

February, 2024

LIFELINES

The monthly newsletter of Lord of Life Lutheran Church

5601 Washington Rd. • Kenosha, WI 53144
E-mail Address: office@lordoflifekenosha.org Phone: (262) 656-1995



The season of Lent begins on Ash Wednesday, which is February 14th (yes, also Valentine's Day). We will offer a drive through distribution of ashes from 7:00 a.m. to 9:00 a.m., so pull up to the doors closest to the sanctuary on your way to work or school.

That evening we invite you to join us for:

Soup Supper at 5:30 p.m.

Worship in the sanctuary at 6:30 p.m. with the congregation and music of Spirit Alive! Lutheran Church



**Wednesday Evenings
February 21 - March 20**

5:30 p.m. Soup Supper

6:15 p.m. Worship

Both in Fellowship Hall

SERVING YOU AT LORD OF LIFE

Rev. Chip Lutz

- Pastor

Angie Wollschlager

- Church Administrator

Connie Wittmus

- Admin. Assistant

Sue Quever

- Parish Nurse

Claudia Murillo

- Bookkeeper

Kerry Bieneman

- Music Director

Nancy Cerminara

- Custodian

Church Council

Russ Brewer

- President

Matt Ley

- Vice President

Ralph McCarthy

- Treasurer

Lori Vogel

- Secretary

Tanya Brady

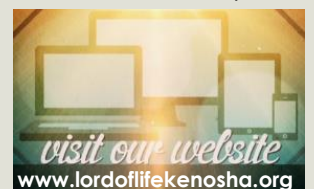
Julie Chase

Lynn Kancian

- Members-at-large

Office Hours

Monday - Wednesday
10:00 a.m.—12:00 p.m.



Like Us On
facebook 

[www.facebook.com/
LordofLifeKenosha](http://www.facebook.com/LordofLifeKenosha)

We are led by love and inspired by grace to serve.

FASTING FROM THE FURY!



JOIN THE LENT CHALLENGE!

See Pastor Chip's message on page 3 for details.

SCRIP POWER

In 2023, 35 households raised \$5,046 for Lord of Life, by purchasing gift cards weekly, mostly for gas and groceries. Just imagine the impact if more families participated!

How it works



You buy a gift card
You get the full value.



The brand gives back
No extra money comes out of your pocket.



Your organization earns
Impacting what matters most to you.

Support Lord of Life by buying gift cards to pay for your everyday shopping and spending year-round. Groceries, dining out, home improvement, and everything in between. It's the most convenient and effective way to fundraise because earning becomes part of your everyday life. Plus, gift cards are great for helping you to set and keep a weekly budget.



On Fridays we serve lunch and lead a Bible study at the ELCA Outreach Center. As of January 2024, we have partnered with Valeo's Pizza for the meal.

Join us at 11:30 a.m. to serve up a slice & enjoy a time of fellowship & serving the community. The ELCA Outreach Center is located at 6218 26th Ave.



FUNDRAISER! SUNDAY, FEB. 11, 2024 CHILI SUPPER

Pre-Ordering Required
Pick up, Take home, Reheat, Enjoy!

FEATURING:

RICH'S FAMOUS CHILI

PASTOR KATHY'S VEGAN CHILI

- CORNBREAD
- TOPPINGS
- HOMEMADE COOKIES FOR DESSERT



TICKETS:

\$15/EA. OR \$25 FOR TWO

PLACE ORDER AT CUSHKENOSHA.COM

OR BY CALLING BUNNY AT 262-654-7337

CASH / CHECK ACCEPTED FOR PAYMENT AT PICK UP

LAST DAY TO ORDER IS FRIDAY, FEBRUARY 9

Delivered to your car - 3:00-4:30pm
St. Mary's Lutheran Church - eastside
2001 - 80th St. Kenosha

**Saturday,
February 17
8:00 a.m.**



BAGELS & BIBLES
MEN'S FELLOWSHIP TIME



Our monthly night of trivia and fellowship will be held on Thursday, February 22nd at 6:00 p.m. in Fellowship Hall. Bring a snack or dessert and prepare to have fun!!

**"Be kind and compassionate to one another, forgiving each other,
just as in Christ God forgave you." Ephesians 4:32**

Happy February, Siblings in Christ!

Did you know that emotions are contagious? It's true...both positive and negative emotions can be passed along. It's a phenomena called emotional contagion. Think about it. How many times have you been in a great mood and you encounter someone who is not and then, all of a sudden, you've caught their bad mood. In the same respect, think about how many times the opposite has been true....where a simple act of kindness from someone transforms your day?

With that in mind, I'm going to try an experiment during Lent and I am inviting you to join me in "Fasting from the Fury" of the world and in participating in 40 days of Kindness.

Fasting during the Lenten season is rooted in the Biblical accounts of the 40 days Jesus spent in the wilderness fasting before beginning His public ministry. It is a time for our own penance, reflection and preparation for Easter. Many times, people will fast from a certain food (or too much food) or other personal luxuries. I am suggesting that we abstain from getting wrapped up in all of the anger and division in the world and, instead, indulge in random acts of kindness.

What better way to prepare for Easter than to really show Christ's love all around us?

To that end, we will be posting a suggestion every day (starting Ash Wednesday) on our Facebook page of easy kindness tips that can be done and encouraging you to share your experiences in what you do and what you see.

Perhaps, through fasting from the fury all around us and creating positive examples of what Christian living is about through kindness, we can create a landslide of love in our community. Wouldn't that be incredible? To help others catch the emotion of Christian love?

During this experiment, don't be shy in sharing what you've done or positive examples of kindness that you might see. You can post them on our Facebook page or, if you'd rather keep a low profile, email them to me and I'll post them (anonymously).

I look forward to hearing all about what's going in your world and how we can share the love of Christ all around!

Peace,

Pastor Chip

Dear Friends,

February is a month we see expressions of love for others and hopefully ourselves. The heart in our body and our blood pressure are also highlighted in February. Focusing on your blood pressure and knowing your numbers is important to your health and wellbeing. High blood pressure, also known as hypertension, is widespread, impacting almost half of all adults in the US. This condition increases the risk of heart attack, stroke, kidney disease, and heart failure.



The primary way that high blood pressure causes harm is by increasing the workload of the heart and blood vessels -making them work harder and less efficiently. Over time, the force and friction of high blood pressure damages the soft tissues inside the arteries. In turn, LDL (bad) cholesterol forms plaque along tiny tears in the artery walls, indicating the start of atherosclerosis (fatty deposits in arteries)

High blood pressure is a silent killer. Many people are walking around with unhealthy blood pressure numbers. There are no obvious symptoms when the blood pressure is high. Some people will get headaches and nose bleeds if their blood pressure is unusually high, but these symptoms could be related to other issues.

Blood pressure is recorded as two numbers. The top number is called the systolic blood pressure which tells how much pressure your blood is exerting against your artery walls when the heart contracts. The lower number is called the diastolic blood pressure which captures how much pressure your heart is exerting against your artery walls while the heart muscle is resting between contractions.

Normal blood pressure is when numbers are 120/80 or less. Hypertension Stage 1 is when blood pressures consistently range from 130 to 139 systolic or 80-89 diastolic. At stage one health care providers are likely to prescribe lifestyle changes and might add a blood pressure medication. Hypertension Stage 2 is when the blood pressure consistently is 140/90 or higher. At this stage blood pressure medications and lifestyle changes are prescribed. A hypertensive crisis is when the blood pressure readings are 180/120 or higher. When blood pressure is this high a person might experience chest pain, shortness of breath, back pain, numbness/weakness, change in vision or difficulty speaking. Do not wait to see if your pressure comes down on its own at this point. Call 911.



Usually, the health care provider pays attention to the systolic blood pressure when you are over 50 years old because this elevated number can be a sign of cardiovascular disease. The systolic blood pressure can rise as we get older because there is an increased stiffness of large arteries and years of plaque buildup on arteries which increases the chance for cardiac disease.

Here is a look at some lifestyle changes that can have a positive effect on your blood pressure. Did you know that if you lost 20 pounds of weight there could be a 5–20-point blood pressure reduction. Eating an overall healthy diet with more fruits and vegetables could reduce blood pressure by 8-14 points. Reducing sodium intake to 1500mg a day could reduce your blood pressure by 2-8 points. Physical activity every day like walking could reduce your blood pressure 4-9 points and reducing alcohol consumption could bring your blood pressure down 2-4 points. Put it all together and these changes can result in a 20–55-point blood pressure drop. That is the same outcome you would get from being on a bunch of medications. There are other things you can do, too. Reduce your caffeine intake and stress. Treat sleep apnea if you have it.

Shalom,

Sue Quever RN, FCN - Aurora Faith and Health Team

February 4
Dan & Cindy Lein

February 12
Rob & Amy Wikstrom



February 14
Tom & June Pomatto
Chris & Rhiannon Urso



Please don't forget to notify the church office of any changes to your contact information. This includes phone numbers, email address and home address.

Please contact the church office at
office@lordoflifekenosha.org
or (262) 656-1995 with any updates.

- 6 Bill Brust
Sofia Rademacher
- 7 Maddie Cooper
Liz Young
- 11 Jennifer Romano
- 12 Sarah Kersten
- 13 Jordan Gardina
- 16 Don Hurlbut
Kathy Cooper
- 18 June Pomatto
Blake Berry
- 19 Frank McDonald
Doug Kancian,
- 20 Diane Pomerening
- 21 Wilma Jenewein
Cody Iorio
- 22 Josephine Mayerak
- 23 Norma Lundstrom
- 24 Patti Molitor
- 26 Briar Thoe
- 27 Lindsay Deinhammer
Logan Fowler,
Ryan Johnson
Gary Kovacs
- 28 Benjamin Stanislawski

DECEMBER 2023 FINANCIALS

Funds on Hand	
Cash on Hand - General Fund	\$ 18,945.77
Cash on Hand - Savings Acct	\$ 62,999.07
Restricted Accounts	
MEMORIAL FUND	\$ 5,263.40
PASTOR'S DISCRETIONARY	\$ 1,086.49
WOMEN'S TEA	\$ 1,334.21
WOMEN'S FELLOWSHIP	\$ 552.85
YOUTH FUND	\$ 9,649.59
KINGFISH GAME	\$ (241.50)
HIGH FIVERS	\$ 169.01
RESTRICTED GIVING 23-25	\$ 32,000.00
COLLECTIONS FOR OTHERS	\$ 1,081.93
FOOD OUTREACH	\$ 513.03
Scrip Account	\$ 10,970.63
Scrip Card Inventory	\$ 20,235.33
LIABILITIES	
Credit Card Balance	\$ 206.79
Payroll Withholdings	\$ (110.87)
Mortgage Balance	\$ 1,085,310.07
Total Liabilities	\$ 1,085,405.99



December	
YTD Income - YTD Expenses	
YTD Income	\$ 312,295.55
YTD Expenses	\$ 339,027.13
YTD Revenue	\$ (26,731.58)
MEMBERS GIVING YTD \$33,982.39 OVER BUDGET	TOTAL EXPENSES YTD \$744.87 UNDER BUDGET

ELCA Benevolence Paid \$10,000.00

For a more detailed financial report including line by line income and expenses please contact the Church Treasurer, Claudia Murillo, at treasurer@lordoflifekenosha.org .Thank you!

For a more detailed financial report, including line-by-line income and expenses, please contact the Church Treasurer, Claudia Murillo at treasurer@lordoflifekenosha.org



SATURDAY VOLUNTEERS

February 3	February 10	February 17	February 24
Usher/Greeter			
Steve & Patsy Kolner	Kim Sly & Gary Kovacs	OPEN	Karen & Rick Musselman
Lesson Reader			
Connie Wittmus	Kathy Sadowski	OPEN	OPEN
Communion Wine Servers			
Jurey & Connie Wittmus	Kathy Sadowski	Karen & Rick Musselman	Kathy Sadowski
Altar Care			
Jurey & Connie Wittmus	Kim Sly & Gary Kovacs	Karen & Rick Musselman	Anna Kersten & Tracy Pavidonis
SCRIP sales			
Bill & Julie Remiker	OPEN	Bill & Julie Remiker	OPEN
Communion Bread			
Not Needed	Sonja Wolfe	Beth Files	Lisa Romano
A/V			
Chris Daugherty	Chris Daugherty	Angie Wollschlager	Jonah Sens






SUNDAY VOLUNTEERS

February 4	February 11	February 18	February 28
Usher/Greeter			
Norma & Cliff Lundstrom/ Wilma Jenewein, Greeter	Dan Lein	Becky & Russ Brewer	Tanya & Ed Brady
Lesson Reader			
Janet Meyer	Chris Daugherty	Becky Brewer	Steve Ketterhagen
Communion Wine (2)/Bread Servers			
Pam Leonard (wine) Kathy Miller (wine) Michelle Eisenhauer (bread)	Norma & Cliff Lundstrom (wine) Chris Daugherty (bread)	Kim Sly (wine) Gary Kovacs (wine) Steve Ketterhagen (bread)	Tanya Brady (wine) Kathy Miller (wine) Rhiannon Urso (bread)
Altar Care			
Lori Vogel	Kathy Miller	Michelle Eisenhauer	Kathy Miller
Coffee Hour Host			
Michelle Eisenhauer	Cathy & Kayla Rutkowski	Vogel Family	Joy Buttke
SCRIP sales			
Pam Leonard	Pam Leonard	Kim Sly	Lori Vogel
Communion Bread			
Lisa Romano	Kathy Miller	Beth Files	Kathy Miller
A/V			
Angie Wollschlager	Matt Bieneman	Ralph McCarthy	Matt Bieneman

To sign up to volunteer, visit <https://lordoflifekenosha.org/serve>
WE are the church!

LOL CALENDAR OF EVENTS

FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 7:00 p.m. AA	2 11:30 a.m. PB & Jesus @ Outreach Center	3 5:00 p.m. Contemporary Worship
4 9:00 a.m. Worship & Sunday School 10:00 a.m. Coffee Fellowship 10:15 a.m. Adult Ed.	5 6:00 p.m. Confirmation 7:00 p.m. Bible Study Online	6 9:30 a.m.— 3:30 p.m. Our Harmony Club	7 12:00 p.m. Ladies of Lydia	8 6:30 p.m. Women's Online Bible Study 7:00 p.m. AA	9 11:30 a.m. PB & Jesus @ Outreach Center	10 5:00 p.m. Contemporary Worship
11 9:00 a.m. Worship & Sunday School 10:00 a.m. Coffee Fellowship 10:15 a.m. Adult Ed.	12 6:00 p.m. Confirmation	13 7:00 p.m. Council meeting	14  ASH WEDNESDAY 12:00 p.m. Ladies of Lydia 5:30 p.m. Soup Supper 6:30 p.m. Worship	15 6:30 p.m. Women's Online Bible Study 7:00 p.m. AA	16 11:30 a.m. PB & Jesus @ Outreach Center	17 8:00 a.m. Men's Bagels & Bibles 5:00 p.m. Contemporary Worship
18 9:00 a.m. Worship Sunday School Nursing Home Visit 10:00 a.m. Coffee Fellowship 10:15 a.m. Adult Ed. 3:45 p.m. Community Meal @ Living Faith	19  6:00 p.m. Confirmation	20 9:30 a.m.— 3:30 p.m. Our Harmony Club	21 12:00 p.m. Ladies of Lydia 5:30 p.m. Soup Supper 6:15 p.m. Worship	22 6:30 p.m. Women's Online Bible Study 6:00 p.m. Trivia Night 7:00 p.m. AA	23 11:30 a.m. PB & Jesus @ Outreach Center	24 5:00 p.m. Contemporary Worship
25 9:00 a.m. Worship & Sunday School 10:00 a.m. Coffee Fellowship 10:15 a.m. Adult Ed.	26 6:00 p.m. Confirmation	27	28 12:00 p.m. Ladies of Lydia 5:30 p.m. Soup Supper 6:15 p.m. Worship	29 7:00 p.m. AA	 SORRY, SON... THERE'S NO APP FOR THAT	

MINISTRY OF THE MONTH

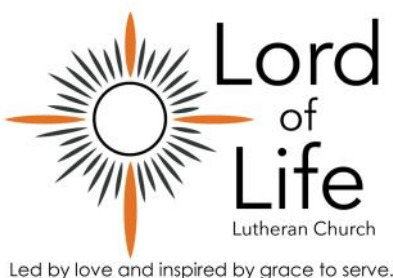


This month we will kick off a new way to support our monthly Community Meal ministry, served at Living Faith Lutheran Church.

See the display in the narthex to select a tag, purchase that item, and bring it back by the requested date.

We'll have tags up starting February 11th for the March 10th serving date. Monetary donations earmarked "Community Meal" are also welcomed.

If you'd like to join us to serve the meal, we meet the second Sunday of every month at 3:45 p.m. at Living Faith; 2915 Wright Ave, Racine, WI 53405.



www.facebook.com/LordofLifeKenosha



Evangelical Lutheran
Church in America
God's work. Our hands.