

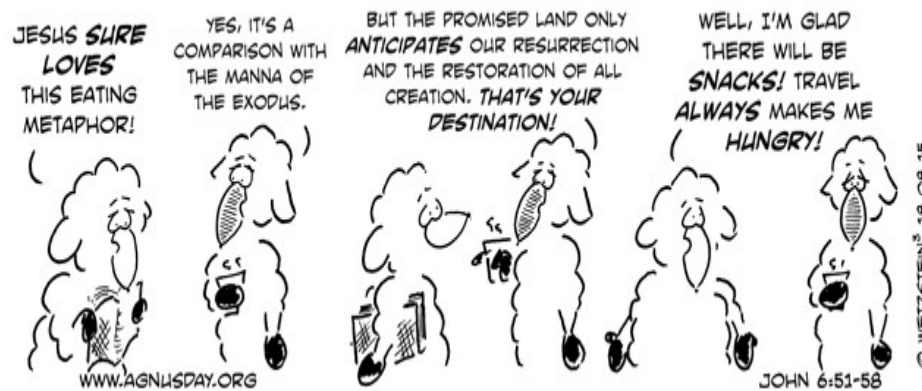
Statistics

August 12 Attendance 44
August 12 Offering \$725.05

Those Assisting Us Today

Elder Roy Whitehouse
Altar Guild Debbie Martin and Debbie Lammle
Organist Alicia Haggin
Lay Reader..... Barb Gaines
Acolyte Ashley Genzel

Agnus Day



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

Mowing Schedule

August 25 Darwin and Wade Warsaw
September 1 Myron, Randy, Eric Zimmerman
September 8 Roy Whitehouse

Bulletin Deadline

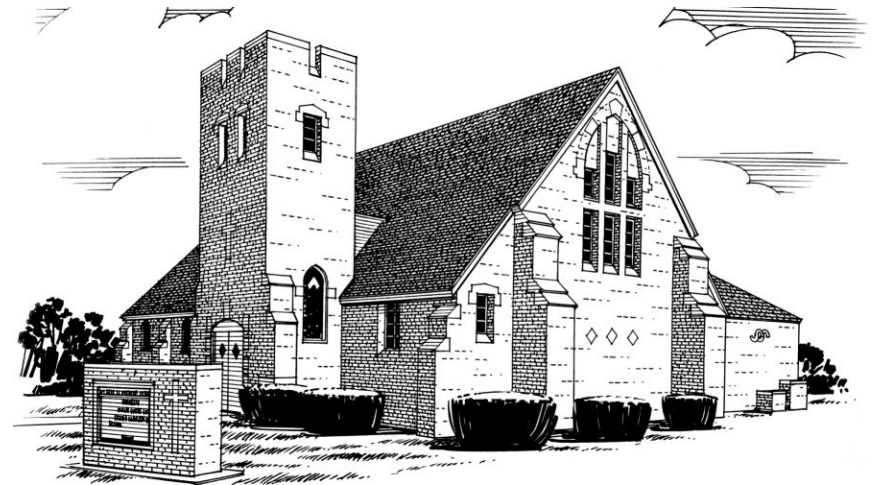
If you have announcements for the weekly Bulletin, please forward those to Linda Warsaw by **NOON on Wednesdays**. You may contact her by email at secretary@osmanlutheran.org or by phone at **309-828-5883**. Thank you!

IMMANUEL LUTHERAN CHURCH OF OSMAN

The Lutheran Church-Missouri Synod

Thirteenth Sunday after Pentecost

August 19, 2018 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

(312) 650-9890

Pastor@OsmanLutheran.org

Welcome in Jesus' Name

Lutherans believe that Jesus Christ is present in the Sacrament so that we receive His true body and blood along with the bread and wine (Mark 14:22, 24; 1 Corinthians 10:16). We further believe that in this Sacrament, we receive the forgiveness of sins (Matthew 26:28) and strength to live an improved Christian life (Galatians 2:20). A worthy communicant is one who is truly repentant of his/her sins and who resolves to amend his/her life (1 Corinthians 11:28). Furthermore, this Sacrament is not only a communion with Christ (Matthew 18:20; 1 Corinthians 10:16), but also with one another (1 Corinthians 10:17; Acts 2:42). Those desiring to commune with us for the first time should register with the pastor in his office BEFORE the service begins.

Divine Service, Setting Four

OPENING HYMN, "O Word of God Incarnate" 523

Confession and Absolution (page 203)
Introit (see insert)
Kyrie (page 203)
Gloria in Excelsis (page 204)
Salutation and Collect of the Day (page 205)

Old Testament Reading: Proverbs 9:1-10

A. This is the Word of the Lord.
C. Thanks be to God.

Gradual (Insert)

Epistle: Ephesians 5:6-21

A. This is the Word of the Lord.
C. Thanks be to God.

Alleluia and Verse (page 205)

Holy Gospel: John 6:51-69

A. This is the Gospel of the Lord.
C. Praise to You, O Christ.

Nicene Creed (page 206)

HYMN OF THE DAY, "O God, My Faithful God" 696

Sermon
Prayer of the Church (page 207)
The Offering

Service of the Sacrament

Preface (page 208)
Sanctus (page 208)
Prayer of Thanksgiving (page 209)
Lord's Prayer (page 209)
The Words of our Lord (page 209)
Pax Domini (page 209)
Agnus Dei (page 210)

DISTRIBUTION HYMN, "O Living Bread from Heaven" 642

DISTRIBUTION HYMN, "Sent Forth by God's Blessing" 643

Nunc Dimittis (page 211)
Post-Communion Collect (page 212)
Benedicamus and Benediction (page 212)

CLOSING HYMN, "In Thee Is Gladness" 818

Let Us Pray...

...for our members who are homebound: **Marge Morrissey, and Johanne Bloch**

...for thanksgiving and praise for our blessings;
...for God's healing hand for those who have been ill;
...for Darryl Redding for healing;
...for Kathy Brendel for healing and strength;
...for Jodi Burgess for healing and strength;
...for Esther Lutz for healing and strength;
...for Tammy Warren for healing;
...for those in need of God's mercy and care;
...and for St. Paul, Sadorus.

Announcements

The Eternal Flame is being sponsored during the month of August by Linda Warsaw in memory of G. Alan Guinn.

The parents of the confirmation class will be meeting with Pastor McPike after church TODAY.

Thanks to the Ladies Aid for organizing and carrying out everything needed for the Church Picnic, and everyone else who helped make the picnic a success! (John Lammle for setting up tables and chairs, Butch Sprau, Don Warsaw, and Roy Whitehouse for bringing items from the church, Don Warsaw and John Lammle for grilling the meat, Steve and Susie Martin for helping with the water balloon toss, and everyone who brought delicious food for the potluck and helped clean up afterwards). Thanks for your generous donations for Our Savior Lutheran Church comfort dog.

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, pencils, pens, markers, pencil sharpeners, scissors, tooth brushes (NO toothpaste), and combs. We usually fill around 20 boxes. 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.

1st Annual Senior Citizen Day Breakfast Celebration: The Waterford at Bridle Brook, 1505 Patton Dr., Mahomet, will be serving complimentary breakfast for all seniors in celebration of National Senior Citizen Day on August 21st from 7am to 10am. Questions? Contact EmiLee Lindenbaum at 217-586-3200.

Happy 100th Birthday! The family of Ina Marie (Warsaw) Thomason, former member of Immanuel Osman invite you to a party celebrating Ina's 100th birthday on Saturday, August 25th from 1-3pm at Sunny Hill Nursing Home. Please RSVP to Tori or Heather Thomason (Text or Call 779-324-3580). Cards may be sent to her at: Ina Thomason, Sunny Hill Nursing Home, 421 Doris Ave., Joliet, IL 60433.

The Osman LWML adopted a local family to help throughout the year. The single mother has 5 children and needs our support. The LWML ladies are donating gifts for the family's birthdays, but if anyone wants to give further financial assistance, please place in the donation box on the elder's pew. It would be greatly appreciated! Remember - "Whatsoever you do to the least of my brothers, you do unto Me." Matthew 25:40.

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

Reaching A Healthy Weight

A healthy weight is a weight that you feel good about yourself and have energy for work and play. It's also one that doesn't put you at risk for weight-related problems like heart disease, diabetes, stroke, arthritis, and cancer. Many people are not at a healthy weight but want to get there. If this sounds like you, here are some ideas to keep in mind as you get started.

Focus on health first.

Choose healthier foods.

Be careful about how much you eat.

Be more active.

If you are overweight, plan not to gain anymore weight. When you're ready, try to lose some weight.

Focus on Health First

Eating healthier and being more active will probably help you lose weight. Even if you don't lose much weight, these changes can help you feel better, have more energy, and prevent disease. Focus on healthy changes rather than weight loss.

Eat Healthier Foods

Reaching and staying at a healthy weight is not about going on a diet. It's about choosing healthier foods everyday. In general fruits and vegetables, whole grains, lean protein, and low-fat dairy foods should be most of what you eat.

Watch How Much You Eat

Part of controlling your weight means learning how much food you really need from day to day and not eating more than that. Even healthy food can lead to weight gain if you eat too much.

Eat at regular times so you don't get too hungry between meals

Tune into how hungry or how full you are before you start to eat.

Pay attention to how much food is on your plate.

Read food labels to learn what a serving size is.

Slow down. Enjoy every bite.

Don't go back for seconds.

If you eat out, split an entree or ask for half of it in a to-go box.

Be More Active

Exercise burns calories and makes it easier to lose weight. It gives you more energy, makes you stronger, and helps better deal with stress. Walking works. Moderate exercise is safe for most people but it's always a good idea to talk with your provider before starting a new exercise program. The ideal exercise program includes aerobic, strength training, and stretching.

Avoid Weight Gain

Start by weighing yourself today. Use that as your weight limit. Cut back on calories or be more active if you start to gain.. Don't weigh yourself everyday. Weight fluctuates from day to day without meaning you are gaining or losing. When you are ready, try to lose weight. Losing as little as 5 to 10 percent of your weight can make a difference.

Plan to succeed, track your progress, and make new habits a part of your daily life.

From: Healthwise for Life 8th edition.