

THE IMMANUEL MESSENGER

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IMMANUEL LUTHERAN CHURCH OF OSMAN

The Lutheran Church-Missouri Synod



Reverend Jeffrey McPike, BCC

May 2019

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteousness. Isaiah 41:10 NIV

From the Desk of Pastor McPike...

ROAD TRIP!

Pastor McPike has been invited to be a guest preacher for one of the services leading up to the Centennial of his first congregation, Grace Lutheran Church, Norfolk, Nebraska. The service is June 9, 2019 (Pentecost Sunday) at 10:00 AM. The address is Grace Lutheran Church, 416 Park Avenue, Norfolk, Nebraska, 68701. If you are interested in going, please see Pastor McPike.

Communion Change

Holy Communion will be celebrated on May 12th and May 19th; not on May 5th.

Potluck on May 5th

Chris Walters, Seminary Student sponsored by the LWML and Ladies Aid, will be preaching at Immanuel Osman on May 5th and honored after the service with a potluck dinner. Chris's wife Dana, is the daughter of Pastor Henry and Deb. Chris and Dana have two children, Brayden and Faith. Please bring dishes to share for the meal, with the drinks and table service provided. Let's make them feel "right at home" and show them a warm Osman welcome!

125th Ornaments

125th ornaments are available until after the 2020 celebration. Please see Debbie Martin, Christie Delaney, Wilma Grussing, or Marsha Warsaw. Thank you!

"Save the Date" Lifetouch Picture Directory for the celebration

The picture dates are: Friday, July 19th from 2-9 PM and on Saturday, July 20th from 9:30 AM to 4:00 PM. We will be back in touch with everyone close to the time to finalize everything.

Thanks!

Thank you to the Altar Guild for folding the palms used on Palm Sunday, the Confirmation class for playing the bells and singing on Easter, Brenda Hendricks for directing, the youth and parents for the delicious Easter breakfast, especially Annette Warsaw who planned the event and purchased the groceries with a Thrivent card, Rick Hardesty for frying the pancakes, and everyone who contributed to the free will offering at the breakfast. Thanks also to Immanuel Lutheran Choir, Nick Haggin, Sara McPike, Theresa VanWakeman Wilson, and Pastor McPike for their musical talents, all members who donated lilies, LWML members for the Maundy Thursday meal, Altar Guild for assisting with the special services during Holy Week, Pastor McPike and Debbie Lammle for the homemade bread and wine, and Susan Martin for the extra flowers at the foot of the cross.

Happy Mother's Day!!!

Easter Breakfast



After a beautiful Easter morning worship service, the youth and their parents served a delicious breakfast. They prepared and served egg casseroles, sausage, bacon, and pancakes. Thanks to Rick Hardesty for manning the grill to make the pancakes. Thanks to Annette and Jeff Warsaw who applied for the \$250 Thrivent Action Team Card and then purchased the groceries. Thanks also to all the attendees who contributed to the free will offering which will help defray costs for the youth to attend the National Youth Convention in 2022. \$900 was collected.

Benefit Recognition



After the worship service on Sunday, April 7, Terri and Dwight Hooker representing the Stewardship Committee, presented our benefit recipient, Jodi Burgess, the check from the benefit supper which was held in March. The check, which included the \$1500 donation from Thrivent Choice dollars, the free will offering, and other congregational money, equaled \$8882. Thank you once again to all the members who helped make this supper a great success. Jodi was totally surprised and greatly appreciative of the effort that our church and the Fisher community put forth in her behalf. Please keep her in your prayers as she progresses with her cancer treatments.



Maundy Thursday Lasagna Supper

AROUND OSMAN



Osman Easter Carolers

Twelve members of Immanuel, along with the Haggin family and Pastor and Sarah McPike, sang to members Jeri Bidner and Esther Lutz on Palm Sunday, April 14th. The group started at the home of Jeri Bidner, followed by traveling to the Gibson City Annex to sing to Esther. Baskets of fruit were given to both members.



Thanks to Nick and Alicia for accompanying and directing the group, and Pastor McPike for reading the Easter story. The group finished the evening with supper at Moncials in Gibson City. Thanks to all for spreading Easter joy through song and scripture!



Mental Health Month

May is Mental Health Month. Very few people go through life without any chronic health challenges. Cancer, heart disease, diabetes, chronic pain, mental illnesses, and more touch every family at some point. Many times chronic conditions and mental health illnesses co-occur. We know that our underlying environment "the social determinants of health" plays a role in the development of mental and physical health conditions. There are some common tools and strategies - such as animal companionship, humor, spirituality, work-life balance, and recreation and social networking - lead to improvements in mental and physical health.

Animal Companionship

Nearly 70% of U.S. households own a pet. 80% believe their pets bring them happiness and emotional support. Pets can help relieve stress and reduce anxiety and depression. Pet- friendly workplaces are good for business also. *Pet ownership can help:*

- Improve cardiovascular and physical activity.
- Decrease stress and lower blood pressure.
- Reduce loneliness, which increases risk of many chronic health conditions.

Humor

Finding humor in the circumstances of life can lift moods with laughter and help people to better deal with and overcome difficult experiences. When you laugh, levels of stress hormones decrease. Your heart, lungs and muscles are stimulated. Endorphins- the body's natural pain blockers- are released.

Tips Incorporating Humor Into Your Life.

- List 3 funny things that happened to you each day.
- Find a TV show or movie that tickles your funny bone.
- Reach out to someone who gets your sense of humor. Share your funny experiences or reminisce.
- Get online. Spend 15 minutes or so checking out videos, blogs that get you to smile.
- Read a funny book.
- Spend time with an animal or child.
- Have a game night. Charades is a classic.
- Incorporate funny things into your environment. It could be a goofy photo, page a day calendar, or a mug with silly saying or cartoon.

By Mental Health America

If you are struggling with your mental health, please talk with your medical provider or call:

- Suicide Prevention Lifeline 1-800-273-8255
- Veteran Crisis Line 1-800-273-8255
- Substance Abuse and Mental Health Services

Administration National Helpline 1-800-662- HELP (4357)

- OK2TALK Helpline Teen HELPLINE 1-800-273-TALK
- Crisis Text Line. Text SIGNS to 741741 for 24/7, anonymous, free crisis counseling
- 911

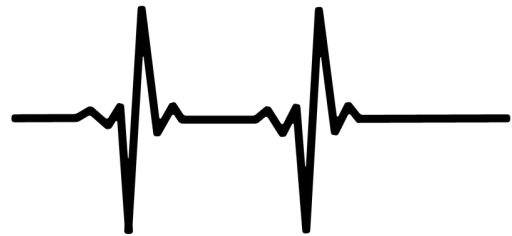
From Center for Disease Control and Prevention

Late For Class. A little girl dressed in her "Sunday best" was late and running to her Sunday school class. As she ran she prayed, "Dear God, please don't let me be late. Dear God please don't let me be late." Then she fell. She got up and dusted herself off and saw that her dress was dirty and had a little tear. She started running again, still praying, Dear God, please don't let me be late." But this time she added, "But please don't push me, either."

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Ladies Aid

The Ladies Aid met for their monthly meeting on April 3, 2019 in the fellowship hall. President, Debbie Lammle, opened the meeting with hymn #193, "Christ the Lord is Risen Today". Devotion and prayer was given by Connie Warsaw, followed by the discussion of new by-laws for the combined Ladies Aid/LWML organization. Roll call was answered with a verse on mercy. Treasurer's report was given by Connie Warsaw with a balance of \$1795.55. Wilma Grussing gave the flower fund report with a balance of \$208. Correspondence was read from Chris Walters, seminary student sponsored by the group. Quilting dates were announced to be May 7th and 9th and June 4th and 6th. The Maundy Thursday lasagna meal was discussed. Brenda Hendricks and Sue VanWakeman volunteered to help set-up before the meal, with serving beginning at 5:30pm. President Lammle reminded the group to pay dues to Connie Warsaw, flower fund contributions to Wilma Grussing, and LCFS contributions to Annette Warsaw. The group was informed that Chris Walters would be preaching at Immanuel Osman on May 5th. A motion was made and seconded to have a potluck dinner in his honor after church on the 5th. The motion passed. Brenda Hendricks volunteered to bring drinks and Sue VanWakeman volunteered to purchase the paper products for the event.

Thanks were given to Connie Warsaw for serving refreshments. The next meeting is scheduled for May 1st, with devotion and refreshments by Shirley Sprau. Roll call will be answered with a verse on miracles. The meeting ended with Hymn #198, "He's Risen, He's Risen, Christ Jesus, the Lord", followed by the Lord's Prayer and Common Table Prayer.

Congratulations to the Graduates!

Megan Bidner, daughter of Neil and Beth Bidner, graduates from 8th grade at Fisher Grade School this year. God's blessings to her as she begins High School in the Fall.

Courtney Delaney, daughter of Leonard and Christie Delaney, graduates from the University of Illinois with a major in Agricultural and Consumer Economics. Courtney begins a new job at AgReliant Genetics in May. God's blessings to her as she begins her new career.

Sandy Lammle, daughter-in-law of John and Debbie Lammle, will be graduating from Aurora University with a major in Business Administration on May 5th. God's blessings Sandy!

CID-LWML Convention

The 74th Annual Lutheran Women's Missionary League Central Illinois District Convention was held at Immanuel Lutheran Church in Danville on Saturday, April 27. The theme of the day was "He Knows my Name" from the verse from Isaiah 43:1b. "Fear not, for I have redeemed you; I have called you by name; you are mine." The group voted on Mission Grants for 2019-2020, with a mite goal of \$104,800. The grants will be paid in this order: Student Aid for Church Workers-\$30,000, Military Ministry in Auburn, IL-\$3600, Lutheran Center for Religious Liberty in Washington DC-\$5000, Bibles for Critically Ill Children in Springfield, IL-\$1000, Internships for CUC Church work Students-\$17000, "With God's Little Ones" in Ankepaka, Madagascar-\$2500, LLL Booth at the Illinois State Fair-\$5000, Creating a Lutheran Library for East African Pastors-\$5000, Crossing the Prison Gap Prison Ministry-\$2000, and Providing "Connect To Disciple" Workshops-\$7500. During the Servant Events on Friday, 293 quilts were collected for the Veterans at Cannon Place, 140 Veterans were served a home-cooked meal, 200 Christmas gifts were prepared for Veterans, 87 quilts were given to Orphan Grain Train, 110 diapers made for layettes, thousands of stamps trimmed, 135 bibles marked, \$1020 in quarters collected for Veterans to do laundry, \$215 collected for Orphan Grain Train, 2/3 of the Orphan Grain Train truck filled with other donations, \$745 collected for the LCMS Disaster Relief, \$336 collected from the Purse Swap, and \$100 collected for LWR. The offering collected that day totaled \$2138, with 1/2 going to Mites for Missions and 1/2 going to the Operating Fund. It was amazing to see the outpouring of love and generosity from the LWML convention ladies! Debbie Lammle was co-chairman for the convention and Brenda Hendricks, who is a member of the Board of Directors, was taking pictures during the event as the Clarion editor. Next year's convention will celebrate LWML's 75th year in existence. The next convention will be held April 23-25, 2020.

Girls Night Out

It's time for another "Girls Night Out" at Immanuel Osman. Ask your friends and family to a night of fun, fellowship, and food! The event will be held on June 14th beginning at 6:30pm. Please sign up on the bulletin board and let us know how many are coming, and if you would like to donate refreshments and/or bring gifts for the winners of bunco. Let's make this an even bigger event than last year!

MAY 2019

Important Dates

Upcoming Events:

May 1 - Ladies Aid meeting - 1:30pm
 May 5 - Potluck after church for Chris Walters, Seminary Student sponsored by LWML and Ladies Aid
 May 7 - Quilting - 8am
 May 9 - Quilting - 8am
 May 12 - Mother's Day
 May 15 - Church Council - 6:30pm
 May 19 - Pastor meets with the confirmation class after church

May Anniversaries

Susan and Steve Martin.....05-09-1975
 Karen and David Brown.....05-22-1976
 Ashley and Bryce Martin.....05-19-2012
 Amanda and Chuck Amdor.....05-30-2009

Statistics

Date	Worship	Sunday School	Conf	Adult Class
3/24	62	2	5	15
3/27	30	-	-	-
3/31	60	0	6	15
4/3	37	-	-	-
4/7	57	2	6	10
4/10	33	-	-	-
4/14	89	4	7	16
4/18	55	-	-	-
4/19	51	-	-	-
4/21	104	-	-	-

May Birthdays

Doug Majercin.....05-01
 Susan Miller.....05-04
 Cheyenne Zimmerman.....05-04
 Martha Warsaw.....05-08
 Wade Warsaw.....05-12
 Alvin Hinrichs.....05-15
 Moneta McCleary.....05-19
 Mike Warsaw.....05-19
 Steve Brandt.....05-20
 Barb Whitehouse-Gercken....05-21
 Jesse Johnson.....05-21
 Darwin Warsaw.....05-22
 Benjamin Brandt.....05-28
 Jeff Bryan.....05-29
 Brooke Clemmons.....05-29
 Kris Zimmerman.....05-29
 Blaine Martin.....05-30