

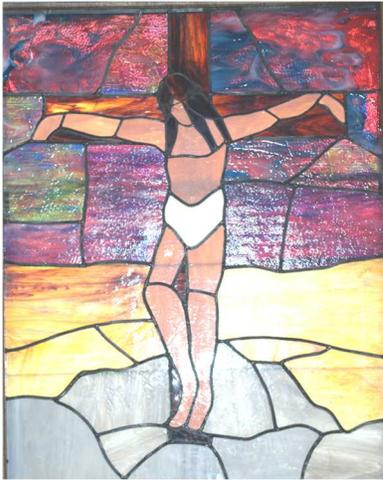


The Messenger

*News about our church,
our ministries and our people*

March 2015

Living Waters Lutheran Church and Preschool

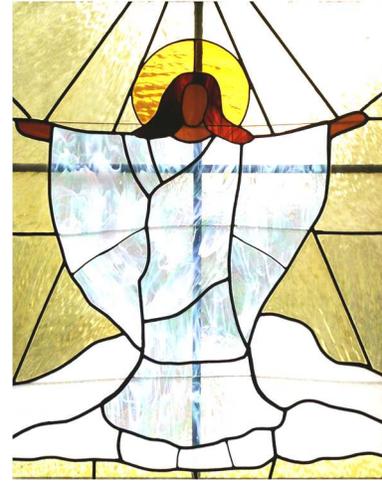


**From Death on a
Cross...**

to the Risen Lord.

**For us, for the
world.**

Forever free.



Two of our stained glass windows summarize the story of this season. You need to be a part of the story as we remember, reflect and celebrate throughout Lent and Easter. Don't miss this opportunity to learn, grow, and to be, once again, in awe of what God did.

Lenten Sundays: March 1,8,15,22

Pastor Shiell delivers a sermon series:

About Christian Character: Becoming Like Christ

7:00 Wednesday Midweek Lenten Services: March 4,11,18,25

Church Family Devotions — A Bible study series based on Exodus 20 by Dr. James Limburg:

Free at Last—Now What Do We Do?

Palm Sunday, March 29—The beginning of Holy Week

Maundy Thursday—April 2, 7:00

Good Friday—April 3, 7:00

Easter Sunday, April 5

Celebrate the resurrection of our Lord at 8:15 and 10:00
(no Sunrise Service this year)

From the Pastor

By: Pastor Dell Shiell

For where two or three are gathered in my name, I am there among them. (Matthew 18: 20 NRSV)



Fellowship is essential for a healthy church. On the most basic level, fellowship is simply getting together and getting to know each other.

On Sunday morning, fellowship occurs before worship, during worship, as people make their way out of the sanctuary after worship, as people visit in the church lobby or during coffee fellowship in the social hall.

During the week, fellowship happens in so many ways that there seems to be no point in trying to make a list of them. Just consider all the times that people are getting together for Bible study, to plan or to carry out ministry, or to simply hook-and socialize with others from church.

Fellowship is so important that we need to be intentional about planning specific fellowship events.

A year ago, Diane and I announced that we were launching a series of "Let's Get Acquainted" coffee fellowship events. The purpose of this "project" was to gather old and new church members, visitors, and friends of the congregation to share a cup of coffee and to get better acquainted.

So far, around 120 people have attended one of these fellowship events with us. These events have been a pleasure, but it has been especially gratifying to experience people connecting with each other in meaningful ways. Diane and I are nearing the end of this project—and we want to thank everyone for participating. A special "thank you" goes to Karen Hoepfner who has

maintained our schedule, as well as contacted and invited people to attend these events!

If anyone has not yet attended one of these "Let's Get Acquainted" times—and you would like to do so—please contact Karen so she can include you in the schedule before the end of April. You may call Karen (941-429-0521) or send her an email (angelrabbit6@comcast.net).

Meanwhile, I want to encourage you to participate in other fellowship events.

March 14 (9:00 am) is Church Clean Up Day. Come and help clean the church—and get to know others at the same time.

On March 22 (4:30-7:30 pm), attend the Spaghetti Dinner with entertainment by singer/guitarist, Michael Hirst. In addition to getting better acquainted with others, you can help with this fundraiser for new church Christmas decorations.

On Wednesday nights during Lent, attend a Midweek Service (7:00 pm), to worship and visit with others before and after our "Church Family Devotions" (which is how I like to think of our midweek services).

Look around. Check out the church calendar. There are so many ways you can get to know others—and to make it possible for them to get to know you.

Fellowship—it's not just good for us. It's necessary.

*In Christ,
Pastor Dell*

GENTLE REMINDER
Living Waters
Spring Clean Up Day
Saturday, March 14, 9:00am
...With Good Eats Too

Inside and out...join your fellow members for a morning of sprucing up our church. Bring the tool or tools you want to use. See Paul Cartwright for more details. Refreshments will be provided for all the volunteers. Sign up in the Narthex.



Good Food and Good Music = A Great Time

Join the fun at Living Waters on Sunday, March 22

Starting at 4:30, you can indulge in wonderful, Italian food prepared by Rick Backiel as you listen and sing along with Michael Hirst and his guitar. In the process, you can help us raise money for replacing the church's Christmas decorations which have begun to deteriorate.

Tickets are \$12 per person and include dinner, beverages, entertainment and dessert.

The Dessert Will Be Something Special

We are looking for about 10 truly spectacular desserts that will be entered in a drawing. Each table will draw a number and will win the corresponding dessert to share right there. If you make or can bring a killer dessert you are willing to donate to the dinner, please see Jane Fundyga. This will be fun and you just don't want to miss it. Tickets are on sale.

Make Palm Crosses on
March 28



It's a tradition at our church and at many others to make a palm cross for each person who worships with us on Palm Sunday. Once you get the hang of how to do it, the task goes quickly and we have some fun in the process. Join us at 9:00 and plan to stay until about 11:00 if you can.

Never tried it? Now's the time to give it a whirl. See Jane Fundyga or Judy Johnson if you have questions.



Healing Service – 3rd Wednesday

"Are you hurting? Pray. Do you feel great? Sing. Are you sick? Call the church leaders together to pray and anoint you with oil in the name of the Master."

James 5:13-14 (The Message)

At 11:00 am, on the third Wednesday of each month, we have a Service of Prayer for Healing at the church (With Anointing of Oil and Home Communion). This is for all in need of healing—of body, soul, and mind. Join us. You are welcome.

Altar Guild News

A note from
Adeline
Banks



After 10 years of chairing the Altar Guild, I have turned over the Chair's responsibility to two very capable and responsible women. Carolann Cortese and Debbie Stankiewicz have accepted the position to co-chair the Guild effective March 1, 2015.

Also, I want to welcome to the Altar Guild team two new members: Cindy Chitwood and Gayle LeClair. The rest of the Altar Guild members include Betty Drechsel, Marty Savard, Marilyn Keleher, Kris Dines, and Paul and Barb Cartwright. It is a pleasure to work with this group doing "God's work - our hands."

We are fortunate at Living Waters to have such dedicated people in our congregation. Thank you to all the Guild for all the work you do during the year to prepare the altar for worship and to make our Services to the Glory of God.

Memory Garden Information

You may be familiar with special bricks that can be placed in the Living Waters Memory Garden to commemorate a loved one. You may not be familiar with the established protocol for how the remains of a loved one are placed.

- The cremated remains of members, family of members and friends of the congregation may be placed in the garden. The remains are scattered, not placed in a container or observed with any kind of marker.
- Scattering of the ashes is done privately by the Pastor. Because the entire garden is intended to be a place of memory, the placement of someone's ashes will not be made known.
- There is no fee for scattering. Contributions to the Memorial Garden fund are accepted to help with upkeep. Specific gifts of plants or any other permanent fixtures are not accepted. Monetary gifts may be made which can be applied to the purchase of a specific item subject to the approval by the Memory Garden committee.

Please see Valerie Biassi for details on personalizing and purchasing bricks.

Seniors Connecting To Joy Part 2 of 3

By: Evelyn Mueller, Director, A Special Time

From a physiological perspective, happiness has been linked to increased activity in the brain's left prefrontal lobe, as well as a decreased amount of the stress hormone cortisol in the bloodstream. Several neurochemicals are involved in the brain connection that keep us happy: dopamine, endorphins, serotonin, and oxytocin play roles in the brain-happiness connection.

When we are happy, we experience less stress, thus we are not affected by the damage stress and cortisol can do to our bodies and minds.

Once we find and maintain happiness, we can experience its physical effects. We tend to laugh more and laughing produces endorphins, leading to more good feelings. Laughter is known to improve respiration, lower blood pressure, relax muscles, stimulate organs such as heart and lungs, improve brain functioning, activate and relieve stress response, and soothe tension. Many believe that laughter's long term effects strengthen the immune system, relieve pain, increase personal satisfaction, and improve mood. So now, let's find effective ways to wag our tails and connect to our joy.

YOUTUBE

YouTube is a video-sharing web site and an effective tool to find stories, pranks, pet stories, baby antics, and more that bring smiles to the face and joy to the heart. Once you locate www.youtube.com you can search for topics that seniors may like (i.e. clean humor, puppies, and laughter yoga). When we are comfortable, we are more open to learning, sharing, and growing. Sharing humor ignites

enthusiasm, positive feelings, and optimism, even if we are not naturally funny.

JOKES & HUMOR

Telling jokes can serve many purposes. It can be a distraction in that it brings the focus away from anger, guilt, stress, and negative emotions to a more stress-free and positive space. Humor provides a lighthearted perspective and helps us view events as challenges, thereby making them less threatening and more positive. Telling a joke and adding humor with laughter connects us with others and is contagious.

By elevating the mood of those around us with laughter, we can reduce stress levels and perhaps improve the quality of the social interaction we experience with each other.

BOOKS

Reading provides lifelong learning. It promotes active and social engagement while improving concentration and focus and fosters a sense of personal empowerment for a more fulfilling and enjoyable lifestyle. Reading and learning nourishes the mind and body in the active pursuit of knowledge. It keeps the brain active and healthy for a lifetime. Especially when we are learning new things, we may strengthen brain-cell networks and help preserve mental functioning.

You can do this at your own pace with activities such as reading books, the newspaper, and working crossword puzzles. Reading offers growth and brings joy in numerous ways.

More ways to connect with joy will be shared in the April issue.



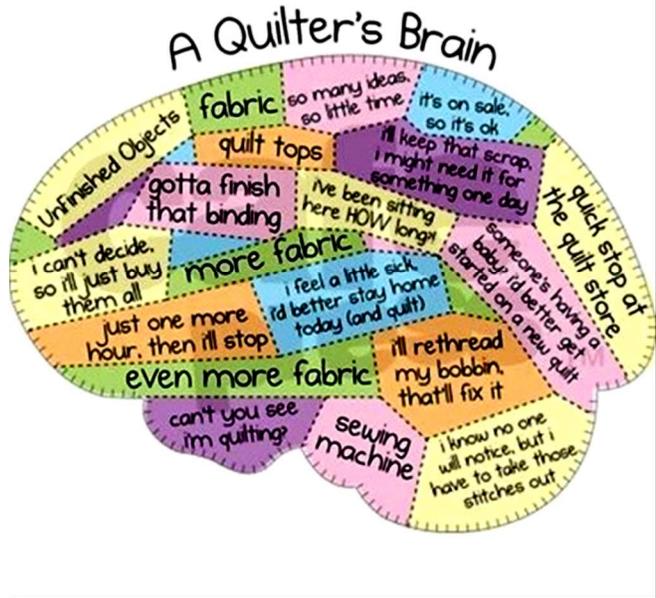
Cut-Ups News

By Carol Lundquist

Another new quilting year began on February 11. On February 6 we delivered 217 quilts to Redeemer Lutheran Church in Bradenton – the first of many stops before they arrive at the distribution center in New Windsor, MD. Last year Lutheran World Relief distributed 469,000 quilts throughout the world and they hope to match or increase that number this year. It is always exciting to see the yearly map LWR sends out showing not only which countries have received quilts, but the number they have received. It reminds us of what an impact many churches working together can have in bringing comfort to those in need.

We meet from October through April but some of our members work year round. A special thanks to Carol Piltz for all the sewing she does at home so that we have an abundant supply of completed quilt tops waiting to be assembled when we begin to meet again in October. Thanks also to Kay Stanek for the hundreds of squares she cut and brought to us from up north, and to other members of our group who shop the thrift stores and rummage sales for the sheets and fabrics used for backings and quilt tops. Our biggest expense is the batting we use between the top and back of each quilt. It is only made by one company, in Oklee, Minnesota and each roll is enough for about 27 quilts.

As always, we welcome new members to our group. No sewing experience is necessary. We meet each Wednesday from 9am – 12:00, and always take time to enjoy coffee and conversation together. Donations of sheets, fabrics and other materials can be



marked and dropped off at the church, and monetary donations to cover the cost of batting are also appreciated. Please direct any questions you may have to Carol Lundquist at 906-362-5848 or Wanda Boeck at 941-426-2471.

Quilt Raffle Held in March

During our six month quilting season we need eight rolls of batting costing approximately \$864.00. Last year we had a very successful quilt raffle to help defray the cost of the batting and we plan to have another raffle this year during March.

Carol Piltz has completed a beautiful queen size quilt, which is on display in the Narthex. Tickets will be sold each Sunday and the drawing will be held on the last Sunday of the month. We appreciate your support for this fund raiser.

Spring Gathering of Women of the ELCA

By Gayle Backiel

“As for me and my house we will serve the Lord.”
Joshua 24:15b.

This is the theme verse for the Spring Gathering for the women of the church also known as Women of the ELCA.

This year the Gathering will be held at Holy Trinity Lutheran Church in Port Charlotte on March 21 from 9:30 until 2:00. A registration table will be set up in the Living Waters Narthex on Sunday, March 1, 8 and 15 for you to sign up and purchase tickets. We will car pool from the church parking lot at 9:15.

Come join other women from Living Waters and several other churches in the Mid Gulf Conference for Bible Study, Fellowship and Worship. The donation for the day is \$10.00 and includes a luncheon.

For more information contact Gayle Backiel at 423-6609, Kris Dines at 625-8090 or Sheri Moehling at 429-1225.

Be an Example to Our Youth

By Patty Pauley

Greetings from the youth:

We are learning about prayer this month and are making an interactive bulletin board. We would like for people to take a card, write a prayer on it (any kind of prayer) and place it on the board.

Let's get everyone involved and show the youth how important prayer is in our spiritual journey. Thanks and Amen!



Prayer Shawl Ministry Update

By Char DeWitt

The Prayer Shawl Ministry continues to knit and crochet prayer shawls for members and friends of Living Waters. We also create baby blankets and hats which are donated to a local hospital for newborns. A new project was requested by Shirley Wecker. Her daughter is involved with a charity for children with progeria, a disease that causes rapid aging. We will make small shawls for them. We are also making blankets for children who end up in protective services. This is the Love Gift for the W/ELCA Fall Gathering. This is a very busy group!

From Here to Eternity *The IRA and Charitable Gifts*

By Pastor Dell Shiell



Now and then, I check on legislation that affects the use of the IRA for charitable gifts. Most legislative activity in this regard has had to do with lifetime gifts from one's IRA.

The last few years, Congress has passed legislation just in time before the end of the year so retirees (age 70 ½ and older) could make a charitable gift from their IRA. Most recently, on December 16, 2014, the Senate approved legislation to retroactively reinstate the IRA charitable rollover for 2014. That provision, signed by the president on December 19, lapsed on January 1, 2015. Living Waters has benefited from a few gifts when members have taken advantage of this type of legislation.

On February 12, the House of Representatives passed the America Gives More Act of 2015 (H.R. 644) that would make permanent the IRA charitable rollover and the enhanced charitable deductions all of which expired on January 1, 2015. Whether or not this will be approved by the Senate and become law

remains to be seen.

However, by far and away, the most important use of IRA for gifting purposes (from a tax planning perspective—and from our perspective as a church) involves naming Living Waters as a beneficiary for your IRA.

When you name a family member as the beneficiary of your IRA (except for a spouse), then income tax must be paid on the IRA (regardless of any estate tax that may or may not be due)! This is called "income in respect of a decedent." However, when a qualified charity (like The Living Waters Fund) is named as the beneficiary for an IRA (or other qualified plan), 100% of the gift goes to charity.

For more information about the tax advantages of naming Living Waters as the beneficiary for your IRA, contact an attorney. Remember, The Living Waters Fund will "help" with the cost of a will when you include our church in your will or estate plans.

	Living Waters Legacy Certificate
	Receive \$100 (Single) or \$150 (Couple) Toward Attorney's Fee when you name Lutheran Church of the Living Waters or the Living Waters Fund in your will. Payable To Attorney when invoice presented to: Living Waters Lutheran Church, PO Box 8064, North Port, Florida 34290 Expires: June 1, 2015 LivingWatersLutheran.com

On a personal note...

Happy Birthday To You

Mar. 5 Tessa Hernandez
Mar. 8 Amy Pena, Mike Poe
Mar. 9 Jim Sheils
Mar. 10 Craig Bitler
Mar. 11 Amber Jones
Mar. 13 Carol Colvin
Mar. 16 Bob May
Mar. 17 Diane Shiell
Mar. 18 Neala Olson
Mar. 20 Char DeWitt
Mar. 23 Mary Burns
Mar. 26 Lorraine Wohlert
Mar. 27 Patty Pauley
Mar. 30 Jane Fundyga, Shawn Hauser,
David Lanning
Mar. 31 Jamie Kolb

The Messenger is published monthly by Living Waters Lutheran Church with printed copies usually distributed the first Sunday of each month. Copies are also available at: www.LivingWatersLutheran.com and via email distribution.

To have information included in the newsletter, please write your content and send it to Judy Johnson, editor and publisher: j3john@comcast.net. Articles must be submitted by the 21st of each month, unless otherwise specified, for publication the following month and may be edited.

Prayer request: Please remember Pastor Joel and LouAnn Olsen in your prayers as LouAnn undergoes surgery at Tampa General on March 13 for a benign tumor on her thyroid. They will be heading back to Wisconsin sometime after she has had a chance to recover. We wish you well and look forward to your return to Living Waters in September.

Dates to Remember

March 7: Saturday—Set your clocks ahead one hour before you go to bed

March 14: Spring Clean up day at church, 9:00

March 21: W/ELCA Spring Gathering

March 22: Fellowship dinner with entertainment, 4:30—7:30

March 28: Make palm crosses, 9:00

March 29: Cut Ups quilt winner chosen

Wednesdays in March: Lenten Midweek services, 7:00

April 2: Maundy Thursday service, 7:00

April 3: Good Friday service, 7:00

April 5: Easter Sunday services, 8:15 and 10:00 (no Sunrise Service this year)

Physical Address

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If you have questions about our church, its ministries or about becoming a member, please contact Pastor Dell Shiell via email at: pastor@livingwaterslutheran.com