

Emmanuel Evangelical Lutheran Church

Sunday Divine Service is at 9 a.m.

Sunday Bible Class begins at 10:15 a.m.

Sunday School begins at 10:15 a.m. (September-May)

Wednesday Evening Service is at 6:30 p.m. in the chapel.

Thursday Morning Worship is at 8:45 a.m. in the chapel.

Thursday Morning Bible Class is at 9 a.m. in Memorial Hall.

News, Notes & Numbers—continued

◆ Pastor Marks can be reached at the church office or at (920) 400-0425 and is available for any pastoral needs that you might have. Feel free to reach out to him to schedule a visit or just stop by when the porch light is on. Monday-Wednesday mornings are generally good for visits, but he will always be happy to see you. Pastor also holds designated hours one Saturday morning per month for individual confession and absolution, counseling appointments, and general visitation. Also, let Pastor know if you are in the hospital, having surgery or a procedure, or simply desire prayer for any reason. He can also be reached by email at pastor@emmanueladell.org.

May God continue to reform our Church to His Word and bless our August!

“And let the beauty of the Lord our God be upon us, And establish the work of our hands for us; Yes, establish the work of our hands.”

Psalm 90:17 (Bible reference inscribed on our church cornerstone, circa 1916)

Return Service Requested

E-mail: pastor@emmanueladell.org

Phone: 920-994-9005

326 Center Ave. Adell, WI 53001



PLEASE PLACE STAMP HERE



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August 2023

Emmanuel News

The Future of the Church

How many times have you heard the question asked—Who will be the future of the church? How many times have you yourself been asked that question? Besides the obvious answer that God will be a part of the future of the Christian Church, what persons or groups of people will be the future of the church?

If I had to guess at your answers to this question, I'd think that many of you included children, youth, and young adults in your answer. And that would be true. Certainly, we would include children, if only for the fact that they will be alive in the years ahead. If they are only a few years old and the average life expectancy is into the 80s, they would certainly be included as people making up the future of the church, that is, if they stay in the faith. Unfortunately, things like weekly worship, participation in the Sacrament of the Altar, and opportunities to grow in the faith meet heavy competition in the culture surrounding us.

And no one would deny that youth occupy a central place in the future of our congregation and Christianity throughout the world. Indeed, they will be the future leaders, including pastors and church workers, church council and committee members, in the church going forward. God needs them and their talents to enrich the vital spirit of Christian life...to "Go and make disciples."

Young adults must also be counted among those who comprise the future of the church simply due to their likelihood of being alive many years into the future and their ability to fill roles in God's molding of His church as a means for the vital mission of spreading the Gospel message. Most young adults are, or will be, parents, and take on the role of cultivating faith as they teach their children to pray, hear and learn the Scriptures and model the weekly rhythm of worship, Bible study, and prayer for the nourishment of that faith.

Maybe you answered middle aged for some of these same reasons, but here's an interesting question; did anyone indicate that seniors will be the future of the church? Not high school or college seniors, but the elderly and the aged? With all the challenges and difficulties of growing older, how might the elderly possibly point to the distant future of this or any other congregation? I think seniors are more aimed toward the future than we might initially think, simply by their active participation in congregational life today. When we read the history of Emmanuel Lutheran Church, or any other congregation, we understand that much of our present strength and status is directly related to the faithfulness of past members. They built our church building, taught present members, prayed and supported God's current direction for us, etc. We thank God for our seniors who remain a large percentage of worshippers on Sunday mornings and who give generously in their offerings. Some who have even designated parts of their estates or savings to future needs they know they will never see or experience personally. In these ways, seniors are as much a part of our future as all others.

It blesses me to see such a wide range of ages in worship on a Sunday morning, participating in our educational programs, and contributing to the work God is doing among us. I suspect that God will use each of us in His own particular way to be a blessing to the future of our church and to the world around us.

Blessings,

Pastor Marks



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Highlights

- LCMS Convention from July 29 to August 3.
• Quarterly Congregational Meeting on August 13 at 10:30 a.m.
• Confirmation Camp at Camp Luther from August 15 to August 17.
• Youth Event Brewers Game on August 23 at 11:00 a.m.
• Parsonage Open House on August 27 at 10:30 a.m.

## Manage Stress and Survive Crisis

### Six Traits to Build Healthy Families

This month we look at the final trait in Kay Meyer's series regarding building healthy families.

Ruth called the Family Shield office to ask for prayer and shared, "my 41-year-old son was in a serious boating accident. Two friends died. His spleen was damaged and he is hospitalized. Would you pray for Jonathan and our family?" Less than five days later she called again. "My son is out of the hospital and doing better. But my husband has had a stroke. He's hospitalized. Would you pray again for our family and especially for Dan?" As I hung up the phone it dawned on me...Ruth had learned how to manage stress and survive crisis. She knew prayer was critical, knew the Lord walked with her and her family, and placed her faith and trust in God.

Helping families learn to cope with stress and crisis is the most difficult of the six traits to implement. But it's one that is essential. What can you do to help your family? How can your congregation help families in this area?

Stress is an imbalance between the demands on the family and the ability we have to cope or meet those demands. It's when things are out of the norm. The school year starts or summer vacation begins. Your teenager goes off to college. Stress usually happens to one person in the family. Crisis usually happens to the entire family. It is an acute stressor that usually happens with no warning and you can't ignore it.

Why do people who are stressed out sometimes lose control and explode in anger? Stressful situations cause adrenaline in our bodies to build up. The adrenaline needs to be released in appropriate ways or it may come out in an inappropriate way like exploding in anger.

Stress and crisis can also cause medical concerns. Some of these include: fatigue, insomnia, anxiety, overeating, depression, forgetfulness, increased breathing, migraine headaches, increased heart rate, rise in blood pressure, angina, hypertension, ulcers, and diabetes. Stress can be harmful to others as our poor decision making can affect the lives of others

Life is stressful. Almost anything can cause stress. Changing jobs, taking on a new project at work, moving, getting children ready to start school, having a child go to college, organizing a wedding or special event, and the like. So, how do we learn to manage stress?

The first step is to assess or diagnose your stress level. Then monitor it. The first place to go for help in dealing with stress is prayer. God's wisdom is far above our own in all situations. Other resources include: our family and extended family, teachers, and friends. Recognize it is happening and don't deny it. Assess the situation. Is your family arguing constantly? Sit down and talk together about your schedule and the situations that are causing the stress. If the situation is out of control consider professional counseling. Prioritize your goals and objectives and make sure the Lord and your family are priorities.

Remember that children worry and get stressed too. Children often act out when they are stressed, whereas adults tend to hide the stress. Children might cry, start a fight, or act out in another ways that is not normal for them. New experiences can be stressful. Listen to them. Comfort them and assure them that everything will work out. Allow them to discuss their fears and concerns. Then talk about how they might handle these situations if they occur. Make sure they get enough sleep, focus on their spiritual wellness, and take time for prayer. Let them see that you do the same for yourself. Parents modeling how to deal with stress allows children to see that you ask for the Lord's help when a serious problem arises.

Another stressor for parents is when they allow children to be involved in too many activities. Limit the number of activities your children can become involved in, especially if you have a large family. And plan strategies to prevent stress. Learn to manage stress and the inevitable. Let the petty irritants and minor stresses go. Take time for yourself and your spouse. Learn to use appropriate humor in stressful situations. Laughter relieves stress. Get enough exercise. Get enough sleep. It relieves stress. Take a break and learn to relax. Take a walk and enjoy God's creation. Enjoy pets. Be organized. Support each other by helping and communicating when you see your spouse or child is stressed out. Act as a support system for others in your family who are stressed out. Turn worries and concerns over to the Lord. **"Be anxious for nothing, but in everything, by prayer, with thanksgiving, let your requests be known to God" (Phil. 4:6).**

### Thursday Morning Bible Class

Thursday Morning Bible Class will meet on August 24 and 31 at 9 a.m. in Memorial Hall. We will continue addressing current issues that affect the church and our culture.

### Summer Bible Class

Summer Bible Class (for all ages) meets after the Divine Service in Memorial Hall. There will be no Bible Class on August 13, 20 or 27.

### Sunday School

Sunday School begins with Rally Day on September 10.

### Worship Attendance

Week of 6/25.....81  
Week of 7/2.....92  
Week of 7/9.....82  
Week of 7/16.....107  
Week of 7/23.....72

## Mission of the Month—August

The Mission of the Month for August is **A Place of Refuge**. A Place of Refuge (APOR) is a Gospel-focused service reaching out to women with the love of Christ with both words and actions. The *Blessed Again Resale* shop provides low-cost merchandise for our mothers and the community as well as opportunities for our mothers to obtain work experience and many volunteer opportunities. Proceeds help support A Place of Refuge Ministries. Many women are struggling every day with things we take for granted. When we or our children are sick, we get in our cars and go to the doctor. When their kids are sick, they have to take them on the bus or walk because there is no car or no bus money. Help APOR to share Christ's hope with them with a gift on the mission line of your weekly envelopes in August. To see APOR's newsletter and to look for ways to volunteer at the resale shop go to [www.aplaceofrefuge.org](http://www.aplaceofrefuge.org)



## Quarterly Congregational Meeting August 13<sup>th</sup> at 10:30 a.m.

### News, Notes & Numbers

♦ **June Mission, Camp Luther**, raised \$705. We thank you for your gifts that supported this mission. We also have 11 children and youth who will benefit from the ministry at Camp Luther this summer through their participation in Summer camps and Confirmation Camp.

♦ **William Taylor** died peacefully on June 21, 2023. A service of Christian burial was held at Mt. Pleasant Cemetery on June 27, 2023.

♦ **Sadie Mae Womaski**, daughter of Michael & Kristin Womaski, was baptized into God's family on July 16, 2023.

♦ **All are invited** to the Marks Family Parsonage Open House on August 27<sup>th</sup> at 10:30 a.m. Come and fellowship following worship. Light snacks will be served.

♦ **Youth at Bay Beach Amusement Park** on July 14<sup>th</sup>.



♦ Watch for **Pastor's Monday Minute** in your email each Monday to receive the link to the Sunday service on YouTube. If you're not receiving this message, or the Thursday email with the bulletin and announcements, please send your email address to [secretary@emmanueladell.org](mailto:secretary@emmanueladell.org)

♦ **Facebook** is another opportunity to get up-to-date information with what is happening at Emmanuel Lutheran. Like us at "Emmanuel Lutheran Church-Mo Synod."

