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# THE PULSE BEAT



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Volume 48, Number 8

September 2023

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## A WORD FROM THE PASTOR

September is still one of our warmer months. And perhaps the weather stays pleasant, if not too hot in these climate changing days, well into October. After all, the official last day of summer does not take place until September 22<sup>nd</sup>. And here at St. John, we will be holding an outdoor worship service in our “Peace Garden,” on September 17<sup>th</sup> (weather permitting).

As September moves into autumn, we begin to think ourselves into a changing season. What will we do when summer weather ends? How will we get our homes, and our lives, ready for whatever comes next? Like a Bob Dylan song says: *“You always have to be prepared but, you never know for what.”*

Perhaps we need to become ready for God, for the Risen Jesus to be among us in different ways. One thing we learned from taking part in the “Faithful Innovations” program from October 2022 – April 2023, was to listen for, and to look for God, for the presence of the Holy Spirit, in unexpected places and people.

In other words, we have to let God go to work on us. For our God is always trying to reach us in new ways. We are to look for signs that the God we believe in is real, and cares for us.

In a New Testament reading for the end of August (as I write this), St. Paul teaches us: *“I appeal to you brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.*

*Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God-----what is good, and acceptable and perfect.”* We are to look to God, to “transform” us. Expect it even!

This understanding resonates with the Gospel for the same Sunday at the end of August (Pentecost 13), where Jesus asks the disciples **“Who do you say that I am?”** Peter answers first, and his answer is enough for the rest as well: **“You are the Messiah, Son of the Living God.”**

Jesus affirms that Peter is correct in his discernment, praising him and saying, God himself revealed this truth to Peter. And if God is a “Living God,” it means God is also active & moving in and through the world, and involved in our lives. God is doing things. If we believe in a God who is not living, we have to answer to no one but ourselves. We are off the hook, and can live any way we want!

But because we trust Peter’s confession, we are supposed to look for the activity of our God. We listen and look for the “real presence” of God wherever God reveals God’s self, and activity in and around us.

If you are a tracker, you look for signs of the creature you are tracking. If you are a detective, you go looking for clues, of who it is you are searching for. As disciples we too, are to look for signs, for clues to the presence of the living God we seek to serve. In these September days as summer is winding down, may our God help us track down the signs of God’s living presence among us!

Peace & blessings on your September!

*Pastor Jim*

## THOUGHTS FROM THE PRESIDENT

Discernment – “perception in the absence of judgment with a view to obtaining spiritual guidance and understanding.” I don’t think I’ve ever heard this word more than I have since St. John has started investigating how to navigate our future.

In our conversations with Pastor Matt Short, either within the walls of St. John, at our Faithful Innovation sessions, or with the EPIC Listening Team, he always challenges us to use discernment. What is God telling us? Where is He leading us? Discernment is a tool that we have been given to help us operate with our spiritual eyes and ears, and to make right choices.

Using spiritual discernment as we go forward can be difficult for us. I know it definitely can be for me. We want quick and predictable decision making. We don’t necessarily want to be patient and we can feel like we are losing control. It can be the exact opposite of how we want to operate.

But we need to be patient and comfortable with not knowing all of the answers right now. Our process must be slow and deliberate, and we need to operate on God’s time and wait patiently to see where the Holy Spirit is leading us.

Researching discernment, I found some great questions that we, as a congregation, need to be asking ourselves.

Who are we now? Where are we going? We need to look honestly and critically at the current state and life of our congregation.

What is God calling us to be? Let’s take the focus off of ourselves so we are able to discern what God wants from us.

Who is our neighbor? Jesus himself made this the intended question to guide the church in its ministry. We talk about this a lot in the EPIC Listening Group. By identifying our neighbor, we start to know where and to whom God is calling us to serve and will orient ourselves around that concern. Our “What Gives You Hope” campaign started delving into that. Reaching out to our neighbors should give us a better understanding of how we, the church, can reach out and help the people around us.

Discernment can be challenging for both the church and for us as individuals. It means turning everything over to God and letting the Holy Spirit take the wheel. Easier said than done, right? But when done, it should bring our congregation closer together and put us in step with God’s vision for St. John.

I hope you will pray with me for guidance. I plan to take my questions to God and ask for his help in answering them. Then listen for his answers. The discernment process involves listening for God’s direction and guidance for our lives. But in order to hear Him, we need to be tuned into His voice.

Hugs and blessings to you all,  
*Sandy*

**CHURCH LEADERSHIP**

**Pastor James O'Reilly-Christensen**

Office hours: Monday – Thursday,  
9:00 am – 2:00 pm  
920 988-9059 (Cell)

E-mail: [stjohnpastor1@hotmail.com](mailto:stjohnpastor1@hotmail.com)

**Office Manager: Robin Fatla**

Church office hours: Monday – Friday,  
9:00 am – Noon  
262-377-0410

E-mail: [stjohnsecretary@hotmail.com](mailto:stjohnsecretary@hotmail.com)

Website: [stjohngraffton.org](http://stjohngraffton.org)

**Congregation President** – Sandy Allen

**Vice President** – Dennis Jaeger

**Secretary** – Judy McMullin

**Treasurer** – Peter Viesselmann

**Church Council:**

Dennis Jaeger – Worship

Sue Dowe – Education & Youth

Sharlene Sandquist – Stewardship

Robin Fatla – Outreach

Roger Wendorf - Finance

Joe Porth – Property & Grounds

Mary Ellen Levra - Public Relations

Jane Turowski - Financial Secretary

Organist

St. John Choir Director

Glory Ringers Director

Flutist

**OPEN**

**OPEN**

Dale Allen

Sandy Allen

**Newsletter staff:**

Robin Fatla & Sheila Kapke

**Newspaper Deadline:**

Articles due by the 3rd Sunday of each month.

**Church Phone Numbers:**

Office: 262-377-0410 Fax: 262-377-0410

Pastor: 920 988-9059

**E-Mail:** (office) [stjohnsecretary@hotmail.com](mailto:stjohnsecretary@hotmail.com)  
(pastor) [stjohnpastor1@hotmail.com](mailto:stjohnpastor1@hotmail.com)

**FaceBook:** St. John Lutheran Church-Grafton, WI

**IN OUR PRAYERS**



James Allen, Clarice Buchholz (Mary Jaeger’s mother), Anna Bullio (great-granddaughter of Florence Van Cleave), Emily Carney (friend of Kylene Wright), Cathy Collins (Florence Van Cleave’s daughter), Amanda

Combs (friend of Laura Christenson), Don & Nan Donner (friend of Diane & Roger Wendorf), Pastor Dale Erickson, Henry Frier (Marian Witte’s son-in-law), Merry Lou Green, Michael Horton (brother of Tara & Jeff Kapke), Jeanne Immekus, Mary Jaeger, Joanne Levenick, Rosemary Litvinoff (Jim’s mother), Scott Maronde (nephew of Gary & Sue Haas), Ken Matthews (Kayla Matthews’ father-in-law), Chuck & Cary Mueller (friends of Glenn Sievers), Alice Murphy (family of MerryLou Green), Sugeily Pineiro-Garcia, Susan Rand (Carole itvinoff’s sister-in-law), Karen Rautenberg (Sue Dowe’s mother), Tom Rogahn, Kathy (sister of Jackie Rogahn), Harvey Salger, Wendy Tomter, Wendy Werner (Sandy Allen’s sister-in-law), Marian Witte, Elaine Wyler (friend of Robin Fatla)

**Military personnel:** Kyle Christenson **“Home away from home” members:** Jeanine Burhop (sister of the late Marilyn Speranza) – Lasata; Tim McClosky – at home with sister Merry Lou Green, John Clasen – Nursing home in St. Francis, Larry Samarija – assisted living home in Oak Creek



*Harold R. Immekus*

*May 1, 1947 - June 29, 2023*

*Marian Carraway*

*September 8, 1927 - July 10, 2023*

## EPIC NEWS

### What is the EPIC Team:

EPIC stands for **ELCA Partners In Christ**. The formation of this team grew out of conversations at the quarterly council presidents' meetings over the past two years, and the weekly meetings between local ELCA pastors.

EPIC is designed to be a **listening team**, asking questions of both our congregations and the local community. The congregations of EPIC are Advent, Trinity, Immanuel, Faith and St. John. There are two to three members from each congregation on the team, with input from the pastors as well. Pastor Matt Short, from Synod Staff, is the advisor and guide.

### What is EPIC doing or planning to do?

The first meeting of the team was on 6/14/23, followed by a second meeting on 8/8/23, at the Kacmarcik Center for Human Performance in Grafton. While Pastor Matt Short is on sabbatical until September, the team felt it was important to meet even in his absence.

Below are points discussed at the 2 meetings:

- Why are we here?
- What is this group about?
- Do a temple talk
- Forging new relationships between congregations
- We're not talking about combining churches
- Not only what individual churches need but also the community
- Where might God be leading us?
- What does the community need from us?
- How does God want to use us?
- We are not competing with each other
- We are **\*\*Collaborating\*\***
- How are we failing to meet God's peoples' needs?

The team decided that the first listening exercise would be to ask congregation members "What gives you hope?". Two of the churches were able to gather responses from the general public during Strawberry Fest while others gathered responses during coffee hour. The responses were shared at the August 8th meeting. Some of the answers were expected, others were surprising. Two team members are going to tabulate and give weight to the responses: for example, how many times was "family" mentioned.

The responses also prompted the team to dig deeper with questions about what lies behind the responses. What is it about family that gives people hope? What is valued in these responses? Why do the things mentioned give people hope?

### What can YOU do?

1. Pray for the team and each congregation involved
2. Be open to new ideas of what church may look like in the future
3. Be an enthusiastic participant in the joint activities planned
4. Consider becoming a member of the Listening Team (currently Sandy Allen and Judy McMullin represent St. John)

## OUTREACH



“God’s work. Our hands.” Sunday



We will be working to assemble 30 personal hygiene packs for Mr. Bob’s Under the Bridge ministry to the homeless in downtown Milwaukee.

The Outreach Team is looking for 30 of each of the following items to complete the packs:

**Travel size** – bar soap, shampoo, conditioner, body/hand lotion, toothpaste, deodorant

**Regular size** – toothbrushes, packaged razors, hair picks

**30** – gallon sized Ziplock bags.

Please bring your donations to the church by September 9<sup>th</sup> and plan to stay after service on the 10<sup>th</sup> to help with this outreach event.

### VOLUNTEERS URGENTLY NEEDED!

Volunteers are needed to deliver noontime meals to homebound elderly in the communities of Mequon, Port Washington, and Saukville. This service allows many individuals to remain in their own homes.

You may deliver alone, as a couple, with a friend, or with your children.

If you are able to share an hour a month of your time, please contact Kari at the Aging and Disability Resource Center of Ozaukee County at 262 284-8120.

Thank you in advance for your consideration!

## MISSION



### The Pack Is Back!

Help provide food and hope! On **Saturday, Sept. 30**, Trinity Lutheran Church, Cedarburg is hosting a food pack with Rise Against Hunger, where we’ll pack fortified meals to be sent to people facing hunger across the globe.

There are many ways to help! We need your help with:

Set-up -- Friday, Sept. 29 from 3-5pm

Packing food – there are two shifts on Saturday, Sept. 30 (9-10:30am and 10:30am-noon)

Clean-up – Saturday, Sept. 30 from noon-1pm

There’s no fee to participate, and we’ll gladly welcome monetary donations of any amount, whether or not you help pack. We hope to pack 56 boxes, and Trinity pays about \$90 per box. You can donate online (see the address below) until Sept. 28, and you can also donate when you come to pack, through the church office or through the offering plate (if donating by check, please make your check out to “Trinity Lutheran Church” with “Food Pack” on the memo section of the check).

To sign up or donate to the food pack, go to:

<http://events.riseagainsthunger.org/TrinityLutheranCedarburg2023>

Please contact Linda in the church office (262-377-0610, [office@trinitycedarburg.org](mailto:office@trinitycedarburg.org)) or Jill Klitz (262-377-6074, [djklitz@milwpc.com](mailto:djklitz@milwpc.com)) with any questions. Thank you!

# Permanent end of COPE HOTLINE



July 26, 2023

St. John's Lutheran Church  
1193 Lakefield Rd.  
Grafton, WI 53024

Dear St. John's Lutheran Church Community,

We are reaching out to you with some important news regarding our COPE Line program, formerly known as the COPE Hotline under COPE Services, Inc.

As a telephone line focused on providing emotional support and crisis intervention, the COPE Line had been known for serving community members in this area for many years and was a vital resource to those facing various challenges and stressors throughout the Covid-19 pandemic. Over the last 18 months, we experienced a steep decrease in call volume despite continued outreach efforts across the Ozaukee area. The emergence of other emotional support and crisis lines account for this change. After careful consideration and evaluation, we decided to permanently end COPE Line operations, effective as of July 1<sup>st</sup>, 2023.

This decision was incredibly difficult to make, as we are aware of the decades-long value the COPE Line has held in this area. It has been extremely important for us to remain focused on serving the needs of individuals within Ozaukee County, and for the last few years, we have engaged in numerous meetings with local officials and stakeholders, to learn more about existing service gaps and current community needs. We continue to take the pulse on area needs and have plans to provide expanded services to this area. We continue to provide our other existing prevention and intervention services, which include Treatment Alternatives and Diversion (TAD), Teen Intervene and Healing Point sober living house.

The thoughtful support that you have extended to the COPE Line over the years has been deeply appreciated. We have been honored and touched by your generosity and by the trust COPE Line clients showed in our service to them. It is no small feat to meet the needs of community members, but we intend to keep doing so, for the indefinite future.

With gratitude,

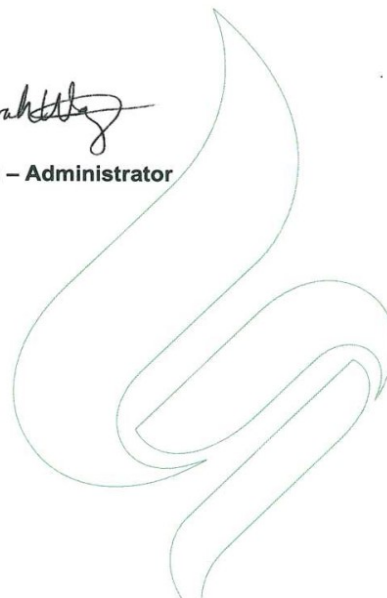
A handwritten signature in black ink, appearing to read 'Melissa Drews'.

**Melissa Drews - Program Director**

**Sirona Recovery, Inc.**  
[www.sirona-recovery.org](http://www.sirona-recovery.org)

A handwritten signature in black ink, appearing to read 'Sarah Wang'.

**Sarah Wang - Administrator**



# Stewardship Corner

## Stewards of Local & Global Communities

In the Stewardship articles throughout this year, I have written about the many different facets of Stewardship. This month, I will be writing about our stewardship of local and global communities.

Throughout the Bible, we hear God's commandment to love God and our neighbor not just with our words, but with our actions. When we share the abundance that God has entrusted to our care with our neighbor, we not only love our neighbor, but God.

In Matthew 25:31-46, Jesus tells us that when we feed the hungry, give drink to the thirsty, welcome the stranger, clothe the needy, care for the sick and visit the imprisoned, we are doing it to Jesus. Jesus says, "*Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me*" (Matthew 23:40).

Mission Support is the portion of a congregation's offering that is shared with the ELCA synod and with the ELCA churchwide organization. Mission Support is one of the best ways that this congregation can be a steward of our local and global community. In 2023, we have pledged/budgeted to give \$5,000.00 to the ELCA churchwide/synod organizations. This money is sent to the synod office and they in turn send of portion of this amount to support the work of the national churchwide organization. Next month, I will write about how these funds are used in more detail.

In addition to the funds sent to the wider church, St. John sends money to Mission Partners near and far. These are Lutheran World Relief, Navajo Lutheran Mission, 2nd Harvest (Feeding America Eastern Wisconsin), Pine Ridge Lutheran Center, Milwaukee Rescue Mission, COPE Services (Sirona Recovery Inc.) Interfaith Caregivers of Ozaukee County, Advocates of Ozaukee, Portal Inc. , Ozaukee Family Services, and Family Sharing. We also provide meals, in rotation with other churches, for a week at a time for Family Promise at their new facility. This enables our members to meet, in person, those we are helping and learning that they are people, just like us, who have fallen on hard times. Pastor also has a budget line for gas cards to be given to folks as the need arises.

In addition to the budget lines, our trust fund distributes funds for St. John Lutheran Scholarships, the Greater Milwaukee Synod, Lutheran World Relief, St. John Mercy Fund, Advocates of Ozaukee, Homeless Vets, Family Promise and Pine Ridge. For exact amounts, please consult your 2022 Annual Report.

An unbudgeted donation was also given to the Saukville Community Food Pantry. Our quilters have made quilts, which have been given to Port Light Shelter (Family Promise), the Senior Center in Menomonee Falls which distributes them to the homeless and Pine Ridge Indian Reservation. A monetary value can't be put on these gifts.

Every week, members of the congregation pick up and drive members, who no longer drive, to church for worship or for meetings. This too, is stewardship of time just like the sewing and tying of quilts. Thank you

St. John is a congregation that is doing God's work locally in our community and beyond. Could we be doing more? Absolutely!! In addition to increasing our financial support, we could be reaching out and serving our community with the gifts of our time and talents. Each of us has to determine what form that takes. What are some other ways that St. John as a congregation could be serving our community? These are questions that we must wrestle with both individually and as a congregation. May God bless your wrestling!

*Sharlene*, Stewardship Chairperson

(Portions of this article were taken from the ELCA publication, *Stewards of God's Love: A year-round guide to stewardship in your congregation.*)

## Birthdays & Anniversaries

- 9/3 *Andrew Porth*  
 9/8 *Joshua Pritzlaff*  
 9/8 *JoAnn Dowe*  
 9/10 *Edyn Allen*  
 9/11 *Jeff Kapke*  
 9/14 *Fritz Dowe*  
 9/16 *Hadley Gaurath*  
 9/19 *Joe Schauer*  
 9/23 *Mirabelle Christenson*
- 9/3/1966 *Bob & Barb Eichmann*  
 9/6/2014 *Kyle & Laura Christenson*

Please notify Church Office if we have missed someone. Thank you!



### Circle Meeting:

**Sarah Circle:** Monday, September 11, 1:00 PM at church

### QUILTING DATES

**Monday**  
**September 11 & 25**  
**9:00 - noon**

## Worship Assistants

### Assisting Minister:

September 3 - Robin Fatla  
 10 - Dennis Jaeger  
 17 - Gary Haas  
 24 - Bob Butt

### Usher:

September 3 - Jim & Carol Litvinoff  
 10 - Sue Dowe  
 17 - Fritz Dowe  
 24 - Monica Faretra

### Lector:

September 3 - Bob Butt  
 10 - Sue Dowe  
 17 - Carol Butt  
 24 - Robin Fatla

### Altar bouquets:

September 3 - Jeanine Burhop/ Robin Fatla  
 10 - Kim Galioto/ **OPEN**  
 17 - Levra Family/ **OPEN**  
 24 - Marion Meyer/ **OPEN**

### Fellowship hour:

September 3 - Ice cream social  
 10 - **OPEN**  
 17 - **OPEN**  
 24 - **OPEN**

### Counting Team:

September 3 - Borgne McClelland Team  
 10 - Dennis Jaeger Team  
 17 - Jim Litvinoff Team  
 24 - Peter Viesselmann Team



Rally Day will be September 10, 2023

Come join us for food and some fun activities for the children.

Join us on Sunday, September 10th at 11:00 to kick off the Sunday School year! Classes will follow the church calendar and will include a lesson and craft. Watch the PulseBeat every month for updates and class dates!





<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1 Pastor's day off	2
3 9:30 am - Holy Communion  10:30 am - Ice cream social	4 <b>Labor Day</b> Office is closed	5	6  Noon - Pastor's Lunch	7	8 Pastor's day off	9
10 <b>"God's work. Our hands." Sunday</b> 9:30 am - Holy Communion 10:30 am - Fellowship hour <b>Rally Day</b> - 11:00 am - Start of Sunday School	11 <b>Patriot's Day</b> 9:00 am - Quilting  1:00 pm - Women's Bible study	12 10:00 am - Bible study at Village Pointe Commons	13 Noon - Pastor's Lunch  5:15 pm - Confirmation kickoff event at Faith L.C.  6:30 pm - EPIC Listening Team	14  10:00 am - Goals Team	15 Pastor's day off	16
17 <b>Outdoor worship - weather permitting</b> 9:30 am - Holy Communion - WOV setting 5  10:30 am - Fellowship hour	18	19	20  Noon - Pastor's Lunch  5:15 pm - Confirmation class with dinner at Trinity L.C.	21	22 Pastor's day off	23
24 9:30 am - Holy Communion  10:30 am - Fellowship hour  11:00 am - Church Council	25 9:00 am - Quilting	26 10:00 am - Bible study at Village Pointe Commons	27  Noon - Pastor's Lunch  5:15 pm - Confirmation class with dinner at Trinity L.C.	28	29 Pastor's day off	30 9:00 am - noon - Food pack at Trinity L.C., Cedarburg

**St John Evangelical Lutheran Church  
Financial Summary For July 2023**

	July 2023			Year To Date 2023		
	Actual	Budget	Actual Over (under) Budget	Actual	Budget	Actual Over (under) Budget
Unified Income	\$ 9,020	\$ 14,755	\$ (5,735)	\$ 67,303	\$ 90,455	\$ (23,152)
<b>Expense Summary:</b>						
Education	\$ -	\$ -	\$ -	\$ 200	\$ -	\$ 200
Outreach	\$ -	\$ 42	\$ (42)	\$ (45)	\$ 292	\$ (336)
Worship	\$ 813	\$ 940	\$ (126)	\$ 5,193	\$ 5,512	\$ (318)
Youth	\$ 1,500	\$ 125	\$ 1,375	\$ 1,500	\$ 875	\$ 625
Stewardship	\$ -	\$ -	\$ -	\$ 201	\$ 200	\$ 1
Public Relations	\$ 20	\$ 20	\$ (1)	\$ 534	\$ 600	\$ (66)
Property	\$ 977	\$ 1,408	\$ (431)	\$ 16,426	\$ 15,598	\$ 827
Finance (incl. Mission Support)	\$ 8,509	\$ 8,595	\$ (86)	\$ 75,785	\$ 76,230	\$ (445)
<b>Total Expenses</b>	<b>\$ 11,819</b>	<b>\$ 11,130</b>	<b>\$ 689</b>	<b>\$ 99,795</b>	<b>\$ 99,307</b>	<b>\$ 489</b>
<b>Net Income (Deficit)</b>	<b>\$ (2,799)</b>	<b>\$ 3,625</b>	<b>\$ (6,424)</b>	<b>\$ (32,492)</b>	<b>\$ (8,852)</b>	<b>\$ (23,640)</b>

**Comparative 2022 Figures:**

Unified Income  
Total Expenses  
Net Income (Deficit)

@ 7/31/2022  
\$ 75,968  
\$ (91,159)  
\$ (15,191)

**Major Differences 2023 vs. 2022:** Income year-to-date 2023 is \$8,700 less than last year.  
Expenses year-to-date 2023 are \$8,600 more than last year.  
Major year-to-date expense item differences:

- Youth programming expenses are \$1,500 higher than last year.  
(2022 shared youth leader expense paid from Youth Fund)
- Overall wages expense \$4,200 higher than last year.
- Mission support payments \$600 higher than last year.

Thrivent Choice Gifts Rec. 2023: \$1,245  
Memorial Gifts Received 2023: \$125  
Budgeted Mission Support 2023: \$12,920 (All paid in February 2023)  
Added Mission Support 2023: \$0

	<u>@ 7/31/2023</u>	<u>@ 7/31/2022</u>
Assets At End Of Month	\$ 149,951	\$ 184,666

**Assets Are Needed to Support The Following Funds:**

Audio Fund (formerly Cassette)	\$ -	\$ -
Contingency Fund	\$ 24,116	\$ 32,726
Family Promise Fund	\$ 484	\$ 441
Fully Funded	\$ 85	\$ 322
Library Fund	\$ 505	\$ 505
Memorial Fund	\$ 133,871 <( incl. \$6,761 restricted)	\$ 138,354 <( incl. \$6,761 restricted)
Mercy Fund	\$ 2,760	\$ 2,260
Music Fund	\$ 162	\$ 162
Organ Repair Fund	\$ -	\$ -
Outreach Fund	\$ 539	\$ 2,337
Pastoral Education Fund	\$ 2,150	\$ 2,313
Property Fund	\$ 12,586	\$ 7,271
Scholarship Fund	\$ 3,339	\$ 2,189
Sign Fund (closed Jan. 2023)	\$ -	\$ 7,643
Youth Fund	\$ 1,848	\$ 3,335
Paycheck Protection (PPP) Loan	\$ -	\$ -
<b>Total Fund Requirements</b>	<b>\$ 182,443</b>	<b>\$ 199,857</b>
<b>= Asset Excess (Shortage)</b>	<b>\$ (32,492)</b>	<b>\$ (15,191)</b>

(Excess = budget surplus; Shortage = budget deficit)

# One in four people age 65 or older has a fall each year.



## Don't be one of them!

### Take a Stepping On Workshop!

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks, you'll learn:

- ▶ To identify and remove or avoid fall hazards both inside and outside your home
- ▶ How vision, hearing, medication, and footwear affect your risk of falling
- ▶ Strength and balance exercises you can adapt to your individual level
- ▶ To get back on your feet the right way if you do fall



Stepping On has been researched and proven to reduce falls by 30%!

### Join Us for Stepping On!

When: September 11, 18, 25, October 2, 16, 23, 30 seven Monday mornings, 9:00-11:00 am.

Where: Capri Communities, Harbor Campus, 425 W. Walters Street, Port Washington

To register: contact Kari Dombrowski at the Ozaukee County ADRC at: 262-284-8120 or email: [kdombrowski@ozaukeecounty.gov](mailto:kdombrowski@ozaukeecounty.gov)

Registration is required by September 6, 2023

Suggested Donation: \$20



# September 2023 Pulse Beat



1193 Lakefield Road  
Grafton, WI 53024

*“In God’s Word, Serving You and the World”*

## Worship Schedule

- Sunday Morning - 9:30 a.m.
- Fellowship hour - 10:30 a.m.

**IT IS OUR MISSION** as people called by God into the Congregation of St. John Lutheran Church to:

- Proclaim the Gospel in worship and daily life.
- Study and teach God’s Word.
- Fellowship among people of this congregation.
- Serve people in our surrounding community.

This is the **MISSION** and **MINISTRY** that we accept as fellow Christians at St. John Evangelical Lutheran Church of Lakefield.

*“Faithfully Serving Christ Since 1866”*

# Puzzle!

Use the clues to discover the names of some Old Testament prophets. Then unscramble the circled letters to describe what prophets are.

I was called to preach to the people of Nineveh but ran from God instead. (My book is #32 in the Bible.)  
\_ \_ \_ \_ \_ \_ \_ \_

I spoke God’s message when the temple was being built. (My book is #37.)  
\_ \_ \_ \_ \_ \_ \_ \_

Israel’s unfaithfulness to God is compared to my unfaithful wife. (My book is #28.)  
\_ \_ \_ \_ \_ \_ \_ \_

My book predicts punishment for wickedness and promises comfort. (It is #23.)  
\_ \_ \_ \_ \_ \_ \_ \_

I had dreams and visions. (My book is #27.)  
\_ \_ \_ \_ \_ \_ \_ \_

Because of my predictions, I was often in danger and angered officials. (My book is #24.)  
\_ \_ \_ \_ \_ \_ \_ \_

I was a shepherd from Judah who called people to turn to God and leave their selfish lives. (My book is #30.)  
\_ \_ \_ \_ \_ \_ \_ \_

My book contains descriptions of strange visions. (It is #26.)  
\_ \_ \_ \_ \_ \_ \_ \_

PROPHETS ARE \_\_\_\_\_

Answers: Jonah, Haggai, Hosea, Isaiah, Daniel, Jeremiah, Amos, Ezekiel, Messengers