

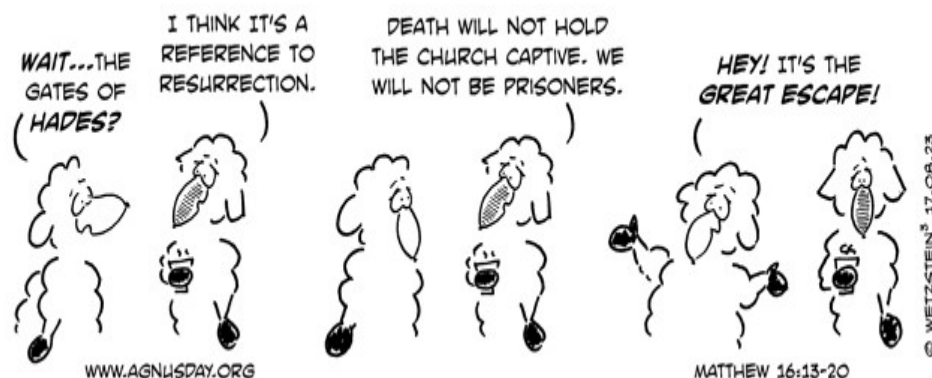
Statistics

August 20 Attendance 60
August 20 Offering \$1,729.00

Those Assisting Us Today

Elder Butch Sprau
Altar Guild Debbie Lammle
Organist Alicia Haggin
Lay Reader..... Barb Gaines

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

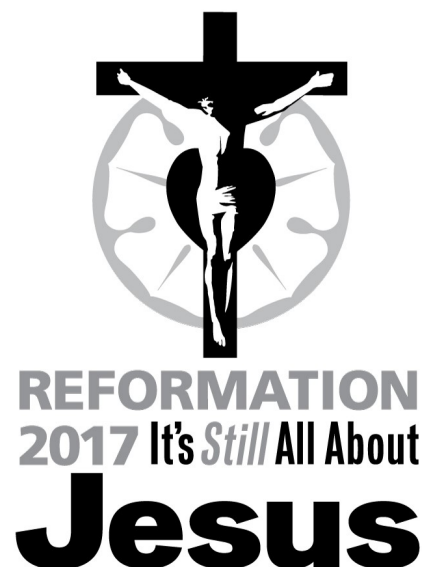
September 2 Myron, Randy and Eric Zimmerman
September 9 Roy Whitehouse
September 16 Steve Gaines and Bill Schroeder
September 23 Brenda Hendricks

IMMANUEL LUTHERAN CHURCH OF OSMAN

The Lutheran Church-Missouri Synod

Twelfth Sunday after Pentecost

August 27, 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 God of Abraham Praise" 798:1,2,3,9

Printed Matins (*see separate folder*)

Psalm — Introit on bulletin insert

HYMN OF THE DAY, "Built on the Rock" 645

Old Testament Reading: Isaiah 51:1-6

A. O Lord, have mercy on us.

C. Thanks be to God.

Epistle: Romans 11:33-12:8

A. O Lord, have mercy on us.

C. Thanks be to God.

Holy Gospel: Matthew 16:13-20

Responsory (*printed in separate folder*)

Chapel Talk

Sermon

Catechism: Apostle's Creed, First Article, page 322

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

The Offering

Prayers (*please refer to the printed folder*)

CLOSING HYMN, "Savior, Again to Thy Near Name We Raise" 917

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 Marge Morrissey who has been hospitalized;

...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 the Central Illinois District;

...for Immanuel, Broadlands;

...and for St. Peter, Thawville.

Announcements

The flowers on our altar today are given to the glory of God by Bob and Diana Zimmerman in honor of their 50th wedding anniversary.

Open House: Everyone is invited to an open house TODAY from 2 to 5 p.m. in the fellowship hall, as we celebrate our 50th wedding anniversary. It would please us greatly if you could stop by for awhile to wish us many more, have a bit of refreshment and share memories of those last 50 years! We request no gifts please, just your presence to help us celebrate! Hope you can join us! Bob and Diana Zimmerman

The Ladies Aid will hold its monthly meeting on September 6th at 1:30 PM in the fellowship hall. Devotion and refreshments will be provided by Debbie Lammle and topic will be presented by Shirley Sprau. Roll call will be given with a verse on trust. All ladies of the church are welcome!

Thanks to the Ladies Aid members for providing the refreshments and the choir for providing the music for last week's reception for Alicia Haggin and her husband, Nick.

Thank you! When Alicia told me that my presence was urgently requested at Osman on the morning of the 20th, I could not possibly have anticipated that she and I would be the objects of such lavish praise as we received at coffee and donuts afterwards. She deserved every word of it, even if I don't; the enjoyment I derive from music is much too great for me to merit thanks. As Mahalia Jackson once said, "I sing God's music because it makes me feel free. It gives me hope. With the blues, when you finish, you still have the blues." Thank you all, very much, and we love making music with you too. Nicholas Haggin

Thank you so much for honoring Nick and me last week! We were completely surprised! I know you've all heard this before, but Osman is truly a very special congregation. You are so appreciative and such a joy to serve. Thank you! Thank you! Thank you! Alicia Haggin

Church Cleaning! Bring your cleaning supplies and gather on Friday, September 15th, at 8 AM to help do some fall cleaning of the church and annex. Many hands will make light work as we make our place of worship sparkling clean!

Arthritis Part 2 - Rheumatoid arthritis, RA, is a chronic inflammatory disorder that affects your joints. In some people it can affect their skin, eyes, lungs, blood vessels and heart. It is an autoimmune disorder in which your immune system attacks its own tissue. RA causes an inflamed thickened joint lining, with a build up of lubricating fluid. If the inflammation continues, it can damage the cartilage, as well as the bones themselves. Overtime the joints can become loose, unstable, painful,

Announcements - continued

and lose their mobility. Joint deformity can occur. Providers recommend early diagnosis and aggressive treatment. Genes, hormones, and environmental factors can increase your risk for RA.

Symptoms may be:

- Joint pain, tenderness, swelling or stiffness for 6 weeks or longer
- Morning stiffness for 30 minutes or longer
- More than one joint affected
- Small joints (wrists, certain joints in hands or feet) are affected
- The same joints on both sides of the body are affected
- Fatigue, decreased appetite, and low-grade fever with the pain

Symptoms may wax and wane. A flare is an increase in inflammation and symptoms. It may last for days or months. Ongoing high levels of inflammation may cause problems with other parts of the body.

A medical history, physical exam, blood tests to look for biomarkers such as antibodies linked to RA and imaging tests will help diagnose RA.

The goals of treatment usually are:

- Stop the inflammation
- Relieve symptoms
- Prevent joint and organ damage
- Improve physical function and well being
- Reduce long-term complications

There are different drugs used in the treatment of RA. Some are used to ease symptoms while others slow or stop the progression of the disease. Surgery may be an option for people with permanent damage that limits daily function, mobility and independence. Joint replacement can relieve pain and restore function. There is no specific diet for RA but foods rich in antioxidants can help control and reduce inflammation. Many of them are part of the Mediterranean diet that emphasizes fish, vegetables, fruits and olive oil, among other healthy foods. Try eliminating or reducing processed and fast foods that fuel inflammation. Balance activity with rest. Exercise is considered a major part of treatment. The program should include low-impact aerobics, muscle strengthening and flexibility. Heat therapy tends to work for stiffness, cold for acute pain. Apply 20 minutes on, 20 minutes off. Alternative therapies, such as acupuncture, massage, and deep breathing can relax muscles, reduce pain, ease stress and improve joint function. The supplements tumeric and omega-3 fish oil may help pain and morning stiffness. Talk with your provider before starting any supplements. Having a positive attitude and support system can help RA people cope with life changes.

Arthritis Foundation

Susan Miller parishnurse@osmanlutheran.org