

JANUARY 29, 2012  
Fourth Sunday After Epiphany

# The Moments

## MIDVALE COMMUNITY LUTHERAN CHURCH

Volume 17 • Issue 09 • Published Weekly

*Midvale Community Lutheran Church is a community of believers in Jesus Christ, called by the Holy Spirit to PRAISE, LIVE and SHARE God's love.*

### Worship

Saturday - 5:00 pm  
Sunday - 8:00 & 10:30 am  
Evangelical Lutheran Worship  
Hospitality time between services  
Education Hour - 9:15 am  
Nursery Hours - 7:50 - 11:45 am

### Preparing for Worship

January 29  
Fourth Sunday After Epiphany

#### First Lesson

Deuteronomy 18:15-20

#### Psalm

Psalm 111

#### Second Lesson

1 Corinthians 8:1-13

#### Gospel

Mark 1:21-28

The story has barely begun, and already the battle is joined. Jesus sides with humanity against every force that would bring death and disease. These forces recognize Jesus and know what his power means for them. This, however, is only the first fight. The war will go on much longer.

### Midvale's Annual Meeting - Sunday, February 12, 2012

**Time:** Immediately following the 10:30 service.

**Where:** Fellowship Hall

**Agenda:** Approval of the 2012 budget

Wakefield Property

Parish Nurse position

Nominations and elections of officers,

Council and other committees.

**Annual report** - Printed copies are available the weekend of Feb 4-5. Please read and bring with you to the annual meeting.

**Youth Subs** - Pick up your Youth Committee subs to enjoy during the annual meeting. Pre-order by Feb 5.

**January 29** - Council's proposed budget will be shared at the *Adult Forum* (9:15). Learn about various budget items, ask questions, and provide input to the Council regarding budget issues.

### Education Hour For All

Sundays at 9:15 am

#### FOR CHILDREN

January 29

Pre-K: Mary and Martha

K-6: The Sower

**Confirmation:** Did Jesus Know He Was God?

#### FOR ADULTS - FELLOWSHIP HALL

January 29 - Council's Proposed Budget Discussion

February 5 - Criminal Justice Issues



*From Pastor Bruce*

Well it looks like winter has finally made an appearance and the Green Bay Packers have disappeared. It is the dark, cold days of winter for sure in Wisconsin.

However, one can already observe that the amount of daylight is growing and the calendar points to the fact that the month of February will soon be here.

It doesn't take a great leap to realize that in a few weeks it will be Ash Wednesday and the beginning of Lent followed by Easter and Spring.

This is the cycle of life and faith. In the cold, dark days and times of our lives we believe and we can see hope; hope that is rooted and sustained in the Word and promises of our God. We will not be in winter forever! New beginnings and new life are promised in Jesus Christ. As we wait for God's promises to come to completion we are to remain faithful and worship and serve our God whose Son lights our way with His light shining in our hearts and minds.

Of course, Packer fans await the promise of draft day where they hope the team can obtain the services of at least one pass rusher and a great cover man that can also tackle.

This is the power of hope and faith. We can look forward to the future. Come to worship where the future is celebrated at every service.

### *Midvale Community Lutheran Church Celebrates Recipients of First Communion Instruction and Bible Presentation!*



Pictured - Ruthie Conlin, Brandon Paskey, Krista Paskey, Meghan Slattery, Natalie Schick, Camryn Broderick, Kobey Frey, Esther Svaren, Joshua Porter (not pictured - Olivia Zerger)



### *In Your Prayers this Week Remember:*

- † hospitality as we welcome friends, visitors and guests
- † health, comfort and healing for: Nan Goble, Steve Borth, Sylvia Laedtke, Tilden Kaup, Arlys Kempf, Everett Hanson, Jean Finstad, Ruth Blanch, Tom Reynolds, Clarence Guetzkow, Debby Loftsgordon, Frank Turk (Tricia Holm's uncle), Jennifer Edmundson (Pam Frey's sister), Tim Elmer (Tom Elmer's brother), Vivian Cottrell (Eddy Paske's sister).

† For the safety and well-being of all who serve in the military, acknowledging all they do in service to our nation

† Hope in the resurrection for Sylvia Laedtke, wife and Mary Laedtke, daughter on the death of Lester Laedtke.



## 2012 Youth Sub Sale

February 12 - coordinated with the Annual Meeting.

Pick up your order form in the Gathering Space and submit your order:

- \* Before and after services on Sundays or
- \* Fax 238-2112 or
- \* Place in an envelope by the office door bulletin board.

Please order by February 5. You may eat your sub during the meeting if you like. We will have drinks, chips and cookies available for purchase.

## January Bible Study

### *The Gospel of Mark*

Join Pastor Katie for the last remaining Wednesday at either 9:30 a.m. or 6:30 p.m. on February 1 for the Bible Study on the Gospel of Mark.

Feel free to attend either the daytime or evening session even if you missed the other sessions.

## Church Leadership Positions Open for 2012

The following church leadership positions need to be filled in 2012:

- Vice President/President Elect
- Chair of the Evangelism Committee
- Chair of Life and Growth Committee
- Chair of the Stewardship Committee.

The Vice President/President Elect is elected to the Council for a two-year term. The chairs of the three committees are elected for three year terms.

Please note that a person elected to be the Chair of a Council Committee can have a Co-Chair. In this situation one person usually serves on the Council as the committee representative and the other person chairs meetings, does minutes, etc. In recent years this has become a good way to keep the job more manageable and actually makes it possible to involve more members in the work of the church.

Also needed are congregation members to serve on various committees. Please prayerfully consider using your talents to assume a leadership role at Midvale Community Lutheran.

The congregation will be voting on the list of nominees at the annual meeting on February 12. For further information on these positions, contact Pastor Bruce, Pastor Katie, or any of the current council members.

### Those Serving

January 28-29

#### Preaching

Pastor Bruce Loewenhagen

#### Presiding

Pastor Katie Baardseth

#### Assisting

- 5:00 pm Carolyn Cain
- 8:00 am Jim & Judy Olson
- 10:30 am Randy Schultz, Jacky Haines

#### Lectors

- 5:00 pm Jill Bidlingmaier
- 8:00 am Gene Nelson
- 10:30 am Kip Schick

#### Acolytes

- 8:00 am Al Polkinghorn
- 10:30 am Kendra & Kurt Borcharding

#### Greeters

- 5:00 pm Michael Zelm
- 8:00 am Jim & Judy Olson, Sharon Kampen
- 10:30 am Randy Schultz, Randi Leeder

#### Nursery

- 8:00 am Donna White
- 10:30 am Donna White

#### Music

**Coordinator of Music:** Janice Hites

**Organists:** Ted Reinke, Dean Gardner

**Pianists:** Nancy Linder, Sybil Klatt

**Guitar:** Jim Pharo

#### Ushers

- 5:00 pm Jack Cotton, Ben Kempinen, David Hopper, Dick Johnson, Joan Larson, Doug Leslie
- 8:00 am Ron Fisher, Ken Larson, Paul Minko, Bill Schwanke, Trevor Sellers, Susan Wroblewski
- 10:30 am Al Hovland, Chris Bjorklund, Jim Haedt, Shaun Haedt, Bill Kessler, Joel Peterson

#### Chancel Guild

Jill Bidlingmaier, Pat Drogsvold, Lois Jarvis, Cheryl Krull, Nan Thompson

## Youth Bowling Outing

A youth bowling outing is being planned for Saturday, January 28 from 5-7 pm at Schwoeggler Lanes on Grand Canyon Drive in Madison. The event is for 6th - 12th graders. Friends are welcome too. Our plan is to bowl 2 games and have some dinner while we bowl.

The Youth and Family Committee will pick up the tab for dinner (expected to be pizza, soda, etc.) We are asking that participants contribute \$10 to cover the cost of bowling and shoes. As always, we don't want money to be a reason for not participating. So if that is an issue, just let me know and we'll make it work.

Please RSVP to Jay Wians at [jtwians@charter.net](mailto:jtwians@charter.net) or at 236-9103. Hope to see you there!

## Your Gifts to the ELCA World Hunger Appeal Make a World of Difference

The coin box offering that Midvale members collected during the holiday season will be sent to the ELCA World Hunger Appeal to help other people throughout the world. Money from the ELCA World Hunger Appeal has helped Wogayehu in Ethiopia.

When Wogayehu's husband died, she was not able to plow the fields and plant crops by herself. Without income from the farm, Wogayehu could not afford to send her children to school. Without enough food, they often went hungry.

The gift of a goat helped Wogayehu get back on her feet. The goat produced several quarts of nutritious milk each day. The goat's natural fertilizer helped grow a small vegetable garden outside her home.

Little by little, Wogayehu saved enough money from selling milk and vegetables to buy a cow. With her new cow and some agricultural training, she was able to plow and plant her fields again.

Today, both of Wogayehu's sons are in school and she is working to build a new home for her family. Furthermore, she and other widows have found that in learning new skills they have overcome some of the prejudice that women once faced in the community. They've proven that women, too, deserve to be treated with respect.

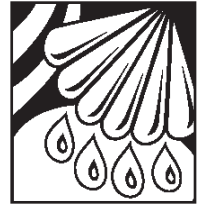
Your gift to the ELCA World Hunger Appeal can make a world of difference in the lives of individuals and families throughout the world!

## *Advertiser of the Week*

Clifton Gunderson LLP  
Mark Thompson, CPA \* 662-8675

We extend a special thank you to Midvale member Mark Thompson for advertising in *The Moments*. Please support the businesses that advertise in our newsletter. Let them know you saw their ad in *The Moments*!

## Celebrating January Baptismal Birthdays



Congratulations to our young people and their families as they celebrate the day on which God said to them, "I love you. You are mine!"

- 1/1 Al Polkinghorn
- 1/1 Viv Polkinghorn
- 1/7 Henry Adams
- 1/9 Tanner Zimmerman
- 1/13 Ainsley Barnett
- 1/25 Tavia Schmidt
- 1/28 Saylor Allen
- 1/31 Dane Nordeng

## *Altar Flowers*

To purchase altar flowers for 2012, please sign the flower chart posted on the bulletin board next to the office. **The cost of an arrangement is \$30.** The office will order the flowers and a reminder of payment will be sent to you before your chosen date.

## *Circles*

Charity Circle will not be meeting in the month of February, the next meeting will be March 21. Miriam Circle will also not meet in February. The next meeting is scheduled for March 12.

## Upcoming Adult Forums

*State of the Congregation  
Preview of the Annual Meeting  
January 29 -9:15 am*

Some years ago we began what turned out to be a tradition of scheduling a Sunday Forum before the annual meeting for a less formal discussion of the proposed budget and other issues of importance to the congregation. This year the Forum will be held on January 29, two weeks before the annual meeting on February 5. Church Council members will be available to present the proposed budget for 2012 and explain the philosophy behind it and the rationale for new items and changes. They will also respond to any other questions on church policy and issues of concern to members.

**Beginning February 5** Adult Forums will focus on issues surrounding criminal justice based on the study *HEARING THE CRIES: FAITH AND CRIMINAL JUSTICE* written by the Criminal Justice Task Force of the Evangelical Lutheran Church in America. This study was authorized in 2007 at the Churchwide Assembly, and will be considered at the 2013 Assembly.

The Adult Forums in this series are based on the study and considers the human impact of crime; the three areas of the criminal justice system: law enforcement, the judicial system, corrections; and life after crime.

The Adult Education Committee thanks Ben Kempinen, professor at the the UW Law School and Midvale member, for his assistance in planning this series.



## *Heart & Soul*

*From Our Parish Nurse - Peggy Bezruki*

### **For Our Minds and Spirits:**

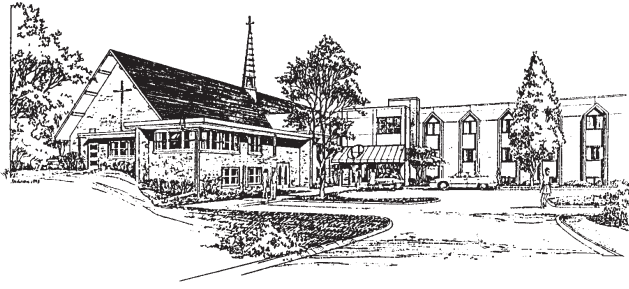
"The simple act of paying attention can go a long ways." -  
Unknown

**For Our Bodies:** There is a disease that experts fear we now pay too little attention to: mononucleosis, a.k.a. "the kissing disease". The reason our attention has waned with this disease, is probably because Epstein-Barr virus (the herpes virus that causes mono) is so common; approximately 95 percent of adults in the United States have been infected by the age of 35 to 40 years of age. The good news is, once we have the disease we are immune. Also, many of us who become infected will never even display symptoms. Still, this disease can alter the lives of many for months, if not longer.

The worst symptoms are experienced by young adults and adolescents. Approximately 35 to 50 percent will develop multiple symptoms, and these symptoms take months to resolve. It is spread through saliva, and has an incubation period of about 4-8 weeks. Protecting ourselves from contracting the disease involves: avoiding sharing food, drinks and utensils; covering our coughs; and avoiding kissing (admittedly, this is a tough one). Symptoms include: fatigue; weakness; sore throat (perhaps a strep throat that doesn't get better with antibiotics); fever; swollen lymph nodes in the neck and/or armpits; swollen tonsils; headache; skin rash; loss of appetite; soft, swollen spleen; night sweats. Most of these symptoms will ease after a couple of weeks, but the fatigue, swollen lymph nodes and spleen may last for several months. Enlargement of the spleen is a possible side effect, and a dangerous one, so we must rest and avoid strenuous activity until it resolves. Problems with the liver are also a possibility (hepatitis, jaundice). Anemia, thrombocytopenia (low count of platelets), inflammation of the heart, complications with the nervous system (meningitis, encephalitis, Guillain-Barre syndrome) are less common complications, but possibilities. Also, mono is much more serious in people who have impaired immune systems.

If we think we have mono, we should see our doctor. Although there are no medications that cure this illness, we need tracking. The doctor may choose to treat some of the symptoms with medications like corticosteroids. We'll need to drink lots of fluids, use over-the-counter pain medications if we have pain or a fever (avoiding aspirin on children under age 16), and gargle with salt water to ease the sore throat. Returning to sports or other vigorous activity will have to wait until we feel completely normal again.

With this illness, the more rest we get, the sooner we will recover. Returning to our usual schedule too soon can increase the risk of a relapse. For students, this can be a difficult time, causing them to lose as much as a semester of school time, so they will need our support and encouragement. This infection demands rest and patience. Remember: pay attention to symptoms, seek help, then rest.



## We Thank Our Lay Ministers Who Served During the Week

Offering Counters - Jack Lohrentz, Pat Peterson  
 Wafer Sealed *The Moments* - Mary Laedtke & Mike Brennecke  
 Labeled *The Moments* - Bob and Bev Zimmerman  
 Took *The Moments* to post office - LaVerne and Karon Quam  
 Pew Supply Team - Jo Conger & Jan Anderzon

## Memorials

Thank you for the memorials that have been given in honor of Midvale members. Your generosity is greatly appreciated. Unfortunately, due to the change in staffing the office, there has been a delay in sending out thank you letters to acknowledge these gifts. Thank you letters will be sent in January.

## Coffee Hour

### Host/ Hostesses Needed

Sunday morning coffee hour is a wonderful time to share fellowship with other Midvale members and guests. We are needing hosts and hostesses to provide the yummy treats and make the coffee.



If you can help with hosting, please sign up on the bulletin board next to the office.

## Prayer Chain

Please call Mary Lou Leslie, 849-6450 or Marilyn Knutson, 274-5662; if you have a prayer request.

## This Week at Midvale

### Saturday, January 28

5:00 pm WORSHIP SERVICE

### Sunday, January 29

8:00 am - WORSHIP SERVICE

*Hospitality Hour between services*

9:15 am - Adult Forum F. Hall

9:15 am - Sunday School 2nd Floor

10:30 am - WORSHIP SERVICE

### Monday, January 30

7:00 pm Boy Scout Troop 104 F. Hall

### Tuesday, January 31

9:15 am LWR Quilters F. Hall

9:15 am Yoga for Life-Advanced F. Hall

10:45 am Yoga For Life F. Hall

1:00 pm Navajo Weavers F. Hall

7:00 pm Madison Flute Choir Rm 31-33

### Wednesday, February 1

9:30 am Mark Bible Study Meeting Rm

11:00 am AA High Noon Group Rm 31-33

11:00 am Toastmasters - Hill Farms Club Meeting Rm

6:00 pm Confirmation Youth Room

6:30 pm Mark Bible Study Meeting Rm

6:30 pm Autism 101 Class F. Hall

7:00 pm Handbell Rehearsal Sanctuary

### Thursday, February 2

9:15 am Yoga For Life - Advanced F. Hall

12:00 pm Thursday AA Group (Lunch Bunch) Rm 21

3:30 pm Tai Chi for Older Adults F. Hall

4:45 pm Tai Chi for Older Adults F. Hall

6:30 pm COSA Rm 31-33

7:00 pm Chancel Choir Rehearsal Sanctuary

### Friday, February 3

11:00 am 11th Step Alanon Group Rm 31-33, Rm 21

### Saturday, February 4

5:00 pm WORSHIP SERVICE

### Sunday, February 5

8:00 am - WORSHIP SERVICE

*Hospitality Hour between services*

9:15 am - Adult Forum F. Hall

9:15 am - Sunday School 2nd Floor

10:30 am - WORSHIP SERVICE

## Midvale Community Lutheran Church

4329 Tokay Boulevard  
Madison, WI 53711

*Dated Material - Deliver by Friday*

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**Email** .....info@midvalelutheran.org  
**Website** .....www.midvalelutheran.org  
**Office Hours** .....Monday-Friday 8:15 am - 4:30 pm

### Midvale Staff

**Pastor**, Bruce D. Loewenhagen  
brucel@midvalelutheran.org

**Pastor**, Katie E. Baardseth  
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**Director of Youth & Family Ministry**, Brenda B. Goble  
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**Parish Nurse**, Peggy Bezruki  
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**Business Manager**, Sue Carnell  
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**Administrative Assistant**  
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**Maintenance/Custodian**, Mike Bischoff

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