

St. Paul's Lutheran Family

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Bits & Pieces

Dear Friends,

As indicated in our July newsletter, I attended a continuing education class at Gettysburg Seminary whose topic was the book of Revelation. I wish I had had access to this class ten years ago. It was excellent and offered me new ways of approaching the lessons we occasionally have from Revelation and the questions many people have about the book.

During Vacation Bible School in July a number of adults participated in the class presented that time regarding Revelation. Another opportunity to encounter this part of scripture will take place in the coming weeks during the AIM class held Thursday evenings from 5:30 p.m. to 7 p.m. Consider this your invitation to participate. You don't have to but I would encourage you to bring your favorite translation along for the class as we look at the language, symbols and structure of this powerful proclamation.

Not much else to address. August will be a quiet month. We have two more mid-week services and their attendant picnics. Glance at the calendar for times and dates for activities you may be interested in. I hope that you find an opportunity during this month to experience a break from your work to find refreshment and renewal.

Peace,



Readers for Aug/Sept.

Aug. 4 Deanna Kojder	Sept. 1 Caroll Massie
Aug 11	Sept. 8 Andrea Knudson
Aug 18 Russ Bowton	Sept 15 Cheryl Kinder
Aug 25 Linda Wilson	

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A GREAT BIG THANK YOU to all who helped plan, coordinate, work, donate and just be there for me for our VBS that was held July 22-26. I am writing this with a lot of appreciation for all of you. I could not have accomplished this huge task without you. This was truly a wonderful experience as always and we hope the children and adults felt the same way.



Thanks!

Renee Woslum

Director

Greeters for Aug/Sept

Aug 4 Pat Weigel	Sept. 1 Greta O'Kelly
Aug 11 Mary Neumann	Sept. 8 Mary McFarland
Aug 18 Cheryl Kinder	Sept. 15 Evelyn Luterick
Aug 25 Bev Steinert	

YOUTH GROUP HAPPENINGS

It has been a nice long, hot summer and the youth group has been busy. We want to thank everyone for their support throughout the year. It is with the help of you, the wonder members of our church, that we are able to accomplish so much every year.

As summer draws to a close and we prepare for a new year, we sadly say god bye to Nycle as she heads to UNR! We will miss her smiling face and wish her well on this new adventure.

We are also excited to have Sara joining us as a youth leader. She will be attending WNC and will be helping us with our activities this year.

Did you know that you can RENT A YOUTH or the whole GROUP? We can help with yard work, cleaning, pet watching, cooking and even party planning. Just give Traci a call and tell us what you need.

We will kick off our NEW YEAR with a meeting on August 25th. The meeting will be from 4:30 p.m. to 6:30 p.m. in Friendship Hall. Dinner will be provided. All youth from 7th through 12th grade are invited and welcome to attend. We are looking forward to a fun filled year, so come and join the fun.. Call Traci Trenoweth 721-5495 with any questions.

WELCA NEWS

Hi Ladies:

Here is hoping you are having a good summer and staying as cool as possible.

Your WELCA Board will soon be working on our program for next year. So, if you have any ideas, suggestions, program ideas you would like to see, please let me or one of our other board members know about it. We are planning to make this a banner year and generate some new life into the group. We are open to any and all suggestions.

Please watch the bulletins for notice of our first meeting sometime in September. We hope to see you there.

Renee Woslum & Gloria Randle

Co-Presidents.

Financial Secretary's Report

(June 1 through June 30, 2013)

The approved Budget for the month (5 Sundays) is \$22,102.

Income received for the month was \$17,140.

Actual Expenses for the month were \$35,780.

YTD (year-to-date) Budget - which is 53 weeks is \$234,280.

YTD Income received was \$228,466.

YTD Actual Expenses were \$225,184.

YTD Income was short of meeting Budget by 2.5%.

YTD Income exceeded Expenses by 1.4%.

Respectfully submitted,
Wayne Kinder, Co-Financial Secretary-
Please take a look at the Financial Secretary's chart posted on the wall near the church office.

Birthdays

August

2	Tyler Lofaro
3	Irv Nielsen
4	Madison Hillenbrand
8	Courtney Woo
9	Brandon Gagnon
13	Tristan Bailey
13	Nathan Yeskie
15	Sheila Anderson
16	Jono Pesis
18	Michelle Beam-Poulton
21	Patrick Elverum
22	Helene Dillon
22	Mette Midboe
24	Ruth Fitzgerald
25	Jennifer Hendricks
25	David Morby
27	Ben Pesis
28	Iris Hettrick
29	Paul Enders
30	Tom Lofaro

Communion Assistants

Aug 4 10:30 a.m.

David Harrell

Aug 11 8:00 a.m.

Louise Griffin

Aug 18 10:30 a.m.

Dick Lowther

Aug 25 8:00 a.m.

Gloria Randle

Sept. 1 10:30 a.m.

Linda Wilson

Sept. 8 8:00 a.m.

Renee Woslum

Sept. 15 10:30 a.m.

Roger Moellendorf



Communion

HELP WANTED

The Wellness (formerly Health Ministry) Committee needs your help with the following things:

Storage of wheel chair, walkers and health care aids:

Be available to pick up and store these donated items and respond to calls to borrow them. Time commitment is zero to 1 hour per month.

Because Box: We need a volunteer to coordinate and deliver these boxes. Requires filling standard size shoe boxes with items for veterans at the VA hospital prior to Christmas.

Nurses, MDs and/or non medical experts: To do presentation on topics of interest beneficial to congregation (15-20 minutes.) Example travel/camping tips, plumbing tips, health care issues.

Donation to Ross Clinic: Pick up donated health care items and deliver to Ross Clinic on Long Street-just east of FISH. Time commitment: 1 hour per month.

Food For Thought: Pick up donated items in baskets at church and deliver to Food for Thought near corner of College Parkway and Carson Street. Time commitment: 2 hours per month.

FISH: Pick up donated items in basket (clothes, household items, food) and take to FISH at corner of Long and Carson. Time commitment: 1-2 hours per month.

Advocates Against Domestic Violence: Contact AADV once a month on current needs. Deliver donated items to office in Stewart Center off Snyder. Time commitment: 1-2 hours per month.

Carson City School District
Advocate for Children in Transition Program
See various projects below:

Fall Coat Drive: Pick up donated coats, place them on hangers and deliver to Advocate at Gleason School off Telegraph and Division . Time commitment Aug-Oct. 1 hour per week.

Sock/Underwear Drive: Pick up donated items and deliver to Advocate at Gleason School. Time commitment: July - August and February-March 1 hour per week.

Step Into Spring Shoe Drive: Pick up any donated shoes and/or assist advocate with shoe shopping. Time commitment: Jan-Mar. 1 - 3 hours each month.

CASA(Court Appointed Special Advocate) helps abused/neglected children: Obtain roller suitcases, fleece blankets, stuffed animals and deliver to CASA. Time Commitment 2-4 hours annually.

(Continued next column)

If you are interested in helping with any of these worth while endeavors, please contact one of us.

Betty Razor 775-841-2208

Audrey Stroub 775-882-6425



Helen Keller wrote, "Walking with a friend in the dark is better than walking alone in the light." I have been blessed at St. Paul's to find many friends who have walked with me and continue to do so regularly. Although the time has come for me to turn the page and start a new chapter in my life, I do so with 20 years of memories that fill me with gratitude. Thank you for being by my side during my time at St. Paul's. I am looking forward to my new home in Carson City and enjoying my retirement years with friends and family.

With love and fondness, Nellie

DID YOU KNOW??

For those on Medicare, the Affordable Care Act allows a "Wellness" doctor visit annually, ***free of charge.***

However, this visit cannot be billed as an *annual checkup.* If it is billed as an annual check-up or annual physical it will be billed at a much higher level and will have the co-pay requirements.

It is critical that you state at the time you make the appointment that this is a "wellness visit." At the time of the wellness visit the following tests and lab work should be part of your service: routine labs(CBC), EKG, Chest X-ray, routine mammogram, flu vaccinations, pneumonia vaccine, and routine colonoscopy . These are all covered under a "wellness visit." However, if during a routine colonoscopy a polyp is found and sent to the lab for testing, this is not covered by the wellness visit.

SUMMER SUN FACTS

BE AWARE:

Avoid unprotected exposure at any time.

Wear sun-protective clothing

Apply strong sunscreen before exposure

Routinely check skin changes

Educate others about the need for sun protection

Did you know that one bad sunburn in childhood can double a person's odds of getting skin cancer later in life? Or, that only one out of five people routinely wear sunscreen? Daily sun protection helps prevent skin cancer.

Stay aware and protected.