

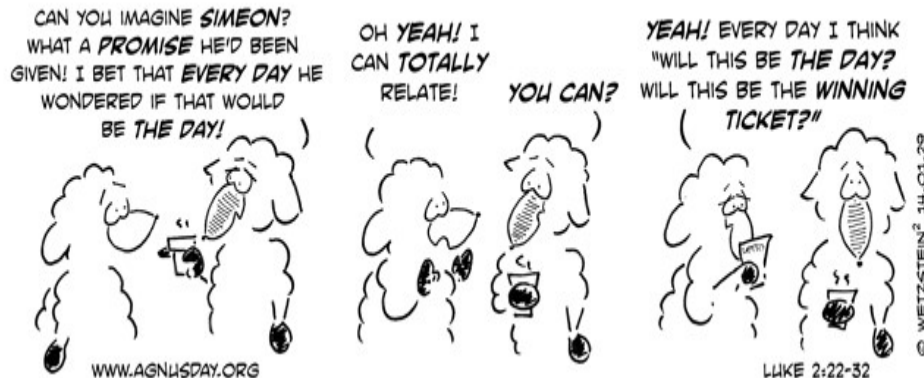
Statistics

December 23 Attendance 63
December 23 Offering \$1,264.00

Those Assisting Us Today

Elder Don Warsaw
Altar Guild Debbie Lammle and Sue Van Wakeman
Organist Alicia Haggin
Lay Reader Annette Warsaw
Acolyte Ashley Genzel

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!

IMMANUEL LUTHERAN CHURCH OF OSMAN

The Lutheran Church-Missouri Synod

First Sunday after Christmas

December 30, 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

**The First Sunday after Christmas
December 30, 2018 - 9:30 a.m.**

A Lutheran Christmas Mass
(after the format of Luther's *Deutsche Missae*, 1526)

Hymn, "Oh, Come, All Ye Faithful" 379

Kyrie (*Sung responsively to the tune of "From Heaven Above" TLH 85*)

P: In peace to God now let us pray,

C: have mercy on us, Lord, this day,

P: For peace from heav'n, salvation too,

C: Your mercy, Lord, we seek from You.

P: To the whole world Your peace bestow,

C: grant mercy, Lord, to us below,

P: And for Your church, O God, we pray,

C: In mercy, come and be our stay.

P: For this, Your house, and all who pray,

C: in mercy be our help always,

P: Your comfort, strength and help afford,

C: "Amen" we pray, O gracious Lord.

Gloria in Excelsis: "Angels We have Heard on High" 368

Collect for First Sunday after Christmas

C: Amen

Old Testament: Exodus 13:1-3a, 11-15

Epistle: Colossians 3:12-17

Hymn of the Day, "Let All Together Praise our God" 389

Please note the triangle next to the final stanza; this indicates a stanza praising the Trinity.

As such, we will stand in praise of the Trinity.

Holy Gospel: Luke 2:22-40

(sung responsively to the tune "O Little Town of Bethlehem", TLH 647)

P: And now the Holy Gospel, is read for you to hear,

C: Our praise and thanks we offer, to God alone, most dear.

P: For in the second chapter, St. Luke of Jesus wrote,

C: Our voices now we lift and sing, "Glory to You, O Lord."

(the gospel is read)

Announcements

The Eternal Flame is being sponsored during the month of December by Debbie Peyton in memory of Harold Peyton.

Open House - Pastor and Sharon are hosting an open house at their home in Philo on Saturday, January 5, 2019 from 2-4 PM. This will include an open house for Sara, who graduated December 15 from Concordia University—Chicago. The address is 112 W. Jefferson Street, Philo. From Urbana, go south on 130 to Philo. Jefferson is 3 blocks south of the railroad, turn left and go one block east, to the corner of Jefferson and Jackson.

Thanks to Pastor McPike for writing an outstanding and eloquent service for Christmas Eve and to Kim Clemmons for directing the children. Also, thanks to Brenda Hendricks for directing the children's bell choir. A special thank you to the choir and to Nick Haggin and Theresa Van Wakeman-Wilson for their duet and to Sara McPike for her trumpet playing.

Thanks to the ten volunteers that showed up on December 24th to fill the treat bags. We completed the job in 30 minutes. Also thanks to everyone who donated towards the treats.

Confirmation memory work: Review all of the books of the New Testament and the first article of the Apostles' Creed. (1 sentence) After reciting your memory work to your parents, please get their signature. The students will take notes on the sermon **NEXT SUNDAY**, January 6.

FYI - Ornaments and hangers will be available for purchase from now through the 125th celebration. Please contact Wilma Grussing, Debbie Martin, Christie Delaney or Marsha Warsaw for more information or to purchase your ornaments. Thank you!

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

Let Us Pray...

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

...for thanksgiving and praise for our blessings;
...for God's healing hand for those who have been ill;
...for Kathy Brendel for healing and strength;
...for Jodi Burgess for healing and strength;
...for Esther Lutz for healing and strength;
...for those in need of God's mercy and care;
...and for the Oklahoma District of the LCMS.

Gospel response to the tune of "O Little Town of Bethlehem"

P: This is the Holy Gospel, from God Himself it comes,

C: It tells how Christ from heaven, among us made His home.

P: What wonders now He's told us, God's Word the good news brings,

C: Praise be to You, Lord Jesus Christ, we now with gladness sing!

Homily

Creed: "In God, our Mighty Father" (to the tune, *Es Ist Ein Ros'*)

In God our mighty Father, we truly do believe,
He made the earth and heaven, He cares for all our needs.
We are His children free.
In danger and through trouble, He safely will us lead.

In Jesus Christ, our brother, our faith will always be.
The Son of God eternal, was killed on Calv-ry's tree.
From death He rose to life!
He lives and reigns in heaven, prays for us in our strife.

In God, the Holy Spirit, we now our trust confess.
Who with His grace and comfort, our lives in Christ will bless.
When life on earth is done,
With God, we'll be in heaven, our true eternal home. Amen

Prayer of the Church

Offering ("Christmas Blessing" Choir)

The service of the sacrament

Preface (Tune: *Adeste Fideles*)

P: The Lord be with you

C: And with you, His servant

P: O come let us lift our hearts unto the Lord.

**C: With hearts uplifted thanks to Him we render,
With joy we come before Him, in gratefulness implore Him,
With thankful hearts adore Him, evermore!**

P: (proper preface for Christmas)...evermore praising You and singing:

Sanctus Hymn: (tune: "Hark! the Herald Angels Sing!")

Holy, Holy, Holy Lord! God of Host, by all adored!
Heaven and earth cannot contain, All the glory of Your name!
Hail, Hosanna, God most high! Blest is He who now draws nigh
In the name of God the King! Hallelujahs glad we sing:
Hail, Hosanna! Praises due - Be forever, Lord to You!

P: "Lord of heaven and earth, we praise and thank You..."

C: Amen.

The Lord's Prayer

The Words of Institution

Hymn, "Joy to the World"

Joy to the world, the Lord is come,
Let earth, receive her king!
Let every heart prepare Him room,
and heaven and nature sing, and heaven and nature sing!
And heaven, and heaven and nature sing!

Distribution

Music During Distribution:

"Gentle Mary Laid Her Child" 374
"In Dulce Jubilo" ... (translation on next page) Nick Haggin
"O Jesus, so Sweet" 546

Post-Communion Canticle (to the tune of "God Rest Ye Merry Gentlemen")

Lord, let Your servant go in peace, Your Word has been fulfilled.
My eyes have seen the saving work, Which for the world You willed:
The glory of Your Israel, A light for all revealed.
Oh, tidings of comfort and joy, comfort and joy, Oh tidings of comfort and joy!

All praise to God the Father, all praise to God the Son,
All praise to God the Spirit, Most blessed Three in One.
As was, is now, and e'er shall be, While endless ages run!
Oh, tidings of comfort and joy, comfort and joy, Oh tidings of comfort and joy!

Post Communion Collect

C: Amen

Benediction

C: Amen

Hymn, "Angels from the Realms of Glory" 367

"In Dulce Jubilo" (translation)

1.

In dulci jubilo [In quiet joy]
Let us our homage show
Our heart's joy reclineth
In praesepe [in a manger]
And like a bright star shineth
Matris in gremio [in the mother's lap]
Alpha es et O. [Thou art Alpha & Omega]

2.

O Jesu parvule [O tiny Jesus]
I yearn for thee alway
Listen to my ditty
O puer optima [O best of boys]
Have pity on me, pity
O princeps gloriae, [Prince of glory]
Trahe me post te. [draw me unto thee]

3.

O patris caritas [O father's caring]
O nati lenitas [O newborn's mildness]
Deeply were we stained
Per nostra crimina [by our crimes]
But thou hast for us gained
Coelorum gaudia [heavenly joy]
O that we were there.

4.

Ubi sunt gaudia [where be joys]
If that they be not there
There are angels singing
Nova cantina [new songs]
There the bells are ringing
In regis curia [at the king's court]
O that we were there.

Translation by [Robert Lucas Pearsall](#)
from CPDL.org

Hypoglycemia In Non-Diabetic People

Hypoglycemia is a condition when your blood sugar drops too low. If you don't have diabetes, hypoglycemia can happen if your body can't stabilize your blood sugar levels. It can also happen after meals if your body produces too much insulin, a hormone that breaks down sugar so you can use it for energy. Hypoglycemia in non-diabetic people is less common than people with diabetes.

What are the symptoms of hypoglycemia?

Everyone reacts differently but common symptoms are:

- dizziness, headache, sweating, shaking
- a feeling of extreme hunger, blurred vision
- an inability to concentrate, confusion, personality changes

What are the causes of hypoglycemia?

Hypoglycemia is either reactive or nonreactive. Each type has different causes.

Reactive hypoglycemia occurs within a few hours after a meal. An overproduction of insulin causes the hypoglycemia. Having reactive hypoglycemia may increase your risk of developing diabetes.

Nonreactive hypoglycemia isn't necessarily related to meals and may be related to an underlying disease. Causes of nonreactive hypoglycemia include:

- some medications, like kidney failure medicines
- excess amounts of alcohol, which can stop your liver from producing glucose.
- any disorder that affects the liver, heart, or kidneys
- some eating disorders, such as anorexia
- pregnancy

Although rare, a pancreatic tumor can cause the body to make too much insulin and cause hypoglycemia. Hormone deficiencies can also cause hypoglycemia because they control glucose levels.

Dumping syndrome

If you have had surgery on your stomach to alleviate gastroesophageal reflux disease, you may be at risk for dumping syndrome. The body releases excess insulin in response to a carbohydrate-rich meal. That can cause hypoglycemia.

Who can develop hypoglycemia without diabetes?

- if you have other health problems, have prediabetes
- have family members with diabetes, are obese
- have had certain surgery on your stomach

How is hypoglycemia diagnosed?

Fasting and mixed meal tolerance blood tests are performed. Keeping track of symptoms, what you've eaten, how long before or after a meal your symptoms occurred. Talk with your medical provider.

How is hypoglycemia treated?

Identifying the cause is necessary to find the best treatment. Glucose will help raise your blood sugar in the short term. Carbohydrates will increase your blood sugar such as 2/3 cups of orange juice

How to prevent hypoglycemia?

Changes in your diet and eating schedule can resolve episodes of hypoglycemia and prevent future episodes. Other tips include:

- Eat a balanced diet that's low in sugar and high in protein, fiber, and complex carbohydrates. Complex carbs pack more nutrients like fiber and digest more slowly. Examples include fruits, vegetables, nuts, beans, and whole grains. Avoid processed and refined sugars.
- Eat small meals every 2 hours to help keep your blood sugar stable.
- Carry a snack of a quick source of carbohydrate to boost blood sugar level. Protein will help keep sugar in your system longer.

See your provider to determine if there's an underlying cause for your symptoms.

Healthline newsletter. parishnurse@osmanlutheran.org