

# ***THE IMMANUEL MESSENGER***

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## **IMMANUEL LUTHERAN CHURCH OF OSMAN**

**The Lutheran Church-Missouri Synod**



*Reverend Jeffrey McPike, BCC*

*August 2019*

And your ears shall hear a word behind you, saying, "This is the way, walk in it."

Isaiah 30:21

### **Church Council**

**Immanuel Lutheran Church of Osman**

**Quarterly Voters meeting minutes**

**July 21st, 2019**

Chairman Hardesty called the meeting to order at 10:45am and Pastor McPike said a prayer.

Chairman Hardesty then asked if anyone needed to sign the constitution with no one signing.

Secretary Hardesty read the minutes of the April Voters meeting. There was one correction to the April Voters meeting minutes that the Ladies Aid seminary student is the Ladies Aid/LWML combined group corrected by Brenda Hendricks. Seeing no additional additions or corrections, Bob Zimmerman made a motion to approve the corrected minutes. 2nd by Marsha Warsaw. Motion carried.

Treasurer John Lammle gave the quarterly Treasurer's report with a balance of cash on hand as of 6/30/19 of \$53,214.70 and further explained the expenses and income of the church. He noted that a mistake had been made on the calculation of Pastor's salary. Adjustments will be made to correct and will adjust that mistake in the following months thru the end of the year. A motion was made by Darwin Warsaw to approve the Treasurer's report. 2nd by Larry Lutz. Motion carried. A question was raised on the recent work that Blue Top Construction completed on the church of the additional payment of the fans that were installed. An invoice has not been received yet for payment to Blue Top. Chairman Hardesty will speak to Mark Barrack about this payment and report back to the congregation in October. Also, thank you to Don Warsaw for the purchase and donation of the paint used in the sanctuary and the scaffolding used to help in the construction in the sanctuary.

### **Pastor's Report**

- Pastor McPike reported that his time back at Norfolk, NE congregation took him down memory lane but he is at home here at Osman. He thanked the congregation and Mark Barrack for fixing up the church sanctuary and painting around the church and it was great to see people that use their talents to help in any way around the church.
- The computer has "died" in the church office. Thank you to Larry Lutz who donated a new computer to help with the church sermons that are recorded on a weekly basis. Pastor has set the computer up so that he can edit it from his home in Philo which helps his time a lot.
- VBS will not be held this summer due to the lack of a Director and not a lot of kids in church. Possibly next summer, an idea that Pastor has stumbled upon an option is for a Sunday afternoon option for VBS. Discussions will be held at a later time for next year.
- Pastor's absence soon will be on 8/18. Pastor Ehlers will be preaching that day as Pastor's daughter Sarah McPike will be installed as an Associate Deaconess in Manow, MN. Pastor also mentioned the Bible Class for Adults starting at 8:30am in the sanctuary. The content is meant to be a stand-alone lesson and asked that more people be in attendance.

### **Old Business**

No Old Business was brought before the congregation.

### **New Business**

- The Church picnic has been decided on the date of August 11th at the church hall. Church will be held at 9:30am that day with the picnic after the church service. The Church Council will provide the meat, drinks and buns. Everyone please bring a dish to pass and their own table service.

Seeing no other business at hand, a motion was made by Barb Whitehouse-Gercken to adjourn the meeting. 2nd by Roy Whitehouse 2nd. Motion carried. We adjourned with the Lord's Prayer.

Respectfully submitted,  
*Jill Hardesty*  
Jill Hardesty, Council Secretary

## Health News From Our Parish Nurse...

### When the Prescription Becomes the Problem

Prescription opioids can be used to treat moderate to severe pain and are often prescribed following surgery or injury, or for health conditions such as cancer. In recent years, there has been a dramatic increase in the acceptance and use of prescription opioids for the treatment of chronic pain, non-cancer pain such as back pain or osteoarthritis, despite serious risks and the lack of evidence about long-term effectiveness.

#### The Problem

- More than 191million opioid prescriptions were written in 2017 - with wide variation across the states.
- Health care providers in the highest providing state, Alabama, wrote almost 3 times as many of these prescription per person as those in the lowest prescribing state, Hawaii.
- Studies suggest that regional variation in use of prescription opioids cannot be explained by the underlying health status of the population.
- The most common drugs involved in prescription opioid overdose deaths include: methadone, oxycodone, and hydrocodone.

To reverse this epidemic, we must improve the way we treat pain. We must prevent abuse, addiction and overdose before they start.

#### Risk Factors for Prescription Opioid Abuse and Overdose

Research shows that some risk factors make people more vulnerable to prescription opioid abuse and overdose, including:

- Obtaining overlapping prescriptions from a multitude of providers and pharmacies.
- Taking high daily doses of prescription pain relievers.
- Having mental illness or a history of alcohol or other substance abuse.
- Living in rural areas and having low income.

Anyone who takes prescription opioids can become

addicted to them. In fact, as many as 1 in 4 patients taking long-term opioid therapy in a primary care provider setting struggles with opioid addiction. In 2016, more than 11 million Americans reported misusing prescription opioids in the past year.

Taking too many prescription opioids can stop a person's breathing- leading to death. Prescription opioid overdose deaths also often involve benzodiazepines. Benzodiazepines are central nervous system depressants used to sedate, induce sleep, prevent seizures, and relieve anxiety. Examples include alprazolam, diazepam, and lorazepam. Avoid taking benzodiazepines while taking prescription opioids whenever possible.

#### Recognizing an Opioid Overdose

Recognizing an opioid overdose can be difficult. If you aren't sure, its best to treat the situation like an overdose- you could save a life. It is important that you don't leave the person alone and make sure you call 911 or seek medical care for the individual. Signs may include any of the following:

- Small constricted pin point pupils
- Falling asleep or loss of consciousness
- Slow, shallow breathing
- Choking or gurgling sounds
- Limp body
- Pale, blue, cold skin

From Center for Disease Control

"So you also must consider yourself "dead to sin and alive to God in Jesus Christ". Romans 6:11

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## Church Directory Pictures

Pictures for the Church Directory, including Memorial pictures can still be submitted until August 11th and personally given to Terri Hooker or Annette Warsaw at church or emailed to Annette at [granddesign1@yahoo.com](mailto:granddesign1@yahoo.com). Thank you for everyone's assistance on this project!

## 125th Ornaments

125th ornaments are available until after the 2020 celebration. Please see Debbie Martin, Christie Delaney, Wilma Grussing, or Marsha Warsaw. Thank you!

## **Wilma Grussing Celebrates 90th Birthday!**



**Allen Grussing, Mary Lou Williams and John Grussing  
at Wilma's 90th Birthday Party**

### **Operation Christmas Child**

The confirmation class and Sunday school children will once again be packing shoe boxes in November for children in poor countries across the world. Since school supplies are on sale NOW, this would be a good time to purchase needed items. We are in need of scissors, ink pens, pencil sharpeners, colored pencils (10-12 packs), markers (10-12 packs), erasers, and glue sticks. We have been filling 12 boxes for boys and 12 boxes for girls so other small items can be added such as matchbox cars, bracelets, small hair bows or clips, etc. We could not do this project without the help of the congregation. There will be a collection box on the back elder's pew. Through a Thrivent Action Team we will also be receiving \$250 for this project. If any member would like to pack a shoe box or you have questions about what is acceptable, please see Terri Hooker or Connie Warsaw. Thanks so much for participating.

### **Thank You**

Thank you to Shirley Sprau and Debbie Lammle for visiting the shut-ins.

### **Ladies Aid Luncheon**

Please sign up on the list on the bulletin board at the back of the church for the Ladies Aid Luncheon at Yoder's Kitchen at 1195 Columbia Street in Arthur. All members of the congregation as well as Ladies Aid members, husbands, and friends are invited to attend for a day of food, fellowship, and shopping. The event is Wednesday, August 7th, with lunch at 11:30. You can enjoy a delicious buffet with salad bar and desserts for \$9.99 or you can order from the menu. Please sign up by Sunday, August 4th.

### **Thank You**

Thanks to the LWML and Ladies Aid for another successful Bake Sale at the 4th of July celebration at Bellflower. \$501 was divided between the two organizations.

## Ladies Aid

The monthly meeting was held on Wednesday, July 10th. There were 6 women present. Shirley Sprau led the topic entitled "Practicing Devoted Loyalty to God". A short correspondence was read from an email received from our adopted student, Chris Walters. The treasurer's report was given by Connie Warsaw with a balance of \$1,981.05. The flower fund report was given by Wilma Grussing with a balance of \$208.80. A discussion followed about changing some of the prices of the baked goods at the July 4th Bake Sale. The August 7th Ladies Aid Luncheon will be held at Yoder's Kitchen in Arthur. There will be a sign-up sheet on the bulletin board at the back of the church. Connie Warsaw reported that she filled out the form from the seminary for our adopted student with the new amount of \$75. This needs to be also discussed at the next LWML meeting. There was a short discussion about the policy of giving a memorial for each departed member of the church from the Ladies Aid to the church as directed in the by-laws of the Ladies Aid. More discussion will follow at the next meeting. The next regular meeting will be September 4th with Wilma Grussing giving the devotion and providing refreshments and Annette Warsaw giving the topic.



## Annual Church Picnic

The annual Church Picnic is Sunday, August 11th. We'll have the church service in the Sanctuary then go over to the Hall for lunch. Hamburgers, Hot Dogs, and drinks will be furnished by the church council. It'll be a great day for fun and fellowship! Everyone please bring a dish to pass and your table service for the potluck! Hope to see everyone there!

**NEWS**  
*Flash!*

### 125th Anniversary Theme

The church council has voted on the theme for the 125th Anniversary celebration next year with help from Pastor McPike. It is: **Immanuel ... "God is with Us", Psalm 46.** This is the first of much information that will be coming along in the coming months of planning for the 2020 event!!

# AUGUST 2019

## August Anniversaries

### Osman's Upcoming Events

August 6 - Quilting at 8am

August 7 - Ladies Aid Luncheon at Yoder's  
11:30am

August 8 - Quilting at 8am

August 11 - Church Picnic at Immanuel Osman,  
following service

August 18 - **Confirmation Class** begins for the  
year; 8am in the Fellowship Hall

August 21 - Church Council - 6:30pm

## August Anniversaries

Carolyn and Doug Majercin.....08-08-1981  
Cindy and Shane Zimmerman.....08-08-1998  
Tiffani and Brad Lutz.....08-25-2001  
Diana and Bob Zimmerman.....08-26-1967

## Statistics

| Date | Worship | Sunday | Conf | Adult |
|------|---------|--------|------|-------|
| 6/16 | 49      | 0      | 0    | 0     |
| 6/23 | 55      | 1      | 4    | 3     |
| 6/30 | 69      | 0      | 4    | 10    |
| 7/7  | 84      | -      | -    | -     |
| 7/14 | 65      | -      | -    | -     |
| 7/21 | 52      | -      | -    | -     |
| 7/28 | n/a     |        |      |       |

## August Birthdays

Dorothy Welborn.....08-06  
Jamie Krueger.....08-07  
Sue VanWakeman.....08-07  
Phyllis Hasty.....08-08  
Linnea Warsaw.....08-08  
Annette Warsaw.....08-09  
Ashley Genzel.....08-18  
Pam Christians.....08-24  
Butch Sprau.....08-25  
Ross Warsaw.....08-26  
Sarah Kerns.....08-28  
Kari Genzel.....08-29  
Jill Hardesty.....08-29  
John Lammle.....08-29  
William Delaney.....08-30