

The Trumpeter

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

October 2019

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.



[Paul] *prolonged his speech until midnight. ... And a young man name Eutychus, sitting at the window, sank into a deep sleep as Paul talked still longer. (Acts 20:8-9)*

Sleepy

I can fall asleep almost anywhere. In the dentist's chair, standing in choir practice, sitting in the doctor's waiting room, at the store in the chair by the changing room while one of the ladies in my life tries something on are a few of the places I have fallen asleep. Last Sunday I confessed to someone that while at the Seminary I went to chapel every day, but didn't always stay awake.

Even Jesus fell asleep in an odd place once when He was on a boat with His disciples during a terrible storm.

My favorite Bible sleeper, though, is a guy named Eutychus. He was a young man who came to a house-church to hear Paul speak. Paul talked to him and his friends for a long time. He talked about how Jesus loves us and died and rose again to save us. Eutychus surely enjoyed hearing this. But still, as Paul talked, Eutychus got tired. Slowly, his eyes closed more and more until they stayed shut. He fell asleep in church.

Have you ever gotten sleepy in church? Probably so. As much as we want to stay awake, most of us sometimes get drowsy during church. But what happened to Eutychus next is much worse and much better than what happens when we drift off.

When he fell asleep, Eutychus was sitting on a windowsill high above the ground. Can you guess what happened then?

Eutychus fell asleep so hard, he fell for real. He tipped right out that third-story window all the way to the ground below. Everyone gasped, and when they went down to check, Eutychus was dead!

But Paul trusted God. He said, "Don't worry. He'll live." Then they looked, and Eutychus was alive! God had made Eutychus alive again.

That's what God does best. He takes us when we are asleep in sin and deserve to die, and through the gift of faith in Jesus, He brings us back to life. God is never too drowsy to help us. We trust Him to take care of us always.

- Pastor Weber

**2019-2020
Officers and
Administrative Directors
of
Our Savior Lutheran Church**

Executive Director ... Jim Padilla

Assistant Executive Director ...
Jeff Harder

Treasurer ... Renee Tibbott

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



The Parish Planning Council meets Thursday, October 3 at 6:30 p.m. Part of the evening's agenda includes setting the 2020 church calendar.

DIRECTORS: Visit with your board members to gather ideas and dates for next year's calendar. Bring that information to the meeting so it can be added to the calendar.



The Third Quarter Voters' Meeting will be held Sunday, October 20 at 11:30.

If you are a confirmed member of this congregation, you are eligible to become a voting member. All you need to do is attend a meeting and request a voting membership.

Please join us as we do the Lord's work in his house.



Celebrating a Milestone Birthday

Mildred Fritz will celebrate her 100th birthday on Saturday, October 19, 2019. You are invited to join the family for a Birthday Party at noon at the Good Neighbor Home Basement Room. A Quilt of Valor Presentation takes place at 1. Please join with the family in celebrating Mildred's 100th.

Happy Birthday!



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A publication of Our Savior Lutheran Church, Manchester, Iowa



Sr. ACTs to Assemble Care Packages

On Wednesday, October 16, the Sr. ACTs will assemble care packages for our college students. Approximately 20 boxes will be prepared for shipment. If you would like to include items for these boxes, bring them to the SONshine Center by 7 p.m. on the 16th. Questions may be directed to Tricia Collier.



FIELDS OF FAITH

West Delaware students are hosting the annual Fellowship of Christian Athletics "Fields of Faith" on Wednesday, October 9, 7 p.m. at Brown Field.

Fields of Faith is a student led event. Students invite, pray for, share with, and challenge their peers to read the Bible.



October is Pastor Appreciation Month

We would like to thank Pastor Weber for serving Our Savior Lutheran Church for another year. We are truly blessed to have Pastor serve our congregation as well as he and Darla serving the entire community. We are praying for and looking forward to Pastor and Darla continuing to serve OSLC in the future. Please join us after worship service on October 27th for a time of fellowship.

On behalf of the Lay Ministry Board,
Tim Collier



\$1,000 Lutheran Church Extension Fund

SCHOLARSHIPS

for LCMS high school seniors & college students

Scholarships, each in the amount of \$1,000, will be awarded to at least one applicant from each district of the LCEF Central Region. Applicants must be a graduating high school senior, or current full time post-secondary student at an accredited institution with at least one year of courses remaining. Candidates must also be members of a congregation belonging to LCMS located in one of the following LCMS districts: Iowa East, Iowa West, Minnesota North, Minnesota South, Nebraska, North Dakota, North Wisconsin or South Wisconsin.



Apply by January, 31, 2020

For more information, go to:
LCEFUPPERMIDWEST.ORG/SCHOLARSHIPS





New Member: Gary and Sandy Welchert joined the membership of Our Savior by adult confirmation on Sunday, September 15.

Death: It has pleased the Lord to call Ervin Henry Meyer, a charter member of this congregation, to eternal rest on Sunday, September 15, 2019. A funeral service was held at Our Savior Lutheran Church on Thursday, September 19. Burial at Oakland Cemetery, Manchester.



Missing

Our Savior Lutheran Church owns a Bible study on the book of Daniel narrated by Beth Moore. There is a set of six DVD's included in the study. Two of the DVD's are missing from the set, DVD numbers 4 and 6. If anyone knows the whereabouts of these missing DVD's, please contact the church office.

Thank you!

Thank you to all: for prayers, cards, phone calls, visits, food, watering my flowers, cares and concerns, and anything else I may have failed to mention. The support of my church family was greatly appreciated in my time of ill health. Again, thank you.

Marla Maurer



Our Savior Red Cross Blood Drive was successful again. We went beyond our goal of 28 productive units. We had 30 presenting donors with 30 production units. Those receiving that blood will thank you many times over. Any units are desperately needed after the recent hurricanes. Thanks to everyone. We had one person who gave her 100th unit at our drive.

From the Manchester Cemetery Board

The Manchester Cemetery Company Board of Directors would like to thank everyone who donated money to the cemetery following the damages to headstones from vandalism. It is very much appreciated and the money will be put towards repair expenses. We have a very wonderful community and are so grateful for the generous donations we have received. Thanks again!

Remember to purchase Scrip this week!



Organists: Tara Holub
Jacque Lahr

Lay Reader: Randy Rattenborg

Altar: Madeline Borrett

Ushers: Randy Fiddelke
Arden Fischer
Bill Hermes
Jim Padilla

Greeters: Dennis & Helen Knutson

Acolytes: Taylor Domeyer
Chloe Peyton

**Church Properties Contact
Person:**

Darla Weber



Omega – 3 Fatty Acids

When you think of FAT, it may bring all kinds of meanings. Is it good or bad – depending on your meaning? My meaning reflects back on nutrition and healthy diet. My meaning concerns the good fat – omega – 3 fatty acids.

The benefits of omega – 3 fatty acids go beyond my scope of knowledge and how effective these acids are with their importance. A healthy diet should include food containing omega-3 fatty acids but the typical American diet has few of them. Health experts recommend eating fish two times a week. This fatty cold-water fish includes salmon, mackerel, sardines, herring, bass, swordfish, tuna, and trout. Other good sources are flaxseed, walnuts, soybean and canola oil. Flaxseed is also rich in fiber.

Here are a few reasons that omega – 3 fatty acids are important:

- 1) Depression/anxiety – Individuals who consume omega – 3 fatty acids on a regular basis are less likely to be depressed. Those who have depression/anxiety have improvements with symptoms when starting omega-3 supplements.
- 2) DHA, a type of omega – 3 accounts for 60% structure component of the retina of the eye. Getting enough omega-3 is linked to a reduced risk of macular degeneration. This vision problem is one of the world's leading causes of permanent eye damage and blindness.
- 3) Omega -3 fatty acids can promote brain health during pregnancy and infant early life. DHA accounts for 40% of the polyunsaturated fatty acids in the brain. Getting enough omega-3s during pregnancy is associated with the child's development in higher intelligence, better communication and social skills, fewer behavior problems, decreased risk of development delay, and decreased risk of ADHD, autism and cerebral palsy.
- 4) Heart attacks and strokes are the world's leading cause of death. Benefits from omega-3 fatty acids for heart health are:
 - a) Major reduction in triglycerides of 15-30%.
 - b) Reduce blood pressure levels in hypertension.
 - c) Can raise "good" HDL cholesterol levels.
 - d) Help prevent blood clots by keeping blood platelets from clumping together.
 - e) By keeping the arteries smooth and free from damage, omega-3s help prevent plaque that restrict and harden the arteries.
 - f) Reduction of production of some substances released during the body's inflammation response.
- 5) In autoimmune diseases, the immune system mistakes healthy cells for foreign cells and starts to attack them. Omega 3s can help fight type I diabetes (insulin diabetes), rheumatoid arthritis, ulcerative colitis, Crohn's disease and psoriasis.

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10/01:	Tricia Collier Stacy Soppe
10/03:	Claire Peyton Chloe Peyton
10/04:	Karen Kehrl
10/05:	Cecilia Breckenfelder
10/06:	Cathy Cook Jackson Cooper John Lehmann Jamie McGraw
10/07:	Matt Breckenfelder
10/10:	Malorie Putz
10/14:	Jackson Wickman
10/15:	Emma Cooper
10/18:	Mildred Fritz
10/20:	Matt Meyer
10/21:	Austin Chapman Lauren Collier Kelly Loesche
10/23:	Jamie Smith
10/24:	Zachary Sunne
10/27:	Charles Fischer-Thiriet
10/28:	Hailey Betels
10/29:	Mitchell Calonder
10/29:	Chrystal Hernandez Luke Palmer
10/30:	Renee Lewerenz
10/31:	Travis Johnson



- 6) Individuals with mental disorders often have low blood levels of omega – fatty acids. Supplements of omega – 3s can reduce frequency of mood swings and relapses in people with both schizophrenia and bipolar disorder, and may also decrease violent behavior.
- 7) A decline in brain function during aging is unavoidable. With higher levels of omega -3s there is a decreased age-related mental decline and reduces risk of Alzheimer’s disease.
- 8) Omega-3 supplements may decrease the risk of some types of cancer, including colon, prostate and breast cancer.
- 9) Asthma, a chronic lung disease, can be dangerous when swelling and inflammation are in the airways of the lungs. Omega-3 intake has been associated with a lower risk of asthma in children and young adults.
- 10) Non-alcoholic fatty liver disease (NAFLD) has increased with obesity. Omega -3 fatty acids can reduce liver fat in people diagnosed with NAFLD.
- 11) One study regarding menstrual pain has shown that omega-3 fatty acids can reduce menstrual pain and may even be more effective than Ibuprofen.
- 12) Good sleep is part of our optimal health. Omega-3 fatty acids, especially DHA, helps with sleep problems in children and obstructive sleep apnea in adults, thereby improving the length and quality of sleep.
- 13) Again, DHA is a structural component of our skin responsible for the health of cell membranes. Omega-3s can help keep your skin healthy, prevent premature aging and safe guarding against sun damage.

I guess the bottom line is omega-3 fatty acids are vital for optimal health, whether from fish or supplements.

Your Parish Nurse,
Gloria Rattenborg, R.N.

Acknowledgements: *Mayo Clinic Family Health Book*, 3rd Edition, 2005, Part V: Diseases and Disorders, Chapters 31 and 37; Part I, Chapter 2.
[Healthline.com/nutrition/17 Science-Based Benefits of Omega – 3 Fatty Acids](http://Healthline.com/nutrition/17-Science-Based-Benefits-of-Omega-3-Fatty-Acids).





10/02: Dennis & Kathy Meisgeier
10/03: Miles & Amy Brandt
Eric & Tara Holub
10/06: Jake & Valerie Wuchter
10/07: Kenny & Dawn Ingles
John & Ruth Peyton III
David & Julie Sunne
10/08: Michael & Kayla Gallup
10/09: Tobe & Rebecca Reilly
10/11: Matt & Sara Breckenfelder
10/12: Craig & Cindy Zebuhr
10/17: Jeff & Stacy Soppe
10/21: Brett & Megan Yonkovic
10/22: Tim & Kelly Loesche
10/23: Kyle & Sara Zebuhr
10/24: Seth & Amelia Trainor
10/26: Bill & Linda Hermes
10/27: Wade & Janice Brandt
10/28: Jim & Caroline Padilla, Jr.



Have you had a change of address, e-mail, or phone number? If so, please notify the church office. Thank you.

Beggars One and All?

In the early morning hours of Feb. 18, 1546, Martin Luther closed his eyes forever. And the hand that hammered the 95 Theses into the door of the Castle Church in Wittenberg on Oct. 31, 1517, penned its final words:

“We are all beggars. This is true.”

And this is the truth that our Lord says makes you free. Ironical, isn't it? That, in order to be free, you must be a beggar; you must be utterly dependent and reliant upon God. This makes us uncomfortable – the way we're uncomfortable when someone gets us a Christmas or birthday present when we haven't gotten them one. We feel we owe them. And we don't much like being in someone's debt.

But what Luther would remind us is that we are all indeed beggars. But we're not just anyone's beggars. We're God's beggars. And this is His legacy to the Christian Church. Christ came for sinners. He came to seek and save the lost. He came to heal the sick and raise the dead. He came for sinners, and He dwells only with sinners.

And, if we are to be where He is, we must be willing to be counted among the lost, the sick, and the dead. We must be willing to be beggars. We must cry out for mercy, for grace, and for his undeserved love and kindness. We must be dependent solely on Him and what He gives.

And here's the beauty: He gives us everything. Everything – forgiveness of sins, salvation from death and the devil, and eternal life. This is not because of any worthiness or merit in us, but it is because of His divine goodness, mercy, and grace.

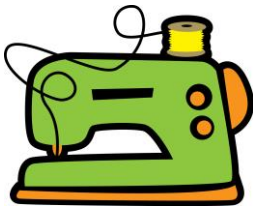
On account of Christ's death and resurrection, the Father forgives you, saves you, and is pleased with you. And you receive. You receive His love, His righteousness, His holiness, His acceptance, and His inheritance. We are all beggars. This is true.

This is the heart and soul of Christianity and the life-blood of the Christian Church. God justifies us, and He declares us innocent and righteous by His grace received through faith for the sake of Christ. This is not because of our works; this is because of His work on the

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On Sunday, October 27, a Flu Vaccine Clinic takes place following the service. The cost is \$35 for those not Medicare age. Those under Medicare, billing will be done for you. Gloria Rattenborg is now taking names of those wishing to receive the flu shot. Please contact her.



Ladies tie Quilts for LWR

A group of women meets the second and fourth Tuesdays of each month to tie quilts for Lutheran World Relief. The October dates are October 8 and 22nd. Meeting in the hall classroom, the ladies work in the morning from 9:15 to approximately 11:00. If you enjoy working on a craft like this, please join us!

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cross. We, who once were enemies of God, are reconciled to Him and made to be His children.

This is what Luther would point us to when He took up his pen for the last time and scribbled "We are all beggars. This is true." We are beggars. But we are beggars of the God who does not ignore us, who doesn't pass by us on the other side. We are beggars of the One who descended from heaven to make His dwelling with sinners.

We are beggars of Him who deigns to dwell with us, among us, and – yes – even in us by grace for Christ's sake. For in the bread and cup that we bless, we share together with Christ and each other the riches of God's grace.

So inexhaustible are the riches of this grace – the Gospel in sermon and absolution, in Baptism and Holy Communion – that our cups overflow. We, who are God's beggars, are not only inexhaustibly satisfied but have something to give back in thanksgiving and praise.



Women of Our Savior

On Tuesday, October 1, at 6:30 p.m., the ladies travel to the Penn Center, rural Delhi, to play Bingo with the residents. The group will carpool from the church, leaving the parking lot at 6:15. Quarters will be given as prizes. That evening there will be devotions by Linda Hermes, a business meeting, Mites, and an election of a vice-president and secretary. The newly elected officers will hold their positions for 2 years. Please join us!

The Trumpeter

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116 Guetzko Court, P.O. Box 247
Manchester, IA 52057



October 2019

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.