

The Trumpeter

For Members & Friends of Our Savior Lutheran Church • Manchester, Iowa

March 2020

Our Savior Lutheran Church
116 Guetzko Court
P.O. Box 247
Manchester, IA 52057-0247

Members of
The Lutheran Church-
Missouri Synod

Pastor ... Rev. David C. Weber

Parish Nurse ...
Gloria Rattenborg, R.N.

Administrative Assistant ...
Mary Ann Zumbach

Sunday School/Adult Bible Classes:
8:45 a.m.

Worship ... 10:00 a.m.

Church Office ... 563-927-4860

Website:
oursaviormanchester.com

E-mail ... oursav@iowatelecom.net

"Come Alive" ... KMCH 94.7 FM
Monday-Friday at 6:50 a.m.

Holy Communion is celebrated
every second, fourth and fifth
Sundays, and any festival Sunday in
the Church Year.

The Lutheran Hour can be heard on
radio station KMCH 94.7 FM every
Sunday morning at 9:00.



Jesus Christ is the same yesterday and today and forever. Hebrews 13:8

The One Constant

March is a month of changes. In the month of March, winter changes to spring. You may see greener grass, blooming flowers, budding trees, and changing weather conditions. You may take tests that measure how your knowledge has changed since the beginning of the school year. You may find that your time at work has changed – too much or not enough. Maybe you are thinking it is time for a change in your living arrangements – a bigger house, a smaller house, The Meadows. If you are young, your height may have changed; if not so young your weight may have changed.

Changes happen all the time. Some changes are good, like when we make a new friend. But other changes can be tough to handle. Changing homes or schools, losing a loved one, and adjusting to changes due to illness or injury can be difficult. Some changes can frighten us, especially as the devil uses them to try to make us doubt Jesus' faithfulness.

In Hebrews 13:8, we are reminded of the one constant in our lives: our Savior Jesus. Jesus never changes. He always loves us. He is always with us. The truth that He died and rose to save us from our sins never changes. We can be certain that, through faith in Him, our sins are forgiven and we have eternal life and a home in heaven. We can be certain Jesus is the "same yesterday and today and forever."

- Pastor Weber



**2020
Officers and
Administrative Directors
of
Our Savior Lutheran Church**

Executive Director ... Jim Padilla

Assistant Executive Director ...
Jeff Harder

Treasurer ... Judy Eckman

Lay Ministry ... Dr. Tim Collier

Evangelism ... Kathy Meisgeier

Youth Work ... Tricia Collier

Christian Education ...
Sara Breckenfelder

Stewardship ... Kris Zebuhr

Church Properties ... Bill Hermes
Darla Weber

Parish Fellowship ...
Jeanette Wickman

Public Relations ... Julie Sunne

Financial Secretary ...
Bobbie Mossner

Recording Secretary ...
Jan Heitshusen



Our Savior General Scholarship Fund

A scholarship fund has been established to benefit any active member of Our Savior attending any accredited college or university carrying a minimum load of 12 hours. The scholarship may be applied for yearly by completing the application form, and submitting it to a Lay Minister. Up to \$500.00 may be awarded; it may be less, based on the funds available and the number of applicants. The application deadline is **April 1**. The scholarships will be awarded at the May Lay Ministry Board meeting and paid to the school the beginning of the student's second term. *(Forms are available in the labeled mailbox slot, from a lay minister, or the church office.)*

Don't Miss This Event!

"The Cost of Free"

Iowa District East Lutheran Hour Ministries annual convention is Saturday, April 4, 2020, at Camp Io-Dis-E-Ca, 3271 Sandy Beach Road NE, Solon, Iowa.

The guest speaker will be the Rev. Dr. Anthony (Tony) Cook, Vice President, Global Ministries. He will be sharing how global outreach efforts are reaching others with the Gospel message. All are invited to attend.

Registration opens at 9 a.m. Convention starts at 10 a.m. and concludes at 4 p.m. Cost is \$12 (\$15 at the door), includes a noon meal and snacks. Please register by March 29, 2020, to Dick Hoelz, 3519 Heatheridge Drive NE Cedar Rapids, IA 52402.





Daylight Saving Time begins Sunday, March 8. Set your clocks ahead one hour when you retire Saturday evening.

Central Standard Time returns Sunday, November 1.



Again this year we are asking if you would like to donate an Easter lily for the Easter services. A plant may be given in memory of/to the glory of God. The lilies will beautify the sanctuary at the Easter services. A sign-up sheet is provided on the guest registry table in the narthex. Donations accepted by placing your gift in the offering plate, marked appropriately.



Members of St. Paul's, Delaware, and Our Savior join together on Wednesday evenings for the midweek Lenten services. All services begin at 7:30 unless otherwise noted. This year's theme: "Living among the Bible's Trees."

February 26: "Tree of the Knowledge of Good and Evil"
Ash Wednesday/Holy Communion (at each congregation)

March 4 at St. Paul's: "Great Trees of Mamre"

March 11 at St. Paul's: "Oak at Ophrah"

March 18 at St. Paul's: "Jesse's Tree"

March 25 at Our Savior: "Tree of the Lord's Planting"

April 1 at Our Savior: "Good Trees Bearing Good Fruit,
"Bad Trees Bearing Bad Fruit"

April 9 at Our Savior: "Fig Trees"
(7:00 p.m. Maundy Thursday/Holy Communion)

April 10 at each congregation: "Tree of the Cross"
(Good Friday)

1:00 p.m. St. Paul's, Delaware
7:00 p.m. Our Savior Lutheran Church

April 12 at each congregation:
(Easter)
9:00 a.m. St. Paul's, Delaware
10:00 a.m. Our Savior Lutheran Church



March 2020

A publication of Our Savior Lutheran Church in Manchester, Iowa



Organists: Tara Holub
Jacque Lahr

Lay Reader: Cole Beckman

Altar: Anita Palmer

Ushers: Dan Brase
Wayne Heitshusen
Jeff Harder
Randy Maurer

Greeters: Michael & Amie Hass

Acolytes: Kalli Sherman

Church Properties Contact Person:

Cole Beckman



Articles for the April issue of *The Trumpeter* are due to the church office by March 15.



LWML Theme for the Year

Under His Wings

Based on Psalm 91

For he will deliver you from the snare of the fowler and from the deadly pestilence. Psalm 91:3

On **Monday, March 2**, the ladies of the Women of Our Savior (LWML) meet at the Good Neighbor Home. Singing and devotions by Peggy Bramman. A Birthday Party and Card Bingo is planned. Judy Eckman will provide the birthday cake. There will be a business meeting and Mite collection. Please join us!



Ladies tie Quilts

Several ladies meet to tie quilts for Lutheran World Relief. Gathering in the hall classroom, the March dates are the 10th and 24th from 9:15 to 11:00. All women are invited to be a part of this group.



Iowa East District LWML Convention

June 12-13, 2020

The St. Ansgar Zone will host the 2020 LWML-IED Convention at the Hotel at Kirkwood Center, 7725 Kirkwood Coulevard SW, Cedar Rapids, Iowa, on June 12 and 13. The theme will be: Under His Wings – Under His wings you will find refuge; His faithfulness is a shield. Psalm 91:4b.

Keep watching for more information.





Now is the time to designate your Thrivent Choice Dollars! All of the 2019 Choice Dollars have been made available for members to direct. Undesignated 2019 Choice Dollars expire on March 31. Go to www.thrivent.com/thriventchoice or call 800/847/4836 before March 31 and say "Thrivent Choice."



Relay For Life Team Continues Fundraisers

Our Savior's Relay For Life Team continue their fundraising efforts by hosting the fellowship hour after worship services on the following dates:

March 15

April 19

May 10

June 21

Freewill donations accepted.

The Relay For Life takes place June 26 from 5-11 p.m. at the Delaware County Fairgrounds.



Milk – Good or Bad

Milk is considered one of the most nutritious foods available providing nutrients needed for energy and growth. Carbohydrates, found in milk, are starches and sugars. Sugar found in milk, fruits and foods made with sugar, are called simple carbohydrates. Carbohydrates are the body's main energy source – the primary fuel for our body cells.

Milk, yogurt and cheese is one section of the good pyramid that makes up the USDA Food Group. Selecting a serving size of lo-fat or fat-free dairy products should be part of planning meals for a healthier you. Serving size depends on your age, sex, and activity level.

By the age of 2, preschoolers should have at least 2 servings daily of the milk/cheese group for the calcium necessary for building strong bones and teeth. Reducing fat content of milk, such as skim or lo-fat, is part of a healthy diet for school-age children.

Galactosemia is an enzyme deficiency that affects the body's ability to metabolize galactose, one of the sugars normally present in milk. One in approximately 50,000 children are born with this inherited disorder. If left untreated, this disorder can cause brain damage, cataracts and kidney and liver problems. Treatment involves a diet restricted in galactose content.

Many people think that food allergies and food intolerance are the same thing, which in general is not. A true allergic reaction is when the body releases histamine and other substances that produce the gastrointestinal, respiratory and skin symptoms associated with food allergies. Food intolerance can produce allergic-like symptoms but no histamine is released. In addition with food intolerance, you can eat a small amount of the problem food without a reaction. In a true food allergy, an immediate allergic reaction will occur with even a small amount of food.

On the horizon currently is one malabsorption disorder called lactose intolerance that we are seeing more of. Lactose, or milk sugar, is the main carbohydrate found in milk. Lactose intolerance occurs when the lining of the small intestine produces reduced amounts of the enzyme lactase.

Lactose intolerance causes abdominal pain/cramps, bloating, diarrhea and excessive gas when large amounts of milk/milk products are consumed. Small amounts of milk usually do not produce the same signs and symptoms. This disorder can occur with infants up to adults. Approximately 75% of the world population have a low level of lactase in the small intestine. More than 30 million Americans may have some degree of lactose intolerance.

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MARCH Birthdays

03/01:	Wade Brandt Ellie Hass Kathy Meisgeier
03/03:	Daniel Wickman
03/05:	Marsha Meister
03/09:	Vera Gienapp
03/14:	Jeff Harder Bill Hermes Helen Knutson Nancy Trainer
03/15:	Bobbie Mossner Holden Smith
03/17:	Tim Wilson
03/18:	Judy Eckman
03/19:	Diane Gienapp Keegan Kehrli
03/20:	Yvonne Brandt Rylee Domeyer
03/22:	Kayla Brandt
03/23:	Robert Klima
03/23:	Addison Schulte
03/29:	Donald Wickman
03/30:	Sara Breckenfelder Stephanie Rattenborg
03/31:	Tye Ferguson

MARCH Anniversaries

03/01:	Ed & Renee Tibbott
03/19:	Randy & Stephanie Rattenborg
03/29:	Doug & Madeline Borrett

Anyone with lactose intolerance does not need to eliminate all dairy products unless their signs and symptoms are severe. Rather, decrease the consumption of milk products, such as milk only with meals and get calcium from cheese and yogurt, and dairy products lower in lactose than milk. Nowadays there are products available for those with lactose intolerance.

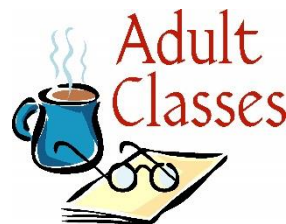
Lactose intolerance may co-exist with irritable bowel syndrome.

Ongoing research is being done on milk and how it is linked to other adverse effects, such as increased risk of acne and prostate cancer.

Gloria Rattenborg, R.N.
Parish Nurse

Acknowledgements:

- 1) www.healthline.com/nutrition/foods/milk;
- 2) Mayo Clinic Family Health Book, 3rd Edition, Part 1, Chapter 2; Part II, Chapters 12, 13; Part III, Part V, Chapter 29.



Join us on Sunday mornings as we learn and discuss God's word together. Jim Padilla is leading the video series "A Life Beyond Amazing" by Dr. David Jeremiah in the Parish Hall. Pastor Weber is continuing a study on the book of Revelation. This class meets in the SONshine Center. Classes start at 8:55.

Meals on Wheels

Meals on Wheels is looking for volunteer drivers. The commitment can be for as little as an hour a week. Driving one day a week, you would deliver meals to 10-12 local residents. The meals come to Our Savior Lutheran Church at 10:30. There the meals would be transferred to your vehicle. When the route is complete the insulated bags are returned to OSLC. Please call Missy at 319-231-1623 if you have questions or to sign up to serve.



I would like to thank everyone for the care package. It is much appreciated.

- Holden Smith



Got my care package. Love it! Thank you so much.

- Emma Kehrli



Thank you to the congregation and Sr. ACTs for the care package.

- Brooke O'Connell



Master Gardeners "Mondays in March" Series

Every year the Delaware County Master Gardeners hold an educational lecture series "Mondays in March." These presentations are designed to both educate and entertain anyone interested in gardening and growing.

The series this year will celebrate the twenty-sixth year of the project and promises to be filled with a lot of great information, instruction, and fun.

March 2: "Pollinators-Butterflies and Others!"

The presenter is Sondra Cabell, Buchanan County Conservation Naturalist.

March 9: "Popcorn-A Favorite American Treat!"

Jon Ramaekers, owner of Farmer's Best Popcorn, will present the evening's program.

March 16: "New Landscape Staples"

Bruce Quint, owner of Select Landscapes of Iowa, will have the program.

March 23: "Growing Rhubarb – What a Challenge!"

Paul Koerperich, owner of PKS Rhubarb, will be the presenter.

March 30: "Preserving Garden Produce"

ISU Extension Nutrition and Wellness Specialist Kelsey Salow is the presenter

Everyone is Welcome!

All programs begin at 7:00 p.m. at Our Savior Lutheran Church, 116 Guetzko Court in Manchester. A \$2.00 donation will be taken at the door. Door prizes will be given away! Weather related cancellations will be announced on KMCH 94.7 FM.





Listen to KFUO Radio

KFUO Radio, a media ministry extension of LCMS congregations, shares Christ for you anytime, anywhere on **KFUO.org** via worship services, Bible and theology studies, practical talk programs, and sacred music. You can find programs on demand at *kfu.org* and wherever you get your podcasts! Find us on social: **@KFUOradio** on *Facebook*, *Twitter*, and *Instagram*.



Sufficiency

We are at the beginning of Lent. During the Lenten season, the church calls to our attention the sufficiency of what God gives. It points to the sufficiency of God's grace in the atoning work of Jesus. It shows us the sufficiency of faith in Jesus' work for us. It makes known the sufficiency of God's Word in faith and life.

But Lent doesn't just remind us of the sufficiency of God's spiritual gifts, the gifts that pertain to our redemption and salvation. Lent also reminds us of the sufficiency of the physical, temporal gifts of God, those that pertain to this body and life. In other words, it reminds us of the importance of godly contentment and of outward discipline and training of the body.

This outward training of the body teaches us not to give in to every desire of our flesh but to learn to say no to them. And it does this in such a way that if you fail, it is no sin. It is a way to practice without putting yourself into a compromising situation.

The easiest example of this is fasting. When you fast, you are practicing saying no to the desires of your body. But if you fail in this, if you break your fast, you have not sinned. You have, though, learned something about how your flesh works, how difficult it is to fight against it, and how you need help from above in order to do it.

There is another example of this. It is alms-giving. This is an increase in giving to the church and its mission during this time. We all know that our flesh finds security in money and stuff. By committing to give more to the church, you are training your flesh. You are, by this outward discipline, training yourself to be content with what God gives. You are practicing saying "no" to your desires. Again, if you fail, you have not sinned. But you've learned just how powerful your flesh is in leading you instead of you leading it. You've learned how you need help from above in being content with what God gives.

This is why St. Paul instructs young Pastor Timothy in this way:

"But godliness with contentment is great gain, for we brought nothing into the world, and[a] we cannot take anything out of the world. But if we have food and clothing, with these we will be content. But those who desire to be rich fall into temptation, into a snare, into many senseless and harmful desires that plunge people into ruin and destruction. For the love of money is a root of all kinds of evils. It is through this craving that some have wandered away from the faith and pierced themselves with many pangs." (1 Tim 6:6-10)

Our sufficiency is not of ourselves; it is in God. Let us learn this without sin by training our flesh this Lenten season.

The Trumpeter

Our Savior Lutheran Church
116 Guetzko Court, P.O. Box 247
Manchester, IA 52057



Our Savior Lutheran Church
Mission Statement

Through love in Christ,
we are to spread the Gospel to everybody
by teaching, sharing, fellowship, discipleship, and outreach.
We are to reinforce each other through spiritual love in Christ.