

# The Star Newsletter

April 2019

## Who Are You Looking For?

Whenever you are in the store -- it really doesn't matter what kind of store it is, whether a hardware store or grocery store - - and you get that confused, I-can't-find-what-I'm-looking-for kind of stare on your face, undoubtedly someone will come along and ask, "Can I help you?" Sometimes we know what we are looking for, but we just don't know where to find it. Someone might have to tell us that the French-fried onions are on the top shelf half way down isle B, because we cannot find them on our own.

Why can't we always find them? Because sometimes we might be looking in the wrong place. The women who went to the tomb early on Easter morning, as well as the disciples who ran there when they heard that Jesus' body was gone, faced not only this problem -- they were looking in the wrong place -- but they were also looking for the wrong thing. They were looking for a cold, dead, lifeless body; the body of their one time Teacher, Jesus of Nazareth. But as the angels would tell the women who peered into the empty tomb, "Why do you look for the living among the dead? He is not here; he has risen!" (Luke 24:5-6).

"Who are you looking for?" It had been an emotion-packed Sabbath for the disciples and the other followers of Jesus. Some of them had stood at the foot of Jesus' cross Friday morning, into the afternoon weeping and wondering, while others stood at a distance watching all the events of that fateful day. Undoubtedly, it all just seemed like a dream -- a bad dream -- from Judas' betrayal of Jesus, to the unfair trial He received before the chief priest, to the spineless decision of a Roman governor, to the hasty burial preparations.

It must have all just felt like a bad dream.

"Soon we will wake up, and it will all be over."

For a whole day they had time to sit and contemplate the events of the past day. From sundown on Friday night until sunrise on Sunday morning, the Jews celebrated the Sabbath. No work was to be done during those hours, and no doubt

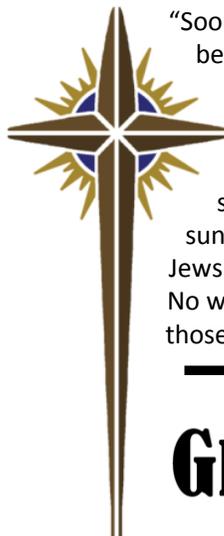
little work would have been accomplished by Jesus' followers anyway. They could not think clearly; there was only one thing on their minds: "They took the Lord, the One who performed so many miracles -- who raised the dead, who healed the sick, who provided food for the hungry -- they took Him and crucified Him. And now He's dead. Dead and gone. The women helped Joseph of Arimathea place His lifeless body into the tomb."

The nightmare continued. Early on Sunday morning, some of the women who had followed Jesus from Galilee went to the tomb to continue the embalming process they were forced to cut short because of the approaching Sabbath celebration. But things were not as they expected to find them. The large stone, which they did not know how they were going to remove from the entryway to Jesus grave, had already been moved. But where was Jesus? His body was not in the place where it had been put earlier.

In his Easter account, the Apostle John tells us that when the women made this startling discovery, Mary Magdalene came and told Peter and John, "They have taken the Lord out of the tomb, and we don't know where they have put him!" These two disciples ran to the place where Jesus' body had been laid, and they found it just as the women had said -- an empty tomb, with the grave clothes neatly folded and placed to the side. After returning to the scene of the crime, Mary discovered some startling evidence. There inside that small cave there were "two angels in white, seated where Jesus' body had been, one at the head and the other at the foot. They asked her, "Woman, why are you crying?"" She was crying because she thought someone had stolen Jesus body. With tears in her eyes she turned around to see Jesus, though she did not recognize Him.

He said to her, "Why are you crying? Who is it you are looking for?" She came looking for the crucified, dead, and buried Jesus. But He was not there. Though He was crucified, though He died, and though His earthly remains were laid to rest in the tomb, He was no longer dead or buried.

*continued on page 2*



### Grow - Go - Glow

**Grow** - In faith through the Word of God for a lifetime

**Go** - With the Gospel from backyard to community to the world

**Glow** - Through weekly worship and in daily lives to God's glory

What do we expect to find as we approach the tomb in God's Word? Do we expect to find a crucified, dead, and buried Jesus? In some respects, I hope that we would. Had Christ not been crucified, had Christ not died on the cross for our sins, had He not suffered the pain of hell for us, we would still have to wonder whether we have truly been set free from the bondage of sin. Had Christ not suffered and died, we would not have the certainty of eternal life that we do have because He did die.

"Who are you looking for?" You're not looking for the living among the dead, are you? Aren't you looking for the glorified, alive, and risen Jesus? It is He whom we find outside the tomb that held his lifeless body from Friday afternoon until Sunday sunrise. It is He who tenderly shows the tearful Mary that He is no longer dead, but alive. Though she mistook Him for the gardener, with one word Jesus reveals His true identity. "Jesus said to her, 'Mary.'" Immediately she knew that though the events of the days previous were real -- though Jesus had been treated cruelly, though He had been beaten, mocked, and crucified - the nightmare was over. He was alive!

Let us rejoice that the tomb is empty! The stone has been rolled away, the clothes of death have been removed, and our Savior has been glorified, never to die again. And we, as those who believe in Him, though we too may be laid to rest in the ground, shall one day be called forth from the grave, to live eternally. "Who are you looking for?" The crucified but risen and glorified Savior of the world, Jesus Christ. "*Oh, the sweet joy this sentence gives. I know that my Redeemer lives.*"



toward future expansion. Please go to for the video link for more information. <https://vimeo.com/325932912> Please join us for this important meeting on April 4th!

## Special Voters' Meeting

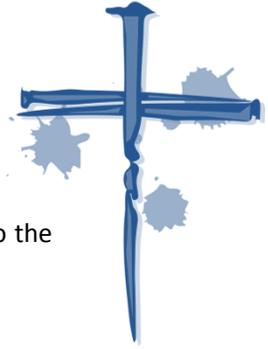
A special Voters' Meeting will be held on Tuesday, April 4, at 6:30 p.m., to consider a motion to spend \$35,000 for an architect to do design work for our future building expansion. There is a video that has been produced with more information regarding some new opportunities for us to consider as we proceed

## LENTEN SUPPERS

Suppers will be served between Services on Wednesday nights from 5:00-6:00 p.m. Please sign up on the poster on the easel in the Gathering Area to attend. Sincere thanks to all those who have planned and prepared these Lenten meals for us. Special thanks to our Food Committee for all the work that it does for our congregation throughout the year!

## MIDWEEK LENTEN SERVICES

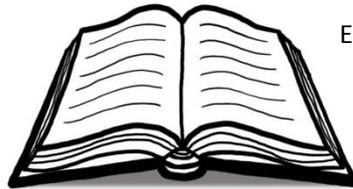
Three Words of Truth will continue to be our theme for our final two Midweek Lenten Services on April 3 and April 10. "**What Is Truth?**" and "**Take Him Away**" will be led by Pastor Gawrisch and Pastor Joshua Boddien of Mt. Calvary. Services will continue to be at 4:00 and 6:30 p.m. Please join us at the foot of the cross to worship our Savior all the way to the empty tomb on Easter morning.



## Palm Sunday

Regular Palm Sunday Services will be held on April 13-15. Holy Communion will be offered in all of the Services except the 10:30 a.m. Sunday Service, which will be our Confirmation Service for our confirmands and their families. You are welcome to attend any of the Services including the Confirmation Service on Palm Sunday.

## Examination



Examination for this year's Confirmation Class will be on Saturday, April 13, at 3:30 p.m. All of you are invited to attend, if you desire, for a review of the Bible's basic teachings together with our confirmands. May our Lord enable our confirmands and all of us to be lifelong students of God's Word.

## MAUNDY THURSDAY

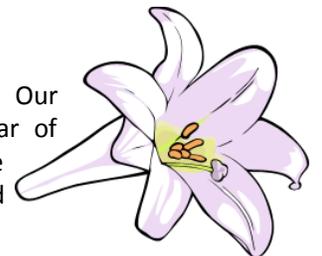
One Communion Service will be held on Maundy Thursday, April 18, at 6:30 p.m. Our Confirmation Class will also be receiving its First Communion on this night in which Jesus instituted his Holy Supper and said, "Do this in remembrance of Me!"

## Good Friday Services

Two Services will be held on Good Friday, April 19, at 1:00 p.m. and 6:30 p.m. Our Star of Bethlehem Adult Choir will be enhancing both Services. "It Is Finished" is the theme of the sermonette. For those who desire, there will be materials available from our Worship Team for a Prayer Vigil in the sanctuary one hour before each Service on Good Friday. Come for the entire hour or just whenever you can get here to utilize this special time for prayer.

## EASTER SERVICES

Our Easter Festival Services will be held at 7:00 and 9:30 a.m. Our Services will be enhanced by our choirs and the children of Star of Bethlehem. Join us as we rejoice to hear again the words of the angels: "He Has Risen!" Please invite family, co-workers and neighbors to join us for our special Festival of Easter Services!



# EASTER BREAKFAST

Our Food Committee is planning to have a continental breakfast on Easter morning between Services. Please sign up on the poster on the easel in the Gathering Area to attend. Also, watch for what you can bring, how you can help with setup, serving or cleanup!

## CLEANING DAY

A Cleaning Day will be held on Saturday morning, April 6, from 9:00 a.m. 'til Noon. Come for all of the time or part of the time to help get our Church cleaned for our Confirmation Services on Palm Sunday as well as our Holy Week and Easter Services. If you cannot come on Saturday morning, please come at an earlier time, and check off an item on the list of things that need to be done. Special thanks to Karen McAdams for organizing this Cleaning Day for us!



## STAR 5/K 3/K

Our Star of Bethlehem 5/K run and 3/K walk will be on Saturday, April 27, at 10:00 a.m. Please register at [www.starofbethlehem.org](http://www.starofbethlehem.org). The proceeds for this year's event will go toward new athletic uniforms and additional tables for our church and school events.

Please reserve the date and participate in this year's Star 5/k Run & 3/K Walk.



## CALL UPDATE

Mr. Timothy Mueller had received a call to serve as Director of Illinois Lutheran Schools. After time in prayer and deliberation, he has decided to return the call and to continue serving here at Star of Bethlehem.

## Flower Committee Update

The flower committee would like to thank everyone who has donated flowers and plants for our church altar. If you place a special arrangement and contact the florist on your own, please contact a member of the flower committee, no later than Thursday morning, to make them aware. You are asked to leave your flowers on the altar through the Monday evening or mid-week service. Easter flowers can be taken on Easter Sunday after the second service or the following week. If you are interested in helping on the flower committee please contact Carole Wendt, Nancy Albrecht, or Jan Tippelt.

## Star of Bethlehem School NOW ENROLLING!

We are enrolling all students from 3 years old through grade 8 for next school year. If you are interested in enrollment, or you know someone who may be, please contact our school office or email our principal at [tmueller@starofbethlehem.org](mailto:tmueller@starofbethlehem.org). We would love to talk to you more about the Christ-centered, excellent education that we are privileged to offer.

## MEN'S SOFTBALL

If you would like to play on our men's softball team this summer, please sign up on the bulletin board. Games are on Tuesday nights at Malone Park. The season usually begins around the end of April and runs through the first part of August. Teams are limited to 20 players and must be over 18 by the City's rules. Please sign up as soon as possible. Coach Randy Alf will again be coordinating our Star of Bethlehem Men's Softball Team. God's blessings on the upcoming season!

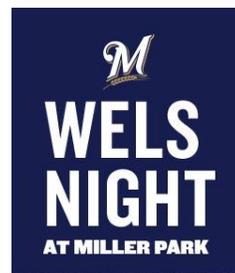


## Star Bowling Season Ends

We offer our sincere congratulations to the team of Wally & Rhonda Werner, who together with their son-in-law Jim Liermann, and his dad Ken, took first place in the Star of Bethlehem Bowling League on Sunday, March 24<sup>th</sup>, by a single point. Team Schaefer (Larry, Larry, & Sara) finished second. Two teams tied for third and two teams tied for fifth place.



(Left to Right) Rhonda, Ken, Wally & Jim



Tickets are now on sale for the sixth annual WELS Night at Miller Park. Plan to join thousands of WELS members for the Brewers' game

against the San Francisco Giants on Fri., July 12, 2019. Game time is 7:10 p.m.

The Brewers are offering WELS members up to 50 percent off the price of tickets. The pricing is Field Outfield Box, Sections 128-131 for \$21/ticket, Loge Outfield Box, Sections 229-232 for \$17/ticket, or Terrace Reserved, Sections 436-437 for \$9/ticket. All seats are on the third base side. Discounted tickets are now available to purchase online at [brewers.com/wels](http://brewers.com/wels).

Last year more than 2,400 WELS witnessed a dramatic walk-off home run as the Brewers defeated the Rockies in the bottom of the ninth inning. The epic three-run blast topped off a wonderful evening of fun and fellowship for the fifth annual WELS night at Miller Park. "Since several seating sections were filled with members wearing the royal blue WELS Night at Miller Park t-shirts, we have decided to offer the same shirt again this year in youth and adult sizes," says Lee Hitter, WELS Director of Communications.

Shirt orders will be available soon. Visit [wels.net/brewers2019](http://wels.net/brewers2019) to learn more.

## WLHS Sacred Choral Concert

The WLHS Spring Sacred Choral Concert will be held Saturday, April 13, at 7:00 p.m. in the WLHS auditorium. The concert will feature WLHS choirs and instrumentals. Admission is free, and a freewill offering will be taken during the concert.

## WLC Theatre Production

Wisconsin Lutheran College's Theatre Department presents "Valentine's Day" by Horton Foote April 5-7 and April 11-13. Visit [wlc.edu/Theatre-Productions](http://wlc.edu/Theatre-Productions) for details or call 414.443.8802 to order \$10 tickets.

## Gary's Gallop

Wisconsin Lutheran College will host the 16th-annual Gary's Gallop 5k run/2-mile walk presented by Elite Sport & Spine on Saturday, April 13 at the college's Outdoor Athletic Complex. This year's event will benefit Campus Ministry at WLC. Advance registration is \$25. For information or to register, visit:

[wlc.edu/garysgallop](http://wlc.edu/garysgallop).



# Why Steel-Cut Oatmeal?

*Submitted by Susan Abel,  
BSN, RN, Parish Nurse*

Oats are sold in more forms than any other grain. All of them are high in beta-glucan, a kind of fiber that has special cholesterol-lowering properties. Studies have shown that individuals with high cholesterol have reduced their total level by eight to 23 percent simply by consuming one bowl of this type of oatmeal per day.

Steel-cut oats (also known as Irish or pinhead oats) are whole oats that have been chopped into two or three pieces with steel blades. Steel-cut oats are the least processed form of oats available.

Rolled oats are made by steaming the groats, then rolling them, steaming them again, and, finally, toasting them resulting in the familiar thin flakes. Though processed, rolled oats are still a whole grain.

Steel-cut oats are beneficial because they digest more slowly than rolled ones. Steel-cut oats rank lower than rolled oats on the glycemic index (GI), which ranks carbohydrate foods on the basis of how rapidly they affect blood sugar (glucose). The reason for this difference is that it takes longer for digestive enzymes to reach the starch inside the thicker pieces, slowing down their conversion to sugar.

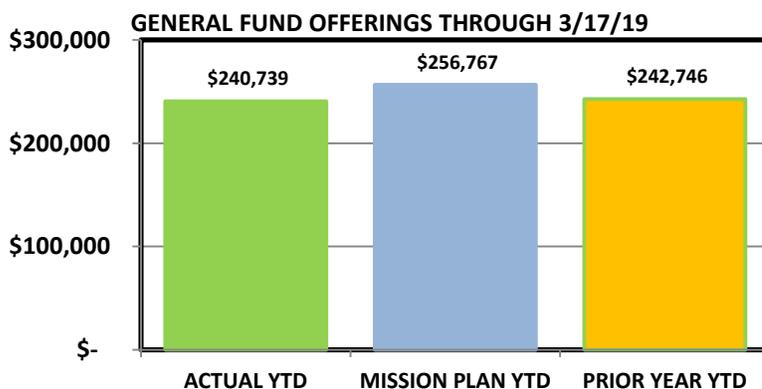
The higher on the glycemic index a food ranks, the more likely it is to cause spikes in blood sugar. Over time, these rapid fluctuations can cause genetically susceptible people (many of us) to develop insulin resistance and **metabolic syndrome**. Insulin resistance is associated with obesity, high blood pressure, elevated blood fats, and an increased risk of **type 2 diabetes**.

You can be sure you're eating a whole grain with a low GI ranking if you have to chew it or can see the grains or pieces of grains. **The more your jaw has to work, the better.**

Avoid instant oatmeal. It does not provide whole, intact grains, and some brands contain partially hydrogenated oils, artificial flavors and colors, or a lot of added sugar and salt.

Store your steel-cut oats in the refrigerator to keep their freshness.

*Source:* Whitehead et al, "Cholesterol-lowering effects of oat β-glucan: a meta-analysis of randomized controlled trials." American Journal of Clinical Nutrition, October 15, 2014, doi:10.3945/ajcn114.086108



Star's 2019 mission plan of \$1,143,989 requires average weekly offerings of \$22,000. The YTD mission plan amount reported above takes into consideration the variability of weekly offerings. Based on historical giving patterns, above average offerings are received during church holidays.

# From the President

As this is being written, Star is at a crossroads of sorts.

Here's what I mean . . .

Your Building Committee has been working diligently on solving a conundrum. The challenge consists of two items:

- The sincere desire to proceed with what's best for Star long-term – which means building a 3-story (including a basement) addition. However, several general contractors (and our architectural consultant) have stated that the entire cost to build such an addition is in the neighborhood of \$3 million.
- The realization that the Gifted and Growing Capital Campaign has received commitments of \$1.25 million.

That's quite a gap!

Meanwhile, a series of encouraging events seem to be coming together:

1. One of our members (who is very experienced in matters regarding the construction of large buildings) has stepped forward and volunteered his services to act as our contractor.
2. Furthermore, he has documentary evidence that indicates a 3-story addition could be constructed for around \$2 million.

Folks, that's an incredible offer – that amounts to a potential savings of about \$1 million!

However, that would still leave a funding gap of about \$800,000.

3. Another individual (who is located in Colorado) has indicated his willingness to financially support our building expansion by providing a loan to Star of \$500,000 at 1% interest.

If you do the math, that would still leave a funding gap of about \$300,000.

That's what the Building Committee is currently wrestling with . . .

Meanwhile, the Committee will be asking for Voters' permission to spend a maximum of \$35,000 in order to proceed with the next logical steps – which focus on a 3-story addition.

So please, do what you can to attend the upcoming April 4<sup>th</sup> Voters' Meeting – we begin at 6:30 pm. Amongst other items, you'll be presented with an "Architectural Engagement Resolution" in which approval will be sought for the \$35,000 expenditure.

See you in church!

- Gene Szaj