

NOTES FROM THE PRESIDENT

January 28 was a great day for Bethany. We accepted two families into membership; the Mengels; Jason, Jill and children Ryan, Colin and Blake and the Menzers; Dan, Summer and children Milly and Charlotte. On behalf of Bethany, I welcome all of you into our congregation.

Another successful Movie Night was held on February 2. Seven families attended and had a great time. Thanks to the Board of Education for organizing again.

We also have a newborn, Caleb Cox who arrived on February 8. The proud parents are Brad and Ashley Cox. Congratulations!

Ash Wednesday was the first 6pm Lenten Service of the season. It was preceded with a 5pm Soup Supper in the social hall. There were thirty in attendance. The soup was very good and the desserts irresistible. Thanks to Gina Fibiger, Juanita Hazen, Dori Matte and the confirmation students who helped put this together, now in the third year. Our thanks to Pastor Steele for donating the soup which was prepared by "Bread and Bean". All free-will offerings will go to the youth who are helping with the suppers. They are planning a trip and appreciate your support.

The Constitution Committee has been chipping away at reviewing Policies we use at Bethany. About half were updated and will go to Council for approval in March. The Constitution and Bylaws are not far behind. Once this is done, we will present it to the congregation, open it up for discussion and seek approval. There are no sweeping changes. Everyone will see the revised document in print via the Beacon before it is brought up at a Voter's Meeting. A special thanks to the committee and to Gina for the extra time given to this project.

On Sunday, February 25 we will hear about the Luther Crest Mission Trips that we have supported for the past two years. Bethany members Ray and Shirley Ottman and Don and Kay Fischer have been volunteers for this Alexandria Minnesota mission for several trips in the past two years. Dave Holtz will present a short video and Leif Gigstad of St. Paul's, Sheboygan Falls will also speak. There will be a Pot Luck and social to follow. Please consider coming.

Mark your calendars for April 8. Bethany will turn 109 years old on April 12. This will be observed during the service on Sunday the 8th. Yes, there will be cake. Plan on sharing a fellowship table after that service. We will be asking the kids to participate with special music.

We find ourselves mourning again as another mass shooting occurred on February 14 at Stoneman-Douglas High School in Parkland, Florida. As our society seems frustrated that we cannot stop these senseless acts, we must still pray for those who are hurting from wounds or from the loss of loved ones. It is hard to accept that this is, apparently, a part of the world we live in. We cannot explain it to our kids, our friends or ourselves. So, keep those affected in your hearts and pray for a safer world in the days ahead. Cherish your kids, grandkids and all those young ones in our midst. We hope for them a memorable childhood in all good ways.

God's Blessings to you all,

Lee Gumm
President, Bethany Lutheran Church

FROM THE PARISH NURSE

Dear Brothers & Sisters in Christ,

Here we are already in the month of March, for those who are basketball fans – looking forward to March Madness. For Christians, we continue to observe Lent and look forward to the Passion of the Christ and His Joyous resurrection on Easter.

Many make not only New Year's resolutions, but also Lenten resolutions if you will. We vow to give up things for Lent in an act of sacrifice. Perhaps the things we 'give up for Lent' should not be something that we can live without, but something we cannot live with. Those things may be the impatience that comes with weariness – a weariness that comes from overfilled schedules that leave little time to spend quietly with our Lord each day. Things like sharp words aimed at another due perhaps in part to a miscommunication, judging others by the clothes they wear, the tattoos they have, the color of their skin or their political, religious or world views. I think that giving those things – that if we are honest – we can live without, we would be able to walk closer to our God and each other. Perhaps it is not too late to 'give up those things' for the rest of the Lenten season.

Common Pain Pills Raise Heart Attack, Stroke Risk. What you need to know about treating pain effectively and safely.

By Dr. Sanjay Gupta

Every day, more than 30 million Americans take non-steroidal anti-inflammatory drugs (NSAIDs) for pain, according to the American Gastroenterological Association. NSAIDs are among the most commonly used medications on the market, and they can be highly effective for relieving mild to serious discomfort — but the drugs are not without controversy.

“Patients assume these medications are innocuous because you can pick them up off the shelf without a prescription,” says Robert Quinet, MD, program director of rheumatology at Ochsner Medical Center in New Orleans. Now the Food and Drug Administration (FDA) has strengthened an existing warning that NSAIDs can have serious — even life-threatening — side effects.

“The FDA is emphasizing that they're not as safe as you think,” Dr. Quinet says.

Available over-the-counter and in prescription form, NSAIDs are used to treat everything from headaches and fever to rheumatoid arthritis. Aspirin was the original NSAID, while other common forms include ibuprofen and naproxen.

These drugs work by blocking chemicals in the body known as prostaglandins, which cause pain and inflammation.

Last month, the FDA issued a safety announcement regarding risk for heart attack or stroke associated with non-aspirin NSAIDs. “Those serious side effects can occur as early as the first few weeks of using an NSAID, and the risk might rise the longer people take NSAIDs,” according to the FDA.

“Based on our comprehensive review of new safety information, we are requiring updates to the drug labels of all prescription NSAIDs,” the FDA announcement reads. “We will also request updates to the OTC non-aspirin NSAID Drug Facts labels.”

“[Prostaglandins], the same substances that signal inflammation and pain, are also used by the body to promote a healthy cardiac system,” explains Tamas Peredy, MD, medical director of the Florida Poison Information Center at Tampa General Hospital in Florida. “By blocking these long-term with NSAIDs, you increase your risk of adverse heart events.”

As the FDA points out, regular use of NSAIDs has also been linked to gastrointestinal bleeding, particularly in people who are 65 and older, or have a history of stomach ulcers.

“The most common mistake I see people make is that they use these drugs every day, when they’re meant to be used for only two to three days,” Dr. Peredy says. “This increases the chance of side effects.”

The FDA cautions: “Patients taking NSAIDs should seek medical attention immediately if they experience symptoms such as chest pain, shortness of breath or trouble breathing, weakness in one part or side of their body, or slurred speech.”

If you have questions or concerns about pain medication, your doctor or pharmacist can discuss alternatives. “Some people may respond well to using acetaminophen,” says Sarah Westberg, PharmD, associate professor of pharmaceutical care and health systems at the University of Minnesota College of Pharmacy.

Acetaminophen is a common pain reliever and fever reducer, but it does not reduce inflammation. While it may not pose the same cardiovascular risks as NSAIDs, it can cause liver or kidney damage if taken in excess or combined with alcohol.

According to a study published this month in The Journal of Pain, an estimated 40 million Americans experience severe pain, and more than 25 million have pain every day.

But not all pain management requires prescription or OTC drugs. “Many types of pain can be managed without medications through physical therapy, weight loss, or other non-medication treatment options,” according to Westberg.

The key, Peredy says, is to “work with your doctor on a plan to manage your pain effectively and without causing further damage to your body.”

I leave you with these words from Isaiah 41:10, 13 “So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand...For I am the Lord, your God, who takes hold of your right hand and says to you, Do not fear; I will help you.”

In His Service,

Roxanne Taylor RN, BSN

Parish Nurse

MARCH BIRTHDAYS

3-1: Gale Litt
Joanne Stangel
Hannah Fortuna
Milly Menzer
3-8: Ivan Hazen
Alaric Hazen
3-09: Elanore Faucher
3-11: William Paltzer
3-13: Amy Harms

3-18: Nicole Spencer
Gilbert Sternitzky
3-20: Joan Schnettler
3-22: Shirley Ottman
William Gehrke
3-23: Jerry Sabrowsky
3-24: Barbara Vogt
3-25: Katelyn Regutis

3-26: Vicki Lindstrom
Roger Strenger
3-29: Pastor Robert Steele

MARCH ANNIVERSARIES

3-03: Bill & Judi Strenger
3-18: Jason & Jill Mengel

If we missed a member’s birthday or anniversary, please contact the church office and let us know.

MARCH/APRIL CHARITY OF THE MONTH

The March/April charity of the month is Lutheran Bible Translators. The mission of Lutheran Bible Translators is to help bring people to faith in Jesus Christ by making the Word of God available to those who do not yet have it in the language of their hearts. To learn more about LBT, visit their website at www.lbt.org.

‡ GIFTS GIVEN TO BETHANY

In memory of Neil Mueller: A Memorial Fund gift was given by Dave & Sue Prange.

In memory of Clyde Bawden: Memorial Fund gifts were given by Bob Parnitzke, Ray & Shirley Ottman, Steve & Diane Marotz, Bill & Judi Strenger and Rayola Madson. An Improvement Fund gift was given by Elsie Reinbacher and an Endowment Fund giftS were given by Roger & Barbara Strenger and Lee & Barb Gumm.

If you would like to give a memorial gift in memory or in honor of someone, cards can be found on the counter outside Pastor's office as well as in the back of church.

NEW MEMBERS AT BETHANY – Welcome!



Jason & Jill Mengel with children
Ryan, Blake and Colin



Summer & Dan Menzer with children
Charlotte and Milly

SALE OF ANTIQUES AND COLLECTIBLES TO BENEFIT BETHANY

Friday, March 9th and Saturday, March 10th

9:00am – 3:00pm

807 Forest Avenue, Sheboygan Falls

"Caring Transitions" will conduct the sale for Bethany.

Betty Bawden, a long-time member of Bethany, has graciously donated her collection of antiques and collectibles to be sold with the proceeds going to Bethany Lutheran Church.

Lee Gumm has offered his professional building (formerly Technical Assistance) for the location of the sale. Items from another Estate sale as well as miscellaneous items from Lee Gumm's former business will be offered at the sale as well.

In the event of bad weather on these dates, the sale will be moved to March 16th and 17th.

Your attendance at this sale will honor Betty and Clyde. (Clyde passed away on Thursday, February 1, 2018). Thank you for the many kindnesses you have shown to them in the past.

LENTEN/EASTER WORSHIP SCHEDULE

Bethany will again be participating in the Round Robin Lenten worship this year. Each midweek service during Lent, a different Pastor will be preaching here at Bethany. Here is a schedule of the services and times:

February 21	6:00 pm	Midweek Lenten Worship (Rev Osladil, Our Redeemer Sheboygan)
February 28	6:00 pm	Midweek Lenten Worship (Rev King, St. Mark Belgium)
March 7	6:00 pm	Midweek Lenten Worship (Rev Barkley, Luther Memorial Sheb)
March 14	6:00 pm	Midweek Lenten Worship (Rev Gugel, Good Shepherd Sheboygan)
March 21	6:00 pm	Midweek Lenten Worship (Rev Bergelin, Trinity HG)
March 25	10:00 am	Palm Sunday w/Holy Communion and Confirmation
March 29	6:00 pm	Maundy Thursday w/Holy Communion
March 30	1:00 pm and 6:00 pm	Good Friday
April 1	10:00 am	Easter Sunday w/Holy Communion

Soup Suppers at Bethany

Back by popular demand: Please join us in the fellowship hall prior to each Lenten Service beginning at 5pm for a soup supper. Join together for a time of fellowship sponsored by Thrivent Choice Dollar funds. Thank you also to Texas Roadhouse for their generous donation of their potato soup, salad and rolls each week! Anyone wishing to bring a dessert to share is welcome to do so. This year, the confirmation students and their families will be helping with the soup suppers. A free will offering will be taken each night to help raise money for their confirmation trip to the Creation Museum as well as to offset the cost of the suppers.



LUTHERAN WORLD RELIEF QUILTING TO BEGIN

The 2018 season of Bethany Lutheran World Relief Quilters will start on the second Tuesday In March...March 13...and start at 9:30am. We will meet on the 2nd and 4th Tuesdays of the months of March through September and display and pack the quilts for shipping in October. We hope some of you would like to join in the warm fellowship and fun of tying the quilts in the church basement. Please know you would be most warmly welcomed.

DEADLINE TO DIRECT THRIVENT CHOICE DOLLARS

MARCH 31st IS THE DEADLINE TO DIRECT YOUR CHOICE DOLLARS FROM 2017, OTHERWISE THESE FUNDS WILL BE LOST.

All Thrivent members at Bethany please remember to direct your "Thrivent Choice Dollars" to Bethany Lutheran Church if you have not already done so.

Thrivent cards on the shelf near Pastors office will help guide you. If you are unsure if you have funds available to direct just call 1-800-847-4836 to check. Any questions please see Lynn Luebke, Dave Prange, Mary Madden or Karl Kaepler and they would help you also.

Thanks to those who have already directed their dollars. These dollars help fund programs, events and missions for Bethany as you can see outlined in the 2017 Annual Report.

CHURCH PHOTO DIRECTORY

Last call for your photo to be taken for the church directory. If you did not have a chance to have your picture taken, there is still time. Please contact the church office by phone or by email and set up a time to have it taken. You can also catch Shua Yang before or after any church service and he will take your picture.



LOVE INC CELEBRATES ANNIVERSARY

We were honored and delighted to celebrate our 3rd Anniversary at Love INC of Sheboygan County on Thursday, February 15! We sincerely thank you for believing in Love In the Name of Christ and for making these past three years a truly glorious experience. To serve with you has been a treasure, and we look forward, with great anticipation, to what God has in store for us in the days to come.

Psalm 105:1 Give praise to the Lord, call on his name, and make known among the nations what he has done.

In thanks and praise,
Katie, Jenna, Pam, Linda, & Alyssa



EASTER FLOWERS

It's time to order Easter plants for decorating our church on Easter Sunday, April 1. If you would like to purchase a plant, please fill out the form below, make check out to **Bethany Altar Guild** and give or mail to Shirley Mueller, 1714 Autumnwood Ct. Sheboygan, WI 53081. They also may be placed in the Altar Guild mailbox in the Communication Room. Plants may be taken home after the Easter Sunday service.

Deadline to order is Sunday, March 4.

Easter Lilies:

- One Stem, 5+ blooms. \$ 9.50
- Double Stems, 9+ blooms. \$19.00

Blooming Plants:

Please circle choice of color you prefer

- 6" Hydrangea - pink or blue. \$18.50
- 6" Mum Plants - yellow, lavender, white. \$10.00
- 6" Azalea - red, pink, varigated. \$18.50
- 6" Reiger Begonia - pink, yellow, salmon. \$12.00
- 6" Tulips - red, pink, purple, yellow. \$ 9.00
- 6" Hyacinth, 3 blooms - pink, purple, white. \$ 9.00
- 6" M. W. Geranium - burgundy, pink, purple. \$10.50
- 6" Daffodils - yellow. \$ 9.00



Given by: _____

* In Memory of _____

* In Honor of _____

* Other _____

THOSE SERVING IN GOD'S HOUSE THE MONTH OF MARCH 2018

Sunday, March 4 10:00 a.m. w/Holy Communion	Elders: Ushers: Acolyte: Scripture Reader: Altar Guild: Bulletin Folder:	Brian Faucher, Jim Madden Group 6 – Ray & Shirley Ottman, Derek MacKenzie Annalise Hasler Barbara Strenger Marilyn Kirchenwitz, Lynn Luebke Dan Fibiger
Wednesday, March 7 6:00 p.m.	Elders: Ushers: Acolyte:	Nic Collins Group 7 – Jerry Sabrowsky, Andy & Austin Fibiger Grace Matte
Sunday, March 11 10:00 a.m.	Elders: Ushers: Acolyte: Scripture Reader: Altar Guild: Bulletin Folder:	Nic Collins Group 1 – Ben Marotz, Tom Schnettler, Ivan Hazen Luke Matte Norm Giertz Liz & Ken Buesing Dan Fibiger
Wednesday, March 14 6:00 p.m.	Elders: Ushers: Acolyte:	Steve Hazen Group 2 – John Keller, Brian & Aiden Faucher, Dan Fibiger Noah Fibiger
Sunday, March 18 10:00 a.m. Examination Sunday No Communion	Elders: Ushers: Acolyte: Scripture Reader: Altar Guild: Bulletin Folder:	Gerry Luebke Group 3 – Luecke, Thompson, Rademacher, Hummitsch Thomas Yang Gale Litt Shirley & Ray Ottman Dan Fibiger
Wednesday, March 21 6:00 p.m.	Elders: Ushers: Acolyte:	Brian Faucher Group 4 – Dave & Sue Prange, Lexie Matte Isabella Hasler
Palm Sunday, March 25 10:00 a.m. w/Holy Communion	Elders: Ushers: Acolyte: Scripture Reader: Altar Guild: Bulletin Folder:	Jim Madden, Todd Matte Group 5 – Lee Gumm, Steve Marotz, Victor Hazen Annalise Hasler Lee Gumm Gina Fibiger, Rachel Johnson Dan Fibiger
Maundy Thurs, March 29 6:00 p.m.	Elders: Ushers: Acolyte: Altar Guild:	Steve Hazen Group 6 – Ray & Shirley Ottman, Derek MacKenzie Grace Matte Barb Gumm, Rayola Madson
Good Friday, March 30 1:00pm & 6:00pm	Elders: Ushers: Acolyte:	Todd Matte (1pm) , Gerry Luebke (6pm) Group 7 – Jerry Sabrowsky, Andy & Austin Fibiger (1pm) Group 1 – Ben Marotz, Tom Schnettler, Ivan Hazen (6pm) Luke Matte (1pm) Thomas Yang (6pm)

