

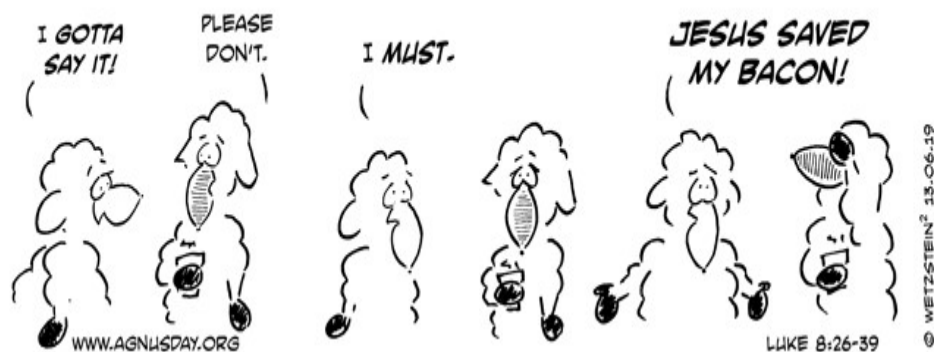
Statistics

June 16 Attendance 49
June 16 Offering \$798.97

Those Assisting Us Today

Elder Jim VanWakeman
Altar Guild Susan Martin
Organist Alicia Haggin
Lay Reader..... Theresa VanWakeman Wilson

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 List

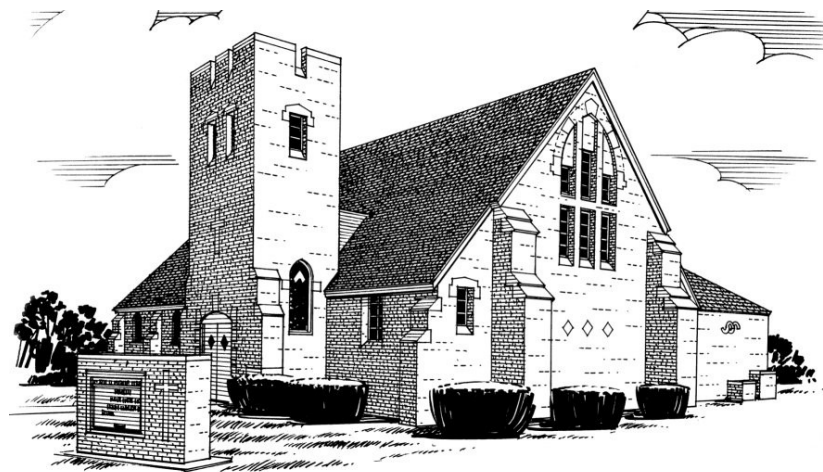
June 29 Jim Poppe
July 6 Steve Warsaw
July 13 Shane Zimmerman

IMMANUEL LUTHERAN CHURCH OF OSMAN

The Lutheran Church-Missouri Synod

Second Sunday after Pentecost

June 23, 2019 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

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: Hymn Sing

Printed Matins (*see separate folder*)

Psalm — Introit on bulletin insert

HYMN OF THE DAY, "Just as I Am, without One Plea" 570

Old Testament Reading: Isaiah 65:1-9

A. O Lord, have mercy on us.

C. Thanks be to God.

Epistle: Galatians 3:23-4:7

A. O Lord, have mercy on us.

C. Thanks be to God.

Holy Gospel: Luke 8:26-39

Responsory: (see Matins folder)

Catechism: The Sacrament of the Altar (page 326)

Sermon

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

The Offering

Prayers (*please refer to the printed folder*)

CLOSING HYMN, "Hark, the Voice of Jesus Crying" 826

Let Us Pray...

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

...for thanksgiving and praise for our blessings;

...for God's healing hand for those who have been ill;

...for Jodi Burgess for healing and strength;

...for Esther Lutz for healing and strength;

...for those in need of God's mercy and care;

...for St. Paul, Mattoon (Dorans);

...and for the Southern Illinois District LCMS.

PLEASE return your Matins service folder to the Elder's Pew as you leave the church today, so that they may be reused. Thank You!

Announcements

Our deepest sympathy to the family of Angi Zimmerman, who passed away on Sunday, June 16th. Angi was the mother of Chase Zimmerman. Chase is the son of Shaun Zimmerman, step-son of Chris Zimmerman, and grandson of Bob and Diana Zimmerman. May God comfort the family during this time of sorrow!

Our deepest sympathy to the family of Kathy Brendel, who passed away Friday, June 14th, in her home in Bellflower after a long battle with cancer. May God comfort the family during this difficult time!

If anyone still has a baby bottle for the Pregnancy Resource Center, please place it on the elder's pew. Thanks to everyone who contributed to this project and helped change a life!!!

The confirmation class will hold a review session on June 30th at 8am in the Fellowship Hall. Bring your catechism book and bibles and be ready to review everything learned this year.

The LWML and Ladies Aid will hold their annual Bake Sale at the 4th of July celebration at Bellflower. Come early for delicious candy, breads, cakes, and pies! Anyone who wishes to take their baked goods early may drop them off at Shirley Sprau or Connie Warsaw's home on Wednesday evening. Coffee and water will also be sold on Thursday morning! Hope to see you there!

Mark Your Calendars: A group congregation picture for the new directory will be taken on **June 30th** after church. A picture of the choir will also be taken that day. On **July 7th** a picture of the Altar Guild, Confirmation Teachers and SS teacher will be taken. **During the July 10th Ladies Aid meeting, a group picture will be taken for the directory.** In honor of our 125th celebration next year, we will be adding Memorial Pages in our new directory as well. Anyone who would like to submit pictures of past members may do so with no charge. Please sign-up on the bulletin board at the back of the church if you would like to add loved ones to this Memorial section of our directory. (An actual print may be submitted which will be scanned and returned). Please give the pictures to Diana Zimmerman, Annette Warsaw, Terri Hooker, or Debbie Lammle by **July 21st**. Thanks for helping make this a special directory with special memories! Directory Committee

Additional Announcements

90th Birthday Celebration for Wilma Grussing: The congregation is invited to attend an open house / card shower celebrating Wilma Grussing's 90th birthday. The party will be held on Sunday, July 7 from 1:30 - 3:30 p.m. in the Fellowship Hall. Wilma has requested cards only - no gifts please. If you're unable to attend, but would like to send a card, Wilma's address is 510 W Center St, Bellflower, IL 61724.

Please let Debbie Lammle, Susie Martin, or Sue VanWakeman know if you have knowledge of addresses of the following former confirmation members: Sheri Burt, Andrea, John, and Rebecca Goodlick, Christine and Diana White, Mary and Dennis Gunter, Don Woosley, Alan Schultz, Laura Spencer, and Josh Kettleson.

Lifetouch Pictorial Directory: It is now time for us to start scheduling your personal and family portraits for the 2020 Immanuel Church pictorial directory that will be ready for the celebration next year. The sign-ups will continue after church each Sunday through July 7th. The dates for pictures are July 19th from 2pm until 9pm and July 20th from 9:30am until 4pm. Please check with your family members and calendars to help us get this project up and running. Sign up early so that you can get the date and time that works best for you! Please note also that there is a 20% discount for Military and Senior citizens beginning at age 60 years of age. Thanks!

"Worship Anew" - Know someone who can't get to church? Lutheran Ministries from Concordia Theological Seminary produces "Worship Anew". It airs locally on WCIX-49 on Sunday mornings at 7:30am.

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

Take Care of Your Eyes Now For Good Vision In Later Life

If you are in your 20's or 30's you probably don't spend much time thinking about your eye health. But this is exactly the time to be acting to preserve your vision. Most vision problems are preventable with good health-habits.

Vision loss is not an inevitable part of getting older. Many studies have shown getting exercise and eating variety of fruits and vegetables can protect against blinding eye diseases, such as macular degeneration and glaucoma. But you can't wait until you are having problems with your vision to start taking care of your health.

The choices you make while you're healthy can also help prevent certain types of eye cancer, as well as work- and sports-related eye injuries. Regular eye exams can find problems earlier. The American Academy of Ophthalmology recommends adults under 40 have a comprehensive eye exam every 5-10 years.

Make these 7 habits part of your daily life to set yourself up for a lifetime of seeing well:

- *Wear sunglasses(even when it's cloudy).* Long term exposure to the sun without proper protection can increase the risk for eye disease, including cataract, macular degeneration, and growths on the eye, and a rare form of eye cancer. Wear sunglasses that block 99 to 100% of both UVA and UVB rays.
- *Exercise.* Regular physical activity can help protect you from serious eye diseases such as macular degeneration and glaucoma.
- *Stop Smoking.* Smoking increases the risk for eye diseases such as cataracts and macular degeneration. Smoking also raises the risk for cardiovascular diseases which indirectly affects eye health. Smoking also can make dry eyes worse.
- *Protect your eyes at work and play.* Every year thousands of people in the U.S. get a serious work-related or sports-related eye injury. Wearing protective eyewear (safety glasses or goggles) can prevent most of these injuries. To make sure you have the right kind of protective eyewear, consult with your eyecare professional.
- *Be aware of eye fatigue.* If you spend a lot of time at a computer, you may blink less and that can tire your eyes. Try the 20-20-20 rule throughout the day. Look away from the screen every 20 minutes about 20 feet away from you for 20 seconds. Eye fatigue won't damage your vision, if it persists, it can be a sign something else is a problem. You may have dry eyes, presbyopia, or glasses with lenses that are not properly centered.

- *Take care of contact lens.* Sleeping, showering, and swimming in contact lens increases your risk of eye infections. Learn how to properly take care of your contact lens.
- *Know your family history.* Certain eye diseases can be inherited. If you have a close relative with macular degeneration, you have a 50% chance of developing this condition. A family history of glaucoma can increase your risk by 4-9 times. Knowing what vision challenges your family has had can help you and your ophthalmologist evaluate your risk.

By Susanne Medeiros

Reviewed by Dianna Seldomridge, MD

"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." 3John 1:2

Susan Miller parishnurse@osmanlutheran.org