

# GREETERS SCHEDULE

March 3	7:45	Bonnie Baerwald
	10:30	Jerry & Diane Fricken
March 10	7:45	Marvin & Vicki Mortensen
	10:30	Royal & Marcella Meyer
March 17	7:45	Marvin & Vicki Mortensen
	10:30	Jerry & Diane Fricken
March 24	7:45	Bill & Lois Klobucher
	10:30	Royal & Marcella Meyer
March 31	7:45	Deb Jaeger
	10:30	Jim & Marcia Pflum

## Cleaning Schedule

Week of:	
March 3	Roger Bargaquist Mark Kollmann
March 10	Don & Sue Knuth
March 17	Gregg & Carol Leisten
March 24	Loren & Joan Voss
March 31	Girl Pioneers (Brindah Birkholz)



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

### March 1 - 15

Else Cuppan  
Julie Shafer



### March 16 - 31

Joan Voss  
Mary Demmon

## SERVICE FAIR



After church services the weekends of March 31 & April 7, the different boards of our congregation will give our members opportunities for service here at St. Peter's. We hope you will take the time to visit each of the tables that will be set up in the narthex. Thank you for considering signing up for service to Christ and his Church.

*"We love because he first loved us." 1 John 4:19*

## Membership Matters

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

### Adult Confirmations

Gaile Tovar  
Joseph Schoebel  
Michelle Moss

### Funeral

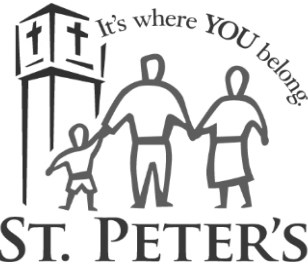
Molly Hoaglin

### Request for Release

Haley Giese

### Removal (Unable to Serve)

Kevin Ferderer



ST. PETER'S

Evangelical Lutheran Congregation

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march 2019

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## Ashes to Ashes!

*"Therefore I despise myself and repent in dust and ashes." Job 42:6*

This month begins with the start of another season of Lent. From early days Easter was preceded by a period of preparation called Lent. It was a time of fasting, repentance, mediation, and prayer. Eventually this period of preparation was extended to 40 days, corresponding to the 40 day period of the Lord's temptation in Matthew 4. The season of Lent begins with Ash Wednesday. It is so called because of the early Christian practice of daubing the foreheads of worshippers with ashes made from burning the previous year's palm branches. The ashes were to remind the worshippers of human sinfulness and mortality, before a holy and eternal God. It was a reminder of the curse of death, first brought about by man's sin in the Garden of Eden, "For dust you are and to dust you will return." *Gen. 3:19.* And repeated by King Solomon, "All come from dust, and to dust all return." *Ecc. 3:20.* No wonder at our graveside committal services, we still commit the earthly remains with the words, "earth to earth, ashes to ashes, dust to dust."

When Job uttered, "Therefore I despise myself and repent in dust and ashes", Job was in the midst of recounting the time of his suffering. The time, when he questioned the judgements of a righteous God. The time, when he doubted the compassion of a loving God. The time, when he had misgivings about the actions of a holy God. Job eventually came to realize, in the presence of the Almighty, he was nothing. Rather than standing up and challenging God, Job fell before God in repentance, repenting in dust and ashes in recognition of his own sinfulness and mortality.

As we gather for worship during the season of Lent, beginning on Ash Wednesday, may we see the need for repentance. Let us come to worship and kneel before the Almighty, knowing we are only dust and ashes, sinners needing the mercy of God.

During the season of Lent we have the great opportunity to once again hear the passion of our Savior as we read through the events of Holy Week, the

week that would end in Jesus' death on the cross. During this time, we, *despise ourselves*, as we come to understand it was for our sins for which Jesus came to suffer and die. It was the innocent blood of Jesus that would be shed to make payment for our sins before a holy God. It was the perfect life of Jesus that would be given to death as our ransom from hell. Lent is the time we see the true cost of our sins, and yet the amazing love of our Savior.

The season of Lent, the 40 days of preparation, prepares us for the glory of Easter. Only in Jesus' rising from the dead do we find deliverance from sin and death and deliverance to eternal life. It was Isaiah who wrote about the glory of God's salvation, "to bestow on them a crown of beauty instead of ashes." *Isaiah 61:3.* This Lenten season, may we see our Savior who came to conquer the dust and ashes of our mortality and give us the crown of eternal life.



LENT BEGINS

## NURSES POINT OF INTEREST

## Guide to Asthma

**What Is Asthma?** Asthma is a long-term problem in the tubes that carry air into your lungs that can make it hard for you to breathe. These airways get so narrow that air can't move freely. It can cause serious wheezing and breathlessness, known as asthma attacks. There's no cure, but most people can control their symptoms.

**Asthma Rates on the Rise** The number of people with asthma has been going up steadily in the U.S. for decades. Some researchers suggest it's because of better hygiene: The theory is that fewer childhood infections lead to under-developed immune systems, which means a greater risk of asthma. It might also be because we use more household cleaning sprays, we don't use as much aspirin, or we have lower levels of vitamin D.

**Who Gets Asthma?** Typically, it develops during childhood, but it can affect you at any age. People who have allergies or a parent or close family member with asthma are more likely to have the condition. More boys have asthma than girls, but it's more common in women than in men.

**What Causes an Asthma Attack?** Certain triggers can make inflammation in your airways worse. The swelling makes the space inside smaller. At the same time, your body may make extra mucus that clogs those airways. It's really hard for air to get in and out of your lungs, so you wheeze and struggle to breathe.

**Symptoms** You could be short of breath, gasping, and feel a tightness or hear a whistling sound in your chest. You may not be able to stop coughing. A severe asthma attack can be life-threatening if you don't use medicine to do something about it.

**When to Call 911** If you're too breathless to walk or talk, your lips or fingernails look blue, or using a rescue inhaler doesn't help, your body isn't getting enough oxygen. You'll need emergency treatment to help open your airways and get your oxygen levels back up.

**Early Warning Signs** Sometimes, asthma will cause less dramatic symptoms. You may cough a lot (especially at night), have a hard time sleeping, feel drained for no reason, or seem out of breath. These can be warning signs that a full-on asthma attack is coming.

**Allergies** Common things that can trigger an asthma attack include mold; dust mites; cockroaches; pollen from trees, grass, or flowers; and foods such as peanuts, eggs, and fish. If pollen is one of your triggers, you'll probably notice your asthma symptoms are worse around the same time every year.

**Asthma Action Plan** Most people with asthma can manage their condition and symptoms. The key is to work with your doctor to come up with a treatment strategy, called an asthma action plan. It should identify your triggers, list your daily medications, and outline what to do when you have a flare-up. You can revisit your plan and adjust it when you need to.

**Avoid Your Triggers** It's the first step to manage your asthma. You may need to stay indoors when the smog index is high or get special bedding to combat dust mites. The most effective way to fight allergens in your home is to remove their sources. That can include pets, carpets, and upholstered furniture. Dust regularly, and use a vacuum cleaner with a HEPA filter.

**Allergy Shots** If you can't avoid some of the allergens that trigger your asthma attacks, these shots can make you less sensitive to specific ones and could ease your symptoms and lessen how often you get attacks. An allergist can help you figure out which shots may work for you.

**Long-Term Medication** It's virtually impossible for someone with asthma to avoid all of their triggers all the time. Many people need to take medicine every day to prevent asthma attacks. Drugs called corticosteroids that you breathe directly into your lungs are the most common. They work by bringing down inflammation in your airways, which makes them less sensitive to allergens and irritants in the air.

**Quick Relief for Asthma Attacks** Even when you use long-term medication, asthma symptoms sometimes flare up. Rescue inhalers usually have drugs called short-acting beta2-agonists. They quickly relax the tightened muscles around your airways, so air can flow in and out of your lungs. This medication works for most asthma attacks, so you don't have to go to the hospital.