

FEBRUARY

HIGHLIGHTS

- **Progressive Dinner Pictures**
- **Pioneers Pine Car Derby**
- **Youth Group**
- **Health**
- **Family Math and Science Night**

FROM THE PASTOR

I struggle with loneliness.

Can God help me find companionship?

“Hi ho Silver, away!” Those are feel-good words. The bad guys are in jail. The good guys win. The sun sets. Everyone’s happy. Well, almost everyone. At the end of the day the hero is still the LONE Ranger. Ever felt like the LONE Ranger? You saved the office from certain peril. You arrived with your son’s glove just moments before he took the field. You made everyone happy. You should feel like a hero. But so often when the sun sets, the feelings of loneliness rise. Like the Lone Ranger, at times our days end only with the companionship of a faithful, four-legged friend. Can God help me find real companionship?

Imagine how Adam must have felt when he was the only human on the planet. Talk about lonely! But God saw Adam’s deep need for companionship. Then by the power of God’s creative hand, Eve walked into his life. She was perfect for him. If only God had a silver bullet like that for us! Without sin, our loneliness would vanish as quickly as Adam’s companionship appeared! But sin is real. We see it in everyone else. We see it in ourselves. And when we see sin, loneliness sets in. Listen to these words from a man who was no stranger to loneliness. While unfairly sitting in prison, the apostle Paul said: “I press on to take hold of that for which Christ Jesus took hold of me” (Philippians 3:12). More than a friend who tells you to “get out there”

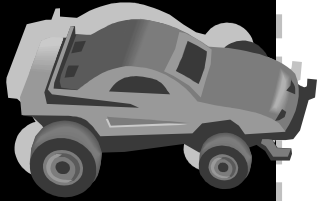
and find someone, these words tell you that Jesus got down here and found you. He took hold of you so you could “press on toward the goal to win the prize for which God has called you heavenward in Christ Jesus” (Philippians 3:14). The silver bullet of companionship is seeing yourself as a companion of Christ. His love forgives your sin and creates a relationship with you unlike any other. Through faith in Jesus you are never alone. Have you been hiding your feelings of loneliness behind the mask of heroism? It’s time to take off the mask. Look at Jesus. See who you really are – a forgiven, grand-prize recipient of eternal life in heaven. Then, come and see us. Let’s take off our masks together and learn more about Jesus, our true hero, who alone saves us.



Surprising words from
our Savior’s passion

**g^L OF c^C
o^okc** Lent 2012

Wednesdays at 7:00 pm



GARAGE SALE!

The youth group will be having a fundraising garage sale . Contact Alex Janosek if you have any items you would like to donate.

PIONEER PINE CAR DERBY

There is still time to enter the Pine Car Derby!

Pioneers will host the Pine Car Derby on Sunday, February 19th, beginning at 2:00 p.m. Judging for craft division will take place on Saturday, February 18th. Trophies will be awarded in Craft and Speed

Divisions. There will be an Open Division for teens and adults to compete in speed.

Cars entered into the craft division must be at Gethsemane by 10:00a.m. on Saturday the 18th. Cars that will only compete in the Speed Division may enter on Sunday at 2:00p.m.

There are only a few cars

left. Please see Alene Grimes to purchase or enter your car.

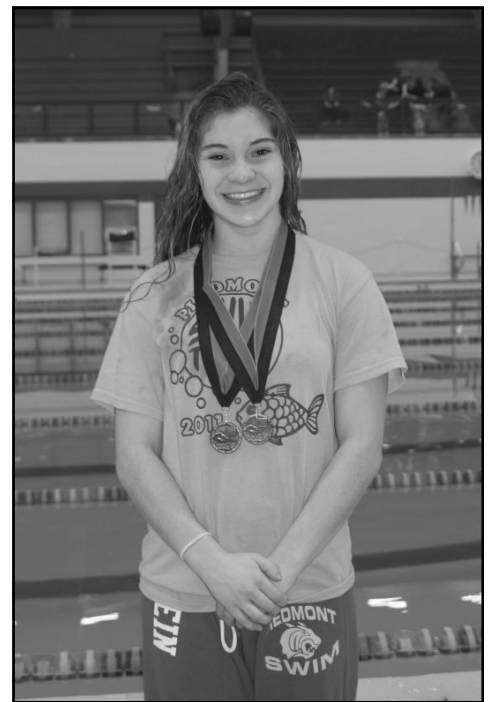
Everyone is invited to participate. Come join in the fun and help cheer on your favorite cars! - Alene

MOVING

As many of you know our house is on the market and we plan to move to Idaho. We are sad to go but will put us closer to family. I am asking if there is anyone that would consider doing the flowers for the altar. If you are interested, please let me know. Pat Peterson 562.3427

CONGRATULATIONS!

Kasey swam in the Suburban Conference swim meet Feb. 7 in Harrah. She swam against Harrah, Shawnee, Carl Albert, Chickasha, Deer Creek. Kasey swam the 200free and the 500free and placed 1st in both events and broke the conference records on both events. She was also voted Most Valuable Female Swimmer for the 2nd year in a row. She has made state times in all her events. She will swim Feb. 17prelims and 18 finals at OCCC 10:00 for the state meet. It will be broadcast live by Cox cable for 5A and 6A schools.



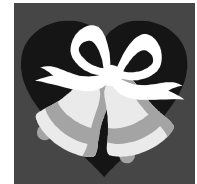
TIE-DYE FUN WITH THE YOUTH

Tie-Dye Fun Nine youth members scrunched, twisted, banded, squirted and otherwise colored their t-shirts on Sunday, January 8. Results? Well, my shirt looks like the victim of a major dyeing accident. Anyone else? We'll have to have a "tie-dye shirt" event to compare notes. - Alex



FEBRUARY BIRTHDAYS

Julia Seely - 1st
Kristen Kemmis - 5th
Raychel Schatzer - 8th
Ava Lewis - 9th
Jan Heidorn - 12th
Ryan Siewert - 13th
Amy Hering - 14th
Makayla Sweeney - 18th
Carol Mencke - 19th
Christian Fishburn - 27th



FEBRUARY

ANNIVERSARIES

Steve & Oralia Rein
February 7th

Ed & Gerry Korell
February 12th

Jeff & Connie Kemmis
February 20th

Mike & Jill Hering
February 24th

If we forgot your birthday or anniversary
please contact Tammy Brewer.

FAMILY MATH & SCIENCE NIGHT

Family Math and Science Night GLS is hosting a Family Math and Science Night on Friday, March 9 from 6:30-8:30 p.m. It will be held at the same time as a school open house and in place of the typical science fair normally held. The community will be invited and we're praying for a great turn-out! All students in grades 1-8 will be responsible for one experiment. The experiments will be hands-

on and geared towards children from ages 3-6. These types of science experiments are often referred to as "discrepant events." Students will not be expected to stand by their experiment all night, rather they will have materials and instructions clearly laid out so families can move at their own pace and read the directions for themselves. If you would like more informa-

tion please contact Mrs. Trowbridge or Mr. Fredrich.



CAMP SHILOH RETREATS

CAMP SHILOH RETREATS

Men's Retreat

Gentlemen, please check your calendars and mark March 16-17, 2012 for our 7th annual Men's Retreat. Our presenter will be Mr. Brian Lampe. He is an active lay member of his congregation in the Milwaukee, Wisconsin area who has led a number of seminars and retreats as part of Christ Empowered Opportunities Ministries. This group's purpose is to encourage every man to a continual journey of repentance, restoration and freedom found in the forgiving and loving heart of our Triune God. The theme of our retreat is **Fearless Faith**. The cost for this retreat for materials, housing, food and a T-shirt is only \$79. You can register by calling the office, or you can register on line from our website www.campshilohretreat.org under sign up for event. Please sign up by March 5. There is a \$15 late fee if you sign up after March 5. Young men in high school and college are encouraged to come with their fathers or grandfathers. If a father or grandfather brings 1 high school or college age son or grandson along that son's or grandson's fee will be \$65. If a father or grandfather has a second or third high school or college age son, that son's fee will be \$55.

Summer camp schedule

Teen Camp—June 17-22

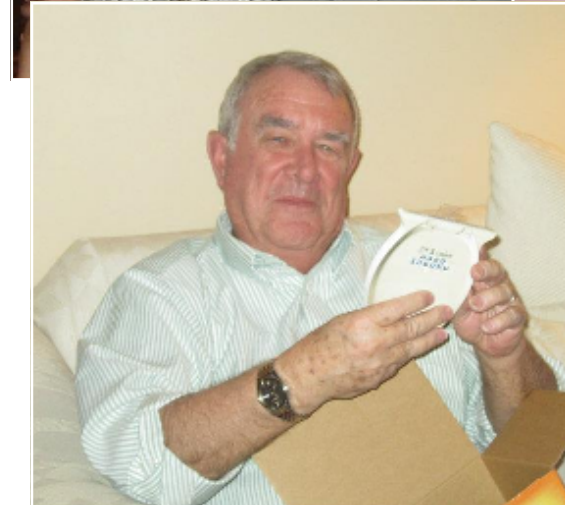
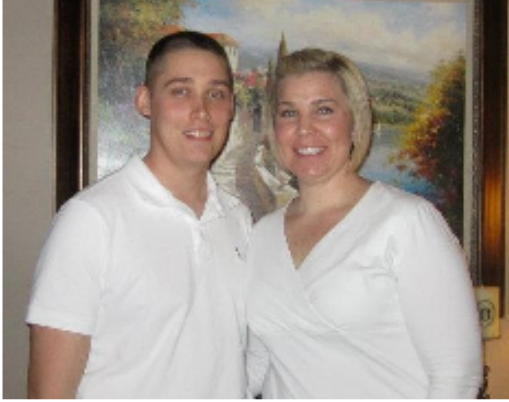
Faith and Science camp—July 8-13

Pathfinders camp—July 15-20

Trailblazers camp—July 22-27

Check out www.campshilohretreat.org for more details about each camp.

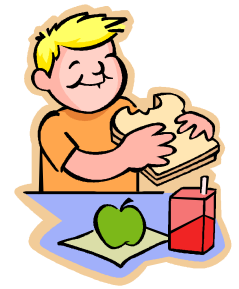
PROGRESSIVE DINNER PICTURES





GET YOUR PLATE IN SHAPE

The Ins and Outs of Health Claims on Food Labels



Ever wonder about the difference between "reduced fat" and "low fat"? Or does "light" on a label really mean no fat? The Food and Drug Administration has strict guidelines on how these food label terms can be used.

Here are some of the most common claims seen on food packages and what they mean:

- **Low calorie:** Less than 40 calories
- **Low cholesterol:** Less than 20 mg of cholesterol and 2 gm or less of saturated fat per serving
- **Reduced:** 25 percent less of the specified nutrient or calories than the usual product
- **Good source of:** Provides at least 10 percent of the Daily Value of a particular vitamin or nutrient per serving
- **Calorie free:** Less than five calories per serving
- **Fat free/sugar free:** Less than 1/2 gram of fat or sugar per serving
- **Low sodium:** Less than 140 mg of sodium per serving
- **High in:** Provides 20 percent or more of the Daily Value of a specified nutrient per serving
- **High fiber:** Five or more grams of fiber per serving
- **Lean (meat, poultry, seafood):** Ten grams of fat or less, 4 1/2 grams of saturated fat and less than 95 mg cholesterol per 3 ounce serving
- **Light:** 1/3 fewer calories or 1/2 the fat of the usual food
- **Healthy (individual food item):** Low fat, low saturated fat, less than 480 mg sodium, less than 95 mg cholesterol and at least 10 percent of the Daily Value of vitamins A and C, iron, protein, calcium and fiber.

The FDA also sets standards for health-related claims on food labels to help consumers identify foods that are rich in nutrients and may help to reduce their risk for certain diseases. For example, health claims may highlight the link between calcium and osteoporosis, fiber and calcium, heart disease and fat or high blood pressure and sodium.

Ways to Shave Calories

When it comes to healthy weight management, small steps add up. In fact, little changes in eating and activity level have a more positive impact on health than drastic ones. This is because you are more likely to stick with smaller changes over time. Extreme diets and intensive exercise regimens may work well at first, but they rarely last over the long term.

Healthy weight is all about balancing food intake with physical activity. Most of us could improve our energy balance by shaving just 100 calories a day off our usual intake. It's not difficult:

- Lighten up your favorite coffee drink with non-fat milk and sugar-free syrup.
- Trim all fat from beef, pork and chicken. Remove the skin from poultry.
- Dish up slow-churned, reduced-calorie ice cream in place of regular.
- Enjoy raw vegetables with salsa or fat-free ranch dip instead of chips.

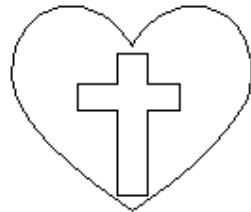
SMALL CHANGES ADD UP

Here are more great ideas that will cut calories from your daily intake, possibly without your even noticing:

1. **Downsize Your Dishes.** Use smaller plates and bowls to help you eat less. We tend to fill up the dish we're using and then eat it all. Our brains also think we are getting more when the same amount of food is placed in a smaller dish.
 2. **Savor Your Meals.** Eating slowly helps you consume only what your body needs to feel satisfied. Eating too quickly, in less than 20 to 30 minutes, leads to overeating and feeling uncomfortably full afterwards.
 3. **Leave Some Food on Your Plate.** This is especially important if you grew up in the "clean plate club." By leaving even a few bites, you can focus more on your internal signals of satisfaction and less on eating food just because it is there.
 4. **Don't Eat Out of a Bag or Box.** When you eat out of a package, you are likely to keep eating until it's all gone – no matter how many servings the package actually contains. Pour one serving into a small bowl.
 5. **Choose Your Glass Wisely.** Here's another place where our eyes play tricks on us. When glasses are short and wide, we tend to fill them with more fluid and to drink more. Use a slender glass for any beverage except water.
- Rethink Your Drinks.** High-calorie beverages like soft drinks, juice drinks, energy drinks, specialty coffees and alcohol add calories just like solid foods. Whenever possible, replace these drinks with plenty of water.

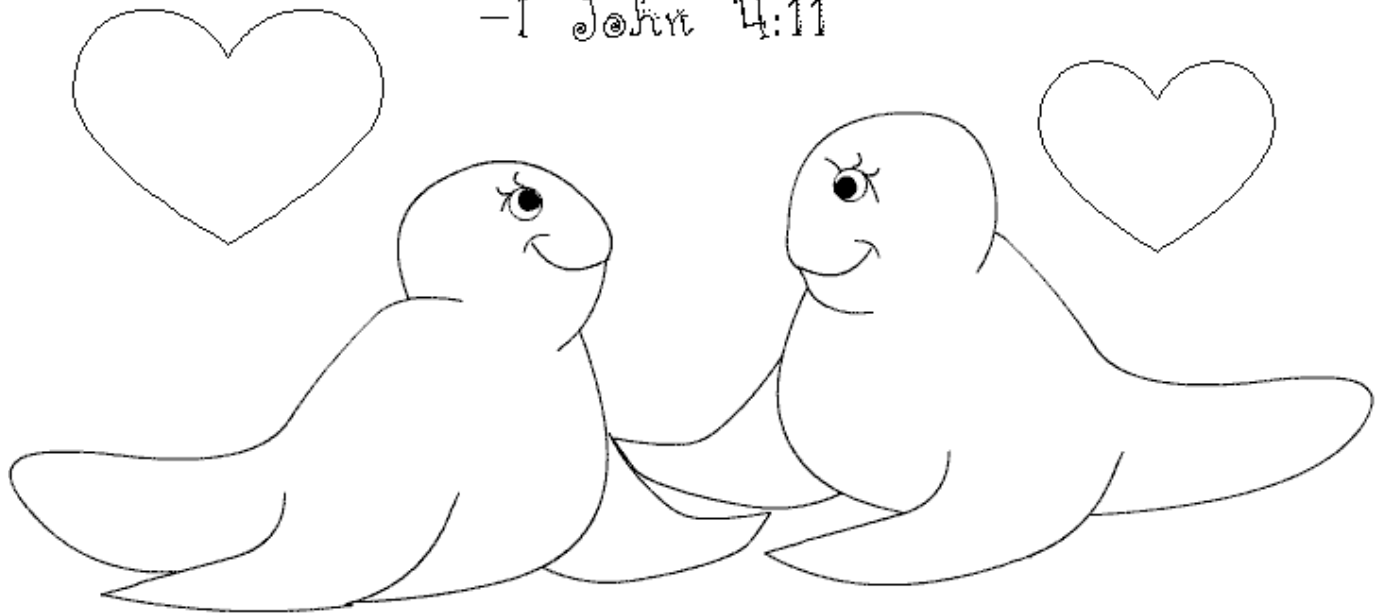
Jill Hering
jillscloset@cox.net

KIDS PAGE



Beloved, if God so loved us,
we ought also to love one another.

-1 John 4:11



FEBRUARY EVENTS CALENDAR



08 Wednesday - 6:45 pm - Catechism class

09 Thursday - 7 pm - Elders meeting

15 Wednesday - 6:45 pm - Catechism Class

16-19 Thurs-Sun - Pastor vacation time

19 Sunday - 2 pm - Pioneers Pine Car Derby

20 Monday - No school for President's Day

21 Tuesday - 7 pm - Church council meeting

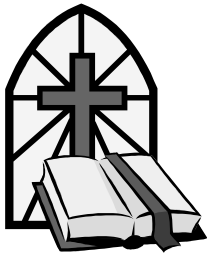
22 Wednesday - 6 pm - Ash Wednesday Supper

22 Wednesday - 7 pm - Ash Wednesday Service

24-25 Fri-Sat - GLS at Basketball tourney in Dallas

29 Wednesday - 6 pm - Lent Supper

29 Wednesday - 7 pm - Lent Service



Adult Bible Study - Sunday 9:00 am

Hefner Mansions Bible Study - Tuesday 3:00 pm

Men's Bible Study - Thursday 7:00 pm

Women's Bible Study - Wednesday 9:30 am

Senior's Bible Study - Wednesday 2:00 pm

Gethsemane Lutheran Church and School

8811 West Wilshire Blvd. Oklahoma City, OK

www.glcokc.com

Sunday School - 9 am Every Sunday

Church - 10:30 am Every Sunday

Communion is on the 2nd and last Sunday of each month

Church Contact: Pastor Craig Born

Phone 405.721.5313 Email: pastor@glcokc.com

School Contact: Principal E. John Fredrich

Phone 405.721.1167 Email: principal@glcokc.com

If you would have any questions or comments regarding the newsletter or would like to contribute by submitting a story or article please contact Tammy Brewer at martinitime247@yahoo.com.

New Year Prayer

Dear Lord, as we recognize the old year has passed away and a new year has passed away and a new year is before us, make us mindful that it is another year of grace in Christ Jesus. Assure us of that new life by permitting your Word to remain in our midst and to dwell richly in our hearts. Increase our faith, Lord, and use our time, treasure, and talents to your glory. Even as we receive your saving grace, give us an untiring, joyous zeal to share it until Christ returns. For his sake hear us. Amen.

CALLING CHAIN BEGINS WITH PRESIDENT SCHICK, DON & ROSALBA 330-0939
 (Pastor & Jennifer Bom 488-6508)

REIN, STEVE & ORALIA	373-3560	ELDER RUTZ, SCOTT & DONNA	11-Feb-12
HEAD, JOHN & JUDY	398-5805	HERING, TIM & AMY	948-4444
BREWER, TAMMY & DANIEL	470-8548	ALLEN, CARLA	720-8590
FLUGGE, JASON	799-4143	MONKO, MIKE	863-2502
FLUGGE, REBECCA	799-4143	LEBEDZ, LINDA	722-9312
CROLEY, TIFFANY & JD	305-9040	LEBEDZ, LARA	373-2799
LUCAS, STEVE	816-4228	GLASSER, RICH & PAT	219-5949
WIDMER, ROBERT & RACHEL	350-0346	PYLE, LUCILLE	285-2498
BEATY, CHAD & LAURIE	837-5401	CUNNINGHAM, SHERI & DANIEL	805-6462
LEWIS, TRACY & MIKE	409-7109	SHEPHERD, EDDY	414-5283
THOMANN, MARK & ALISON	285-1122	KURTH, SAM	209-8728
HENRY, MARLON & KAREN	376-9354		851 983-5150
MOHR, BOB & ARLYN	789-0931	HEAD, BRAD & LAURA	618-3728
BREDY, BETTY	720-8483	SIEWERT, CINDY	528-2477
BERNHART, ANKE	880-3616	GARTMAN, JEFF & KRISTY	788-1340
HAWKINS, AMANDA & CASEY	255-0908	BOLLES, RANDY & KIM	513-6024
GRIMES, JAMES & ALENE	728-1136	SEELY, SCOTT & ANN	844-6558
TULLIS, KIM & JAY	844-1818	KEMMIS, JEFF & CONNIE	563-3929
LORRAH, TOM & INGA	302-0372	WILES, LES	
HERING, MIKE & JILL	720-8211	OLSEN, CORY & DIANE	288-1751
JONES, JEFF & SHEREE	216-5260	HEIDORN, JAN	720-8545
MENCKE, EVAN & ANGIE	787-3224	HECKENLIVELY, ALPHIA	330-4967
SCHATZER, SCOTT	603-3252	KORRELL, ED & GERRY	775-9911
JONES, BEN & SHYRA	778-9842	BRIM, DILLON & JULIE	470-7197
BRAINARD, DELBERTA			
PETERSON, LYNN AND PAT	562-3427	WAGNER, DAVID & SHERRAN	721-3442
FISHBURN, DAVID & KRISTINE	728-4411	MENCKE, CAROL	722-6976
CONWAY, SCOTT & CARLA	359-6082	STANPHILL, LARRY & CAROLYN	373-4427
TROWBRIDGE, CHRIS & RACHEL	615-9001	SCHUELEIN, INA	348-1591
SWEENEY, SEAN & MISSY	354-8261	FREDRICH, E. JOHN & ALEX	227- 9040
		SHARLA WAGNER	850-8143

PURPOSE OF THE CALLING CHAIN: It is used to publicly notify all members of the congregation in a short amount of time. The president calls the elders heading each column, then the elder calls the people who's names are in bold print in his column. Last the people whose names are in bold print call the people under their names. However, if you call someone and there is no answer, you are asked to call that person's list. Please leave a message letting them know that you have done this.

Underlines and Italics indicates non-numbered people