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# Monthly Newsletter



## **The Purpose of Lent**

As we enter the season of Lent this March, we are reminded of the time Jesus spent in the wilderness, enduring temptation and drawing closer to God. Lent invites us into a season of reflection, repentance, and renewal—a time to walk with Jesus on His journey toward the cross.

The 40 days of Lent mirror the 40 days Jesus spent fasting in the wilderness, where He faced the temptations of the devil. Yet, in His unwavering trust in God, Jesus overcame them, setting an example for us. Through prayer, fasting, and acts of charity, we are called to deny ourselves and seek a deeper relationship with God.

Lent is not about guilt or self-punishment, but rather an invitation to open our hearts more fully to God's grace. It is a time to examine our lives and recognize the places where we need God's forgiveness and healing. It is a reminder that we are not alone in our struggles; Jesus walks with us, understanding our temptations and offering His strength.

As we begin this sacred season, let us turn to God in humility, knowing that His love and mercy are abundant. May this Lent be a time of spiritual growth, bringing us closer to the cross and the resurrection joy that awaits us on Easter. As always, I look forward to seeing you in worship and Bible study.

In Christ,  
Pastor Tyler Werner

In this newsletter  
you can expect:

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Pastor's Article

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Stewardship  
Article

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Parish Nurse  
Article

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Birthdays and  
Anniversaries

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Upcoming  
Events

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# Stewardship Article

## God's Instruments, God's Stewards

*For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them. (Eph. 2:10)*

Some pastors refer to these words as “the most forgotten words in the Scriptures.” They are forgotten because they follow the familiar and critical words before it. The preceding two verses that overshadow Ephesians 2:10 are words of justification: “For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast” (Eph. 2:8–9). These are words preached regularly. They are assigned as confirmation verses. They carry with them the very heart of what it means to be a redeemed child of God!

Precisely because the previous verses are so central to salvation, they often overpower our practice of stewardship! We have been saved by grace. This is certain and sure because of Jesus. Works play no role in our salvation. No credit taking for us! Grace is freely given. Faith is miraculously created by the Spirit and joyously received. This truth is so wonderful and so encompassing that we often miss out on WHY we are redeemed.

The grace of God revealed in Jesus calls us to faith. But St. Paul doesn't stop with grace and faith. He continues to the logical conclusion. Just like the creation declares the handiwork of God, the redemption of sinners like you and me declares His greatest handiwork! Redeemed stewards are created to reflect the grace and mercy God showers on us to others.

As Lutherans, we understand that good works flow from faith in Jesus Christ. They are the fruit of the tree of salvation into which we have been grafted by grace. Sanctification and stewardship are both on-going and active confessions of what the Lord has done in us. These works are not always spectacular. Many times, they are simply parents showing Jesus to their children. They are compassionate actions that live out the truth of the Gospel to co-workers and even complete strangers. While they can be grand endeavors, more likely they are simple, beautiful works which highlight what Jesus has done in us.

These works aren't random either. They have been planned by God. God planned to use you as a faithful steward as you walk the road that leads you through your daily life. There are no chance encounters or coincidences. They have been planned by the Lord of the universe for the benefit of His creation. Good works are what point to God's greatest work: Jesus!

He calls you and me to walk in this faith, which flows from this grace, which has been poured out on us in Jesus. But even this is not to our credit. We are simply called to be faithful stewards of God's grace so that we may share it with those who need it as much as we do. God's Spirit carries us along in this. We are just the steward — the instrument in His hand to accomplish His plan and glorify Him!

Source: LCMS Stewardship Ministry – [lcms.org/stewardship](http://lcms.org/stewardship)

## March 2025

### Saturday March 8th:

10am Blanket Making Day  
(hosted by Daughters of St. Mark)

### Monday, March 10:

5pm Trustees Meeting  
6pm Church Council Meeting  
7pm Board of Directors Meeting

### Thursday, March 13th:

6:30pm Trivia Night

### Sunday, March 16th:

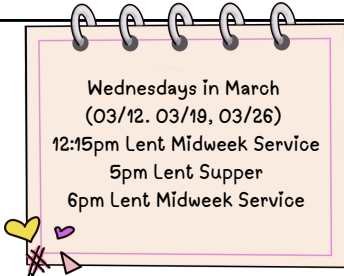
10:15am Congregational Fund Mtg

### Wednesday, March 19th:

10am Stewardship Meeting

### Monday, March 24th:

6pm Men's Club Supper  
6:30pm Men's Club Meeting



Wednesdays in March  
(03/12, 03/19, 03/26)  
12:15pm Lent Midweek Service  
5pm Lent Supper  
6pm Lent Midweek Service

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## Hear from Carolyn Eiden, RN, Parish Nurse:

Hi From, Your Parish Nurse!

Last month I started discussing heart failure, conditions that can weaken the heart, symptoms of heart failure and when to see the doctor. This month I am continuing the discussion on heart failure by talking about risk factors, complications and how to decrease the risk of developing heart failure.

There are manageable and non-manageable risk factors for heart failure. The manageable risk factors include regular substance and alcohol use, a sedentary lifestyle and smoking. Treatable conditions that can harm the heart and lead to heart failure include: hypertension (high blood pressure), diabetes, coronary heart disease, thyroid disease, obesity, sleep apnea and atrial fibrillation.

There can be complications associated with heart failure such as **abnormal heart rhythms** like atrial fibrillation which can lead to blood pooling in the top chambers of the heart causing blood clots to form which can travel to the lungs or brain. **Heart Valves** which keep the blood flowing through the heart can be damaged by heart failure, as the heart has to work harder to pump out the blood and gets larger. **Kidney damage or failure** occurs with decreased blood flow due to heart failure. Thus, the kidneys can't remove enough waste and water from your blood. Kidney disease which can lead to kidney failure. This can make heart failure worse as damaged kidneys can't remove as much water from the blood as healthy kidneys do. The body holds onto more fluid, raising blood pressure, making the heart work harder. **Anemia** is the lack of red blood cells(RBC's) that transport oxygen to the body's tissues. With anemia, your body may not receive enough oxygen. Kidneys make a protein called erythropoietin (EPO) which assists the body to make new RBC's. Kidney damage from heart failure makes it difficult for the kidneys to make enough EPO. The liver breaks down toxins and stores bile in the gallbladder for digestion of foods. Heart failure can short change the liver of blood it needs to work. Also, the fluid buildup that comes with heart failure puts extra pressure on the portal vein which supplies blood to the liver. This causes **liver damage** so the liver doesn't work as it should. Heart failure causes the heart to pump ineffectively so the excess fluid builds up in the lungs, making it hard to breathe. This is called **pulmonary edema**. Heart failure can also affect muscle mass. Thus the muscles can get smaller and weaker.

What can you do to keep your heart healthy? 1) **Stop smoking**—better yet, don't start. It's a major factor in the arterial vessel damage that can cause heart failure. Also steer clear of secondhand smoke. 2) **Eat in heart-healthy ways**. The foods that help you the most are those that contain little saturated fat, trans fat, sugar or sodium. Think fruits and vegetables, low-fat dairy, lean protein such as chicken without the skin, and "good" fats such as those found in olive oil, fish and avocados. 3) **Lose pounds**. If you're overweight. Along with diet, being physically active helps achieve this goal and is also great for your heart. 4) **If you have another type of heart disease or related condition**, closely follow your treatment program. 5) **Ongoing care and adherence to prescribed medications**, such as statin drugs to treat high cholesterol, can make a big difference. "Recent research shows that a major portion of the long-term benefit of statin therapy is in the prevention of heart failure by way of preventing heart attacks and coronary events that lead to it," says Steven Jones, MD, cardiologist from John Hopkins Hospital. 6) **Move more**. Aim for 150 minutes of physical activity a week, that's just 30 minutes 5 days a week! You can also try doing 5-10-15 minutes several times a day. Some physical activity is better than none. 7) **Manage sleep and stress, together**. Being more physically active, doing relaxation therapy, and talking with someone you can trust to help you cope with stress and sleep better. Follow healthy sleep practices such as having a regular bedtime and not eating late at night. *From: webmd.com, hopkinsmedicine.com and hearttruth.gov*

Carolyn Eiden, RN Parish Nurse

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## March 2025 Birthdays and Anniversaries

*Thomas Kroll - March 1*

*Jerry Cramlet - March 12*

*Nancy Rank - March 22*

*Ryan Bulkow - March 28*

*Dan Drossel - March 2*

*Jaxsen Horvat - March 14*

*Phyllis Hoepfner - March 24*

*Dan Diener - March 29*

*Boots Brandt - March 9*

*Hank Kalkopf - March 22*

*Aiden Laumann - March 26*

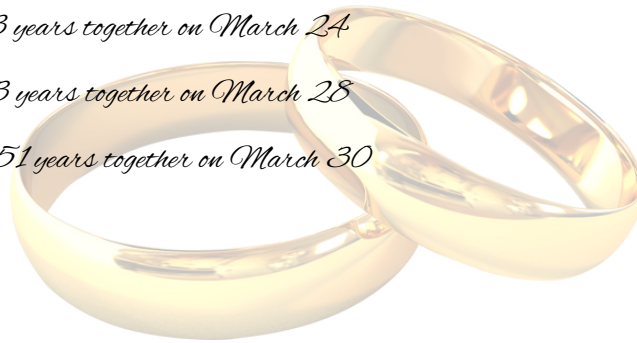
*Dave Hartman - March 31*



*Jim and Sue Meyer - celebrating 63 years together on March 24*

*Joe and Kelly Irwin - celebrating 33 years together on March 28*

*Dennis and Bev Diener - celebrating 51 years together on March 30*



*Kathy Sundee - March 3*

*Lorena Tislau - March 7*

*Jim Davis - March 16*

*Adaline Coons - March 18*

*Vaughn Ericsson - March 20*

*Lyle Schultz - March 29*

*Judy Kebab - March 4*

*Phyllis Dergantz - March 11*

*Ralph Schwerin - March 16*

*Benjamin Falkenberg - March 19*

*Will Jost - March 22*

*Kay Hilpertshauser - March 30*

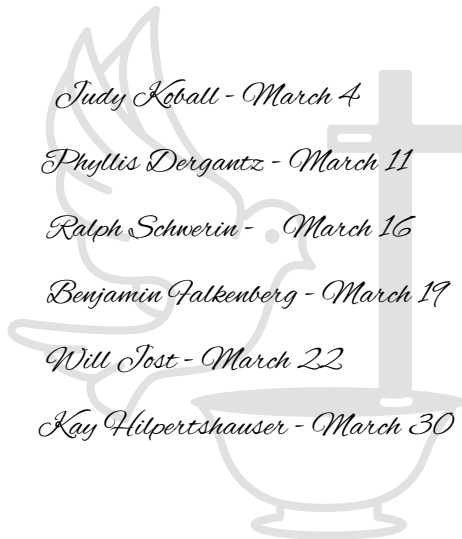
*Maggie Heschke - March 5*

*Taylor Martin - March 15*

*Sherry Bath - March 18*

*Mary Weaver - March 19*

*Cindy Dortman - March 23*



## From The Board of Directors

Theodore Roosevelt's "*Nine Reasons Why People Should Go to Church*"

1. In this actual world, a churchless community, a community where people have abandoned and scoffed at or ignored their religious needs, is a community on the rapid down grade.
2. Church work and church attendance mean the cultivation of the habit of feeling for others.
3. There are enough holidays for most of us. Sundays differ from other holidays in the fact there are fifty-two of them every year. Therefore, on Sundays go to church.
4. Yes, I know all the excuses. I know that one can worship the Creator in a grove of trees, or by a running brook, or in your own home as well as in church. But I also know, as a matter of cold fact that, on the average, people do not worship this way.
5. You may not hear a good sermon at church. You will hear a sermon by a good man who is engaged all of the week in making hard lives a little easier.
6. You will listen to and take part in reading some beautiful passages from the Bible and if you are not familiar with the Bible you have suffered a loss.
7. You will take part in the singing of some good hymns.
8. You will meet and nod or speak to good, quiet neighbors. You will come away feeling a little more charitable toward the world, even toward those excessively foolish people who regard church going as a soft performance.
9. I advocate for all to join in church work for the sake of showing your faith by your works.

## Trivia Night

Our next annual Trivia Night is Thursday, March 13th at 6:30pm. The cost is \$10 per individual to register, \$50 for a team of six. Refreshments provided: we will be having chili, chips and dip, cookies, bars. Proceeds to benefit Bridgeway House. Come and test your knowledge!

## From Our Parish Nurse

GriefShare is a Christian based, weekly seminar and support group designed to rebuild your life after the loss of a loved one. There is a video presentation each week with grief experts and people who have participated in GriefShare, discussion and a workbook for personal study and reflection.

It lasts 13 weeks from Wednesday March 19th-June 11th, 10-11:30am. It will be held in the adult education room. The cost is \$20 for the workbook which will be returned when you complete the classes. Call Carolyn the Parish Nurse at 458-4343 Ext. 104 for questions or to register.

