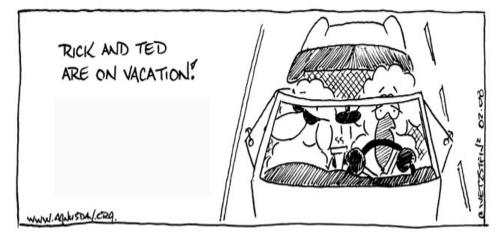
Statistics

July 30 Attendance	53
July 30 Offering \$1,819	.00

Those Assisting Us Today

Elder	Butch Sprau
Altar Guild	Debbie Lammle
Organist	Alicia Haggin

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**. Thank you!

Mowing Schedule

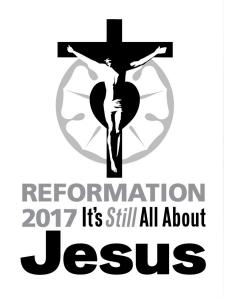
August 12	Ken and Kent Whitehouse
August 19	Dwight Hooker
August 26	Darwin and Wade Warsaw

IMMANUEL LUTHERAN CHURCH OF OSMAN

The Lutheran Church-Missouri Synod

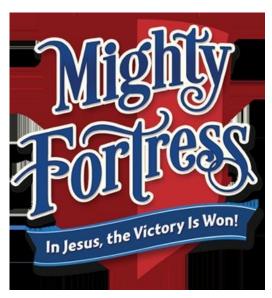
Mighty Fortress: In Jesus, the Victory is Won! Vacation Bible School Closing Program and Worship

The Sixth of August
The year of our Lord Two Thousand Seventeen
of the Reformation, the 500th
of the Lutheran Church – Missouri Synod, the 170th
of Immanuel Lutheran Church of Osman, the 122nd



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



Opening Hymn, "Lord, Help Us Ever to Retain"				
Invoc	ation			
P:	In the Name of the Father, and of the Son, and of the Holy Spirit.			
C:	Amen			
P:	God's might tumbles Jericho's Walls.			
C:	Shout! God is mighty! The Victory is Won!			
P:	Thanks be to God, Who gives us the victory			
C:	through our Lord Jesus Christ. (1 Cor. 15:57)			
P:	God delivers King Hezekiah's Kingdom.			
C:	Fear Not! The Victory is won!			
P:	God is our Refuge and strength,			
C:	a very present help in trouble. (Psalm 46:1)			
P:	God's Word Reforms King Josiah.			
C:	God's Word is true and powerful! The victory is won!			
P:	Every word of God proves true;			
C:	He is a shield to those who take refuge in Him. (Proverbs 30:5)			
P:	King Jesus enters Jerusalem.			
C:	Jesus comes to save! The victory is won!			
P:	Behold, your king is coming to you;			
C:	righteous and having salvation is He. (Zech. 9:9)			
P:	On the cross, Jesus wins the victory!			
_				

Jesus is our Savior and King! The victory is won!

C:

Holy, holy, holy is the Lord God Almighty,

Who was and who is and who is to come. (Rev. 4:8)

P:

C:

Announcements - 1

A huge THANK YOU to Brenda Hendricks for all her work on VBS this year! She put it all together in about 3 weeks and volunteered MANY hours in preparations and decorating. It was a great success and the kids had an awesome time. Without Brenda's efforts, we wouldn't have had VBS and more than 20 children would not have experienced that "Jesus Won the Victory for Us." VBS Staff

Thank you to the following members who volunteered in various ways for

Vacation Bible School:

Teachers: Sara McPike and Connie Warsaw

Teacher helper: Susan Martin

Martin Luther and tour guide: Pastor McPike and Sara McPike

Bible Storyteller: Annette Warsaw

Crafts: Kim Clemmons Music: Sara McPike

Mission Projects: Connie Warsaw and Brenda Hendricks

Games: Annette Warsaw and Bryan Edwards

Technology specialist: Bryan Edwards

Decorators: Connie Warsaw, Don Warsaw, and Brenda Hendricks

Kitchen help: Angi and Pastor Deen, Don Warsaw, Jeff Warsaw, Amanda Amdor, Jed

and Annette Gerdes, and all the staff

Director: Brenda Hendricks

Also thanks to all the cookie bakers and the members who prayed for our VBS. Thank you to the parents and grandparents who brought their children to hear God's Word. And most of all thank you to the children who brought their listening ears and tender hearts to engage in the activities. It took several people every evening to make the castle run smoothly! Thanks to all who made VBS a success in teaching that "In Christ, the VICTORY is won!"

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.

The annual church picnic will be held at the Bellflower Community building on August 13th beginning with church service at 10 a.m. The meat, drinks, and table service will be provided. Please bring a dish to share, and come ready for fun and games for both kids and adults. Rides in your favorite vehicle will be provided - tractors, corvettes, VB Beetle, and an ATV. Hope to see you there!

Thanks to Sara McPike for sharing her amazing presentation on her trip to South Africa. An added thanks to everyone who attended and helped in setting up for this special event.

Church Council will meet August 16th at 7 p.m.

Announcements - 2

Arthritis 101, Part 1 - Arthritis is referred to as joint pain or disease. It is not well understood and there are over 100 types of arthritis. It is the leading cause of disability in the USA. People of all ages, races, and sexes get arthritis. It is more common in women and the older you get. 50 million adults and 300,000 children have some type of arthritis.

Joint symptoms include pain, swelling, and decreased range of motion. The symptoms may come and go. They may stay the same for years or progress over time. Symptoms can be mild, moderate, or severe. Arthritis can affect daily activities and cause permanent joint changes. The changes may only be seen on Xray.

The most common arthritis is *osteoarthritis*. The cartilage, cushioning at the end of the bones, becomes worn. Bone rubs on bone and causes pain, swelling, and stiffness. Over time joints can lose strength and cause chronic pain. Risks include excessive weight, family history, and previous injury.

When symptoms are mild or moderate they can be managed by

- Balancing activity and rest
- Using warm and cold therapies
- Regular physical stretching and activity to strengthen muscles around joint.
- Maintain a healthy weight
- Using assistive devices
- Taking over-the-counter pain relievers. Check with your provider on what is best for you.
- Avoiding excessive repetitive motions.

When should you should you see your provider about your symptoms?

- Joint pain or swelling lasting more than 3 days
- Several episodes during the month
- Joint is warm or red to touch
- Joint tenderness or stiffness
- Difficulty doing daily tasks

Joint symptoms that cause you concern.

From Arthritis Foundation

The Lord will give grace and glory: no good thing will He withhold from them that walk uprightly. Psalm 84:11

Susan Miller

Parishnurse@osmanlutheran.org

Join the fellowship after church on August 20th for coffee cakes and donuts in the fellowship hall!