

Statistics

July 16 Attendance 55
July 16 Offering \$1,623.00

Those Assisting Us Today

Elder Don Warsaw
Altar Guild Sue VanWakeman and Susan Martin
Organist Alicia Haggin
Lay Reader..... Marsha 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 me by **NOON on Wednesdays**. You may contact me by email at secretary@osmanlutheran.org or by phone at **309-828-5883**. Thank you!
Linda

Mowing Schedule

July 29 Jeff Warsaw
August 5 Bob Zimmerman
August 12 Ken and Kent Whitehouse
August 19 Dwight Hooker

IMMANUEL LUTHERAN CHURCH OF OSMAN

The Lutheran Church-Missouri Synod

Seventh Sunday after Pentecost

July 23, 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.

Matins

OPENING HYMN, "The Lord, My God, Be Praised" 794

Printed Matins (*see separate folder*)

Psalm — Introit on bulletin insert

HYMN OF THE DAY, "Lord of Our Life" 659

Old Testament Reading: Isaiah 44:6-8

A. O Lord, have mercy on us.

C. Thanks be to God.

Epistle: Romans 8:18-27

A. O Lord, have mercy on us.

C. Thanks be to God.

Holy Gospel: Matthew 13:24-30, 36-43

Responsory (*printed in separate folder*)

Chapel Talk

Sermon

Catechism: Commandments 5-8, page 321

Canticle Hymn, "We Praise You and Acknowledge You, O God" .. 941

The Offering

Prayers (*please refer to the printed folder*)

CLOSING HYMN, "On What Has Now Been Sown" 921

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 North and South Wisconsin Districts;

...for University, Champaign;

...for all the students, teachers, and volunteers who will be helping with Vacation Bible School this week.

Announcements - 1

Annual Voter's Meeting: Please plan to stay after church **TODAY** for the annual Voter's meeting.

VBS! Our "Mighty Fortress" Vacation Bible School will be held THIS WEEK starting THIS EVENING! We will host a cook out THIS evening at 5 p.m. for all attendees, their parents, and volunteers. On the following evenings, Monday - Thursday, a light supper will be served at 5:30 with the program beginning at 6 each evening. If you have a registration form filled out for your child, please give it to Brenda Hendricks or Connie Warsaw this morning. The children will be studying the Bible lessons of Joshua and the Wall of Jericho, King Hezekiah, Josiah, Jesus' Ride into Jerusalem, and Jesus' Resurrection along with singing songs and making crafts that coordinate with these lessons. Some mighty castle games will also be played!

Today is the last day to sign-up for two great events - Sara McPike's presentation on her South Africa trip on July 30th at 5 p.m. and the Ladies Aid luncheon at JT's restaurant in Mahomet on August 2nd at 12 noon. If you're not sure today, you may contact Debbie Lammle (217-419-6717) or Shirley Sprau (309-722-3426) by July 26th.

Announcements - 2

A special THANK YOU to John Lammle, Steve Martin, Jim Poppe, Steve Warsaw, Don Warsaw, Jeff Warsaw, and Bob Zimmerman for putting up the temporary railing on the ramp and landscaping around the area. We appreciate all your hard work!

Operation Christmas Child! Our Sunday School children will once again be packing shoe boxes in November for children in poor countries across the world. Since school supplies are on sale NOW, this would be a good time to purchase items. Items needed are 24 pack crayons, colored pencils, erasers, pens, pencils, scissors, pencil sharpeners, and scissors. All members of the congregation may contribute to this mission project. There will be a collection box on the back elder pew. Through a Thrivent Action Team, we will also be receiving \$250 for this project. If any member would like to pack a shoe box, please see Terri Hooker or Connie Warsaw for a complete list of items that can and cannot be sent.

Everyone is invited to join us on SUNDAY, AUGUST 6 for doughnuts and drinks at 9 a.m. in the fellowship hall. Come see the PowerPoint of our "Osman Mighty Fortress" depicting the decorations, the crafts that the children made, and the mission projects that the children worked on. The children will be tying fleece blankets and making health kits for Lutheran World Relief as their mission projects. They will also have a part in the worship service as they share their adventuresome week where everything will be centered around "In Jesus, VICTORY is won!" There will not be adult Bible class that day as the children will practice in the church from 8:30 – 9.

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

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.

Plan now to attend the annual Church Picnic on August 13th at the Bellflower Community Center. Special entertainment will be provided!

"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.

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!

Announcements - 3

High Blood Pressure Part 2

Although we can't change our genetic makeup, there are lifestyle choices we can make to prevent, delay or treat hypertension.

- Physical activity. Have a positive attitude and be creative. The more you sit, the more you want to sit. The more you move, the more you want to move. Lets get moving. Sit in a pew farther from your preferred entrance. Change feels different but what fun to get your embrace a small change. You might find you enjoy it. 2½ hours of activity/exercise each week is normally recommended. Look for ways in your everyday life to be more active.
- Try to reach and stay at a healthy weight. Focus on healthy changes rather than losing weight. Summer is great time to try different fresh fruits, vegetables, and herbs. One game my granddaughters love to play is taste testing blindfolded. You don't have to eat blindfolded but take the time to taste what God has given us. At our gatherings, lets support each other in healthy choices.
- Reduce salt and sodium intake. The DASH diet, Dietary Approaches to Stop Hypertension, is a good resource for reducing salt. Studies have shown that people who are on the DASH diet lowered their blood pressure within 2 weeks.
- Limit alcohol. 2 drinks per day for men; 1 for women.
- Stop smoking. People find ways to stop smoking for good and so can you. Even if you have smoked for decades, your risk of a heart attack and other health problems will go down.
- Reduce stress. Remember the prescription in Self Care for the Stressed, May7, 2017? The New 5 a Day
Gratitude
Nature- gardening, walks, wildlife
Solitude- being quiet within, breathing
Sabbath- Where is it in your life

"by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship." Roman's 12:2

If you have hypertension:

- Take your prescribed medication.
- See your provider at least once a year.
- Check your blood pressure regularly at home or pharmacy B/P machine.
- Talk with your provider before taking over the counter medications or supplements. Your provider may want different goals for you depending on your history.

Susan Miller parishnurse@osmanlutheran.org