. We hunger for the things of this world, and day after day our God graciously provides for us because he loves us. But to know these earthly things we often hunger for have no eternal value.

This month, come to worship hungry. Come hungry to hear the very Son of God died for you. Come hungry to receive the good news that Jesus’ resurrection has defeated death. Come hungry to feast on the righteousness of God which he has given you through Christ his Son. Come hungry to partake of Jesus’ body and blood given in communion for the strengthening of your faith. Come hungry to praise your God for his gift of salvation. Come hungry for the Word of God to *hear it, read it, mark it, learn it, and inwardly digest it*, as through it the Holy Spirit works and keeps you in faith until life everlasting.

Jesus is the Bread of Life. Whereas earthly food can only temporarily fill a stomach until it gets hungry again, the Word of God completely fills the soul. Only in Jesus is there peace of forgiveness, confidence of faith, joy in serving, and the hope of everlasting life. This is the food that endures. This is the food only Jesus can give.

## NURSING POINTS OF INTEREST

### ***CDC WANTS AMERICA TO EAT ITS FRUITS & VEGGIES***

Fruits and vegetables can be delicious and nutritious—but too many Americans are still passing them by, a new report finds. Just 9% of adults eat enough vegetables and only 12% get the recommended amount of fruit daily, according to a new report from the U.S. Centers for Disease Control and Prevention.

Vitamins, minerals, fiber and other good stuff in fruits and vegetables can help ward off heart disease, type 2 diabetes, some cancers and obesity.

One-and-a-half to two cups of fruit, or its equivalent, and two to three cups of vegetables daily.

Actually, for vegetables, often the simplest preparation is the best, a registered dietitian said. “There are few vegetables that you can’t cut up, drizzle with olive oil, season with a little salt and herbs, and roast in an oven or toaster-oven,” said Stephanie Schiff, of Northwell Health’s Huntington Hospital. “They will be delicious.” Schiff said buying fruits and vegetables in season—like apples in the fall—can cut costs. “And if fresh fruits and vegetables aren't available, frozen or canned can be just as good,” she said. “Frozen vegetables are picked at their peak ripeness, and are a wonderful option,” said Schiff, who wasn't involved in the research.

By eating fruits and vegetables in different colors, especially dark colors, you can take full advantage of the antioxidants plants have to offer, she noted. Antioxidants can protect cells and help ward off conditions such as heart disease and cancer, she added.

Heather Seid, clinical nutrition manager at Lenox Hill Hospital in New York City, called fruits and vegetables “miraculous foods that impact the body from the inside out.” Besides protecting you from disease, they contribute to healthy skin, hair and nails, she explained.

Fruits and vegetables are incredibly versatile,” Seid said. “You don’t have to eat steamed veggies or raw fruit to get the benefits—be creative!”

For example, try roasting an apple with cinnamon and nutmeg for a sweet and nutritious dessert, or puree cauliflower with low-fat milk and olive oil for a fun mashed potato substitute, she suggested. Some of Schiff's and Seid's other suggestions:

- ◆ Keep cut-up fruits or vegetables in the refrigerator—on the middle shelf, not in the produce bins where they are often forgotten.
- ◆ Eat raw veggies with a yogurt-based dip, hot veggies with a sprinkle of cheese.
- ◆ Grill, roast, or sauté vegetables with marinades to find what you like best.
- ◆ Try apples or celery with peanut butter.
- ◆ Mix fruit into a salad, toss with yogurt or blend into a smoothie.
- ◆ Keep a bowl of fruit on the kitchen counter, in plain sight.



*Information for this article obtained from WebMD.*

*Margaret Farley Steele, HealthDay Reporter Nov. 16, 2017 (HealthDay News)*



## BIBLE STUDY OPTIONS

### THE WORD OF THE LORD GROWS: A STUDY OF THE BOOK OF ACTS

Come join us on Wednesdays at either 10:00 am or 7:00 pm as together we witness the power of the Gospel of Jesus Christ as it spread in Jerusalem, and in all Judea and Samaria, and to the ends of the earth. Our first class will be **Wednesday, September 5.**



### SUNDAY BIBLE CLASS

Please join us for Sunday Bible Class beginning on **September 9.** We will continue our study of the *Ninety-five Theses for the 21<sup>st</sup> Century*. Because each class is a different topic, you can jump in at any time.

Come grow with your fellow believers!

The Board of Outreach would like to thank all our members who helped taking turns staffing our county fair booth. We had a great week of meeting people from our community and visitors to our area. We had a chance to witness to unchurched people, families seeking baptisms, and people looking for a church home. It was truly wonderful to share St. Peter's and our ministry with so many people. Thank you to everyone who helped and continue to pray as our follow-up visits now begin!



### Church Library Mystery Series

Through a donation from one of our church members we have added a new series in our library called "Sugar creek Amish Mysteries". It is a story of Cheryl Cooper who is running her Aunt's gift shop in an Amish community. She becomes friends with, Naomi Miller and the Amish community while settling into the routine of running the store and adjusting to her new life in Sugar creek, Ohio. The first three books are *Blessing in Disguise*, *Where Hope Dwells*, and *The Buggy before the Horse*. We have also received the next two new mystery books in this series, and will be putting them out around Christmas. This will give you time to read the first three books in the series.

We have another series entitled "Home to Heather Creek". It's a story of grandparents who bring their daughter's three children from California home to their farm, after a family tragedy.

Please check out these or another new mystery entitled "Miracles of Marble Cove". All of these books show us encouragement, inspiration, help in growing your faith, and celebrate God's love in every aspect of our daily life.

St. Peter's Lutheran School is announcing its policy for children unable to pay the full price of meals served under the National School Lunch Program. The church/school office has a copy of the policy, which may be reviewed by any interested party.

The following household size and income criteria will be used for determining eligibility. Children from families whose annual income is at or below the levels shown are eligible for free and reduced price meals.

**FAMILY SIZE INCOME SCALE  
For Determining Eligibility for Free and Reduced Price Meals or Milk**

Family (Household) Size	ANNUAL INCOME LEVEL				MONTHLY INCOME LEVEL			
	Free		Reduced Price		Free		Reduced Price	
	<i>Must be at or below figure listed</i>		<i>Must be at or between figures listed</i>		<i>Must be at or below figure listed</i>		<i>Must be at or between figures listed</i>	
1	\$15,782	\$ 15,782.01	and	\$22,459	\$ 1,316	\$1,316.01	and	\$1,872
2	21,398	21,398.01	and	30,451	1,784	1,784.01	and	2,538
3	27,014	27,014.01	and	38,443	2,252	2,252.01	and	3,204
4	32,630	32,630.01	and	46,435	2,720	2,720.01	and	3,870
5	38,246	38,246.01	and	54,427	3,188	3,188.01	and	4,536
6	43,862	43,862.01	and	62,419	3,656	3,656.01	and	5,202
7	49,478	49,478.01	and	70,411	4,124	4,124.01	and	5,868
8	55,094	55,094.01	and	78,403	4,592	4,592.01	and	6,534
For each additional house- hold member, add	+ 5,616	+ 5,616	and	+7,992	+ 468	+ 468	and	+ 666

Application forms will be available in the church/school office. Teachers will also have them when making home visits. To apply for free or reduced price meals or free milk, households must fill out the application and return it to the school (unless notified at the start of the school year that children are eligible through direct certification). The information provided on the application will be used for the purpose of determining eligibility and may be verified at any time during the school year by agency or other program officials. Applications may be submitted at any time during the year.

To obtain free or reduced price meals for children in a household where one or more household members receive FoodShare, FDPIR, or Wisconsin Works (W-2) cash benefits, list the FoodShare, FDPIR or W-2 case number, list the names of all school children, sign the application, and return it to the school office.

For the school officials to determine eligibility for free or reduced price meals or free milk of households not receiving FoodShare, FDPIR or W-2 cash benefits, the household must provide the following information requested on the application: names of all household members, total number of household members, and the adult signing the application form must also list the last four digits of his or her Social Security Number or mark the box to the right of "Check if no SSN". Also, the income received by each household member must be provided by amount and source (wages, welfare, child support, etc.).

Under the provisions of the free and reduced price meal Ruth Koepsell will review applications and determine eligibility. If a parent or guardian is dissatisfied with the ruling of the official, he/she may wish to discuss the decision with the determining official on an informal basis. If the parent/guardian wishes to make a formal appeal, he/she may make a request either orally or in writing to: Andrew Mildebrandt, Principal, 920-922-1160. If a hearing is needed to appeal the decision, the policy contains an outline of the hearing procedure.

If a household member becomes unemployed or if the household size changes, the family should contact the school. Such changes may make the household eligible for reduced price meals or free meals or free milk if the household income falls at or below the levels shown above, and they may reapply at that time.

Children formally placed in foster care are also eligible for free meal benefits. Foster children may be certified as eligible without a household application. Households with foster children and non-foster children may choose to include the foster child as a household member, as well as any personal income available to the foster child, on the same application that includes their non-foster children.

The information provided by the household on the application is confidential. Public Law 103-448 limits the release of student free and reduced price school meal eligibility status to persons directly connected with the administration and enforcement of federal or state educational programs. Consent of the parent/guardian is needed for other purposes such as waiver of text book fees.

**Non-discrimination Statement:**

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;