

NOTES FROM THE PRESIDENT

The Luther Crest presentation on February 25 was very informative. Leif Gigstadt and Dave Holtz presented both oral and visual testimony of their mission work in Alexandria, Minnesota. Our members, Ray and Shirley Ottmann and Don Fischer along with Kay Fischer were recognized for their multiple trips to this mission over the past two years. They attended a most recent trip from March 18 thru 22.

I want to commend Noah Fibiger, Alaric Hazen and Luke Matte for performing so well in front of the congregation on March 18 during their “examination”. They showed maturity, knowledge and displayed their being qualified to be confirmed. On behalf of Bethany, I welcome them into the congregation as our latest confirmed members.

I took a little time recently to do some research on generations. What prompted this was my feeling that I needed to get a better understanding of some of the potential changes our council has been discussing. In order to remain a healthy congregation, it is necessary to listen to our younger members, explore their ideas and, in some cases, figure out how to integrate them into what we already have or replace the status quo. The information I read was fascinating as it listed traits, beliefs, and basic common ground for each generation. I saw some subtle and some abrupt changes, from one generation to the next, as I compared how people have changed in the way they think, behave, relate, talk and ultimately live in their unique ways, all depending upon when they were born. The oldest living generation is the GI Generation. This group was born between 1901 and 1926. The next groups are as follows: Mature/Silent born between 1927 and 1945; The Baby-Boomers born between 1946 and 1964; The Generation X-ers born between 1965 and 1980; The



Generation Y-ers (Millennials) born between 1981 and 2000; and the Generation Z-ers (the Boomlets) after 2001. Trying to be sensitive to the younger generations without forgetting about the older ones is the goal that we must have in mind. You will be hearing about “Bluetooth for the hearing impaired”, building-wide Wi-Fi, a new phone system, E-Giving, QR Codes, church kiosk solutions, live streaming, digitizing the organ and other new electronic-based products and services that are out there today. Keeping up with the times, to me, is more of an obligation than an option. If we are to expect our membership to grow, we need to demonstrate a willingness to, at least, look at keeping up with technology at Bethany where it makes sense. For more enlightenment on generations, please pay a visit to:

<http://www.marketingteacher.com/the-six-living-generations-in-america/>. There are quite a few websites that address *Generations*. They do not all agree on the names/years that comprise the various generations, however, those differences do not change the intended points that I have made.

Speaking of changes, the Constitution Committee recommended its latest draft of the Bethany Policies to the Council. On Monday, March 18, the Council reviewed the draft, as presented, and approved the entire document. Final copies will be distributed to the Council by their next meeting. The degree of changes were minimal, mostly cleaning up points of confusion, applying consistency, trimming down wordiness and updating content-to-practice issues. What we have now is a newly updated set of policies that will help our leaders continue to serve Bethany with confidence and peace of mind. The final segment of this 14-month endeavor is to ratify the Constitution and Bylaws. This must be approved by the Council first, and then presented to the congregation. At such time, this information will be distributed for membership review. The Council would like to have this appear on the agenda for the November 2018 Voter’s Meeting. It is not expected to add much time to the meeting.

From Barb and me.... Have a Blessed Easter.

“He has risen indeed, Alleluia”!

Lee Gumm
President, Bethany Lutheran Church

FROM THE PARISH NURSE

Dear Brothers & Sisters in Christ,

I recently had the opportunity to attend a woman's gathering where Wendy Sue Fluegge was the Worship leader. It was a wonderful day of worship, fellowship, music and reminded me that we don't just worship with our words in prayer, but also in our songs and when words escape us – the Holy Spirit intercedes for us. May we never forget that no matter what life hands us – we are to praise and thank our Lord in all things.

How Do You Know if It's a Pulmonary Embolism?

Don't ignore shortness of breath and coughed-up blood that may mean a blood clot. Quick treatment could save your life. According to the American Thoracic Society, upwards of one million people in the United States are affected by pulmonary embolism.

The most common signs and symptoms of pulmonary embolism, according to the National Heart, Lung, and Blood Institute are:

- Being short of breath for no obvious reason
- Feeling pain in your chest with every breath
- Coughing up blood

“The deeper you breathe, the more painful it becomes,” says Alan Ackermann, DO, founder and medical director of Aventura Institute for Cardiovascular Wellness in Aventura, Florida. Plus, he says, your symptoms are going to be unrelenting and continuous. Pulmonary embolism symptoms don't typically go away on their own.

Most of the time, a pulmonary embolism develops when a clot in the deep veins of the leg — a deep vein thrombosis (DVT) — travels to a lung and lodges there. This usually happens suddenly, but some people gradually develop small pulmonary embolisms over time. Their symptoms may not be as obvious.

Symptoms of smaller pulmonary embolisms may include:

- Lightheadedness
- Anxiety or dread
- Passing out
- Rapid breathing
- An irregular or rapid heartbeat
- Sweating

Developing a DVT is considered a tip-off that a pulmonary embolism could follow. Signs of DVT include a leg that's swollen, red or discolored, painful, or warm and tender. If you experience any of these symptoms, don't ignore them, Dr. Ackermann warns.

How Doctors Diagnose a Pulmonary Embolism

If you have symptoms of pulmonary embolism, your doctor will do a physical exam to listen to your heart and lungs, and will check your blood pressure, heart rate, and breathing rate. It's likely that the doctor will also do other tests to check for blood clots in the lungs.

These tests may include:

Ultrasound This test uses sound waves to detect echoes and create images of your veins, to show if there are blood clots in your legs.

Computerized Tomography (CT) Scans For a CT scan, a dye is injected into a vein in your arm to light up your blood vessels. Using X-rays, the doctor can then see your vessels and determine whether you have a pulmonary embolism. “You’ll get an answer within minutes,” Ackermann says. This is the most common test. It can’t be done on people with kidney problems though, because they can’t tolerate the dye.

Lung Ventilation (VQ) Scan For this scan, you inhale a small amount of radioactive gas, which helps your doctor see how air flows to your lungs. Also, a radioactive dye is injected into a vein in your arm to see how blood flows to your lungs.

Blood Tests Some blood tests also can help diagnose a pulmonary embolism. For instance, a D-dimer test can measure the amount of a certain substance in your blood

that’s released when a clot dissolves. Other blood tests can measure the amount of oxygen and carbon dioxide in your blood. (A low level of oxygen could indicate a clot.)

Treatment for a Pulmonary Embolism

Quick treatment is the key to dealing with a pulmonary embolism, according to the Centers for Disease Control and Prevention (CDC). Size matters, too: A small clot may damage some lung tissue but generally can be treated when caught early. Multiple clots or a large clot that blocks the flow of blood to the lungs could be fatal without speedy treatment.

To treat blood clots in the lungs, doctors generally start with medication. Anticoagulants (blood thinners), given orally or by injection, are usually tried first. Your doctor may have you stay on blood thinners for three to six months to help prevent a recurrence.

Treatment is a little trickier, Ackermann says, if you have a large clot and low blood pressure. In that case, your doctor will likely try a thrombolytic, which is a powerful drug that can dissolve blood clots quickly.

Occasionally, doctors insert a catheter in the groin or arm and thread it up to the clot to remove it or dissolve it directly with medicine.

The need for quick treatment points to the importance of pulmonary embolism awareness. It’s critical that you know the risks for DVT and pulmonary embolism and seek help immediately if you suspect you have a blood clot in your leg or lung.

Though pulmonary embolisms can be fatal, the survival rate is excellent, Ackermann says, if a blood clot is stable, detected early, and treated quickly.

I leave you with these words from Joshua 1:5 “No one will be able to stand up against you all the days of your life. As I was with Moses, so I will be with you; I will never leave nor forsake you.”

In His Name & Service

Roxanne Taylor RN, BSN - Parish Nurse

MARCH/APRIL CHARITY OF THE MONTH – 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.

HOLY WEEK SCHEDULE

Maundy Thursday	March 29	6:00pm w/Holy Communion
Good Friday	March 30	1:00pm and 6:00pm
Easter Sunday	April 1	10:00am w/Holy Communion



APRIL BIRTHDAYS

4-01: Kale Schnettler
4-02: Kristi Luecke
4-03: Nicholas Froh
4-04: Gina Fibiger
4-05: Bob Parnitzke
4-06: Rachel Johnson
4-07: Timothy Fibiger
4-08: Griffin Marotz
4-09: Kyle Schnettler
Amelia Hasler
4-11: Ella Albert
4-12: Nicole Koci

4-13: Katie Fortuna
4-15: Betty Bawden
Lisa Taylor
4-16: Ken Thompson
Diane Havlinek
4-17: Barbara Gumm
4-18: Juanita Hazen
Joe Johnson
Ashley Cox
4-20: Kaitlyn Kovacs
4-22: Garrett Marotz
4-25: Renee Rankin
Ben Marotz

4-27: Laura Collins
4-28: LuEva Nytes
Ryan Mengel
4-29: Tom Schnettler

APRIL ANNIVERSARIES

4-4: Paul & Diane Havlinek
4-10: Roger & Barbara Strenger
4-16: Gary & Cindy Bartz
4-27: Doug & Kristi Luecke

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

‡ A LOSS IN OUR CHURCH FAMILY

Jim Tershner was called to his heavenly home on March 19, 2018. His funeral was held at Bethany on March 22 with the burial taking place at Greenlawn Memorial Park in Kohler following the service.

‡ GIFTS GIVEN TO BETHANY

Memorial Fund gifts in memory of Clyde Bawden were given by Dave & Sue Prange and Ken Thompson.

If you would like to give a 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.

THRIVENT CHOICE DOLLARS

Thank you to all who have directed their Thrivent Choice Dollars to Bethany! These dollars help fund programs, events and missions for Bethany. Please note that you still have until the end of the month (March 31) to direct your dollars if you haven't already. 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 Bethany's Thrivent Representatives, Lynn Luebke, Dave Prange, or Mary Madden.

APRIL MITE BOX

The Large LWML Mite Box will be out on Sunday, April 29. Your donations will support the "Church Without Walls – Deaf Ministry" in southern Wisconsin. This grant will improve spiritual lives using technology in a way they can understand through "streaming videos". This requires purchasing broadcast computers/laptops, digital cameras/equipment, expanding the online and production resources, and training the people to use this newly updated equipment. This will bring the Word and Sacraments to our deaf and very hard of hearing members and their families and will also reach many unchurched deaf across the district and beyond.

Sheboygan County Detention Center & Jail

Partner Banquet

Tuesday, April 24, 2018
6:00 p.m.

Blue Harbor Resort Conference Center
725 Blue Harbor Drive
Sheboygan, WI 53081

RSVP to: 920.254.6566 or
rick.cawthon@goodnewsjail.org or
gayle.janzen@goodnewsjail.org



SPICY CRACKER RECIPE

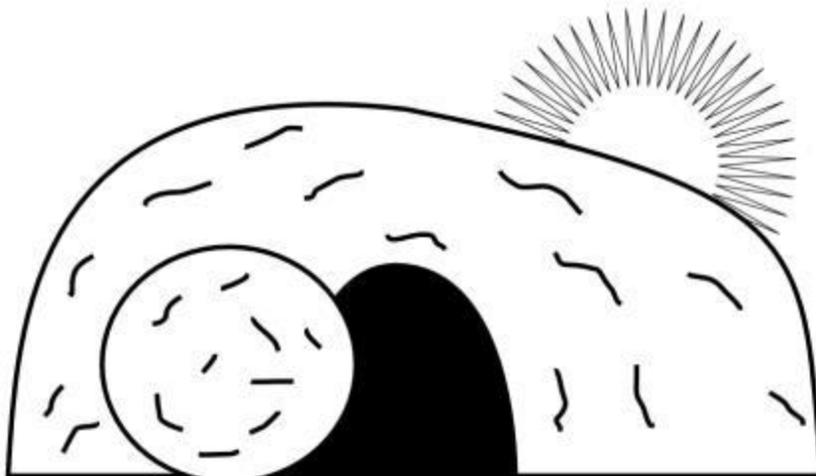
These crackers have been a favorite at various Bethany events. The recipe comes to us from the kitchen of KaoKalia Yang, one of our Sunday School teachers and member of the Board of Ed. Thank you Kalia for sharing your recipe!

Spicy Crackers

1 package saltines crackers
1 package dry Ranch Dressing
1 cup vegetable/canola oil
1-2 tablespoons crushed red pepper



Line saltine crackers in four rows in a 9 X 13 container (one with a lid). Mix and stir the oil, ranch dressing and red pepper together. Pour mix over the crackers to moisten evenly. Cover with lid and mix the crackers around. Wait until all the mix is absorbed into the crackers and serve. You can also try this with other crackers like Cheez-its, oyster crackers, goldfish crackers, etc. Enjoy!



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

Sunday, April 1

10:00 a.m.
w/Holy Communion

Elders: Nic Collins, Brian Faucher
Ushers: Group 2 – John Keller, Aiden Faucher,
Brian Faucher, Dan Fibiger
Acolyte: Noah Fibiger
Scripture Reader: Sharon Werner
Altar Guild: Sue Prange, Cheryl Prepster, Lois Schmideler
Bulletin Folder: Joanie Schnettler

Sunday, April 8

10:00 a.m.

Elders: Gerry Luebke
Ushers: Group 3 – Doug Luecke, Ken Thompson,
Karl Rademacher, Ron Hummitzsch
Acolyte: Isabella Hasler
Scripture Reader: Barbara Strenger
Altar Guild: Marilyn Kirchenwitz, Lynn Luebke
Bulletin Folder: Joanie Schnettler

Easter Sunday, April 15

10:00 a.m.
w/Holy Communion

Elders: Steve Hazen, Todd Matte
Ushers: Group 4 – Dave & Sue Prange, Lexie Matte
Acolyte: Grace Matte
Scripture Reader: Norm Giertz
Altar Guild: Gale & Lynn Litt
Bulletin Folder: Joanie Schnettler

Sunday, April 22

10:00 a.m.

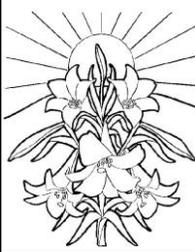
Elders: Jim Madden
Ushers: Group 5 – Lee Gumm, Steve Marotz, Victor Hazen
Acolyte: Annalise Hasler
Scripture Reader: Gale Litt
Altar Guild: Shirley & Ray Ottman
Bulletin Folder: Joanie Schnettler

Sunday, April 29

10:00 a.m.
w/Holy Communion

Elders: Nic Collins, Brian Faucher
Ushers: Group 6 – Ray & Shirley Ottman, Derek MacKenzie
Acolyte: Noah Fibiger
Scripture Reader: Lee Gumm
Altar Guild: Liz & Ken Buesing
Bulletin Folder: Joanie Schnettler

April 2018

SUN	MON	TUE	WED	THU	FRI	SAT
1 10am Worship w/HC Easter	2 3:30pm Confirmation 5/6 grade	3 8am Men's Bible Study 6pm Jubilate Ringers 7pm Bethany Book Club	4 6pm Joy Choir	5	6 	7
8 8:45am Bible Study Sunday School 10am Worship	9 3:30pm Confirmation 5/6 grade 6:30pm Elders	10 8am Men's Bible Study 9:30am Quilting 6pm Jubilate Ringers 7pm Bethany Book Club	11 6pm Joy Choir	12	13	14
15 8:45am Bible Study Sunday School 10am Worship w/HC	16 3:30pm Confirmation 5/6 grade 5:45pm Bd of Ed 6:15pm Finance 7pm Council	17 8am Men's Bible Study 6pm Jubilate Ringers 7pm Bethany Book Club	18 6pm Joy Choir	19	20	21
22 8:45am Bible Study Sunday School 10am Worship	23 3:30pm Confirmation 5/6 grade	24 8am Men's Bible Study 9:30am Quilting 6pm Jubilate Ringers 7pm Bethany Book Club	25 6pm Joy Choir	26	27	28
29 8:45am Bible Study Sunday School 10am Worship w/HC	30 3:30pm Confirmation 5/6 grade					