


# GREETERS SCHEDULE

Jan. 6	7:45	Gordon & Justine Port
	10:30	Jim & Marcia Pflum
Jan. 13	7:45	Gene & Judy Zwicky
	10:30	Judine Schicker
Jan. 20	7:45	Guy & Sue Repp
	10:30	Jim & Marcia Pflum
Jan. 27	7:45	Loren & Joan Voss
	10:30	Judine Schicker

## Cleaning Schedule

Week of:	
Jan. 6	Eric Freiberg Bill Freiberg
Jan. 13	Terry & Jill Reynolds
Jan. 20	Gregg & Carol Leisten
Jan. 27	Denise Fisher



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

<b>January 1-15</b>		<b>January 16-31</b>
Kathy Kraus		Deb Deere
Sherry Georg		Lara Birkholz

### *Membership Matters*

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

#### Request for Transfers In

Jeff, Deidra, Chandler, Quinn, Alec, and Riley Compton from Good Shepherd, Fond du Lac  
 Makiya Mildebrandt from Faith, Fond du Lac

Thomas, Shelley, Luther, Eva, Elanor, Aurora, Marcus, and Gregory Schmeling from Mount Zion, Ripon

#### Affirmation of Faith

Ashley Rauls

#### Baptisms

June Balfour Alyse Loehr

#### Request for Release

Thomas, Kristina, Charlotte\*, and Hazel\* Puddy  
 Derald and Barbara Sommers

#### Funeral

Ellen Wilhelms



**ST. PETER'S**

Evangelical Lutheran Congregation

1600 S. Main St. Fond du Lac

info@stpetersfdl.net

920.922.1160

www.stpetersfdl.net



*"I the Lord do not change."* Malachi 3:6

## 2019 – A Year of Change?

As we enter the year 2019, a lot of people have been wondering what the new year will bring. Will things stay the same, will things be different? Is there reason to be excited, or is there reason to be concerned? According to predictions, some are optimistic about seeing slightly higher wages for the working class, while others have concerns about higher interest rates. Some are optimistic about having more options for healthcare, while others are concerned about the higher cost of premiums and less coverage. Some are excited about new technology that will make it easier for online shopping, mobile ordering, and internet banking, while some are fearful that all of this will only make it easier for cyber-crimes and the stealing of personal information. Some are optimistic that the new year will bring above normal temperatures and a mild winter, while others are concerned that this is just more evidence of global warming. This year, it is predicted the world's population will reach 7.6 billion people, raising the concern in some of the ability to feed, house, and clothe everyone. Some are excited to report 2019 will be a healthier year for Americans, while others are fearful the American burger will be replaced with hummus, and pizza replaced with raw herbs and roots..... *say it isn't so!*

As with every New Year, things seem to be uncertain. How wonderful to know that no matter how the world may change around us, we have a God who never changes. His love never changes. His promises never change. His blessings never change.

When the Lord spoke through the prophet Malachi, "I the Lord do not change", it was both message of comfort and warning for God's people. The nation of Judah had just returned from their Babylonian cap-

tivity and were once again rebuilding their home in the promised land. God's warning was to not turn away from him, as they had done before. In the years to come, there would be a lot of changes for them, but the one thing that wasn't to change was their obedience to the Law and their worship of the only one true God. For if they abandoned the Lord and again sought the things of the world, they would be destroyed eternally. But where they sought the Lord through repentance and faith, the Lord would forgive, bless, and prosper them as his people.



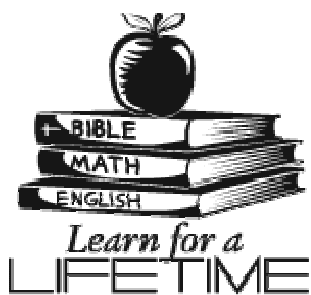
As we enter the New Year of 2019, nothing has changed. Our God is still a God who commands obedience and worship from his people. If we abandon the Lord seeking after the things of this world, nothing has changed, there is still the damnation of hell. But where we live each day in repentance seeking the mercy of God through Jesus Christ his Son, nothing has changed, there is forgiveness from sin and the certainty of eternal life.

This world may change, but our God does not. The purpose of Christ's birth into this world hasn't changed, it is still the way Christ took on human flesh and blood to be our substitute for sin. The value of Christ's death on the cross hasn't changed, his blood and death is still the complete payment made for our sins. The joy of Christ's resurrection hasn't changed, it is still our certainty that we are forgiven before God as his children. As we enter yet another New Year, let us remember, no matter how the world may or may not change, our status before God as his people and heirs of glory will never change. So go with confidence into 2019, knowing our God doesn't change, his love never changes, his promises never change.

## A **PAROCHIAL** School

As we head into the new year, I usually begin getting phone calls from parents inquiring about enrollment for next school year. One inevitable statement from community parents outside our St. Peter's fellowship is usually made: "I'm interested in knowing more about your *private* school." This gives me an opportunity to explain that we are not a private school, but a parochial school, and to give the explanation that must accompany this assertion to them.

So what does it mean that St. Peter's is a *parochial* school? Perhaps a definition of that term is in order for us to begin. Parochial primarily means "related to the church" — our school first and foremost exists as an arm of St. Peter's congregation. With the large amount of the budget that it takes to run a Lutheran school, we are a very large arm, but still only an arm of the church's mission. Our main mission and purpose is to train our congregation's children in God's Word, and to teach all academic subjects in the light of that same Word, so that they can be the next generation of Christian leaders in our church and surrounding community. This does not preclude having academic excellence in all areas, which we continually strive to achieve, and are recognized by the community as having an excellent program. This is one of the main reasons a family without a church background comes to us — they recognize us as an excellent school in the community, and would like that private education for their children.



It's important that these families realize at this point when they approach us that we are not private, but parochial. Teaching the love of Jesus, applying law and gospel to children's daily lives, and using that Word throughout both our subject matter and classroom discipline is what gives our school its unique philosophy and atmosphere. In light of the different educational options out there, this is what separates us as a parochial school. Parochial has a secondary definition — "a narrowed focus". This, too, is what we have with our school. Our narrowed focus puts Jesus at the forefront of all that we do, and we as a church body defend and cherish our use of that narrowed focus as a parochial school in our classrooms. There are societal pressures today that call for our parochial schools to become private schools. School choice vouchers may seem a great way to fund our private school education, but there are provisions to this program that require the school to allow a voucher child to opt out of religious education if they desire to do so. Our church leadership has reviewed this provision, and determined that it would undermine our parochial system if implemented according to the state's requirements. We've also questioned a program that exists to bring students into our building, but doesn't seem to fit our mission of bringing their families into our church — which is our school's primary mission as an arm of St. Peter's.



For 155 years, St. Peter's Lutheran School has been providing its congregational families a quality parochial education, narrowly focused on the one thing needful — God's Word. By God's grace, we will continue to do so with the future generations of God's people as well, providing a quality parochial school for our church family and the community of Fond du Lac.

## NURSES POINT OF INTEREST

## Carbs: What to Eat and What to Avoid

*The number of carbs you need can depend on your gender, size, and how active you are -- and that can change as you get older.*

**What Are Carbs?** They're one of three types of food that give your body energy. The other two are proteins and fats. Together, they provide the fuel your body uses to build and repair itself. Carbs break down into glucose (sugar) that you can use right away.

**Your Body's Fuel** Your body runs on glucose. Your brain needs it to work the way it should. Carbohydrates are an almost instant source of it. Your body can break down and use fat for some of the same needs, but not all of them. Plus, fat that's used for fuel makes compounds called ketones that can raise the level of acid in your blood, and that can be unhealthy over the long term.

**Workout Prep** Because carbs are a source of energy, they can keep you going strong while you exercise. Experts recommend fueling up 1 to 3 hours beforehand with a combination of carbs and protein, like oatmeal, Greek yogurt, peanut butter, or nuts and raisins.

**Full of Nutrients** The best-quality carbs — berries, vegetables, and whole grains — are packed with vitamins, fiber, and antioxidants that are important for good health and well-being. Whole grains have fatty acids, magnesium, B vitamins, folate, and zinc. Fruit and starchy veggies have some of those, plus phytonutrients like flavonoids and carotenoids that help prevent disease. If you skip the carbs, you lose out on those nutrients, too.

**Simple Carbs** Think of table sugar as simple carbs in pure form. They're very small molecules, which makes them especially easy for your body to break down and use. That means they raise your glucose levels (blood sugar) fast. Things that sweeten any number of candies, pastries, and desserts are loaded with these kinds of carbs.

**Complex Carbs** String together a bunch of simple carbs, and you get these larger molecules. Your body has to break them down into simple carbohydrates and then into glucose before it can use them. This

takes longer, which means your blood sugar goes up more slowly and they're less likely to be changed into fat. These kinds of carbs include multigrain breads and pasta, beans, potatoes, and other vegetables.

**If You Have Too Many** If you overdo the carbs, your blood sugar levels can get too high. This causes your body to make more insulin, which tells your cells to save the extra glucose as fat. That can be unhealthy if you're already carrying a few extra pounds. It can lead to diabetes and other related health issues.



**If You Don't Have Enough** If there aren't enough carbs in your diet, you could get constipated from lack of fiber and nutrients. Your body is also forced to use protein or fat for energy. Proteins are the building blocks of the body. If you use them as fuel, you may not have enough left to make more cells and keep them healthy.

**The Right Amount** The number of carbs you need can depend on your gender, size, and how active you are — and that can change as you get older. But as a general rule, about half your daily calories should come from carbs in fruits, vegetables, grains, beans, and dairy products. Just make sure to go with healthy, complex carbs and don't overdo the simple ones.

**Low-Carb Diets** In theory, fewer carbs mean less sugar. And "ketogenic" diets have been shown to help some people lose weight and control their blood sugar in the short term. But these diets include lots of protein, and your body may need to use stored calcium to digest it. Plus, digesting lots of protein can be hard on your kidneys over time. You also tend to eat more saturated fat to replace the carbs, and that can be unhealthy in the long term, too.

**Where to Get Healthy Carbs** Look for unrefined whole grains like quinoa, rye, and barley instead of highly processed white bread and pastries. Whole unprocessed fruits and vegetables are better than juices. And it's a good idea to pass on the high-carb potato foods, especially French fries, in favor of beans, chickpeas, and other legumes.

## Accumulated Deficit Reduction Program

Our recent *Rejoicing in the House of the Lord! (RHL!)* campaign was conducted to not only celebrate the 10th anniversary of our new facilities, but it was also a vehicle to help pay off the city utility assessment of \$33,315 that we incurred with the building program. We are very pleased to report that God has again moved the hearts of our members to not only meet but to exceed that amount. As of this writing, we have gathered over \$46,000, or more than \$13,000 beyond the goal. That \$13,000, along with any other gifts gathered between now and the end of this calendar year, will be placed against our accumulated deficit, which currently stands at \$228,000, which does not include 2018's current year deficit.

As this \$13,000 puts only a small dent in our accumulated deficit, we would like to continue the momentum of the *RHL!* program into 2019 with a continued focus on reducing the accumulated deficit. During church services on December 20 and 23, our Pastors shared an Offering Worksheet developed for this effort. It is a personal commitment between you and God on the offerings and accumulated deficit gifts you plan to give during 2019, which should be over and above your regular offerings. The worksheet also contains a giving scale on the back to assist you with setting your stewardship goals for the year. The Offering Worksheet, along with the accumulated deficit reduction envelopes that will continue to be placed in your mailboxes once each month, will be used as part of this program to help work down this deficit. We will also be sending reminders with your offering statements throughout the year so you can check to see how you're doing against your commitment.



You may ask, "Why is this important...we're just paying down debt that we owe to ourselves?" While this statement is true, it's important because it tells our bankers that we are committed to taking action to improve our financial position. Then when it comes time to renew our mortgage loan again in August 2019, we'll be looked at more favorably by the bank, and get the best interest rate possible, potentially saving us thousands of dollars over the life of the next 3-year loan.

Please prayerfully consider your weekly and accumulated deficit gifts for 2019 as you fill out your Offering Worksheet, keeping in mind all of the many blessings the Lord has bestowed on our congregation and its members.