

# Lord of the Lakes

## May, 2019



I'm settling into my office this Tuesday morning following Easter Sunday – and what a wonderful day it was here at Lord of the Lakes! Hundreds of people packed the sanctuary to celebrate Christ's resurrection. I heard from many of you that the singing of The Lord's Prayer felt especially powerful that morning, and I agree. Then we joined together around the table for terrific food and conversation. And for those of you who watched or participated in the egg hunt – talk about an adrenalin rush! The whole day had a magical feel to it. Not to mention the beautiful, warm weather after such a long winter. I want to keep that Easter hope with me all year long, don't you? Sometimes life gets in the way though. There are health issues to deal with. Even

this morning, I've received calls, texts, and emails asking for prayer and visits for those going through some really challenging problems with their health or a family member who is dealing with a scary diagnosis. We all know how life can be rolling right along and come to a screeching halt due to something out of our control. But still, even with hardship and pain, I want to keep that Easter hope alive. Maybe you can relate. But here's what we have to remember in the midst of problems with our bodies or our relationships or our finances: When we say the words, "He is risen!" we're not talking about something that happened a long time ago and doesn't affect us today. The hope that accompanies the statement "He is risen" continues on today and tomorrow. It keeps going and going and going. No matter what you're dealing with today, hold onto this promise. You can even say to yourself, "He is risen" as a reminder of the hope that we have. A hope that is bigger than any problem that comes our way.



### Congregational Meeting

**Annual Meeting: Sunday, May 5th**  
Time: 11am (lunch provided)



**Mother's Day**  
Come join us for worship:  
8 & 10am!

Love is always supportive, loyal hopeful and trusting. 1 Corinthians 13:7

*Pastor Kevin*

here am i.  
send me.



## COUNCIL

Calling all members! Your church council is looking for 3 new recruits to join the council and help shape and guide the church. We meet once a month on Tuesday evening 6:30-8pm.

If you are interested, please pick up an info packet from the church office and submit a brief bio for the annual meeting where the congregation will vote.

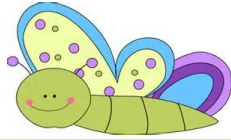
Lord of the Lakes Church ~ Pastor Kevin Heffernan  
pastorkevin@lordofthelakes.net  
Phone: (920) 582-2622  
6090 Harbour South, Winneconne, WI 54986



Email: [office@lordofthelakes.net](mailto:office@lordofthelakes.net)  
Office hours: Monday through Thursday, 8am-3pm  
[www.lordofthelakes.net](http://www.lordofthelakes.net)

Kids: join us for the spectacular  
Children's message—EVERY Sunday!

*Helping Children Learn*



## Sunday School News

**Kids! Join us at 9am at Sunday  
School—it's awesome.**

May 5th— Music!

May 12—Gifts for Mother's Day

May 19: last day, let's CELEBRATE!

### God Bless Moms: Mother's Day

"She is clothed with  
strength and dignity;  
she can laugh at the  
days to come. She  
speaks with wisdom,  
and faithful instruction  
is on her tongue. . . . A  
woman who fears the  
Lord is to be praised.

Proverbs 30: 25-30



Lord of the Lakes Spring Clean-up is **scheduled for Sunday, May 19**, immediately following second service. This is your invite to come to second service, dressed very casually and help us after. Depending on weather we do tasks both inside and outside and you can 'sign-up' for tasks you want to participate in. All tools and supplies are made available so you don't have to bring anything except yourselves and your family members! We start with a casual lunch and then get busy. We're usually there for approximately 2 hours but if you need to leave early, that is fine. Any and all help to keep our building and grounds looking nice will be greatly appreciated! So please mark your calendar: **Sunday, May 19** at 11am.

Congratulations to Jon and Sarah Walsh  
on the birth of Chloe Patricia Rose  
Walsh March 19, 2019.  
Bless you on your new  
family member!

*new  
baby  
"girl"*

### *Busy Hands in May*

We are using our hands tying quilts for the Lutheran  
World Relief & Day by Day Warming Shelter this  
month. Feel free to join us on:  
Tuesday, May 7 & 21 at 9am.



Congratulations to those  
Confirmed: April 7, 2019!

Alexis Fox  
Jacob Macho  
Jonah Macho  
Mason Sternard  
Becca Walsh  
Maria Zillges



Meet our new Maintenance person, Jon Fenrich! Welcome Jon.

Tim White had resigned back in February due to his fulltime job as well as family commitments. Thank you, Tim for your hard work and your time commitment. Building and Grounds team has hired his replacement – Jon Fenrich. Jon is getting started with learning about Lord of the Lakes needs. He is a recent retiree of the Oshkosh Fire Dept., most recently as a Battalion Chief. He worked for the Oshkosh FD for a total of 30 years, plus 5 years with Two Rivers FD and comes well qualified to help us. He lives in the neighborhood of our church, his wife is Jeannie and they have 3 children. Mitch has graduated from UW-Madison, Adi is a senior at UW-Madison, and Morgan is a junior at Winneconne. If you see Jon at work in our building, stop and introduce yourself and welcome him on board!

Jan Olson, Buildings & Grounds

**Thank you** Sunday School Teachers for making a difference in the lives of our children! Please join us (8am & 10am) at worship on May 19th to celebrate our teachers!

“For every lesson you’ve prepared the love of God has been shared”



### May Birthdays

(70 and over)

Russ Graunke, May 2  
Judy Wright, May 5  
Tom Zillges, May 23

God’s Blessings to you!  
Please contact the office for any adds/changes.

Congratulations to our 2019 Graduates!

Lilianna Fox  
Jena Paulson  
Hunter Wright



**Graduate Recognition**  
Sunday, May 26, both services

Please contact the office for other graduates we may have missed.



Veteran Recognition  
Sunday: May 26  
8am & 10am

## Help Wanted

### Event/Curriculum Coordinator

- recruit volunteers for events
- Schedule and promote church/ community events
- Sunday School teacher recruiting and scheduling

This job could be up to (10) hours per week. If interested, please fill out an application—found on [www.lordofthelakes.net](http://www.lordofthelakes.net) under “Forms” or stop in at the office. Questions: Pastor Kevin, 582-2622

# SCRIP

funny word... easy fundraising

The sun is shining and the flowers are blooming! Time to get your yard in shape! Try some Zillges Materials scrip cards! We also have Menard's, The Home Depot, and Fleet Farm to get the tools you need to get the job done. Also, with graduation time around the corner, remember to use grocery scrip cards for your party and cookout supplies. Scrip cards also make great graduation & Mother's Day gifts!

Tammy Wright, 920.836.3007, [wisupermom@gmail.com](mailto:wisupermom@gmail.com)



Every SCRIP gift card ordered through church will help fund our mission of serving others.

**Need Help?** Don't let stigma stand in your way.  
Call 2-1-1 [www.21now.org](http://www.21now.org)

Find resources for: suicidal thoughts, Alcohol/drug abuse, stress, depression, eating disorders, family counseling, anxiety, bipolar disorder and much more. **No Health without Mental Health**

24/7 Mental Health Crisis Intervention Help Line: Oshkosh: 233-7707, Neenah: 722-7707

### Blood Pressure/Blood Sugar Clinics—Free

Sites: Winneconne Municipal Center 11:30am -1:30pm the 3rd Monday of every month & Anytime Fitness at 11:00am 1st Tuesday  
Why come? For your health! This is free, it's done by qualified volunteer RN's.

Text Your Offering To 920-280-6221

Lord of the Lakes



If you rarely write checks  
If you don't carry cash

Then our new text offering  
Option is for you

Text your offering to the  
Phone number above

# PRAYER

is the fastest thing on earth...  
it reaches God before you even say it.  
That's powerful.

PRAYER is a crucial part of our faith lives and support of each other. Please call the church office or contact Pastor Kevin if you have a prayer request and would like it added to the prayer chain. All concerns on the prayer chain are kept confidential. *Pastor Kevin*

*"A place of refuge in a troubled world"*



### Pastor's Ministry - April



Meetings	2	Confirmation	6
Spiritual advising	5	Bible Studies	4
Home/Hospital visits	8	Lent Services	4



# Worship Assistants Schedule



## MAY, 2019

<b>May Ushers:</b> 8:00am Russ Kohl*, Marsha Phillips, Zach Phillips & Warren Winter	<b>May Ushers:</b> 10:00am Janine Brantley*, Bette Lee, Trudy & Steve Resnick
<b>May 5 8:00am Service</b> <b>Reader</b> Darlene Larson <b>Greeters</b> Janet Baumgart Joanne Dallmann <b>Communion</b> Betts Nikolai & Tammie Fox <b>Coffee</b> Judy & Bob Felberg*, Kristan Fischer, Barb Ruggles	<b>May 5 10:00am Service</b> <b>Reader</b> Kay Lettau <b>Greeters</b> Ken & Mary Mueller <b>Communion</b> Becky Jahnke & Amy Davies
<b>May 12 8:00am Service</b> <b>Mother's Day</b> <b>Reader</b> Joleen Downs <b>Greeters</b> Harold & Sheila Gurkowski <b>Communion</b> Tricia Koch & Ellen Smolinski <b>Coffee</b> Mary Brefeld & Dick Schallert*, Kimberly Radtke, Tamie Wallschlaeger	<b>May 12 10:00am Service</b> <b>Reader</b> Cheryl Prosek <b>Greeters</b> Steve & Trudy Resnick <b>Communion</b> Jim Williams & Kristen Bjornstad 
<b>May 19 8:00am Service</b> <b>Reader</b> Ben Brantley <b>Greeters</b> Owen & Ben Brantley <b>Communion</b> Pam Ulness & Lisa Curtis <b>Coffee</b> John Macho*, Dana Hartel & Judy Wright	<b>May 19 10:00am Service</b> <b>Reader</b> Amy Davis <b>Greeters</b> Joe & Jenni Groholski <b>Communion</b> Cheryl Prosek, & Cindy Hendren
<b>May 26 8:00am Service</b> <b>Memorial Day</b> <b>Reader</b> Betts Nikolai <b>Greeters</b> Mark & Teri Henry <b>Communion</b> Betts Nikolai & Joanne Dallmann <b>Coffee</b> Beverly Raatjes*, Kristen Woods, Becky Jahnke	<b>May 26 10:00am</b> <b>Reader</b> Kristen Bjornstad <b>Greeters</b> Brooke & Tom Zillges <b>Communion</b> Gail Gardner Ray Zegers 
<b>June 2 8:00am Service</b> <b>Reader</b> Dana Hartel <b>Greeters</b> Rick Pierre & Kristan Fischer <b>Communion</b> Dianna Donner & Kari Nigl <b>Coffee</b> Rob & Sally Patterson*, Trudy & Steve Resnick	<b>June 2 10:00am Service</b> <b>Reader</b> Jan Faust <b>Greeters</b> Tim & Anne Zillges <b>Communion</b> Steve & Trudy Resnick



A very special thank you to our members who have completed their service terms on Council!

- ◆ Drew Jaeger
- ◆ Ken Mueller
- ◆ Joe Groholski

Bless our Council	Phone	Email address
Kristen Bjornstad	979-9945	kristenvol@msn.com
Wayne Ludkey	312-5479	wludkey@yahoo.com
Geoff Hendren, Pres	209-1688	ghendren1@gmail.com
Drew Jaeger, Sec	420-4497	firemandrew876@gmail.com
Jeff Jahnke	379-2353	jeffjahnke91@gmail.com
Gail Gardner, Treas	379-9763	poygang@gmail.com
Joe Groholski, V Pres	851-0822	joe@newmarketinggroup.net
Sarah Miller	710-0618	sarahr.miller2011@gmail.com
Ken Mueller	379-1568	badgerken@sbcglobal.net

# 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Enjoy your Wellness activities! (see next page)			<b>1</b> 6-8pm Youth Group	<b>2</b> 8:30am Bible Study at church	<b>3</b>	<b>4</b> All Volunteers welcomed: <b>Thrift</b> 10am-2pm
<b>5</b> <b>8 &amp; 10am Worship</b> 9:00am Coffee, Sunday School, Youth Devos 11am Annual Meeting/ lunch	<b>6</b> 5:00pm Narcotics Anonymous	<b>7</b> 9am Busy Hands	<b>8</b> 6-8pm Youth Group	<b>9</b> 8:30am Bible Study at church	<b>10</b>	<b>11</b> 
<b>12</b> <b>8 &amp; 10am Worship</b> <b>Mother's Day</b> 9:00am Sunday School, Youth Devos, Coffee BP/BS checks available	<b>13</b> 5:00pm Narcotics Anonymous	<b>14</b> 6:30pm Building & Grounds	<b>15</b> 6-8pm Youth Group	<b>16</b> 8:30am Bible Study at church	<b>17</b> Synod Assembly	<b>18</b> Ruggles/Wachtendonk wedding
<b>19</b> <b>8 &amp; 10am Worship</b> 9am Sunday School Celebration!, Youth Devos, Coffee 11am Spring Cleaning luncheon; all welcomed!	<b>20</b> 5:00pm Narcotics Anonymous	<b>21</b> 9am Busy Hands 6:30pm Council	<b>22</b> 6-8pm Youth Group	<b>23</b> 8:30am Bible Study at church	<b>24</b> <div style="border: 1px solid black; padding: 5px;"> <p>Good Morning Jesus!              Knowing that you are beside me is all I need to begin my day.</p> </div>	<b>25</b>
<b>26</b> <b>8 &amp; 10am Worship</b> 9:00am Coffee, Youth Devos Honor Vets and High School Grad Recognition	<b>27</b>  5:00pm Narcotics Anonymous	<b>28</b>	<b>29</b> 6-8pm Youth Group	<b>30</b> 8:30 am Bible Study at church	<b>31</b> Congrats Graduates!	Coming soon . . . <b>Youth led Worship!</b>

Forget the former things;  
 Do not dwell on the past.  
 See, I am doing a new thing!  
 Now it springs up; do you not perceive it?  
 I am making a way in the wilderness  
 And streams in the wasteland.

Isaiah 43:18-19 (NIV)



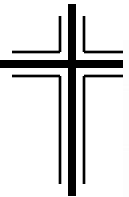
### Allow God to Fill Your Cup

If you're exhausted from doing too much, but concerned you're not doing enough... welcome to motherhood. As we continue to pour into this next generation, we need to be reminded to pause and allow God to fill up our cups first. Take a short break from taking care of everyone else and let God take care of you. Come worship with us on Mother's Day & fill your cup!

# Practicing Mental Wellness!



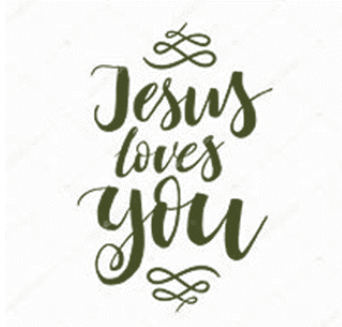
<b>SUNDAY</b>	Take 5 minutes to laugh. Watch a funny cat video or listen to a stand-up comedian show.	De-Clutter your home or desk.	Go for a walk and breathe in the fresh air.	Sit down with a warm glass of hot chocolate and read a book.	Try to consciously challenge any negative thoughts you have today by coming up with alternate suggestions.	Draw your thoughts, you don't have to be an artist. Just let your thoughts go on paper.	Take a nature walk. Remember to notice any birds, trees or other things around you.
<b>MONDAY</b>	Write down 5 things you are grateful for. Keep the list handy.	Share what you are grateful for with a friend or family member.	Repeat a positive affirmation to yourself such as: "What I do or what I hope to do matters."	Let your worries go. Write your worries on a piece of paper and crumple it up and throw it away.	If possible walk or bike to work. Or park a little further away and walk the rest of the way.	Get some fresh air outside. Research suggests that vitamin D from sunlight may elevate serotonin, the feel-good neurotransmitter.	
<b>TUESDAY</b>	Call someone close to you and tell them how much you appreciate them. Thanking them for their support can boost your mood and theirs.	To deal with difficult tasks, write out steps you can take to complete it.	Take 5 deep, slow breaths in and out, feel your abdomen rise and fall.	Take a warm bath or shower.	Send an encouraging email to someone.	Dance around. Consider this your cue for a silly impromptu dance.	
<b>WEDNESDAY</b>	Go for a walk or take a bike ride.	Practice progressive muscle relaxation. Start at your feet and work your way up the body, focusing on tensing, holding and then relaxing each part, one at a time. When you get to your core, take some deep breaths.	Before you get into bed, spend 10 minutes writing down what is troubling you. This may not solve your problems but rather give you a place to put your thoughts and let them go until tomorrow.	Listen to your favorite song and sing along. It's Friday.	Go outside and notice the changing season.		
<b>THURSDAY</b>	Make a list of activities that you enjoy. Set aside time each week to focus on yourself and what makes you happy.	Spend a minute or more with your eyes closed, pay attention to your breathing and how your body feels.	Set a wake and sleep schedule to go by every day of the week, including weekends. Regular sleep routines help decrease stress.	Take a 5 minute brisk walk with a coworker, family member or friend.	Take 5 minutes to go by every day of the week, including weekends. Regular sleep routines help decrease stress.		
<b>FRIDAY</b>	Write down 5 things you are grateful for. Keep the list handy.	Share what you are grateful for with a friend or family member.	Repeat a positive affirmation to yourself such as: "What I do or what I hope to do matters."	Let your worries go. Write your worries on a piece of paper and crumple it up and throw it away.	If possible walk or bike to work. Or park a little further away and walk the rest of the way.	Get some fresh air outside. Research suggests that vitamin D from sunlight may elevate serotonin, the feel-good neurotransmitter.	
<b>SATURDAY</b>	Call someone close to you and tell them how much you appreciate them. Thanking them for their support can boost your mood and theirs.	To deal with difficult tasks, write out steps you can take to complete it.	Take 5 deep, slow breaths in and out, feel your abdomen rise and fall.	Take a warm bath or shower.	Send an encouraging email to someone.	Dance around. Consider this your cue for a silly impromptu dance.	



Lord of the Lakes Church  
6090 Harbour South  
Winneconne, WI 54986

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### A Clown's Prayer

As I stumble through this life,  
help me to create more laughter than tears,  
dispense more cheer than gloom,  
spread more cheer than despair.

Never let me become so indifferent,  
that I will fail to see the wonders in the eyes of a child,  
or the twinkle in the eyes of the aged.

Never let me forget that my total effort is to cheer people,  
make them happy, and forget momentarily,  
all the unpleasantness in their lives.

And in my final moment,  
may I hear You whisper:  
"When you made My people smile,  
you made Me smile."

— Anonymous

