

## PASTOR'S PAGE



My interviews continue with the families of our elementary and middle school age students that attend Bethany. This month's student is Katelyn Regutis of Sheboygan Falls. She is the daughter of Bill and Julie Regutis. Bill Regutis is a UPS driver. He has been employed by UPS for 10 1/2 years. Julie has worked for the past 28 years at Walmart. Katelyn is also the granddaughter of Ken and Liz Buesing.

Her best friend is Charlie and he goes to Trinity Lutheran School in Sheboygan. She likes biking and scootering with him.

I thought I had Katelyn pegged as a quiet and shy young lady. Was I ever wrong. She is a very active 3rd grader. She attends Sheboygan Falls Elementary School. Over the years she has had several teachers. Her favorites are: Her current teacher Mrs. Peters; Mrs Kloepping who helps with speech; Mrs Brown and Mrs. Thiel (Bill's Cousin). Katelyn is the tallest girl in her school. She often gets mistaken as a 5th or 6th grader. Her height gives her great advantage when playing basketball, one of her two favorite sports. The other favorite is baseball. She's very involved with the Falls Rec. She hones her skills in both sports by playing on rec. teams. She is also an active swimmer and spends much of her time at the Sheboygan Falls pool. She loves playing the bells for church but is not much for singing.

One of her hobbies is painting. She loves to paint. She is a very creative artist. Every piece of art created is saved in her own personal collection. She has an interesting canvas; the face of rocks! Her painted rocks can be seen all over Sheboygan. She has five bins of them. Those happened to be her favorites.



She also loves horseback riding.

She loves spending time at the horse sanctuary. She loves babysitting her neighbor's cat. She loves walking the paths at Maywood and those behind her house. They have a pond on the property and have all kinds of living creatures roaming through her backyard: ducks, geese, deer and bunnies.

She has a green thumb. She loves to plant flowers and vegetables. They have a patch of wild flowers in her back yard. She has planted her current crop of pumpkins. In fact, she with mom, grandma and grandpa plant the flowers on the church grounds.

She and her dad have a unique activity. They bird watch. They have unique photographs of the rare Pleated Wood Pecker in their kitchen. (eg on the right) They photographed the bird over by the Indian Burial Mounds south of Sheboygan. Katelyn is a bright and happy girl. I learned she is not shy at all but very social and loves to talk. I thank her for this interview.

Yours in Christ, Pastor Steele



## AUGUST BIRTHDAYS

8-03: Debbie Perry  
8-06: Jim Herzog  
Chris Berlin  
Mark Zvitkovits  
8-08: Judy Albert  
Daniel Menzer  
8-09: Harriet Tershner  
Dolores Gehrke



8-12: Lori Allmann  
Roxanne Taylor  
Charlotte Menzer  
8-13: Barbara Herzog  
8-18: Sara Hasler  
8-20: Lyla Collins  
8-25: Kyle Allmann  
8-27: Alison Johnson  
Maggie Yang  
Conrad Hasler  
8-30: Julie Steele

## AUGUST ANNIVERSARIES

8-12: Andy & Gina Fibiger  
8-18: Ray & Shirley Ottman  
8-21: William & Dolores  
Gehrke  
8-23: Steve & Debbie Perry

If a birthday or anniversary has been missed, please contact the church office to let us know.

## **JULY/AUGUST MISSION OF THE MONTH – Lutheran Deaf Mission Society (LDMS)**

It is estimated that approximately ninety-eight percent of Deaf people in the United States do not attend church. This is, in part, due to the limited number of deaf churches. While the number of full-time pastors serving Deaf churches has decreased, the Lutheran Church - Missouri Synod has seen an increase in the number of Deaf pastors, deacons, deaconesses, and lay leaders who use sign language to communicate the Gospel message. This has happened because of programs like Deaf Pah and the Deaf Institute of Theology. LDMS will engage in evangelism and Christian education training to help Deaf Persons and their families see Jesus Christ as their Lord and Savior and engage in stewardship and leadership training to help Deaf Persons serve Jesus Christ. To learn more, visit their website at [www.deafjesus.org](http://www.deafjesus.org)

## **NEW SEASON OF FELLOWSHIP TABLES**

Join us for coffee, treats and fellowship the second Sunday of each month, starting in October, following our church service. Due to the church picnic in September, our first Fellowship Table of the year will be held on Sunday, October 14. If your board or group would like to host a fellowship table, sign up on the sheet posted on the lower narthex bulletin board. If you have any questions about the fellowship table, see Gina in the church office.

## **BETHANY'S 13<sup>TH</sup> ANNUAL NEIGHBORHOOD PICNIC**

**When:** Sunday, September 9

**Time:** 11:00 – 3:00

**Where:** Bethany Lutheran Church

**How much:** Hot Dog/Hamburger meals = \$2

**Why:** A time to get together in Christian fellowship. Proceeds will benefit Project Angel Hugs.



You can sign up in the lower narthex for attendance as well as volunteer opportunities. We hope to see you there and bring a friend!!

**\*\*\*Help Needed\*\*\***

There are lots of shifts to be filled. We need your help to make this year's picnic a success. Please consider signing up for a shift at the picnic. Jobs can be found on the bulletin board in the lower narthex. If you have any questions about working at the picnic, see Gina in the church office.

## NOTES FROM THE PRESIDENT...

I am reporting, this month, from Camp LuWiSoMo in Waushara County. We arrived on Thursday, July 12 and stayed for ten nights. We have camped in this general area since 1973 BC (before children). Our first year at this campground was 2001 after many years at Little Liver Lake, 3 miles to the west. The past eight years we had opportunities to visit with the Ottmans at their nice place only two miles away from our campground.

Since I have been serving as Bethany's President, I took time the past summers to visit the "The Retreat Center" which is known as the "Southern Wisconsin District camp/outdoor ministries and retreat center". Where we stay is a public campground and it is just a half mile to the east of the "Retreat Center" and very much a part of "Camp LuWiSoMo". Many individual families and some church groups camp on these public grounds from mid-May through mid-October. In addition to providing a nice place to spend vacations, the revenues help to support the overall camp.

My visits are, in part, to take a look at one of the missions Bethany supports. I think it is important to witness the results of some of the dollars we send to places outside of our walls. Last year we met Tracy and Rodger, the new camp hosts. Tracy is here all summer with her dog Halo. Rodger spends his weekdays at his regular job then spends as many weekends here as he can and their 15-year old daughter, Corin, helps at the church camp. I would call their involvement to be a true "labor of love".



Dan and Lee

Tuesday, we met with Dan Freiburger who serves on the LuWiSoMo board, currently the Business Manager/Interim Executive Director. He showed me the "bunkhouse" the volunteers use. It is being renovated and will be very nice when finished. We also took a look at the banquet hall/administrative building. This was finished a few years ago and is a great addition. The former office, an old farm house will be razed. It outlived its usefulness,

lacked a lot of essentials, and was architecturally obsolete. If you are interested in knowing more about the history of Camp LuWiSoMo, you can visit [www.luwisomo.org](http://www.luwisomo.org) (history tab).

Inside the Administrative Building there is a wall of tiles with the names of individuals and organizations who gave to make that project come into being. Several of our member's names appear on that wall as well as "Bethany Lutheran Church, Kohler, WI". There were several hundred tiles recognizing many churches from the southern district and a large number of individuals who saw the





great promise that their support of LuWiSoMo would bring to reality for many years. Going east from the Administrative Building there is an unpaved road (actually it is sand and grass) that takes you atop the hill where you will find a large wooden cross, a fire pit, benches and a beautiful panorama of Waushara County. It is a perfect spot to have classes, group sings, group prayers or meditation. You can stare into the vastness for a long time and not tire of the stillness and calming feeling of the view. The

photo of Tracy and Halo, on the previous page, was taken up there. This setting serves as an outdoor classroom for those attending retreats and probably is the memory that attendees talk about the most.

Dan wanted me to thank Bethany for all the support we have given over the years. He also emphasized the need is an ongoing thing. There have been storms, many of them in past years. With that, there is always outdoor clean up, in addition to the normal cleaning, due to the changing of seasons. The annual Fall Work Weekend will be October 19-21. Lodging and meals are free and you may register on their website. He encouraged us to send our youth too. There are opportunities for retreats as well as for youth volunteers. If individual members are interested in sponsoring a specific gift, there is a wish list on the web site. Just a few that I know of are WiFi for the camp host. She feels helpless for warning groups of bad weather because she does not have a reliable phone signal to keep on top of potential storms. Years ago, the camp host had a used golf cart for covering hosting duties. The one they had is broken and should be fixed or replaced. Tracy either walks her duties or uses her car for the time being. A used ATV would also do the trick.

It is not hard to understand the efforts of all those involved at LuWiSoMo and their challenges to make the best use of the limited funds they have. I have always endorsed this great resource and will continue to do so due to my latest “up-close” look. Young and old alike can gain from this little gem tucked away in this land of corn, pickles, potatoes, sand and pine trees. It is just 95 miles from Kohler and worth the visit.

Back to Bethany... There will be a special Voter’s meeting in September to vote on the changes that were made to the constitution. Copies will be available soon in the narthex and notification will be in the weekly bulletin for several weeks prior to the Voter’s Meetings. For those who get the Beacon Electronically, Gina can send out digital copies at the same time as the copies are made available at church.

Remember to mark your calendars for the Church Picnic – September 9.

God’s Blessings, may you all continue to enjoy the summer of 2018.

Lee Gumm  
President, Bethany Lutheran Church

### ⚡ **GIFTS GIVEN TO BETHANY**

Memorial, Improvement, and Endowment Fund gifts were given in memory of Betty Bawden by: Ray & Shirley Ottman, Bob Parnitzke, Dave & Sue Prange, Tom & Joanie Schnettler, Lee & Barb Gumm, Rayola Madson, Julie Schuman, Roger & Barbara Strenger, Bill & Judi Strenger, Elsie Reinbacher, Pat & Joanne Stangel, and Betty Hahn.

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.

## FROM THE PARISH NURSE

Dear Brothers & Sisters in Christ,

Here we are heading to the end of the summer months and moving towards school restarting and the hustle of the holiday season. Where did the time go? No matter the season we can cling to one sure truth, God is the same yesterday, today and always – what a comfort in our ever-changing seasons of life.

### **What Does It Mean to Have an Enlarged Heart?**

Your heart can become enlarged because of a congenital problem or conditions like high blood pressure or a heart attack. An enlarged heart is usually a precursor to heart failure. To prevent heart failure, make sure blood pressure and diabetes are well controlled, lose excess weight if you're obese, and avoid excessive drug or alcohol use.

An enlarged heart is a layman's term describing when the overall size of your heart is bigger than it should be. Medically, it's referred to as cardiomegaly, and often it's first spotted on a routine chest X-ray. Additional testing is then needed to figure out the cause. An enlarged heart is usually a precursor to heart failure.

The heart swells in size due to one of two reasons, says Zubin Eapen, MD, associate professor of medicine at Duke University and director of the Duke Heart Failure Same-Day Access Clinic in Durham, North Carolina. "Either the chambers of the heart have become dilated, or enlarged, or else the heart walls have become abnormally thickened," he says.

### **When the Heart Chamber Becomes Dilated**

For those of us a little rusty on our anatomy: the heart has four chambers; the top two are the left and right atria, the bottom two are the left and right ventricles. "Usually, enlarged hearts involve the left ventricle, the heart's main pumping chamber," says Dr. Eapen.

Sometimes an enlarged heart develops because of a structural defect or other congenital condition. But usually it's because the heart is weakened — from coronary artery disease, muscle damage from a previous heart attack, or one of the most common causes, hypertension, or high blood pressure.

"If your blood pressure is higher than it should be, it means your heart has to pump harder than normal to move blood throughout your body," Eapen says. "So, the actual walls or the muscle of the left ventricle become abnormally thick to compensate for the extra work." In other words, your heart is just like any other muscle in the body that bulks up when it's forced to do heavy lifting.

A thickened heart muscle, however, is just a stopgap measure. "If hypertension is not controlled, over time the heart muscle starts to get weaker, and that can result in symptoms like shortness of breath, swelling in the lower extremities and abnormal weight gain as a result of fluid retention," Eapen says.

Essentially an enlarged heart is a red flag alerting you that if you don't make some changes, you may be headed for heart failure.

With alcohol or drug abuse, which can also cause the heart to enlarge, "often there's not that natural progression where the heart slowly thickens over time and then starts to get weaker. In some of those cases, we see dilation of the cavity of the heart without the heart muscle thickening first." In those instances, patients may hear the term dilated cardiomyopathy, which means the heart muscle walls are much thinner than normal.

## What Puts You at Risk for an Enlarged Heart?

Any of the following can also increase your risk for developing an enlarged heart:

- **High blood pressure** Pressure higher than 140/90 puts you at an increased risk of developing an enlarged heart.
- **A family history of enlarged hearts or cardiomyopathy** If a parent or sibling has had an enlarged heart, you may be more susceptible to developing the condition.
- **Coronary artery disease and heart attack** A buildup of plaque in the arteries can obstruct blood flow and may lead to a heart attack. When part of the muscle dies, your heart has to pump harder to move blood through your body, which can cause it to enlarge.
- **Congenital heart disease** If you're born with certain conditions that affect the structure of your heart, you may be at higher risk.
- **Disease of the heart valves** The heart has four valves — aortic, mitral, pulmonary and tricuspid — that open and close to direct blood flow through your heart. Conditions that damage the valves may cause the heart to enlarge.

## Prevention Steps You Can Take Today

Eapen says the take-home message, first and foremost, is to control your risk factors for heart disease: make sure blood pressure is well controlled, lose excess weight, avoid excessive drug or alcohol use. He recommends checking out the American Heart Association's Life Simple 7, seven steps you can take to improve your heart health.

According to Clyde Yancy, MD, chief of the division of cardiology-medicine at Northwestern University's Feinberg School of Medicine in Chicago, and a past president of the American Heart Association, "One in five Americans will develop heart failure. If we can raise awareness, we can drive people to early detection and earlier treatment."

Even vague symptoms like feeling tired all the time, or listlessness, warrant a doctor's appointment, he says — especially if you know you have high blood pressure or have had a previous heart attack. According to the National Heart, Lung, and Blood Institute, your doctor can pick up some important clues just from listening to your heart and lungs with a stethoscope. After that, depending on your history and symptoms, your physician can decide whether subsequent tests, such as an electrocardiogram (ECG or EKG), echocardiogram, or other type of imaging is in order.

I leave you with these words from Proverbs 3:5 "Trust in the Lord with all your heart and lean not on your own understanding."

*In His Service*

*Roxanne Taylor BSN*

*Parish Nurse*

### **SUMMER WORSHIP SCHEDULE TO END**

Thursday, August 30, will be our last midweek service for the year. Sunday, September 2, is our last 9 a.m. time to worship. Starting Sunday, September 9, we go back to 10 a.m. services with Sunday School and Bible Study starting at 8:45 a.m.

## THOSE SERVING IN GOD'S HOUSE THE MONTH OF AUGUST 2018

### **Thursday, August 2**

6:00 p.m.  
(Holy Communion)

Elders:  
Ushers:  
Acolyte:  
Altar Guild:

Brian Faucher  
Group 1 - Ben Marotz, Tom Schnettler, Ivan Hazen  
Kaleb Faucher  
Liz & Ken Buesing

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### **Sunday, August 5**

9:00 a.m.  
(Holy Communion)

Elders:  
Ushers:  
Acolyte:  
Scripture Reader:  
Altar Guild:  
Bulletin Folder:  
Door Locker:

Nic Collins, Jim Madden  
Group 2 - John Keller, Aiden & Brian Faucher, Dan Fibiger  
Annalise Hasler  
Sharon Werner  
Gina Fibiger, Rachel Johnson  
Sue Prange  
Patrick Johnson

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### **Thursday, August 9**

6:00 p.m.

Elders:  
Ushers:  
Acolyte:

Steve Hazen  
Group 3 - Luecke, Thompson, Rademacher, Hummitzsch  
Ella Albert

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### **Sunday, August 12**

9:00 a.m.

Elders:  
Ushers:  
Acolyte:  
Scripture Reader:  
Altar Guild:  
Bulletin Folder:  
Door Locker:

Gerry Luebke  
Group 4 - Dave & Sue Prange, Lexie Matte  
Noah Fibiger  
Barbara Strenger  
Barb Gumm, Rayola Madson  
Sue Prange  
Ken Thompson

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### **Thursday, August 16**

6:00 p.m.  
(Holy Communion)

Elders:  
Ushers:  
Acolyte:  
Altar Guild:

Todd Matte  
Group 5 - Lee Gumm, Steve Marotz, Victor Hazen  
Luke Matte  
Debbie & Steve Perry

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### **Sunday, August 19**

9:00 a.m.  
(Holy Communion)

Elders:  
Ushers:  
Acolyte:  
Scripture Reader:  
Altar Guild:  
Bulletin Folder:  
Door Locker:

Brian Faucher, Jim Madden  
Group 6 - Ray & Shirley Ottman, Derek MacKenzie  
Thomas Yang  
Lee Gumm  
Sue Prange, Cheryl Prepster, Lois Schmideler  
Mary Ann Fibiger  
Dan Fibiger

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### **Thursday, August 23**

6:00 p.m.

Elders:  
Ushers:  
Acolyte:

Nic Collins  
Group 7 - Andy & Austin Fibiger, Jerry Sabrowsky  
Noah Fibiger

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### **Sunday, August 26**

9:00 a.m.

Elders:  
Ushers:  
Acolyte:  
Scripture Reader:  
Altar Guild:  
Bulletin Folder:  
Door Locker:

Steve Hazen  
Group 1 - Ben Marotz, Tom Schnettler, Ivan Hazen  
Grace Matte  
Cindy Bartz  
Cindy & Gary Bartz  
Mary Ann Fibiger  
Lee Gumm

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### **Thursday, August 30**

6:00 p.m.  
(Holy Communion)

Elders:  
Ushers:  
Acolyte:  
Altar Guild:

Gerry Luebke  
Group 2 - John Keller, Aiden & Brian Faucher, Dan Fibiger  
Kaleb Faucher  
Kristi & Doug Luecke

# August 2018

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 6pm Worship w/HC	3	4
5 9am Worship w/HC	6	7	8	9 6pm Worship	10	11
12 9am Worship	13 6:30pm Elders	14 9:30am Quilting	15	16 6pm Worship w/HC	17	18
19 9am Worship w/HC	20 5:45pm Bd of Ed 6:15pm Bd of Finance 7pm Council	21	22	23 6pm Worship	24	25
26 9am Worship	27	28 9:30am Quilting	29	30 6pm Worship w/HC	31	