

# ST. PETER COMMUNICATOR

43 N 3rd St., Hilbert, WI 54129

Office: (920) 853-3217

April 2018

## GREETINGS IN THE NAME OF OUR RISEN LORD AND SAVIOR, JESUS CHRIST!

Alleluia! The victory's won!

Easter is a very special time of the year. It's the time when we have the opportunity to celebrate and embrace the greatest fact of all time – eternal life.

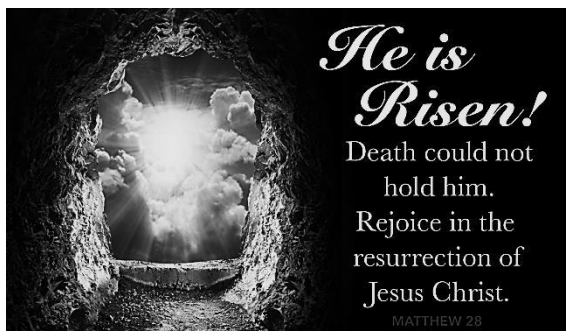
“If a man dies, shall he live again?” (Job 14:14). Man has been trying to answer that question since the beginning of time. Our Lord and Savior, Jesus Christ, has the answer which is backed by the proof of His own victory over death. Now He promises to every believer, “Because I live, you also will live” (John 14:19). Elsewhere in John's Gospel He says, “Whoever believes in me, though he die, yet shall he live” (John 11:25).

A famous philosopher once said, “I would become a Christian if I could be sure of the resurrection of Christ.” We can be sure! The very existence of the Church, built on the fact of the empty grave, proves the resurrection of Christ. The name of Christ and the Church He founded would never have been heard of again if He hadn't risen. That's why there was such an upsurge in the Church and why the once hiding disciples had new found courage. But most importantly we have the evidence in Christ Himself. He said He would rise and He did. The resurrection proves Him to be the Son of God, and as the Son of God He endorsed the Bible, saying, “Your Word is truth” (John 17:17).

Death is no longer death in the old sense – eternal death. It's the victory and triumph, the door to eternal life. Every believer can express with full assurance and confidence, “I shall not die, but live.”

Job writes, “I know that my Redeemer lives ... in my flesh I shall see God” (Job 19:25-26). With faith in Christ we, through death, enter into the almighty presence of the living and loving God.

We triumphantly and joyfully exclaim, “He lives! He lives!” The very foundation on which our Christian faith rests is the resurrection from the dead by our Lord and Savior, Jesus Christ.



May you enjoy this joyous Easter season for the tomb of Jesus is empty! No fooling!!!

Together in Christ,

Mark L. Krueger,  
Pastor

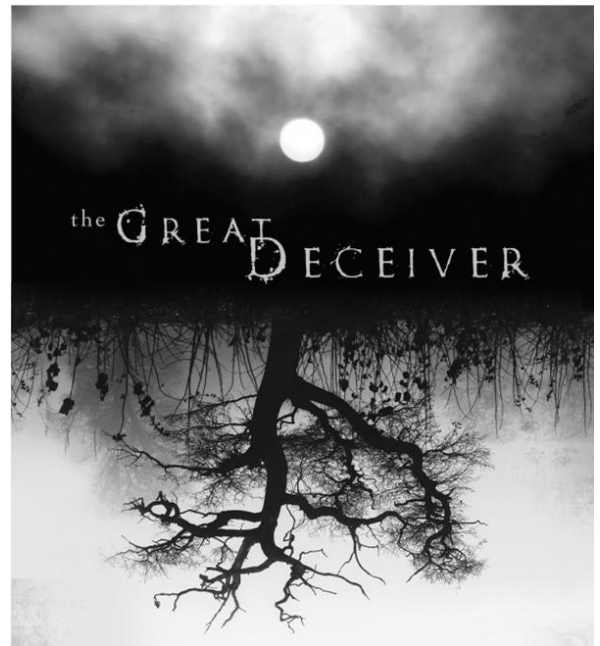
# The Great Deceiver

## Adult Bible Study

### Beginning April 8

It should come as no surprise that an adversary fit to be called the “god of this world” and the “power of darkness” is a force to be reckoned with. And so he is. In *The Great Deceiver* explore a being so diabolical he will stop at nothing to separate us from God.

This four-session Bible study examines the most perverse character in Scripture: Satan. “Beast,” “accuser” and “evil one,” this “roaring lion” as the apostle Peter calls him, is adept at changing his appearance and cunning in his deceit. Popular culture may portray the devil as a cartoon character in a red jumpsuit, as needing our *sympathy*, or has having gone down to Georgia, but those characterizations only muddy the waters.



When it comes to Satan it's a no-holds-barred, take-no-prisoners approach. Twisting and distorting God's divine imperative to Adam and Eve early in the book of Genesis (*to our complete despair*), he's been wreaking havoc and maligning mankind ever since. Centuries later, going toe to toe with Jesus in the wilderness, he must have sensed, however, things were not going to end well for him. By the very cross that took Jesus' life, God conquered Satan and sealed our redemption over sin, death, and the devil by raising His Son from the dead, promising newness of life to all who believe in the saving name of Jesus.

Though defeated with his end certain, Satan is still on the prowl. *The Great Deceiver* - spend some time getting to know him ... from the Bible's point of view.

## THANK YOU LENTEN MONOLOGERS –

Thank you to all of the willing volunteers who helped with the monologs for our midweek Lenten services. Your participation and willingness is greatly appreciated.

Thank you to Dan Bergelin, Wally Jentsch, Karen Gerhartz, Dean Bergelin, and Kris Krueger.

## VACANCY UPDATE

As you know, Pastor Krueger has been serving the pastoral vacancy at St. Peter, Hilbert since May 2017. During this time St. Peter and St. Luke, Town Chilton have been working on forming a dual parish. This has not happened yet. The talks are still ongoing.

Pastor Jon Christensen, who is the pastor at St. Martin, Chilton, has accepted a different call, which leaves that church vacant.

Since St. Peter and St. Luke are in the process of joining together any way, Pastor Brassfield will be taking over the vacancy at St. Peter and Pastor Krueger will be handling the vacancy at St. Martin, Chilton. This change will take place as of May 1.

## Easing Your Anxiety

The demands of your ministry and family responsibilities can make you anxious. Anxiety is a part of this fallen world of sin – no one is immune from it. When unease and apprehension get out of control, however, that angst can greatly affect your health. Anxiety disorders affect about 40 million adults in the United States. Symptoms include excessive worry, sleep problems, irrational fears and chronic indigestion. Consider these self-help ideas to lessen your anxiety:

**Accept that anxiety is normal.** Don't get upset thinking that you shouldn't feel anxious. Instead, acknowledge your anxiety and then figure out how to lessen its impact. *"Cast all your anxiety on Him because He cares for you."* 1 Peter 5:7

**Put anxiety in perspective.** Anxiety is a signal that something is weighing on your mind. Try to pin down what that is, and then look at the bigger picture. Is it within your control? In a few months or a year, will it be remembered as something extremely important? *"And which of you by being anxious can add a single hour to his span of life?"* Matthew 6:27

**Maintain healthy habits.** Studies show that people who exercise regularly are less likely to experience anxiety – or may experience it less – than those who don't exercise. Exercise helps relieve your body of built-up adrenaline that often occurs from "flight or fight" responses. *"Anxiety in a man's heart weighs him down, but a good word makes him glad."* Proverbs 12:25

**Break anxiety's grip.** When you're anxious, stopping to take a break can help you be more productive. Take a short walk or listen to soothing music. Keep a devotional book handy, read a favorite Bible passage (such as those in this article), and take time to pray. *"I sought the Lord, and He answered me and delivered me from all my fears."* Psalm 34:4

**Breathe deeply.** Deep breathing exercises lower your heart rate, feed your body oxygen (anxiousness can cause you to hold your breath), and help your body relax. Sit quietly and instead of constantly replaying thoughts in your mind, focus on taking long, deep breaths. *"In peace I will both lie down and sleep, for you alone, O Lord, make me dwell in safety."* Psalm 4:8

**Seek assistance.** If you feel that you no longer can ease your anxiety, maybe it's time to get assistance. Concordia Health Plan members can seek the help of professionals through the Employee Assistance Program (866-726-5267) and the Pastoral Support Network (888-712-1805). *"The way of a fool is right in his own eyes, but a wise man listens to advice."* Proverbs 12:15

Source: Healthline.com

## Weigh Your Bread Accessory Options

When eating out, bread is often served with a choice of olive oil or butter. Be careful which fat you choose or how you use it because one of the options may have you consuming hundreds of calories before you even dig into the main meal.

Even though olive oil is the healthier fat option, tablespoon for tablespoon, olive oil contains more calories than butter. If you soak two pieces of bread in olive oil (about 2 tablespoons worth), you would consume about 240 calories just from the oil. Compare that to thinly spreading two thumb-tip-sized pats of butter on your two pieces of bread which would add up to about 72 calories.

If you choose the olive oil over the butter, dip lightly or drizzle the oil with a fork to control the quantity of oil.

A better option is to ask the server to remove the bread so that you avoid any of the excess calories and fat in the first place!

Source: health.com

## Learn to Love Your Liver

Your liver is the largest solid organ and gland in your body performing some very important functions: filtering your blood; producing bile to help break down and absorb fat, cholesterol and vitamins; processing nutrients; creating blood-clotting coagulants; and removing toxins from your body.

Doctors call the liver the Grand Central Station of your body because it processes everything you eat or drink. That's why caring for your liver is so important. Knowing what to consume and what to limit or avoid is a great way to show love toward your liver.

### Helpful for your liver:

**Almonds:** The vitamin E in almonds may help protect against fatty liver disease.

**Blueberries:** Nutrients called polyphenols may help protect you against nonalcoholic fatty liver disease.

**Greens:** Leafy greens contain the antioxidant glutathione, which can help keep your liver functioning properly.

**Green Tea:** The antioxidant catechin may protect you from liver cancer.

### Harmful for your liver:

**Acetaminophen.** This pain reliever can cause damage if taken in large quantities over a small period of time.

**Alcohol:** Drinking too much over time can lead to cirrhosis. Even occasional binge drinking – four drinks in one sitting for women and five for men – can be harmful.

**Salt:** A diet high in sodium may lead to fibrosis, which is the first stage of cirrhosis (liver scarring).

**Saturated fat.** The saturated fat from foods such as burgers and fries make your liver work harder. Over time inflammation may occur which eventually could cause scarring of the liver.

**Sugar.** Too much sugar causes your liver to store fat, putting you at risk for fatty liver disease.

*Source: WebMD & Medical News Today*

## Limit Toddler Screen Time

Children ages two to five should spend no more than one hour a day watching television or using tablets and other digital media devices, according to the American Academy of Pediatrics (AAP). The Academy further recommends that screen-time should be avoided completely for children younger than two, with these exceptions:

- Video-chatting with family members.
- Watching educational videos together.
- Having a family movie night.

The concern is that many parents use digital media to keep their kids occupied when they can't give them their full attention. There are times when that may be helpful, such as on a plane or during a medical procedure, but using the devices when toddlers get restless and misbehave in public may prove harmful over time. The iPad may be a way to distract children from misbehaving, but they will quickly learn to behave inappropriately in order to get the "reward" of using the iPad. Excessive media use has also been linked to both poor sleep quality and physical health, and contributes to increases in body fat.

The AAP guidelines mirror what experts recommend for adults: no use of electronics an hour before bed and keeping bedrooms and mealtimes screen-free.

Parents can find personalized media-use plans for all ages along with helpful health, safety, and prevention information at the AAP website: ***HealthyChildren.org***.

*Source: Real Simple*

(from "Better Health" Spring 2018)

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## PASTOR ON VACATION

Pastor Krueger will be on vacation April 9-16. If pastoral care is needed during that time, contact Pastor Brassfield (920-246-2587) or one of the elders.



## Parish Nursing

by Judy Paulson, RN, BSN,  
Parish Nurse

This past week I attended a Parish Nurse Convocation at Concordia, Mequon. The topic was Disaster Response. Our morning session was a

report and discussion of the South Wisconsin Disaster Response Teams who have gone to Texas to assist in the post hurricane clean-up. Each of the teams included pastors, lay workers and one parish nurse. The teams focused on stripping and rebuilding homes for flood victims. Often the water damage was up to six feet. The major health risks were related to the mold which had often encompassed the homes. Wall board was stripped, and the basic structures were scrubbed and then sprayed with bleach or other anti-fungal materials. This needed to sit for 24 hours before new wall board could be installed. The teams were able to assist with several homes on each trip.

In addition to helping with the actual cleaning and rebuilding, the parish nurse assisted with medical needs of the victims and health and grief counseling. Even though it was weeks after the actual hurricane, she found that many people had still not been able to obtain adequate care for their chronic health issues. Some of these needs could be met with a few phone calls to area resources, and some situations required not only necessary supplies or medications, but detailed teaching as to ways to manage physical needs with very limited resources. She also participated with the pastors in morning and evening devotions.

A second session provided information about responding in an active shooter situation. We received advice from the Department Head of Concordia Campus Safety. His primary message was that the people on site need to take charge rather than waiting for police to arrive. He used the acronym ADD: Avoid, Deny and Defend. Avoid means to get out and get away if you can. Always be aware of ways to exit any environment you are in. Look for exit doors or windows which can be broken. He said that to hide and hope is not effective. Deny means to deny entrance by the

intruder. This can possibly be accomplished by blocking any doorways with whatever is available. If possible, lock doors. Defend means to use whatever you have at hand and attack the shooter. His perspective on having armed people in a school or congregation was that such people should be well-trained ex-military or police officers, current or retired. Any people carrying weapons should be in plain clothes unless they are on-duty officers.



## LUTHERAN WOMEN IN MISSION

Plans are underway for the LWML SWD biennial convention. It will be held on June 22-23 at the Milwaukee Marriott West in Waukesha. All women of the LCMS are welcome and urged to attend and participate in servant events, mite challenges and to review exhibits of various organizations or missions of the LCMS. Registration forms are available online or on the bulletin board.

Patterns for various ingathering items are available now, and we would be happy to take extra items along. The patterns available are for crocheted towel toppers, easy knit dishcloths, nylon scrubbies, easy peasy potholders, and easy slippers. These items will be used to put together Home Sweet Home bags for women who have stayed at A Place of Refuge and will be moving into their own residences.

Mission speakers will be Ms. Hannah Lull, an LWML officer, and the Rev. Ryan McDermott who is serving in West Africa. They will provide an interesting variety of information about the LWML mission activities.

Information will continue to be available about the upcoming convention. Watch for future newsletter articles, items on the bulletin board or in the Mission Lamp (the LWML SWD newsletter which is found on the LWML-SWD.org website.)



## Mission Matters

Your mites in action: This is one example of the grants being funded by the mites we contribute every time we have a Mite Box Sunday:

You are helping build a center in Haiti for elderly people who have outlived their families, some of whom are currently living in tents and deplorable conditions.

Jackie Rychel, Founder and President of Ministry in Mission, said, "The elderly in Haiti are the forgotten ones. They have outlived their families and have no one to care for them. Lutheran Women in Mission have faithfully provided strength, prayer, and financial assistance for Ministry in Mission to move forward with this important project. We are humbled and grateful."

The center is being built on the same property where an orphanage was constructed in 2014. Recent groundbreaking will allow Ministry in Mission to create a true community for Haitian Lutherans by providing a safe living environment for all Haitians in the surrounding area and particularly the forgotten elderly society.



### JOIN US FOR OUR EASTER CONTINENTAL BREAKFAST

This year, we won't be having our usual type of Easter breakfast, but will instead have a mini-type of breakfast with a social hour. Starting at 9:00 a.m., we will have coffee, donuts, hard boiled eggs and fellowship.



### HAPPY ANNIVERSARY

April 11<sup>th</sup> Dennis & Joanne Hernke  
 April 20<sup>th</sup> Tom & Berd Piepenburg  
 April 25<sup>th</sup> Lori & Brian Mathes  
 April 26<sup>th</sup> Laurie & Steve Ecker  
 April 28<sup>th</sup> Steve & Kathy Hemauer

## Happy Birthday

### APRIL

- 1 Katlin Krepline
- 4 Kaitlyn Sowinski
- 8 MaryKay Hein
- 9 Donald Schroeder
- 10 Larry Bartel
- 12 Francis Raddatz  
Debbie Voigt
- 13 Matthew Bunnell
- 15 Melissa Duprey
- 21 Ervin Plate
- 25 Joseph Fletcher  
Nicole Meyers
- 27 Carol Krepline
- 28 Brooke Voigt
- 30 Dan Boesch

## Our Response to His Love

	2-29-18	3-4-18	3-7-18	3-11-18
General Fund	125.00	1243.00	45.00	2793.00
Missions				115.00
Military BibleSticks				203.00
Totals	125.00	1243.00	45.00	3111.00