SHEPHERD OF THE HILLS LUTHERAN CHURCH
N1615 MEADOWVIEW DRIVE
GREENVILLE WI 54942-9625

SHEPHERD'S STAFF NEWSLETTER

MAY 2019

Shepherd of the Hills Lutheran Church
N1615 Meadowview Drive, Greenville, WI 54942-9625

Phone: (920)757-5722 FAX: (920) 757-0461
Email: office@shepherdhills.org
Website: www.shepherdhills.org
Find us on Facebook at https://www.facebook.com/GreenvilleShepherdoftheHills

If you would like to receive this newsletter and other church news and events via email,
Send us an email to: office@shepherdhills.org

WORSHIP SERVICES:
Sundays at 8:00 & 9:30 & 10:45 am
Saturdays at 5:00 pm

HOLY COMMUNION:
1st, 3rd & 5th weekend
of every month (Sat. & Sun.)
1st Monday of summer months

CHRISTIAN EDUCATION:
Sunday School 9:15am—10:30am during the school year
Adult Bible Classes 9:30am-10:30 am during the school year
5th, 6th, 7th & 8th Grade Christian Education Class on Wednesdays
6-8 pm during the school year.

CHOIR:
The Celebration Singers—our Choir- meets weekly beginning in September
Carillon Ringers—our Handbell Choir-meets weekly beginning in October

NURSERY CARE available during Sunday Worship during the school year, staffed nursery is not available during the summer.

HOME OF HILLSIDE PRESCHOOL

CALENDAR MAY 2019 @ SHEPHERD OF THE HILLS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Confirmation Scrip Order Day **8:00 AM** Worship (Sanctuary) **9:15 AM - 10:30 AM** Sunday School **9:30 AM - 10:30 AM** Adult Bible Class (B109) **9:30 AM** REACH Worship (MMC) **10:45 AM** REACH Worship (MMC) **1:30 PM** Confirmation Service (MMC) **6:00 PM** Pastor Chad Rooted Small Group (A107)	29 **9:00 AM - 10:30 AM** Women's Bible Study (FH) **6:00 PM** Handbells (Sanctuary)	30	1 **12:30 PM - 1:30 PM** AA (Romans Room) **5:30 PM** Ruby's Meeting (A106c) **5:30 PM - 7:00 PM** Small Group - JB (A106c) **6:00 PM - 8:00 PM** D.O.Gs (Disciples of God) **6:00 PM - 8:00 PM** High School Ministry	2 **5:00 PM - 10:00 PM** Music Ministry (MMC) **6:00 PM - 7:30 PM** Girl Scout Daisy Troop - (A108b) HJ **6:30 PM** New Member Campaign Dinner (MMC) CANCELLED **7:00 PM - 9:00 PM** AA (Mark Room)	3 **4:30 PM** Ruby's Set-up (MMC)	4 **8:00 AM** Ruby's Pantry (MMC) **5:00 PM** Contemporary Worship/Communion (MMC)
5 **8:00 AM - 11:00 AM** Blood Drive - Church Parking Lot **8:00 AM** Worship/Communion (Sanctuary) **9:15 AM - 10:30 AM** Sunday School **9:30 AM** REACH Worship/Communion (MMC) **10:45 AM** REACH Worship/Communion (MMC) **6:00 PM** Pastor Chad Rooted Small Group (A107)	6 **9:00 AM - 10:30 AM** Women's Bible Study (FH) **10:30 AM** LWML- Lutheran Women in Mission (Romans Room) **6:30 PM - 8:00 PM** Kavanagh's Small Group (FH) **7:00 PM - 9:00 PM** Mark's Small Group (B109)	7	8 **7:00 AM - 4:00 PM** 3s Picture Day (B109) **10:30 AM** Worship at Living Tree **12:30 PM - 1:30 PM** AA (Romans Room)	9 **5:00 PM - 10:00 PM** Music Ministry (MMC) **7:00 PM - 9:00 PM** AA (Mark Room)	10	11 **5:00 PM** Contemporary Worship (MMC)
12 Mother's Day Scrip Order Day **8:00 AM** Worship (Sanctuary) **9:15 AM - 10:30 AM** Sunday School **9:30 AM** REACH Worship (MMC) **10:45 AM** REACH Worship (MMC)	13 **9:00 AM - 10:30 AM** Women's Bible Study (FH) **11:00 AM** Sewing Angels (Sewing Room)	14 **11:00 AM** Worship at Touchmark **6:00 PM** Coordinating Council (A107) **6:30 PM** SonShine Stampers (FH) **7:15 PM** Outreach Min Tm (A108b)	15 Hillside Last Day 3s **12:30 PM - 1:30 PM** AA (Romans Room) **5:30 PM - 7:00 PM** Small Group - JB (A106c)	16 Hillside Last Day 3s **5:00 PM - 10:00 PM** Music Ministry (MMC) **6:00 PM - 7:30 PM** Girl Scout Daisy Troop - (A108b) HJ **7:00 PM - 9:00 PM** AA (Mark Room)	17 **11:00 AM - 2:00 PM** Hillside Picnic 3s & 4k (MMC)	18 **8:00 AM - 12:00 PM** Church Spring Clean-up Day **5:00 PM** Contemporary Worship/Communion /Baptism - Wienandt (MMC)
19 **8:00 AM** Worship/Communion (Sanctuary) **9:15 AM - 10:30 AM** Sunday School **9:30 AM** REACH Worship/Communion (MMC) **10:45 AM** REACH Worship/Communion (MMC) **12:00 PM - 4:00 PM** Use of FH (CB)	20 **9:00 AM - 10:30 AM** Women's Bible Study (FH) **11:00 AM** Today's Women Serving Christ (Romans Room) **5:00 PM - 9:00 PM** Ann's Stamp Class (A108a) **6:30 PM - 8:00 PM** Kavanagh's Small Group (FH) **7:00 PM - 9:00 PM** Mark's Small Group (B109)	21 **8:00 AM - 12:00 PM** Ann's Stamp Class (A108a)	22 **12:30 PM - 1:30 PM** AA (Romans Room)	23 **5:00 PM - 10:00 PM** Music Ministry (MMC) **7:00 PM - 9:00 PM** AA (Mark Room)	24	25 **8:30 AM - 1:30 PM** Stampin w/Liz (FH) **5:00 PM** Contemporary Worship (MMC)
26 Begin Summer Worship Schedule Scrip Order Day **8:00 AM** Worship (Sanctuary) **9:30 AM** REACH Worship (MMC) **10:45 AM** No 10:45 am REACH Worship (MMC) - Begin Summer Worship Schedule	27 Hillside No school 4k Memorial Day - Church office Closed No Monday PM Worship **9:00 AM - 10:30 AM** Women's Bible Study (FH) **11:00 AM** Sewing Angels (B115)	28 **6:30 PM - 8:30 PM** Bible Study Prayer Group (A107) - Patti	29 **12:30 PM - 1:30 PM** AA (Romans Room)	30 **5:00 PM - 9:00 PM** Ann's Stamp Class (A108a) **5:00 PM - 10:00 PM** Music Ministry (MMC) **7:00 PM - 9:00 PM** AA (Mark Room) **7:00 PM - 8:30 PM** Celebration Singers - Father's Day Practice Only (A107)	31 Wedding - Schmidt/Riehl - Offsite - CS **8:00 AM - 12:00 PM** Ann's Stamp Class (A108a) **4:30 PM** Ruby's Set-up (MMC) **5:00 PM - 9:00 PM** Ann's Stamp Class - PRIVATE EVENT (A108a)	1 **8:00 AM** Ruby's Pantry (MMC) **9:00 AM - 5:00 PM** Ann's Stamp Class - PRIVATE EVENT (A108a) **5:00 PM** Contemporary Worship/Communion (MMC)

Shepherd of the Hills

Shepherd's Staff

PASTORS:
Rev. Steve Kline
Rev. Chad Starfeldt

DIRECTOR OF WORSHIP ARTS Emily Leeds
DIRECTOR OF SENIOR MINISTRIES Mark Peters

APRIL 2019

DEATH AND TAXES

Pastor Steve Kline

How ironic that Tax Day and Holy Week all come together this year. Death and taxes. Taxes and death.

Ben Franklin is credited with making the legendary idiom popular in 1789: "But in this world nothing can be said to be certain, except death and taxes." Its origin actually goes back even further, to Daniel Defoe in his *The Political History of the Devil* in 1726 – "Things as certain as death and taxes, can be more firmly believ'd" – and even to Christopher Bullock in *The Cobbler of Preston* in 1716: "'Tis impossible to be sure of any thing but Death and Taxes."

Every year I hope and pray for the Second Coming of Christ to happen on April 14th, just to stick it to both of these evil foes. Every year I end up filing anyway. And my eternal admiration goes out to our sister in Christ Myrtle, who at the age of 101 crossed over from death to life with Jesus on December 31st. This prompted her son-in-law to tell me, "She would love this, because another day and she would've had to file her taxes for another year." One of the joys of paradise.

Jesus tells us to be good citizens by paying our taxes. So there's no Biblical way out of Form 1040. Here we are almost 2000 years later, and the certainty still lives. I use TurboTax to do my taxes, and their new ad campaign has caught my eye. Their latest, lightest software version is free (I still pay for mine), and the ads play up the ***free:*** "It's free. As in free, free. Free, free, free. Totally free." Never has the word ***free*** been more annoying.

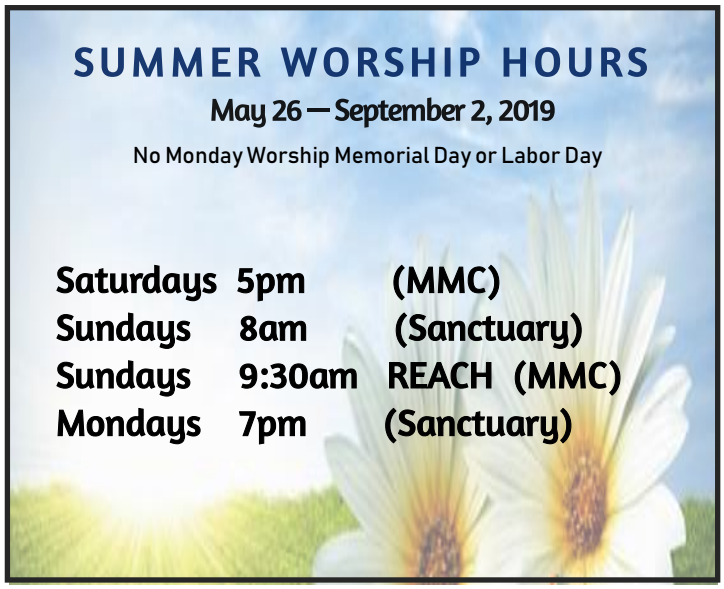
The reality is that nothing in life is free, including death and taxes. I'm not referring to the cost of the software or the fees at the funeral home. There is always a price to be paid, and someone has to pay it. (Side note: this includes healthcare, college tuition, debt relief and Packer tickets – it may come free to you, but somebody else is definitely footing the bill).

In the ultimate turn of cosmic events, death becomes the payment for life. Death is certain because sin is even more so. And yet, Jesus – who had absolutely zero sin of His own – became sin for us. Our faults and failures, our sinfulness and selfishness, always carry a hefty price tag, and that price must be paid. That's justice. That's life in the Kingdom.

Jesus pays the price. The full price. He sets us free from the hold that sin has on us, and from the fear that death puts in us. The payment for sin is death, but the gift of God is eternal life in Jesus (Romans 6:23). This means that getting our life back, our messes cleaned, our damage repaired and our souls saved is free. For us, not Him. You are worth that much to God.

Gifts, by definition, are free. To the recipient. Consider, however, how much love is involved for Jesus to take on that much debt for people who are unqualified, undeserving and incapable of paying their bills. His grace is free. Free free. And it works.

The love of God given to us freely in His Son is an absolute certainty. Nothing in all creation – not even death and taxes – can take it away from us. On that you can be sure. **He is risen!...**



OUR WORSHIP SCHEDULE

Saturday 5:00 pm (MMC-Blended/Contemporary)
Sunday 8:00 am (Sanctuary-Traditional)
Sunday 9:30 am (MMC–REACH Contemporary)
Sunday 10:45 am (MMC–REACH Contemporary)

Sunday School Sundays 9:15-10:30am
Sunday Adult Bible Classes 9:30-10:30am

CHILD CARE during worship (Ages 0-5)
Staffed Child Care will be available Sundays from 9am–Noon in the Noah's Ark Nursery Room in room B115 by the MMC. There is no staffed childcare on Saturday nights during worship but feel free to use the Noah's Ark Nursery Room.
No nursery care during the summer months..

ACTIVITY BAGS during worship (Ages 2-4 & K-2nd Grade)
Parents of 2-yr-olds through grade 2, feel free to have your child use the activity bags on the racks in the sanctuary entryway or in the MMC entryway. The bags are marked for ages 2-4 and grades K-2. Return the bags to the racks at the end of worship.

CHILDREN SUNDAY SCHOOL (3-year-olds – 4th Grade)
During the school year we have Sunday school for children from 9:15-10:30 am. Check in at the info desk by the gym for more information. Parents may attend the 9:30 am worship service during that time or attend a bible class or bring your children with you into worship at a different service.

MIDDLE School Program (D.O.G.s Confirmation) (5th – 8th Grade)
During the school year we have our Disciples of God (D.O.G.s) Middle school confirmation program every Wednesday from 6-8 pm. We eat dinner first, then we have a large group teaching time and then small group discussion time and lastly, we close in a large group game. We cover many important topics of the Christian faith during these 4 years. Contact Pastor Chad in the church office for more information.

HIGH School Uprising Program (9th – 12th Grade)
Our Uprising High School ministry meets every Wednesday from 6-8 pm during the school year. We eat dinner together, do some crazy games, have some great discussions on a Biblical topic of the night and have a ton of fun together. Contact Hannah Hayden in the church office for more information.

ADULT SMALL GROUPS
Every adult would benefit from being in an Adult Small Group Bible study. It's a great way to get connected. It's the best way to grow deep in your faith. It's a great way to be supported and encouraged by others in the family of God. Go to our website www.shepherdhills.org then click on MINISTRIES / ADULT and SMALL GROUPS to check out our small group options today.

Our Staff @ Shepherd of the Hills

Pastor Steve Kline, Senior Pastor
Contact Pastor Steve at
revkline@shepherdhills.org
Office: 920-757-5722

Pastor Chad Starfeldt
Contact Pastor Chad at
cstarfeldt@shepherdhills.org
Office: 920-757-5722

Emily Leeds, Worship Arts Director
Contact Emily at
ELeeds@shepherdhills.org
Office: 920-757-5722 Cell: 858-703-7799

Office
Office Hours
Monday — Friday
8:00 am — 4:00 pm
Contact office staff at
office@shepherdhills.org
Office: 920-757-5722

N1615 Meadowview Drive
Greenville, WI 54942
www.shepherdhills.org

Mark Peters, Director of Senior Ministries
Contact Mark at
MarkP@shepherdhills.org
Office: 920-757-5722 Cell: 920-810-9374

God reaches us …
with the Love that reaches others!

WORSHIP SERIES @ Shepherd of the Hills

SUMMER WORSHIP SERIES

Charles Dickens begins his classic, A Tale of Two Cities, *saying, "It was the best of times, it was the worst of times." This is not only a synopsis of the time before the French Revolution, it is a synopsis of all history. Every time carries with it good and bad. The book of Genesis explains why this is the case. Ever since sin entered the world, the best and the worst have locked horns. The book of Genesis looks at the tension between the best and the worst and offers hope that the best is yet to come.*

Beginning May 26 Weekend

Financial Statement for March 2019

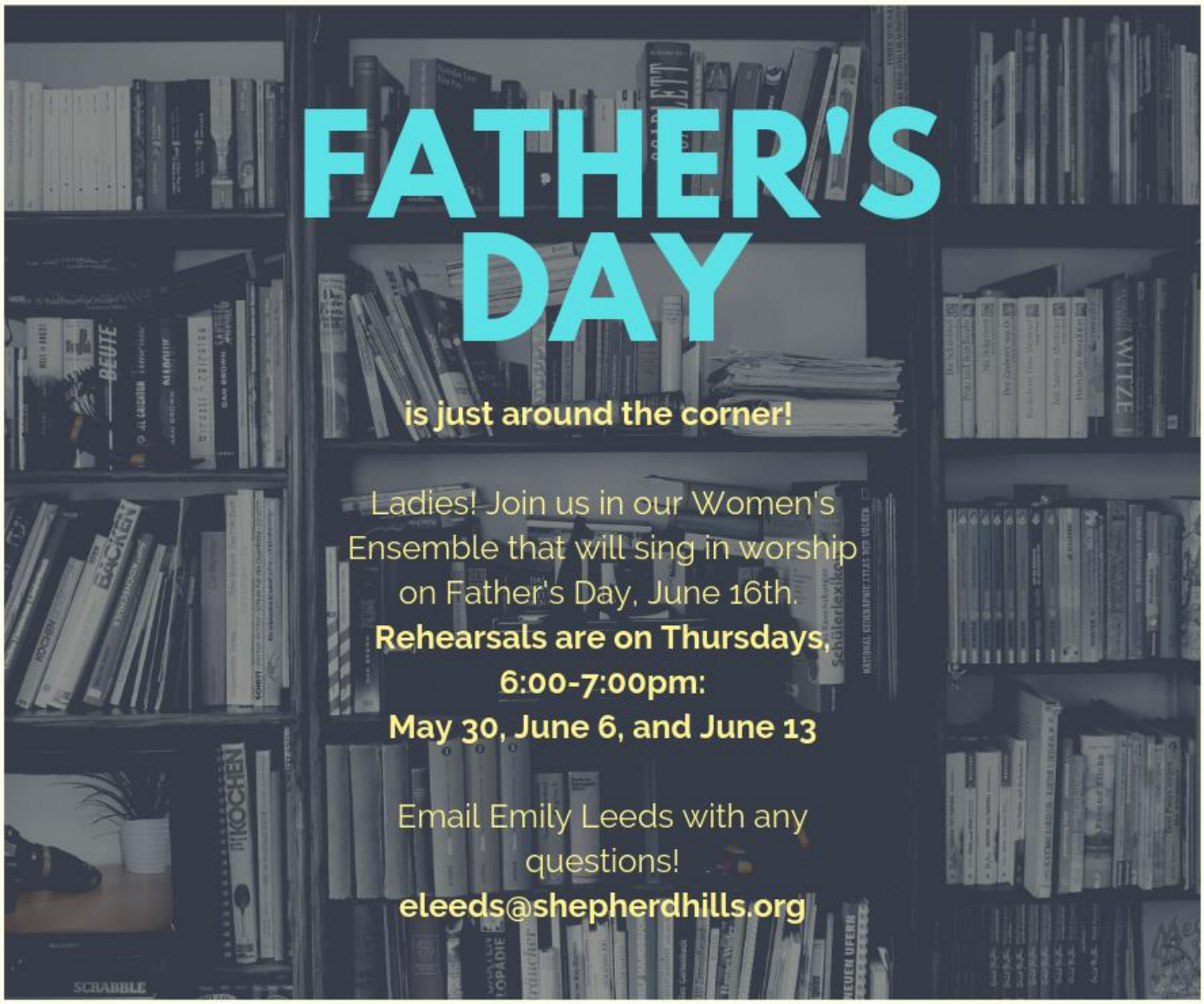
Operating Budget:		
Needed	$239,861	
Actual Receipts	$236,201	
Actual Expenses	$230,833	
Income Less Expense	$5,368	
2019 Receipts	$236,201	
2018 Receipts	$199,297	
	$36,903	
Total Adopted Budget for 2019		$959,444
Total Adopted Budget for 2018		$857,517

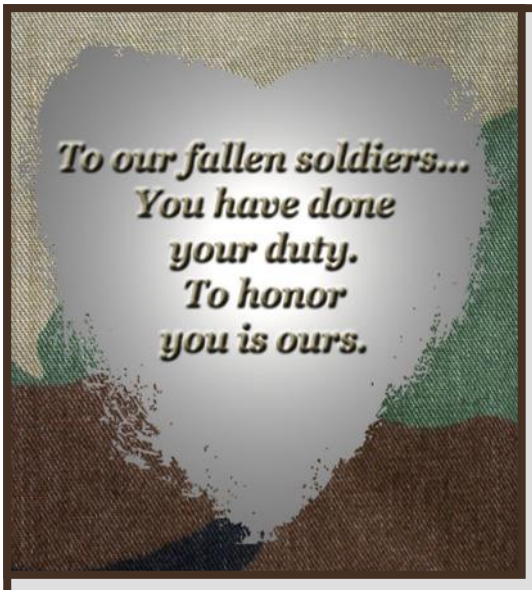
Financial Statement for March 2018

Operating Budget:	
Needed	$214,379
Actual Receipts	$199,297
Actual Expenses	$262,678
Income Less Expense	-$63,381

Music Ministry @ Shepherd of the Hills

Emily Leeds





For Memorial Day Weekend Bulletins

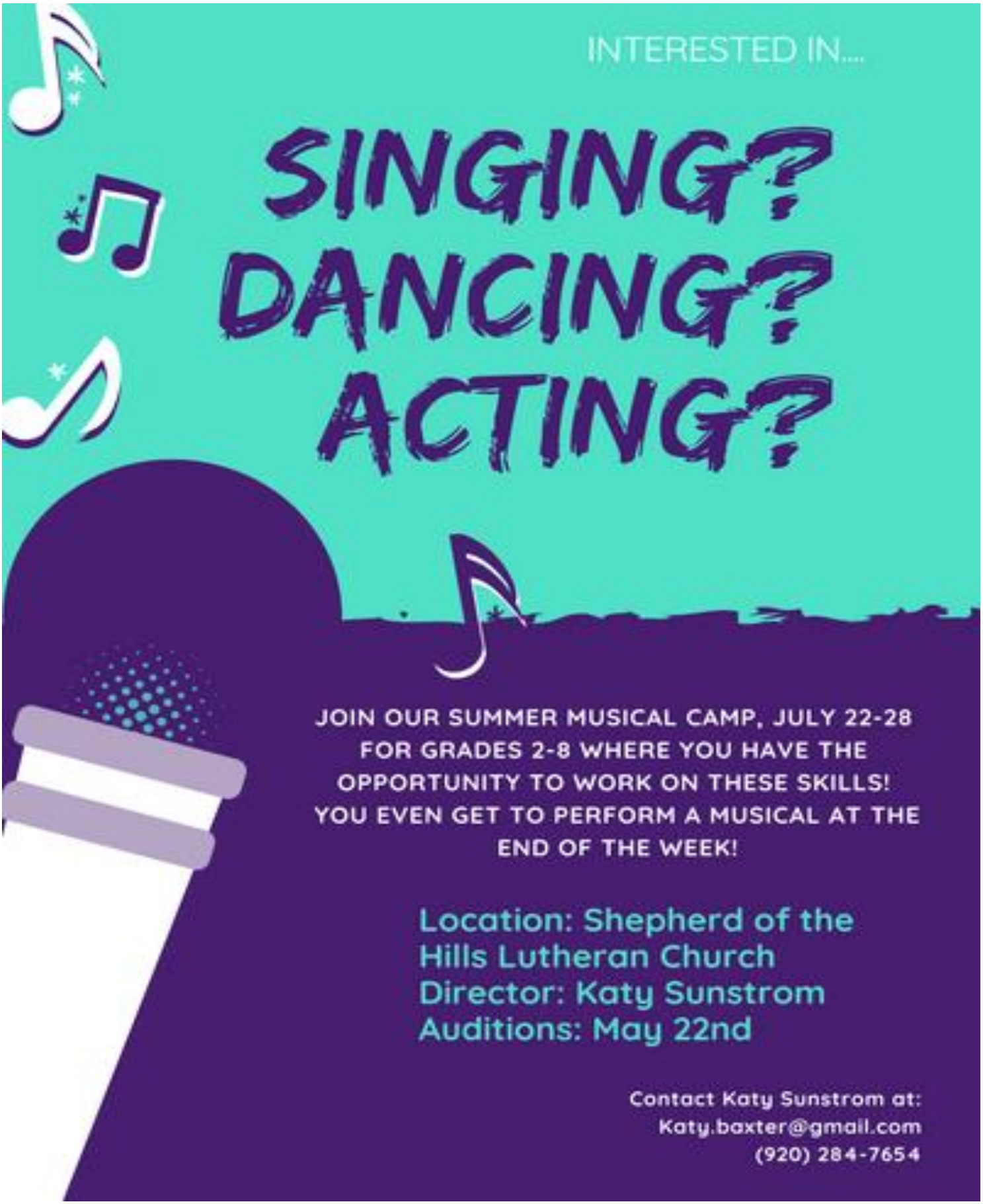
We want to list the names of our deceased veterans who were members of Shepherd of the Hills.

Please contact the church office with the name of your loved one and the branch of the service they served before May 21st, 2019 so we can add them to our list of deceased Veterans that is printed in our Memorial Weekend Bulletin.

office @shepherdhills.org or 757-5722

Music Ministry @ Shepherd of the Hills

Emily Leeds



Children & Youth Ministry @ Shepherd of the Hills

VBS

JULY 29 - AUGUST 1

REGISTER IN CHURCH OFFICE

Children & Youth Ministry @ Shepherd of the Hills

Shepherd of the Hills Lutheran Church

Confirmands - April 2019

Joshua Thomas Bakich
Taylor Lynn Baumann
Hannah Mae Bellile
Jakob Bradley Borgen
Trevor Thomas Diedrick
Joseph Theodore Fischer
Kaden Ryan Grohman
Elizabeth Emily Hanson
Mara Ann Hedtke
Maggie Lynn Heidke
Kolden Joseph Hunter
Savana Ann Hurlbutt
Sydney Ariana Judge
Ally Renee Lattimer
Kendra Lee Lorenz
Seth Lynn McGee
Luke Ryan O'Connor
Thomas Mitchell Rose
John Jeffrey Sargent
Lauren Anita Schneider
Tucker Wayne Stapleton
Evan Michael Steinacker
Eva Marie Thompson
Ava Elizabeth Thurk
Ava Jean Van Ornum
Allison Rose Wendt
Zachary Louis Yourchak

SCRIP NEWS!

That's the easiest way to raise money for the National Youth Gathering or for the Capital Campaign!

There are hundreds of retailers that are part of the program. We are at the scrip table every 2nd and 4th Sundays of every month.

Our May order dates are: May 12 & 26

Please help us support our Scrip program and our local vendors! In addition to the hundreds of gift card options online, we have the following local vendors as well:

The Bulk-Priced Food Shoppe Bob & Geri's Black Otter Supper Club
Jaripeo Mexican Grille Mosaic Salon HuHot Mongolian Grill
Woodman's Gilbert's Sentry Foods Kwik Trip Culver's

We are at the scrip table every 2nd and 4th Sundays of every month.

You can also order online at www.shopwithscrip.com.

Please go to the website and register using the SHLC enrollment code: A22C6A8A41373

You can contact Debbie Hunter at 920-475-6069 if you have questions.

Upcoming @ Shepherd of the Hills

Admit One

SHLC Brewer Bus Trip

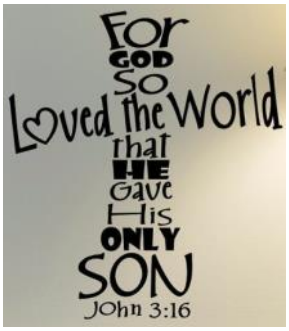
$50 includes bus ride.

Signup in church office or in church lobby.

All are welcome.

Pay Ticket fee in the church office by August 19th, 2019.

Admit One



GRADUATIO N 2019

We will be posting high school and college graduation pictures & future plans of the graduates on our bulletin board in June. Graduates, please send the information below (along with a photo) to the Church Office no later than May 30th if you would like your picture & plans posted.
Thank You!

NAME:_____

GRADUATING FROM (name of school):_____

FUTURE PLANS:_____

_____

_____

_____

_____

Geraniums for Pentecost/Memorial Day

The bright red geranium-filled cross that blossoms in the front lawn of Shepherd of the Hills has become an annual summer tradition and silent witness of our faith to all who pass by on Hwy 15. Once again, we are asking for your donations to make this possible. The plants are $4.00 per plant.

We will also need help with planting & care of the geraniums. Prior to being planted some of the plants will adorn our worship services on Pentecost Sunday & Memorial Day Sunday. If you wish to donate a geranium(s), cut off the portion below & place in the offering plate with payment or return to the church office by May 15th.

++

_____YES, I/we will help by purchasing geraniums.

Number desired:_____@ $4.00 each
TOTAL $_____

In Memory of:

_____

_____

_____

_____

_____

_____Yes, I am willing to help plant the flowers.

_____Yes, I am willing to be put on a schedule to weed/water during the summer months.

Name:_____

Phone:_____

Email:_____

Planting date to be determined. Watch upcoming bulletin announcements for date.

SPRING CLEAN UP CHURCH WORK DAY

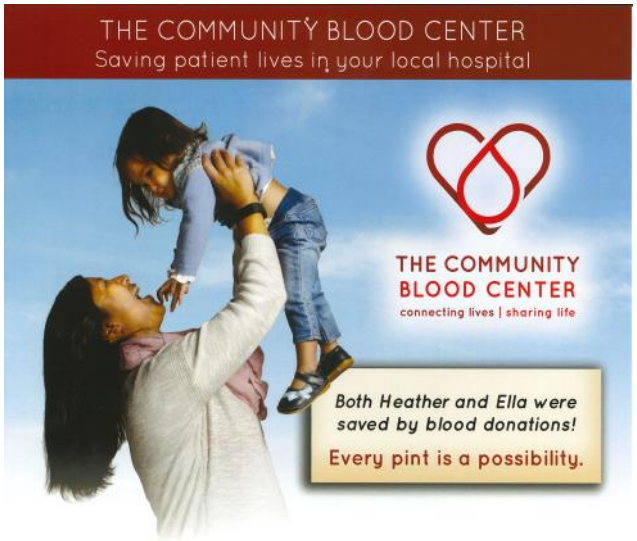
MAY 18TH

8:00 AM—12:00 NOON

ALSO OUR KITCHEN CLEANUP CREW FOUND MANY UNCLAIMED CONTAINERS.

IF YOU HAVE LEFT A CONTAINER IN THE CHURCH KITCHEN, PLEASE STOP IN THE MMC KITCHEN TO CLAIM BEFORE 5/15/19.

ALL UNCLAIMED CONTAINERS WILL TO BE DONATED TO THE BETHESDA THRIFT STORE



SHEPHERD OF THE HILLS LUTHERAN CHURCH BLOOD DRIVE

N1615 Meadowview Drive, Greenville, WI 54942

SUNDAY, MAY 5
8:00 AM - 11:00 AM

To schedule your life-saving donation appointment, please contact Dawn Brumm at 920-982-4456.

THE COMMUNITY BLOOD CENTER
connecting lives | sharing life

4406 W Spencer St, Appleton, WI 54914 | (800) 280-4102 | www.communityblood.org | cbc@communityblood.org

Birthdays & Anniversaries 2019

May Anniversaries

May 3	Michael & Mary Schroeder	*39 years*
May 7	Steve & Shirley Carlson	
May 9	Karen & Michael Mauritz	*32 years*
	Jake & Tracey Miller	*11 years*
May 10	Michael & Kristy Driscol	*22 years*
May 11	Scott & Deanna Degal	*23 years*
May 12	Dan & Juanita Frankfurth	*18 years*
	Jason & Tanya Leist	*18 years*
May 13	David & Samantha Farah	*3 years*
	Dale & Wendy Sleger	*30 years*
May 14	Lee & Cheryl Kucksdorf	*31 years*
	Fred & Keri Rose	*25 years*
May 15	Thomas & Patricia Kautz	*26 years*
May 16	Mike & Angela Behnke	*11 years*
	Matt & Sara Hammen	*10 years*
	Tom & Lisa Pawlosksi	*4 years*
	Mark & Susan Zirbel	*32 years*
May 17	Lori & Russ Newton-Anderson	*39 years*
	Bill & Susan Powell	*11 years*
May 21	Scott & Lynn Borchardt	*31 years*
May 22	Cal & Kathleen Pitel	*15 years*
May 23	Steve & Laurie Hoelzel	*33 years*
May 25	Steve & Melissa Romatz	*28 years*
May 26	Todd & Terri Batzler	*29 years*
	Michael & Amanda Parker	*1 year*
May 27	Brian & Shana Netzel	*2 years*
	Jon & Erica Parkhurst	*2 year*
May 28	Matthew & Mary Vallafskey	*25 years*
May 30	Jacob & Brittnie Maass	*4 years*
	Fred & Erica Stoeger	*27 years*

MayBirthdays

5/1	Briggs Lowney
	Virginia Peters
	Anika Vera
5/2	Hannah Guyette
	Matthew Krentz
	Logan Loeffler
5/4	Jeff Kearn
	Erik Kramer
	Dawn Stroble
5/5	Herb Fenske
	Morgan Huettl
	James Walters
5/6	Richard Ehlert
	Jon Parkhurst
	Crystal Reiter
	Nicole Whitney
5/7	Chloe Crusan
	Ellen Krueger
	Christy Thompson
	Mike Yankee
5/8	Erin Baranek
	Rebecca Krause
	Callie Ring
5/9	Daniel Dahms
	Taylor Mathisen
	Sherry Sundby
	Montanna Voight
	Thressa Voight
5/10	Gryffin Johnson
5/11	Adalie Ihde
	Brandon Patri
	Jeffrey Steinacker
5/12	Chelsea Breyer
	Steve Romatz
5/13	Jessica Lenz
	Anne Paschke
	Nichole Voight
	Jerome Weller
5/14	Austin Neubert
5/15	Gracie Heidke
	Blake Nelson
	Rhonda Niemi-Judge
	David Plank
	Mason Spiegel
	Terry Zimmerman
5/16	Lori Loeffler
	Amy Timm
5/17	Faith Blondeau
	Jayden Blondeau
	Stacy Jens
	Janice Suutala
5/18	Savannah McKeever
	Jonathan Novotny
	Nolan Roberts
	Vanessa Woodley
	Julie Zalewski
5/19	Mitch Krug
	Ryan O'Connor
	Kim Sjoquist
5/20	Bonnie Dorschner
	Eli Franfurth
	Ava Gustafson
	Craig Kolb
	Ava Neuman
	Sabrina Vera
5/21	Matthew Bakich
	Dennis O'Brien
	Rock Suutala
	Melissa Tisch
5/22	Justin Baken
	Vilas Kratzke
	Ian Mintzlaff
	Wyatt Price
	Ethen Samp
5/23	Julie Ives
	Emily Leeds
	Sydney Jens
	Roger Liesch
	Emmalyn Sprangers
5/24	Jennalee Doughty
	Todd Kadolph
	Amanda Neubert
	Andrew Peters
5/25	Sara Hammen
	Carlene Jahnke
	Kendall Kirkpatrick
	Caleb Maufort
	Danielle Morris
	Gregg O'Connor
5/26	Jeremy Bellile
	Scott Bonikowske
	Jakob Borgen
	Thomas Flenz
	Abbey Karns
5/26	Sheli Klein
	Patti Mathisen
	Cole McNichols
	Tyler Powers
	Christine Roesler
5/27	Ernest Broeniman
	Adeline Heidke
	Kayla Karns
	Matthew Logsdon
	Lou Maylander
	Annette Peters
	Julie Trams
5/28	Erik Arndt
	Jane Jensen
	Casie Korth
	Allyson Regal
	Antti Suomi
5/29	Joshua Schroeder
	Amy Springer
	Elizabeth Trams
5/30	Jennifer Diedrick
	Susan Hanson
	Jared Romatz
5/31	Norbert Gauerke
	Ajay Meidam
	Jerry Rosewitz

May Troop Support Up-Dates:

Small Personal Care Items Needed

We are looking for extra supplies of some personal care items. We are looking for masculine body wash and small stick deodorant. We are also looking for hair conditioner and lotion in travel sizes. We have learned that hair conditioner and body or hand lotion make good substitute shave gel. Medicated foot powder is always needed and is EXTREMELY difficult to find. Our military personnel have greater feet problems than just sweat and odor so we need the medicated foot powder versus the regular foot powder. Extra wet wipes this time of year mean our troops can clean off some of their sweat even if they can't get to a shower.

Special Food Request

We have a small group specializing in explosive device removal looking for food items such as peanut butter or cheese and crackers and granola bars to put in pockets and packs. This group often lives out of a truck and gets helicoptered into a remote area to do what they do. Extra easy- to- put -in –a- pocket food items would be appreciated.

Laundry Help

Many of our troops do their own laundry. Laundry detergent is very hard to find over there. We would like to send a variety of laundry detergent pods in each personal care box we send. You and I like different brands. So do our military personnel. We would like to pack a variety of brands in plastic containers in each personal care box so perhaps, the military person will be able to use the brand they like best. We ask for laundry pods because we cannot send powder or liquid detergent.

Summer Wish List:

- Foil tuna, tuna salad or chicken pouches
- Small stacks crackers
- Small pop top cans green peas
- Cans cream of mushroom or cheddar soup
- Peanut butter or cheese & crackers
- Granola bars or small packs trail mix
- Small packs nuts or raisins
- Coffee (no decaf)
- Peanut butter
- Drink mix packets
- Small body wash
- Medicated foot powder
- Non-aerosol shave cream or gel
- Small men's stick deodorant
- Baby wipes
- Laundry detergent pods
- SPF45 lotion sun screen
- Lotion insect repellant

Donations can be left in the troop support box in the coat room by the sanctuary or in the box by the MMC doors. Checks can be made out to SHLC, marked "Troop Support" and either mailed to the church office or dropped in the offering plate.

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MAY 2019 Complementary, Alternative, or Integrative Health

We've all seen the words complementary, alternative, and integrative, in healthcare, but what do they all really mean?

Complementary vs. Alternative

- If a non-mainstream practice is used together with conventional medicine, it's considered "complimentary."
- If a non-mainstream practice is used in place of conventional medicine, it is considered "alternative."

True alternative medicine is uncommon. Most people who use non-mainstream approaches use them along with conventional treatments.

Integrative Medicine

There are many definitions of integrative health care, but all involve bringing conventional and complementary approaches together. Some examples of integrative medicine are:

- Acupuncture
- Meditation
- Self-hypnosis

The goal in adding some of these therapies would be helping patients feel and function better and reduce their need for pain medicines that can have serious side effects.

Complimentary Health Approaches

Most complementary health approaches fall into one or two subgroups; natural products or mind and body practices. Some natural products would be:

- Herbs, known as botanicals
- Vitamins and minerals
- Probiotics
- Dietary supplements.

Just as an FYI: the #1 used natural product was fish oil.

Some examples of mind and body practices:

- Yoga
- Meditation
- Massage therapy
- Acupuncture
- Relaxation techniques
- Healing touch
- Hypnotherapy
- Chiropractic and osteopathic manipulation

Valley VNA Senior Care
In-Home Care | Independent Living | Assisted Living

CAMP LUTHER NEWS
May 2019

Week 1

Custom Group Retreats

Camp Luther is your destination for year-round retreats, conferences, and gatherings. In the midst of God's beautiful creation, your group will be treated to comfortable accommodations, wonderful meals and a helpful staff. Head on over to Camp and you'll come to know why thousands of people return to Camp Luther year after year. Go to their website to get all of the details! https://campluther.com/group-events

Week 2-

Camp Luther Golf Outing 2019

Help support Camp Luther at the 2019 Camp Luther Golf Outing! The event will be held June 21 at 9 a.m. at Rhinelander's Northwood Golf Club. This is an outstanding event for men, women, couples, and youth, with great prizes, great food, and great fellowship. All proceeds go directly to Every Kid to Camp, helping more kids experience Camp and encounter Jesus! For details about sponsorships and registration, please see their website, https://campluther.com/golf

Week 3-

Memorial Day Weekend Family Retreat

Enjoy a flexible and relaxing schedule with your family and other families during this holiday weekend. Activities include kayaking, trail biking, cookouts, Bible study, and so much more! Start a new family tradition this year! For more information, check out their website, https://campluther.com/family-events

Week 4

KBC Summer Programs

Keweenaw Base Camp is offering three different summer programs this year! For all of the high schoolers out there, The Edge, Venture, and IGNITE just might be the camp experience you've been waiting for! For details about each program, check out their website, https://campluther.com/summer-camps-1

KBC Group Programs

Looking to challenge and strengthen your youth group this summer? Camp Luther has options for you! Limitless Adventure, Service Events, and Passage Group Experience at Keweenaw Base Camp (KBC) are three opportunities for your group to grow in faith, leadership, and servanthood. PLUS camp takes care of everything--meals, programming, devotions, etc! For middle school and high school. For more information, go to their website, https://campluther.com/group-programs

Camp Luther is a subsidiary ministry of the North Wisconsin District-LCMS.
Our mission is to build up all people in Christ for service and witness to the world.