



*Serving the
downtown
community
since 1919*

Upcoming Events

JUNE 4
Pentecost

JUNE 5 - JULY 28
Trinity Summer
Recreation Program

JUNE 11
Festival of the Holy
Trinity

JUNE 18
Father's Day

JUNE 25
Piano Recital

JUNE 25
VBS Children Sing

JULY 2
Patriotic Sunday

JULY 4
Independence Day

JULY 30
Installation of
Dan Davies

JUNE 19-23
VBS

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Trinity Downtown

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Volume 10, Issue 6

JUNE/JULY 2006

Pastor's Page

by Pastor Jeff Moore

Gospel of Judas???

You might have heard talk of this "Gospel of Judas," an ancient manuscript discovered in the 1970's but recently purchased by National Geographic and publicized extensively. The "hype" surrounding this document makes it sound like Christianity was very fluid in the early Church, that it's only an accident of history that orthodox Christianity became dominant, and that Judas could just as easily been the hero as the traitor.

None of this hype is even close to accurate. Since I know most of you aren't interested in details, let me just say that this document isn't really of interest to anyone except historians of the 2nd century AD, and certainly not to Christians as a religious

document. If you do have some curiosity about this, you can go to http://www.csl.edu/Resources_Audio_Gospel_of_Judas.aspx to hear some of our Seminary profs tell you more than you'll ever want to know about it!

Now, on to what I really want to talk about, which is the new Lutheran Service Book being published later this year!

As you know, Trinity has for years been using four different hymnals in worship services: The Lutheran Hymnal (Red, 1943), Lutheran Book of Worship (Green, 1978), All God's People Sing (Multicolored Children's Hymnal, 1992), and With One Voice (Blue paperback, 1995). Across the LCMS today about 40% of congregations still use TLH, 40% use Lutheran Worship (Blue, 1982), and the rest use a

mixture.

In 1999 the decision was made to prepare a new hymnal, one that would update some things from TLH without making the mistakes that were made with LBW and LW. I have watched this process, knowing many of the people involved, and I have to say that they've done it the right way! Every step has been carefully fieldtested, and, as contentious as Synodical Conventions are, the 2005 convention almost unanimously approved the new hymnal.

In our music pages you've seen a few items over the past months about this hymnal, but I want to put in front of you my belief that Trinity should plan to purchase this book when it is published. There are many good reasons for this, and I'll summarize a few here:

(Continued on Page 2)

Pastor's Page, continued from page 1

The liturgical content is sound. The services we use from both the green and the red hymnals will be in the new hymnal, along with other good orders of service.

All 150 Psalms, plus Luther's Small Catechism, in addition to several other important resources, will be included.

There will no longer be separate "Hymn numbers" versus "Page numbers!!!" I personally am thrilled with that!

Most of the hymns from all our previous hymnals will be included, and certainly almost every one we've ever sung here.

There will be an electronic version that we can use to print bulletins or project on screens, including additional songs that didn't make the print version.

Because the book will be so easy to use, we

can, when we choose, actually have services where we don't need a printed order, we can just use the book, without confusing our visitors.

I'm using my space in the newsletter this month to let you know that we pastors and the elders are pursuing this course. If you have any concerns, please talk to me about them. I know that hymnals are often a very emotional issue, and that some of you might have a hard time with the idea of replacing our old hymnals (and we are talking replacement, not addition, here). Please, though, don't just stew about this. Talk to me. No money has been committed, no orders have been placed. I'm asking you to share your concerns with me now.

A hymnal can be a powerful tool to share our faith across generations. The replacement of our hymnals is a momentous event. Please join me in praying and discussing this!

All Because of Christ

by Pastor Jon van Sliedrecht

"I give thanks to my God always for you because of the grace of God that was given you in Christ Jesus, that in every way you were enriched in him in all speech and all knowledge—even as the testimony about Christ was confirmed among you—so that you are not lacking in any spiritual gift, as you wait for the revealing of our Lord Jesus Christ, who will sustain you to the end, guiltless in the day of our Lord Jesus Christ. God is faithful, by whom you were called into the fellowship of his Son, Jesus Christ our Lord."

1 Corinthians 1:4-9

There is truly nothing we can do in order to thank each of you for what you have done in our lives. I am not just speaking about celebrating with us during the wedding, but every bit of love you have shared with us individually and together.

We praise God for you! Thanking Him because together we have been "called into the fellowship of his Son, Jesus Christ our Lord."

God's peace,
"The Newlywed's"

PORTALS OF PRAYER

Portals of Prayer, daily devotional booklets, are available in the back of the church. Please take one. A limited number of large print editions are also available in the church office.

My Want is to Serve

As a Deaconess, I am a servant for Christ and to all those who claim His name as well as to those who do not. It is my goal through this column each month to share some of my experiences and opportunities as I serve your congregation and community. Traditionally, Deaconess work concentrates on providing spiritual care, teaching God's Word, and serving the neglected and lonely, so I am designing the column to reflect the work I perform in each of these areas.

Trinity made my primary assignment visiting the hospitalized and sick and be a visible, caring presence until that time when we all can worship and commune together. I also work with Pastor Glander to better communicate the transition between hospital and homebound. I am sure that soon enough I will be an expert navigator through the downtown streets of Orlando and surrounding neighborhoods!

I have attended my first board meeting as I work with the Board of Parish Education. I

by Deaconess Intern, Liz Borth

hope to be an encouraging presence as they continue to develop the summer Sunday School program and VBS. Perhaps I will have had the privilege to speak with some of you about teaching and administrative positions in those days between print deadline and mailbox delivery. Vacation Bible School has always been an important event for my family, and I am really excited about Trinity's Treasure Cove Adventure this month. I will be there to send your children off on a treasure hunt and again to wrap it up before their trip home.

I also participate with the Board of Human Care and look forward to serving in our community, giving witness to Jesus' love and mercy while adding to the visible presence of Trinity. Please do not hesitate to approach or call me with any concerns or questions. I thank you so much for the opportunity you have presented to me so I may learn and grow in my faith and ministry to our God the Creator, Redeemer and Sanctifier.

Deaconess Intern,
Liz Borth

Summer Rest

***“May your unfailing love rest upon us, O Lord, even as we put our hope in you.”
Psalm 33:32***

Another school year has ended. Our students, teachers and parents are entering their summer “rest” period. I often wonder how much rest our teachers and parents actually get during this time. The teachers are regrouping and doing catch up work at home and even planning for the start of the next school year. Parents are involved in planning activities to keep their children busy during this off time. In some ways this is an even more hectic time for teachers and parents than

by Sandy Ogg Executive Director

the actual school year. The kids, however, are glad to be out of school for this short respite.

The past nine months have seen our congregation working, working, working. It has approved purchase of the property upon which the Travelodge sits. These negotiations continue. Church Development Partners continues its work on Trinity's behalf to study the best use of all Trinity's property. The Strategic Planning Initiative work continues. The boards are now fine-tuning their visions of the congregation-approved critical target areas: Bible Study and Outreach. This fine-tuning is to be completed by September 1st.

(Continued on Page 5)

A from Your Music Director

by Lisa Moore, Music Director

How Much Do You Prepare for Worship?

The 19th chapter of Exodus describes God's instructions for the preparation of His people to meet Him, to be in His presence. In verse four, God reviews what He has done for His people, *"You yourselves have seen what I did to Egypt, and how I carried you on eagles' wings and brought you to Myself. Now if you obey Me fully and keep My covenant, then out of all nations you will be My treasured possession. Although the whole earth is Mine, you will be for Me a kingdom of priests and a holy nation."* God first establishes that the worship of His people will be a response to His actions for them.

Then He instructs Moses, *"Go to the people and consecrate them today and tomorrow. Have them wash their clothes and be ready by the third day, because on that day the Lord will come down on Mount Sinai in the sight of all the people."* Have we perhaps lost something when we began to take daily showers? Is there more to that Saturday evening, once a week, bath ritual, and laying out of special clothes for Sunday morning?

God continues, *"Put limits for the people around the mountain and tell them, 'Be careful that you do not go up the mountain or touch the foot of it. Whoever touches the mountain shall surely be put to death. He shall surely be stoned or shot with arrows; not a hand is to be laid on him. Whether man or animal, he shall not be permitted to live."*

Wow! Scary stuff! Thanks to God, we are a New Testament people, permitted in His sanctuary where the curtain has been torn in half because of the death of His Son, giving us access to not only a just God, but a compassionate and merciful Father. But in our grace-filled, Gospel lives, have we perhaps lost some of the "awe" and "respect" our Almighty, Creator God, who will come again to judge the living and the dead, deserves?

I'm not saying that these preparations from Exodus are necessary or practical today, but if they cause you to stop and think before and as you enter worship, then you will be coming prepared.

Summer Special Music

As the choirs take a well-deserved break this summer, anyone interested in solo, small group singing, or instrumental playing, piano students included, please email Lisa Moore at Imoore@trinitydowntown.org.

Piano Recital

The students of Lisa Moore will present a piano recital on Sunday, June 25, following a light lunch after late service, in the church basement. You are welcome to attend!

Two Great Church Festivals Will End the Year

June 4, the Day of Pentecost, the Birthday of the Church, the coming of the Holy Spirit!
June 11, the Festival of the Holy Trinity!

Special Sundays this Summer

June 25 VBS children sing
July 2 Patriotic Sunday
July 30 Installation of Dan Davies, our DCE (Youth worker) Intern

**"The Best Cup of
Coffee in Town"
Brought to You
by Your Fellowship Board!
Sundays 8:45-9:30 a.m.
In the Fellowship Hall**

Summer Rest, continued from page 3

Future needs considerations will focus on a major capitol fund-raising campaign (\$2.5 million). The congregation will need to consider how to best raise and use those funds. Will it be designated for expansion of ministry in a new building (i.e., furniture, computers, etc.) that sits on the Travelodge property? Will it be used to pay off our current debt service, freeing up \$19,000/month for ministry expansion? How are we going to do this? Who is going to spearhead this project?

Questions, questions, questions! Wouldn't it be nice to be able to be a kid again and have a summer break? Doesn't it sometimes all seem so frustrating and mind-boggling?

The psalmist relies on God's unfailing love to "rest" upon him. All God asks is that we put our hope in Him and relax in His grace. That sounds so simple. Too often we get in the way of God instead of resting in Him.

My prayer for your summer is rest: rest in God and Jesus. All the minutia of the world will take care of itself. God will take care of you.

Blessings in Him,
Sandy

Trinity's Summer Recreation Program Is Enrolling

The Summer Recreation Program is enrolling for Summer 2006. Enrollment applications are available in the school office. Trinity's Summer Recreation Program is a fun camp program in a Christian environment with a low teacher to child ratio and a variety of field trips and activities. The program will run from Monday, June 5th- Friday, July 28th. The cost is \$140.00 for 5 days per week or \$95.00 for 3 days per week, which includes field trips. Field trips include skating, bowling, swimming, parks, the library, children's movies, and much more! For additional information, please contact Shelley Webre at Swebre@trinitydowntown.org or (407) 849-6316.

VBS 2006



You are invited to
Vacation
Bible School
at
Trinity Downtown
123 E. Livingston St.

June 19 to 23
8:30 a.m. to 12:00

Register! on enclosed form,
or call **407-380-7772**
(Doris Engstrom) or
email: engstromdd@earthlink.net

In Jesus we have the
"riches"
of God's grace



Bible story, crafts,
music, snacks, games

Registration Form

June 19-23, 8:30 to 12:00

Child's Name _____

Age _____ Entering Grade _____ (PreK - 8)

Parent's Name _____

Address _____

E-mail _____

Phone (home) _____

(other) _____

Emergency contact _____

Medical concerns _____

Food Allergies _____

Person picking up child each day _____

Siblings attending _____

Church child attends _____

_____ I am available to help with VBS (adults are needed)

For more info call Doris Engstrom 407-380-7772

e-mail: engstromdd@earthlink.net

Return Form to VBS Box in church entry. Thank You.

Stephen Ministry



"And we pray this in order that you may live a life worthy of the Lord and may please Him in every way: bearing fruit in every good work, growing in knowledge of God, being strengthened with all power according to his

glorious might so that you may have great endurance and patience..."

Colossians 1: 10,11

Pray for Stephen Ministry:

- With thanksgiving for those giving of their time and energy to serve in Stephen Ministry and other caring ministries.

Pray for the Caregivers

- That God will enable them to hear what the care receiver tells them and what the Holy Spirit is encouraging them to respond.

Pray for the Care Receivers

- That they will have faith to believe all the promises God has made are "Yes" in Christ, and, enable them to speak the "Amen" to their life situation to the glory of God. (see 2 Cor. 1:20)

Pray for Trinity congregation

- That all members of Trinity recognize that God is calling them to ministry, identify their spiritual gifts and, find places in our congregation where they can utilize those gifts to the glory of God.
Amen !

During the past months of November through April

Trinity's 5 new Stephen Ministers have given approximately 250 hours of training in distinctively Christian care for Care Receivers. This does not include their

Ongoing Education/Peer Supervision class sessions, which are held on the first and third Thursday evenings or time spent with their Care Receivers.

We **give thanks to God for these dedicated Christian Caregivers** our newest commissioned class of Stephen Ministers: **Karen Arnett, Carolyn Davenport, Leo and Stephanie Nagy, and, Gary Oakley .**

Prayerfully consider the talents God has given you. Then, again in prayer consider God's call to this confidential one-on-one, lay Christian care ministry. We hope to continue training future classes of Stephen Ministers.

Church Revival...



Yes, you heard correct, it is time for a revival. A revival of Trinity Lutheran Churches *Adult Athletic Ministries!* We are looking for individuals to help head various athletic programs.

Are you interested in softball, golf, volleyball, or tennis? How about bowling or camping? If so, we have some areas you can serve. Trinity's Adult Athletic Ministries will not only be a great way to serve and participate, but think of the out reach-potential. If you have any questions please contact Jeff Wegner, Trinity Lutheran School's Minister of Athletics at 407-843-4896 ext. 122 or at jwegner@trinitydowntown.org.



We would like to have a coed softball team on the field by the next season, which starts in August. We'll need at least five women and men to field a team. Stay tuned for sports updates.

Prayer List

In order for the Triune prayer list to be up to date and functional, we have started to date the prayer requests and put them in a rotation. After three weeks of prayer, we will automatically take off that particular prayer. If you want us to continue the prayer, call Kristy in the church office and request the prayer be put back on the prayer list for another three-week rotation. The prayer list of the monthly newsletter will consist of prayers that are longer term. If there are any changes on the list below or if you would like them in the Triune prayer list for three weeks, call Kristy, 407-422-5704, or email kbowman@trinitydowntown.org.

During the Month of May we prayed for:

Albert Alvarado (Father of Allen Alavarado/Health), Sharon Anthony (Friend of Ted Lange/Cancer-Chemo), Wayne Argyin (Friend of Cindy Eastlick/Cancer), Mary Cawthon (Health), Kathy Codd (Sister-in-law of Pat Glander/Health), Hugh Cotton (Cancer), Scott Davis (Infections), Carolyn Davenport (Broken hip), Tony Dighton (Friend of the Bowman's/Health) Audrey Dickinson (Cancer), Joe Dougherty (Friend of Amy Graft/Brain Tumor), Mark Eckoff (Health) Harvey Eckoff, Diane Edenfield (Daughter of Marge Thomas/Cancer), Becky Elkins (Friend of the Wolfe Family/Cancer returned), Joy Fortunato (Mother of Bert Foschini/Cancer), Cathy Hall (Sister of Ruby Middlebrooks/Health), Pat Heath, Lee Heaton (Sister-in-law of Cathy & Jeff Alexander/Cancer), Barbara Hill (Friend of the Crowell's/Health), Erick Hoagland (Grandson of Wilma Knapp/Cancer), Kim Jasper (Friend of Kristy & Troy Bowman/Cancer-Chemo), Jaro Jezek (Brother of Tim Jezek/Health), Sandra Nebel (Cancer), William Neff (Radiation), Gordon Peters (Health), Sam Posey (Friend of Jody & Gaye/Health) Ruth Pytko, Adele Renner (Mother of Craig Stephens/Chemo), Irene Reynolds (Sister of Pat Cording/Cancer), Lindsey Sansonetti (14 year old daughter of friend of Gregg Yawman/Hodgkins), Beth Schumacher (radiation), Eugenia Sefcik (Cancer), Minnie Simmons, Lori Stanley (Crohn's Disease), Joanne Taylor (Friend of Carolyn Davenport/Cancer), Erick Winterkamp (Grandson of Ron & Susan Roby/Health)

Deaths in May:

Aunt Mary Feeny 4/27/06
Gene Garbinski (Father of Nancy Stentz) 04/19/06
Stanley Dvorak (Family friend of Brooke George) 05/01/06
Robert Hoard (Brother of Pastor Hoard) 05/4/06
Rose Marie George (Mother of Cindi Bongiani 4/30/06)
Veda Webster
Pastor Paul Foust, Sr.
Mary Louise Stewart (Mother of Mary Jo Hoard 05/22/06)
Neal McKinney (Uncle of Christina & Johnny Becker) 05/19/06
Sandra Grether

Please contact Kristy in the church office if any of the names of the prayer list are wrong or need to be taken off or added.

Anniversaries and Birthdays

The following people who were born or married in June and July. We thank the Lord for His great gifts of life and love! **If there is a mistake or we have missed you, please let us know so we can update our records.**

Jun 1	Diaz, Jorge & Gloria	Anniversary	Jun 14	Christmann, Carl	Birthday
Jun 1	Click, Doris	Birthday	Jun 14	Driggers, Andrew & Andrea	Anniversary
Jun 1	Futrell, Lorraine	Birthday	Jun 14	Moore, Tristan	Birthday
Jun 1	Smith, Paul	Birthday	Jun 14	Trapp, Jr., Robert	Birthday
Jun 1	Strandquest, Carolyn	Birthday	Jun 14	Velez, Gilbert & Felicia	Anniversary
Jun 2	Smith, Timothy	Birthday	Jun 15	Dees, Jo Ann	Birthday
Jun 3	Bumgarner, Heather	Birthday	Jun 15	Devis, Shannon	Birthday
Jun 3	Engstrom, Dean	Birthday	Jun 15	Fetterolf, Graham	Birthday
Jun 3	Franklin, Catherine	Birthday	Jun 15	Fritz, Karen	Birthday
Jun 3	Stanhope, Earle & Lois	Anniversary	Jun 15	Husmann, Mele	Birthday
Jun 4	Gindlesperger, Joan	Birthday	Jun 15	Lindsay, Karin	Birthday
Jun 4	Sutrich, Stanley	Birthday	Jun 15	McGill, Theresa & Eric	Anniversary
Jun 5	Koch, Janet & Robert	Anniversary	Jun 15	Revels, Carson	Birthday
Jun 5	Lee, Michelle	Birthday	Jun 15	Schroeder, Ricky	Birthday
Jun 5	Wilder, Morgan	Birthday	Jun 15	Van Deest, Howard & Nora	Anniversary
Jun 6	Alexander, Sharon	Birthday	Jun 16	Emling, Sarah	Birthday
Jun 6	Schumacher, Sheryl	Birthday	Jun 16	Evanchyk, Marylou & Larry	Anniversary
Jun 6	Swinderman, Tracey	Birthday	Jun 16	Ford, Emily	Birthday
Jun 6	Wilson, David & Barbara	Anniversary	Jun 16	Scott, Anderson	Birthday
Jun 7	Cavarretta, Brittany	Birthday	Jun 17	Beier, Kaitlyn	Birthday
Jun 8	Ersch, S. Jaysen	Birthday	Jun 17	Crowell, Laura	Birthday
Jun 8	Slazinski, Renick	Birthday	Jun 17	Glover, Dennis & Marchetta	Anniversary
Jun 8	Zavitz, Lori	Birthday	Jun 17	Nagy, Leo & Stephanie	Anniversary
Jun 9	Bobletz, Eric	Birthday	Jun 17	Nance, Donna & James	Anniversary
Jun 9	Eggert, Richard	Birthday	Jun 17	Ringler, Sara	Birthday
Jun 9	Horton, Dale & Kris	Anniversary	Jun 18	Middleton, Larry	Birthday
Jun 9	Schellhammer, Mark	Birthday	Jun 18	Retzlaff, Vernon & Catherine	Anniversary
Jun 10	Kunze, Larry & Nancy	Anniversary	Jun 18	Stephens, Craig	Birthday
Jun 10	Schroeder, Matthew	Birthday	Jun 18	Sutrich, Stanley & Catherine	Anniversary
Jun 10	Sweatt, Mike	Birthday	Jun 19	Boggs, Terry	Birthday
Jun 11	Fimognari, Isabella	Birthday	Jun 19	Brown, Benjamin	Birthday
Jun 11	Hays, Dory	Birthday	Jun 19	Fabry, Anna	Birthday
Jun 11	Hoard, Samuel & Mary Jo	Anniversary	Jun 19	Gregorek, Michelle	Birthday
Jun 11	Killinger, Tyler	Birthday	Jun 19	Leiffer, Shirley & Earl	Anniversary
Jun 11	Nagy, Brianna	Birthday	Jun 19	Levine, Olivia	Birthday
Jun 11	Roberts, Rhonda	Birthday	Jun 19	Sweatt, Sandra	Birthday
Jun 11	Smith, Timothy & Deborah	Anniversary	Jun 19	Yawman, Gregg & Dardie	Anniversary
Jun 11	Vaughan, Dawn	Birthday	Jun 19	Zook, Randy & Kristine	Anniversary
Jun 12	Gierke, Don	Birthday	Jun 20	Adkins, Caroline	Birthday
Jun 12	Paule, Christie & Carl	Anniversary	Jun 20	Blackwood, Emily	Birthday
Jun 12	Willson, William & Lois	Anniversary	Jun 20	Carter, Kelsey	Birthday
Jun 12	Young, Art	Birthday	Jun 20	Fischer, Amy	Birthday
Jun 12	Zimmer, Rick & Denise	Anniversary	Jun 20	Hamilton, Jean	Birthday
Jun 13	Seward, David & Karen	Anniversary	Jun 20	Jeffery, Emily	Birthday
Jun 13	Tosh, Claire	Birthday	Jun 20	Moore, Josh	Birthday
Jun 14	Alvarez, Susan	Birthday	Jun 21	Feliciano, Lindsey	Birthday
Jun 14	Brink, Andrew	Birthday	Jun 21	Kuck, William & Gretchen	Anniversary
			Jun 21	Spotorno, Matthew	Birthday
			Jun 21	Trapp, George	Birthday
			Jun 21	Wegner, Jeffrey & Donna	Anniversary
			Jun 22	Cotton, Kathleen	Birthday
			Jun 22	Cotton, Thomas & Kathleen	Anniversary
			Jun 22	Hambrick, Debbie & James	Anniversary

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Birthdays, continued from page 14

Jun 22	Lanier, Karen	Birthday	Jul 1	Burnette, Carolyn	Birthday
Jun 22	McCoy, Clayton	Birthday	Jul 1	Espinosa, Dayianie	Birthday
Jun 22	Morris, Tammy	Birthday	Jul 1	Kane, Cathy	Birthday
Jun 22	Petro, Douglas	Birthday	Jul 1	Rummells, Eric	Birthday
Jun 22	Sobol, Robert & Connie	Anniversary	Jul 1	Wacker, Calvin	Birthday
Jun 23	Kuck, Gretchen	Birthday	Jul 2	Bruno, Rosaida	Birthday
Jun 23	Logan - Stewart, Sheryl	Birthday	Jul 2	Burns, Joy	Birthday
Jun 23	Moore, Jeffery & Lisa	Anniversary	Jul 2	Cotton, Spencer	Birthday
Jun 23	Rader, Austin	Birthday	Jul 2	Domke, Kristi	Birthday
Jun 24	Eggert, Richard & Janet	Anniversary	Jul 2	Roby, Loren & Bonnie	Anniversary
Jun 24	Ogg, Charles & Sandy	Anniversary	Jul 2	Schumacher, Gary	Birthday
Jun 24	Schellhammer, Michael	Birthday	Jul 3	Herter, Stephen	Birthday
Jun 24	Trapp, Peggy R.	Birthday	Jul 3	Konczal, Mike & Kelley	Anniversary
Jun 24	Yeager, Jeff & Monique	Anniversary	Jul 3	Muzika, Zachary	Birthday
Jun 25	McFadden, Samantha	Birthday	Jul 3	Sabin, Charles & Darlene	Anniversary
Jun 25	Meyer, Robert & Diana	Anniversary	Jul 4	Hamilton, Joseph	Birthday
Jun 25	Oakley, Tyler	Birthday	Jul 4	Hyder, Mikaela	Birthday
Jun 25	Smith, Christi	Birthday	Jul 4	Moffi, Lauren & Carl	Anniversary
Jun 25	Spotorno, Anthony & Eva	Anniversary	Jul 4	Stevens, Audrey	Birthday
Jun 26	Anderson, Jennifer	Birthday	Jul 5	Silva, Elese	Birthday
Jun 26	Boogher, Chuck	Birthday	Jul 5	Smith, Jillian	Birthday
Jun 26	Brown, Rodney	Birthday	Jul 6	Anderson, George	Birthday
Jun 26	Ersch, Shaunn	Birthday	Jul 6	Boehme, Nicholas	Birthday
Jun 26	Howard, Jerry	Birthday	Jul 6	DeBerry, Reagan	Birthday
Jun 26	Johantgen, Ken & Misty	Anniversary	Jul 6	Hey, Robert & Julie	Anniversary
Jun 26	Lyerly, Robert	Birthday	Jul 6	Koch, Janet	Birthday
Jun 26	McMullen, Amanda	Birthday	Jul 6	Tesch, Spenser	Birthday
Jun 26	Morris, Carl & Tammy	Anniversary	Jul 6	Weber, Luke	Birthday
Jun 26	Schroeder, Carl & Shannon	Anniversary	Jul 7	Connery, Landrie	Birthday
Jun 26	Smothers, Tommie	Birthday	Jul 7	Dees, Jo Ann & David	Anniversary
Jun 26	Trapp, Matthew & Jennifer	Anniversary	Jul 7	Eastlick, Reagan	Birthday
Jun 27	Burnette, Jennifer	Birthday	Jul 7	Gawron, Eleanore & Frank	Anniversary
Jun 27	Hereford, Kathy	Birthday	Jul 7	Osborne, Brittany	Birthday
Jun 27	Muzika, John & Jennifer	Anniversary	Jul 7	Ponik, B. Renee'	Birthday
Jun 27	Short, Ashton	Birthday	Jul 8	Clark, Todd	Birthday
Jun 28	Davidson, Floyd & Elizabeth	Anniversary	Jul 8	Emling, Rick	Birthday
Jun 28	Gibson, Bridget	Birthday	Jul 8	Eveland, Bobbie & Robert	Anniversary
Jun 28	Kennedy, Caroline	Birthday	Jul 8	Heise, Richard	Birthday
Jun 29	Behrmann, Donald	Birthday	Jul 8	Priep, Ronald & Ronnette	Anniversary
Jun 29	Green, Taylor	Birthday	Jul 8	Tayloe, Susan	Birthday
Jun 29	Ponik, Kristina	Birthday	Jul 9	Ackerman, Gregory	Birthday
Jun 29	Register, Greg & Alison	Anniversary	Jul 9	Hammack, Lenore	Birthday
Jun 30	Cox, Sara	Birthday	Jul 9	Schaub, David	Birthday
Jun 30	Ersch, Kaye	Birthday	Jul 9	Starr, Joshua	Birthday
Jun 30	Sands, Sarah Jo	Birthday	Jul 9	Weaver, Ryan & Stacey	Anniversary
Jun 30	Schumacher, Kelley	Birthday	Jul 10	Blackwood, Robert & Jennifer	Anniversary
Jun 30	Schwichtenberg, Linda	Birthday	Jul 10	Jezek, Tim	Birthday
Jun 30	Siems, Helen	Birthday	Jul 10	Speelman, Anna	Birthday
Jun 30	Weber, Kristina & Jeremy	Anniversary	Jul 10	Weber, Leah & Steven	Anniversary
Jun 30	Wolfe, Kent & Linda	Anniversary	Jul 11	Espinosa, Kirsten	Birthday
Jul 1	Schoembs, Michelle	Anniversary	Jul 11	Hamer, Larry	Birthday
Jul 1	& Michael	Anniversary	Jul 11	Van Winkle, Justin	Birthday
Jul 1	Anderson, David	Birthday	Jul 12	Lyerly, Sandra	Birthday
Jul 1	Blackwood, Angelina	Birthday			

(Continued on Page 10)

Birthdays, continued from page 15

Jul 12	McConnell, Cailey	Birthday	Jul 23	Bell, Raynell	Birthday
Jul 12	Mills, Jonathan	Birthday	Jul 24	Cobb, II, Kenneth	Birthday
Jul 13	Eveland, Bobbie	Birthday	Jul 24	Huelett, Dennis & Sherry	Anniversary
Jul 13	Fedder, Richard	Birthday	Jul 24	McConnell, Cheryl	Birthday
Jul 13	Futrell, Lorraine & Felton	Anniversary	Jul 24	Mills, Jonathan & Judy	Anniversary
Jul 13	Hays, Jeff & Dory	Anniversary	Jul 24	Rushing, Michael	Birthday
Jul 13	Lancaster, Mark	Birthday	Jul 24	Shaw, George	Birthday
Jul 13	Toth, Kali	Birthday	Jul 24	Webster, Sylvia	Birthday
Jul 14	Carbonell, Stephanie	Birthday	Jul 25	Aspeslet, Makayla	Birthday
Jul 14	Mielke, Paul & Carol	Anniversary	Jul 25	Bond, Carolann	Birthday
Jul 14	Parker, Jennifer	Birthday	Jul 25	Clark, Todd & Verena	Anniversary
Jul 15	Barrett, Michael K. & Rita K.	Anniversary	Jul 25	Jones, Lena	Birthday
Jul 15	Bowman, Kristy	Birthday	Jul 25	Luce, Kelsie	Birthday
Jul 15	Brown, Colten	Birthday	Jul 25	Puch, Erwin & Judith	Anniversary
Jul 15	Kuzdzal, Billie	Birthday	Jul 26	Dittmer, Omar & Gladys	Anniversary
Jul 15	Porter, Ava Larue	Birthday	Jul 26	Hansen, Scott & Cheyana	Anniversary
Jul 15	Thomas, Michael	Birthday	Jul 26	Mayer, Charles & Irene	Anniversary
Jul 15	Yeager, Phyllis	Birthday	Jul 27	Atwell, Sandra	Birthday
Jul 16	Anderson, Lynda	Birthday	Jul 27	Beckmann, Jeanette	Birthday
Jul 16	Foschini, Bert & Yvette	Anniversary	Jul 27	Hereford, Robert	Birthday
Jul 16	Magill, Diane	Birthday	Jul 27	Hill, Daniel	Birthday
Jul 16	Moore, Anna	Birthday	Jul 27	Levinson, John & Roberta	Anniversary
Jul 16	Roberts, Jayda	Birthday	Jul 27	Mayer, Jeremy	Birthday
Jul 16	Roberts, Russell & Rhonda	Anniversary	Jul 27	Quitos, Joanna	Birthday
Jul 16	Schmidt, Paul	Birthday	Jul 27	Shultz, Charles	Birthday
Jul 16	Zook, Evan	Birthday	Jul 28	Bongianni, Robert	Birthday
Jul 17	Price, Edwin (Ned)	Birthday	Jul 28	Fabry, Carl	Birthday
Jul 17	Strandquest, John & Carolyn	Anniversary	Jul 28	Middlebrooks, Ruby	Birthday
Jul 18	Boogher, Ellen	Birthday	Jul 28	Nance, Donna	Birthday
Jul 18	Eckoff, Patricia	Birthday	Jul 28	Paule, Ryan	Birthday
Jul 18	Franklin, Michelle	Birthday	Jul 28	Pozar, Michael	Birthday
Jul 18	Fritz, Florence	Birthday	Jul 28	Siems, Louis	Birthday
Jul 18	Knoblauch, Frank & Gretchen	Anniversary	Jul 28	Strandquest, John	Birthday
Jul 18	Lubold, Victoria	Birthday	Jul 29	Hamilton, Monique	Birthday
Jul 18	Mielke, Paul	Birthday	Jul 29	Hofmann, Kim	Birthday
Jul 18	Speelman, Walter & Ruth	Anniversary	Jul 29	Johnson, C. Bruce	Birthday
Jul 18	Stein, Millie	Birthday	Jul 29	Powers, Kathy & James	Anniversary
Jul 19	Fisher, Bryan	Birthday	Jul 29	Schumacher, Beth	Birthday
Jul 19	Hammack, Charles & Lenore	Anniversary	Jul 29	Stephens, Craig & Claire	Anniversary
Jul 19	Keene, Cynthia	Birthday	Jul 29	Van Winkle, James	Birthday
Jul 19	Shatzer, Natasha	Birthday	Jul 30	Dobson, Gary	Birthday
Jul 19	Spotorno, Eva	Birthday	Jul 30	Driggers, Andrew	Birthday
Jul 20	Fabry, Sarah	Birthday	Jul 30	Hahn, Bonnie	Birthday
Jul 20	Rowland, Mitchell	Birthday	Jul 30	Magill, Patrick	Birthday
Jul 21	Bobletz, Matthew	Birthday	Jul 30	McConnell, Justin	Birthday
Jul 21	Chartrand, Art	Birthday	Jul 30	Wilson, Ari	Birthday
Jul 21	Gregorek, Frank & Michelle	Anniversary	Jul 31	Brink, Mark	Birthday
Jul 21	Ogg, Charles	Birthday	Jul 31	Dittmer, Sarah	Birthday
Jul 21	Silva, Christopher	Birthday	Jul 31	Feliciano, Isabel	Birthday
Jul 22	Bambrick, Chance	Birthday	Jul 31	Harrison, Tiffany	Birthday
Jul 22	Barrett, Rita M.	Birthday	Jul 31	Hoctor, Lynn	Birthday
Jul 22	McMillen, Linda	Birthday	Jul 31	Koivu, Daniel & Jean	Anniversary
Jul 22	O'Rourke, Richard	Birthday	Jul 31	Yawman, Emily	Birthday

Seeding Health & Hope

A Monthly Health Ministry Resource

For Congregations

Vol. 9, no. 6 June 2006

Help Dad Have a Happy, Healthy Father's Day

Every June on Father's Day we take time to show dads how much they are appreciated. According to the Men's Health Network (www.menshelathnetwork.org), **the week of June 12-18 is also Men's Health Week. What a perfect way to honor our dads-show them how much we care about their health! The United States Department of Health and Human Services has put together ten helpful hints to share with Dad to encourage him to stay healthy:**

1. Eat a Balanced Diet

By eating a balanced diet that is low in fat and included at least five fruits and vegetables a day, Dad can lower his risk of heart disease, stroke, cancer, diabetes and osteoporosis.

2. Get Moving

Not only can Dad maintain a healthy body weight, joint strength and mobility by getting at least 30 minutes of moderate physical activity most days of the week, but he can also reduce his risk of heart disease, colon cancer, diabetes and high blood pressure.

3. Get a Physical Exam and Important Screenings

4. Take Sun Cover

By wearing protective clothing, sunglasses and sunscreen with an SPF of at least 15 and by seeking shade between 10:00 a.m. and 4:00 p.m., Dad can guard against skin cancer.

5. Safety Matters

It's always a good idea to wear a seatbelt while driving and a helmet while riding a bike.

6. Don't Abuse Alcohol

Alcohol impairs coordination, slows reaction time, and impairs vision, clear thinking and judgment. Drinking and driving is a non-option.

7. Don't use Tobacco

Dad can greatly reduce his risk of heart disease and stroke, chronic lung disease, and cancers of the lung, larynx, esophagus, mouth and bladder by steering clear of all types of tobacco.

8. Practice Osteoarthritis Prevention

By controlling his weight and avoiding injury, Dad can lower his risk of developing Osteoarthritis.

9. Get Vaccinated

Dad should get all appropriate vaccines to prevent disease.

10. Spend Active, Quality Time with Family and Friends

That's a given for good health and good times!

This Father's Day we give thanks to the Lord for the wonderful fathers in our lives. Take care, Dad! We love you!

(Adapted from “Ten Ways to Wish Your Dad a Healthy Father's Day” US Dept of Health and Human Services. June 15, 2001 www.hhs.gov)



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