

Statistics

July 9 Attendance 49
July 9 Offering \$2,015.21

Those Assisting Us Today

Elder Don Warsaw
Altar Guild Susan Martin
Organist Alicia Haggin
Lay Reader Annette Warsaw

Agnus Day



"Agnus Day appears with the permission of www.agnusday.org"

Bulletin Deadline

If you have announcements for the weekly Bulletin, please forward those to Linda Warsaw by **NOON on Wednesdays**. You may contact her by email at secretary@osmanlutheran.org or by phone at **309-828-5883**. Articles for the August newsletter must be received by July 22. Thank you!

Mowing Schedule

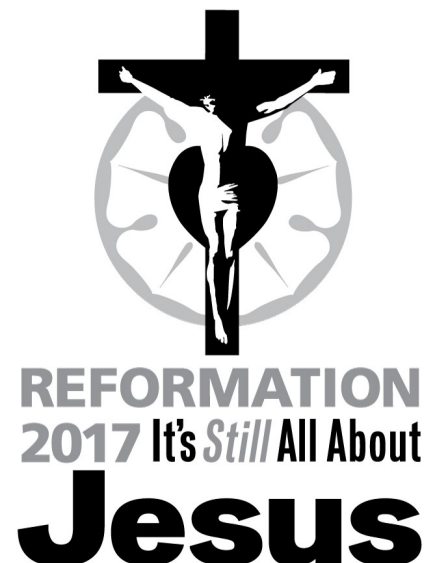
July 22 Leonard Delaney
July 29 Jeff Warsaw
August 5 Bob Zimmerman

IMMANUEL LUTHERAN CHURCH OF OSMAN

The Lutheran Church-Missouri Synod

Sixth Sunday after Pentecost

July 16, 2017 at 9:30 a.m.



942 Grape Avenue, Fisher, Illinois 61843-8512
<http://www.OsmanLutheran.org>
Church@OsmanLutheran.org
(217) 897-6170

Rev. Jeffrey McPike, BCC
(217) 903-4853
Pastor@OsmanLutheran.org

Welcome in Jesus' Name

We are pleased to have you with us and hope that you are enriched today in the fellowship of the Word. May the Lord bless you in the days ahead! If you are a visitor, please sign our guest book at the back of the church or complete a visitor card found in each pew.

DIVINE SERVICE, Setting Three

OPENING HYMN, "Open Now Thy Gates of Beauty" 901

Confession and Absolution (page 184)

Introit

Kyrie (page 186)

Gloria in Excelsis (page 187)

Salutation and Collect of the Day (page 189)

Old Testament Reading: Isaiah 55:10-13

A: This is the Word of the Lord.

C: Thanks be to God.

Gradual (Insert)

Epistle: Romans 8:12-17

A: This is the Word of the Lord.

C: Thanks be to God.

Alleluia and Verse (page 190)

Holy Gospel: Matthew 13:1-9, 18-23

A: This is the Gospel of the Lord.

C: Praise be to Thee, O Christ.

Nicene Creed (page 191)

HYMN OF THE DAY, "Almighty God, Your Word Is Cast" 577

Sermon

Offertory (page 192)

The Offering

Prayer of the Church (page 193)

Service of the Sacrament

Preface (page 194)

Sanctus (page 195)

Lord's Prayer (page 196)

The Words of our Lord (page 197)

Pax Domini (page 197)

Agnus Dei (page 198)

DISTRIBUTION HYMN, "Rise, My Soul, to Watch and Pray" 663

DISTRIBUTION HYMN, "O Jesus, Blessed Lord, to Thee" 632

Nunc Dimittis (page 199)

Thanksgiving (page 200)

Salutation and Benedicamus (page 201)

Benediction (page 202)

CLOSING HYMN, "God's Word Is Our Great Heritage" 582

Let Us Pray...

...for our members who are homebound: **Phyllis Burnett, Wilma Forrest,**

Alma Hassebrock, Moneta McCleary, Marge Morrissey, and Johanne Bloch

...for thanksgiving and praise for our blessings;

...for God's healing hand for those who have been ill;

...for Debbie Martin for healing and strength following surgery;

...for Bill Schroeder for healing and strength following surgery;

...for Rick Hardesty for healing and strength;

...for Kathy Brendel for healing and strength;

...for Jodi Burgess for healing and strength;

...for Pastor Peter Kolb and family, LCMS Missionary serving in Hong Kong;

...for those in need of God's mercy and care;

...for Immanuel, Charleston;

...for Immanuel, Loda;

...and for the Northern Illinois District.

Announcements - 1

The flowers on the altar today are given to the glory of God by Marsha and Steve Warsaw in honor of their 40th wedding anniversary.

Thank You! LWML wants to thank everyone who donated to our annual Baby Bottle project for the Pregnancy Resource Center. Your generosity brought in \$422.16. The resource center is very grateful! A big thanks to Debbie Martin for coordinating this fundraiser!

Church Council will meet Wednesday, July 19th at 7 p.m.

Please plan to stay after church on July 23rd for the annual Voter's meeting.

VBS! Our "Mighty Fortress" Vacation Bible School will be held Sunday, July 23 - Thursday, July 27 from 6 – 8 p.m. We will host a cook out on Sunday evening at 5 p.m. for all attendees, their parents, and volunteers. On the following evenings, a light supper will be served at 5:30 with the program beginning at 6 each evening. There are registration forms on the back elder pew if you have not received one yet. Please turn your completed registration forms in TODAY to Brenda Hendricks or Connie Warsaw. We need to know how many will be attending so that we have enough supplies for everyone. There is a sign-up sheet on the bulletin board in the back of the church for those interested in donating food items to complete our castle festivities. Martin Luther will be finding his way to Osman each evening to strengthen our Reformation theme of declaring "In Jesus, VICTORY is won!"

Sharing VBS! The children who attend Vacation Bible School will be sharing their adventures on Sunday, August 6th during the regular worship service. They will share songs that they learned and briefly describe a little about their week. Please join us and support the youth in our church. There will not be adult Bible class that day.

The zone LWML President's meeting will be held in the fellowship hall on July 29th at 9:30 a.m.

Mark your calendars: Sara McPike will give a presentation on her trip to South Africa on July 30th at 5:00 p.m. in the Fellowship Hall. Pizza and drinks will be served before the program, with a free will offering taken to help cover the meal. Please sign up on the bulletin board by July 23rd.

Announcements - 2

Adult Confirmation Class: Interest has been expressed in an adult confirmation class. Classes usually take 14-15 weeks and will meet for an hour at a time. If you have interest in a class, please contact Pastor McPike.

"Worship for Shut-ins" - Know someone who can't get to church? Lutheran Ministries from Concordia Theological Seminary produces "Worship for Shut-ins". It airs locally on WCIX-49 Sunday mornings at 7:30 a.m.

Ladies Aid Luncheon: Please sign up for the Ladies Aid luncheon at JT's restaurant, 401 E. Main, Mahomet, by July 23rd. Everyone is invited to attend for a day of food, fellowship, and shopping. The event is August 2nd, at noon, followed by going across the street for a demonstration at the Quilting Bee.

LWML continues to save used Portals of Prayer, bibles, ink jet cartridges, and cell phones (\$200 was made on smart phones last quarter). Thanks to everyone who helps save these items that in turn gives more money to our mite funds. Anyone who would like to collect mites, please see our new mite boxes for LWML's 75th anniversary on the table under the balcony. Pick one up and use year round!

Osman Wi-Fi: The Osman Wi-Fi code for "OsmanChurch(public)" is "romans1017".

Important news is sent via EMAIL. Urgent alerts (such as service time or location changes) are sent via cell phone text message. If you want to be on either or both lists, please contact Pastor McPike.

Announcements - 3

High Blood Pressure, The Silent Killer, Part 1

In America, one out of every three adults over age 20 has high blood pressure. One out of every six don't know they have it. Do you know your numbers?

Blood pressure is the measurement of the force of blood against the walls of the arteries. Blood pressure readings have two numbers. The systolic is the force in the arteries as the heart pumps. The diastolic is the force of the blood when the heart rests between beats. A normal blood pressure, B/P, in an adult would be less than 120/80.

Pre-hypertension is 120-139/ 80-89

Hypertension stage 1 is 140-159/ 90-99

Hypertension stage 2 is 160 or higher/ 100 or higher

Hypertension crisis is higher than 180/ higher than 110. Emergency care is needed.

Your provider may recommend a different goal for you depending on your age and history.

Most of the time high blood pressure, HBP, does not cause symptoms. Severe headaches or nosebleeds and feeling unwell may be associated with a hypertensive crisis or other health conditions. Other symptoms may be indirectly related to HPB are blood spots in the eyes, facial flushing, and dizziness.

Physical traits and lifestyle choices may put you at risk for HBP.

- Family history of HBP in parents, sibling or close relative.
- Age. As we age our arteries lose their elasticity and get stiffer. Children can also develop HBP.
- Gender. Men are more likely than women to get HBP until age 45. From age 45-64, men and women have similar risks of getting HBP. At 65 and older, women have a higher risk.
- Race. The prevalence of HBP in African-Americans in the USA is among the highest in the world. It usually starts at an earlier age and is more severe.

Lifestyle Choices that affect blood pressure:

- Lack of physical activity
- Unhealthy diet
- Being overweight or obese.
- Drinking too much alcohol. If you drink it's recommended to limit 2 drinks per day for men and 1 drink for women.
- Smoking and tobacco use. Causes temporary increase in B/P and artery damage.
- Stress. Increases B/P and may contribute to unhealthy behaviors such as overeating, drinking, lack of physical activity.

Some pre-existing medical conditions can cause secondary hypertension. Examples include pregnancy-induced hypertension, heart defects, kidney disease and sleep apnea. So what can you do to prevent HPB? What can you do to control your hypertension? Part 2 next bulletin.

From American Heart Association

Susan Miller parishnurse@osmanlutheran.org

The pathway that lies before me, only my Heavenly Father knows. I'll trust Him to unfold the moments, just as He unfolds the rose. From parish nurse dedication.