

The “Visitor”



“Joyfully, we invite and equip all people to share Christ’s love”
The Mission Statement of Ascension Lutheran Church.

Ascension Lutheran Church
W6106 Navarino Road,
Shiocton, WI 54170

Church Office:
(715) 758-8312
Office hours are: Tuesday,
Thursday, Friday 8 am –12 pm

Church E-Mail:
Ascensionavarino@gmail.com

Church website:
www.ascensionavarino.com

Pastors:
Marcia Sabin
715-340-5951-Cell

Mark Sabin
715-340-3670-Cell
Or 715-445-2097-Home



*We love because
he first loved us.*

1 John 4:19

Your Church Council

George Peters, President	(920) 419-1415
Dave Klemp, Vice President	(920) 450-3716
Rita Olson, Treasurer	(920) 525-2090
Dawn Dingeldein, Secretary	(920) 639-1183
Glen Peebles	(715) 584-3029
Greg Schoettler	(920) 984-3057



The council usually meets the third Wednesday of each month at 6:00 pm You are welcome to attend.

Please note the next council meeting will be Thursday, February 20th at 6:00 pm.

MESSAGE FROM THE PASTOR

Words from your pastor



What is love? Valentine's Day is coming soon. Is it a day when husbands remember their wives and their mothers? Is it a time when our children remember their mothers? There are different ways we remember February 14th with our loved ones.

There was a priest named St. Valentine that is honored on February 14th. He is honored as a time for sending valentines cards. Do you remember sending a card to your classmates in school? It was a ritual and continues today. It was fun.

Jesus teaches that we are to love everyone. **John 15: 9** *"As the Father has loved me, so have I loved you. Now remain in my love.* The kind of love that Jesus commands is different than the tradition of remembering Valentine's Day. It is on the calendar every year but for just for one day. We acknowledge it as a time to remember people we love. Jesus says in **John 15:12, 17** *My command is this: Love each other as I have loved you.* You see, people will know to whom we belong to. With this kind of love, Jesus tells us that the world will hate him before they will hate us. **John 15:18-20** *"If the world hates you, keep in mind that it hated me first. 19 If you belonged to the world, it would love you as its own. As it is, you do not belong to the world, but I have chosen you out of the world. That is why the world hates you. 20 Remember what I told you: 'A servant is not greater than his master. 'If they persecuted me, they will persecute you also. If they obeyed my teaching, they will obey yours also."*

To love a person who loves you; how does that benefit you? **Matthew 5:43-44** *"You have heard that it was said, 'Love your neighbor and hate your enemy.' 44 But I tell you, love your enemies and pray for those who persecute you.* The scripture I have chosen has a powerful message. We are to love our enemies. These are not my words, they are Jesus' words.

How can we love people we don't know or those we know who have wronged us? The answer is simple but difficult to do. Remember that Jesus died for them too. Look into their eyes as Christ looks at them. We cannot love or forgive without God's grace. We confess in the Lord's Prayer; "forgive us our trespasses as we forgive those who trespass against us." Forgiving in love is literally throwing away or hurling away whatever the sin ways. Our spirit is released from negative emotions. It takes more energy to be negative than to love.

I wish you are blessed with the loved of Christ, Jesus.

Blessings, Pastor Marcia✠

MID-WEEK LENTEN SERVICES FEBRUARY 26TH -APRIL 1ST

February 26th @7:00 pm
Ash Wednesday Service



March 4th
March 11th
March 18th
March 25th
April 1st

Maundy Thursday-April 9th
Good Friday -April 10th

All services held at 7:00 pm.

Lenten Services Soup Supper Wednesdays at 6:00 pm



Donations of Soup (two different kinds each week), fruit, cookies, bars and quick breads are needed for the

following Wednesdays:

February 26th, March 4th, 11th, 25th and April 1st. The Community Dinner will provide the meal for March 18th. There is sign up sheet for food donations on the table in back of church.

All are Welcome



Dear Pastor Sabin and the congregation of
Ascension Lutheran Church,

Grace, mercy, and peace to you from God our
Father, and our Lord and Savior, Jesus Christ.

Thank you for your gift of \$200.00 in November 2019 in
support of the North American Lutheran Seminary. As our
partner, we always appreciate your prayers for our students
as well as your generosity in financial giving. Our students
and staff, too, are keeping you in our prayers.

Our semester has ended at the NALS, and we are getting
ready for the new year. But before that, we want to reflect on
all the ways God has blessed us in 2019. We are excited and
grateful to welcome NALS President-Elect the Rev. Eric
Riesen. His term will begin on February 1 of the coming
year.

In addition, we are thankful for our 2019 graduate, Janessa
Fisk, who has officially accepted the position of Director of
Admissions for Trinity Scholl of Ministry and the NALS.
With her help, we are looking forward to welcoming four
new NALS students for Spring 2020-raising our total
number of online and residential students to 24. All in all,
2020 holds great promise and many possibilities. We are
thankful for your constant and faithful support!

As we join in prayer together we also ask you to pray for
potential students who are yet discerning a call to ministry.
Please help us to identify future students who will serve our
NALC parishes in the years to come. Your gift will assist us
in continuing to pursue our goal financially and will also
support our efforts to educate NALC seminarians. With the
help of our ministry partners, we are continuing to prepare
faithful pastors for the harvest.

Blessings in Christ,
The Rev. Dr. Amy C. Schifrin
President, North American Lutheran Seminary

Dear Friends at Ascension Lutheran Church,

Thank you for your regular donations. Your gifts help make
resources available to do the necessary work of training
people in theology and ministry. Your gift makes you a
partner in providing the best education possible to ILT
students. Since your generosity makes it possible to meet
our goals and live into our vision, I wish to not only thank
you but make sure we are doing our best to serve you. If
you have any questions, please email me at
eswensson@ilt.edu. Thanks again for your generosity and
for being part of the family at the Institute of Lutheran
Theology.

Sincerely,
Rev. Eric Jonas Swensson

Thank you for helping our Habitat volunteers build
another home. As this new year begins, we feel that
each day is a gift from God, so may we all continue
to find new ways to share His love, forgiveness, peace,
and joy with others.

Habitat for Humanity-Wolf River

Dear Ascension Church,

On behalf of Shawano Area Matthew 25(SAM25),
thank you for your recent donation in the amount
of \$225, received December 19th, 2019. Your gift
will directly benefit SAM25 and its program,
including SAM's House Emergency Homeless
Shelter and Resource Center. Our work would not
be possible without your support. Thank you for
your kindness and generosity. SAM25 is in the
process of raising funds for the expansion of our
shelter, resource center, thrift store and medical
clinic, helping those in need in the Shawano area,
For more information or to follow our progress
with the SAM25 Capital Campaign, please visit our
website at sam25.org or follow us on social media.
Once again, thank you for your generosity. Please
know that your continued support is very much
appreciated. We are grateful.

Sincerely,
Jennifer Laude Bisterfeldt, Executive Director

Dear Ascension Lutheran Church,

Thank you very much for your donations of \$200.00
and \$112.50 in benevolence offerings. What a
wonderful Christmas surprise! Our volunteers are the
back bone of our program. We are proud to serve the
Shawano area with your help. We have had many new
riders and volunteers joining us in the past few years.

Your continuing support and friendship
encourages us to make every ride a great experience
for every rider and volunteer.

Wishing you a safe & healthy winter,
Chris Baldwin, Red River Riders

Dear Ascension Lutheran Church,

Your monetary donation is much appreciated. Thank
you for your great generosity. We at SafeHaven
appreciate your donation and your sacrifice.

Happy Holidays from everyone at Safe Haven



Thank you to everyone who helped make the youth's Christmas program a success. It takes many helpers to put on a production like this and while many are working behind the scenes please know your time and talents are appreciated.

Thank you to the youth and adults who helped un-trim the Christmas tree and the altar and put everything neatly away. This job is so much easier when we have many willing workers.

A special thank you to Dorothy Nelson for donating money in memory of John for our church roof fund.



Thank you to whomever gave me the KWIK Trip gas card. It was very much appreciated and already used.
Bonnie Weyers



Thank you to Dean for his work on updating the light fixtures in the women's bathroom and other areas in the Church.



Praise with Passion
Will be scheduled on a week by week basis.

5:00 pm Fellowship followed by 6:00pm Praise with Passion

(Gathering for informal, spirit-filled praise and prayer)

Please listen for announcements at church or call Toni (715-853-9461) to be sure we are meeting.

Location: Ascension Lutheran Church
The 'Church on the Corner'
3 miles west of Navarino on Hwy 156



Church Offering



Did you know you can have your weekly offering sent to the church through your bank? If you bank online all you need to do is go to your online bank account. In the bill pay section click on add a company or person and type in the name and address of Ascension. Once we are added as an account you can set up auto pay and automatically have your bank send us a check on a regular basis.



New Home Devotionals
"Our Daily Bread"
For February

Is now available on the table by the library. Large print books are also available. There is a box for a monetary donation to contribute toward the cost of the book.



Ascension Budget

Council would like the membership to be aware of our financial status on a month to month basis. Below is where we are at after the first 12 months.

Income received: \$75,464.83
Expenses Paid out: \$81,635.24
Expenses exceeding income by \$6,170.41



DARTBALL

On Mondays at 7:30 pm.

February 3rd-Ascension @ Seymour Lutheran
February 10th-BYE
February 17th-Black Creek U.C.C. @ Ascension



Exercise Group

The exercise group meets on Mondays and Thursdays at 5:00 pm. Everyone is welcome.

Fundraising Corner



Special Projects Fund

Estimates for the church roof are between \$29,700-\$58,000 and Solar removal is estimated at \$12,000 more or less. In the month of January personal donations of \$50 was received for the church roof. In the first twelve months of this year the Loud Offering has raised \$1956.42, the candy bars sales raised \$600.00, KWIK Trip rebates were \$72.68 & Amazon Smile rebates were \$57.59.

VandeWalle's

There are VandeWalle's candy bars on the table by the library for sale.

They are a dollar each. Please put your money in the envelope in the box. If you want to sell elsewhere, please see Heather Goodacre. All profits will go to the Special Projects Fund.

Looking for Thrivent Members

Please let the office know if you have an insurance policy or investment funds with Thrivent. Any Thrivent member is eligible to apply for two \$250 Thrivent action cards which can be used to as seed money for our fundraisers or for community service projects. We will help you with the application process and completing your final report for any project you may be involved with.

Fundraising Committee

Do you have a fundraising idea? Contact the Fundraising Committee to schedule your fundraiser. Committee members: Dawn Dingeldein, Ruthann Meiers, Nancy Peters, Lois Rohrer. Fundraising supports the Church's Special Projects Fund.



ShopWithScrip®
Powered by Great Lakes Scrip Center

SCRIP PROGRAM:

You can purchase SCRIP (gift cards) and the rebates (income) supports Ascension Church.

SCRIP cards available (in the following denominations: \$25, \$50, or \$100) for immediate purchase are: **Fleet Farm, Kwik Trip, Walmart, Woodman's.**

Other cards that can be ordered (but need a week's notice): *Mary's Family Restaurant* (8%), *McDonald's* (5%), *Culver's* (10%), *Good Company* (10%), *Tom's, Manderfield's Bakery* (5%), *Cedar Creek Meat Market* (5%), *Mark's East Side Restaurant* (10%), *Bulk Food Shoppe* (5%). The percentage of income back to Ascension is in the parenthesis ().

Contact Nancy Peters to order any of the specialty cards.

Sales available after Sunday service and during weekday office hours.



Do you shop online?
Consider choosing Ascension Lutheran Church when shopping online.

1. Sign into Smile.Amazon.com (instead of signing into amazon.com). If this is your first visit to AmazonSmile (smile.amazon.com), you will be prompted to select a charity.
2. Add a charity
3. In search bar, type: **Ascension Church, Shiocton**
4. Select **Ascension Lutheran Church, Shiocton**

If you have something you would like to have included in the "Visitor", please have the information to the church office by the third Sunday of the prior month.

ASSISTING MINISTERS

February 2020	Ushers	Greeters	Communion Helper	Readers	Money Counters
February 2 9:30 am	Glen Peebles Lon Hilliker	Al & Ruthann Meiers	Denelle Daniels	Madeline Daniels	Ruthann Meiers
February 9 9:30 am	Jean Conradt Bonnie Weyers	Judy Porter	Patty Lorenz	Ava Lorenz	Rita Olson
February 16 9:30 am	George Peters Al Meiers	Dave & Sally Richter	Nancy Peters	Heather Goodacre	Glen Peebles
February 23 9:30 am	Greg & Amy Schoettler	Carl & Pat Schoettler	Dave Rohrer	Darrel Klemp	Phyllis Peebles

If you would like to help out with any of the above tasks, please call the church office (715-758-8312) and we will add your name to the list. If you are unable to be here on the date you are assigned, please find a replacement. Thank you.



DATE

NAME

02/01	Ioline Nitzske
02/02	Alexandria Wilber
02/04	Ralph Mueller
02/05	Julie Pues
02/07	Haley Ehrle
02/09	Laurie Anderson
02/09	Pat Schoettler
02/09	Francis Nitzske
02/10	Navid Kienast
02/14	Mark Christianson
02/15	Chris Pues
02/19	Mark Mueller
02/20	Wallace Duhm
02/23	Pat Nitzske
02/24	Ava Lorenz
02/26	Carl Schoettler
02/27	Debora Wilber
02/28	Lloyd Allen
02/29	Mark Wilkinson



**January Benevolence went to
Martin Luther Congregation of
Saldus, Latvia**

COUNCIL MINUTES

ASCENSION LUTHERAN CHURCH OF NAVARINO
Council Meeting Minutes
Wednesday, January 15th, 2020

Present: Lisa Wollenberg, George Peters, Glen Peebles, Dave Klemp, Pastor Mark and Marcia Sabin. Guests: Bonnie Weyers
Absent: Dawn Dingeldein, Greg Schoettler

President George Peters brought the meeting to order at 6:04 pm.

Prayer and devotion: led by Pastor Marcia Sabin

Approval of minutes: 1st by Glen P. and 2nd by Dave K. Voice vote passed.

Pastors Report: One home visit with holy communion. Others were unable to schedule a home visit in December, spoke and prayed via phone. One Counseling session. Performed two Christmas Eve Services. Sunday School Christmas Program.

Treasurer's/Finance Report:

Income for December \$8,041.18 Expenses for December \$9,287.22 YTD we are \$6,170.41 in the red for income vs expenses. After 12 months of the year: Income received: \$75,464.83 Expenses paid out: \$81,635.24. Project fund income for December: Loud offering \$157.61, Script card sales \$2360.00, misc donations \$70.00, Thrivent Choice \$271.00, Memorial Gift \$500, Quilt Sales \$650.00, AA Donation \$100.00, Kwik trip rebate \$3.06. Total for month \$4,111.67. Total available: \$25,905.91.

Reoccurring Accumulative totals for special project 2019:

Amazon Smile rebate: \$57.59	Kwik Trip Rebate: \$72.68
Loud offering \$1956.42	Thrivent choice: \$2,716.00
Candy Bars: \$600.00	

Report approved by Dave K, 2nd Glen P Voice vote passed.

Committee Reports:

Property: Ceiling fans in the sanctuary have been replaced. Some of the old fluorescent lights are being switched over to LED lights.

Education: After a short break over Christmas, Sunday School and Confirmation has resumed on Wednesday evenings.

Youth: Several youth will attend Silver Birch winter jam at the end of January.

Evangelism: Pastors are sending out cards to visitors that sign the guest book.

Old Business:

Community Dinner: February's meal will be "Parsley Potatoes and Pork Loin" Wednesday Feb. 19th @ 5:30 pm.

Projects: (Roof) est. \$29,700-\$58,000). + Solar removal \$12,000 +/-

New Business:

Door Lock Repair: The front right-hand door lock is worn out and will be replaced in the near future. After discussion it was decided to replace the lock instead of rebuilding the worn out one. Bonnie will be getting a quote to replace the lock and rekey the left-hand side lock to match. If you have a key issued to you, you will be notified by Bonnie to have your current key to the front door replaced with the new one.

Continued Fundraisers:

Script program:

Script cards can be purchased from Bonnie at any time and also after each service. Ascension receives a percentage back on all gift cards purchased.

VandeWalle Candy Bars:

Candy Bars are available in the social hall. If you would like to sell a box at your workplace, please see Heather Goodacre.

Pizza sales: tentative. No date has been set.

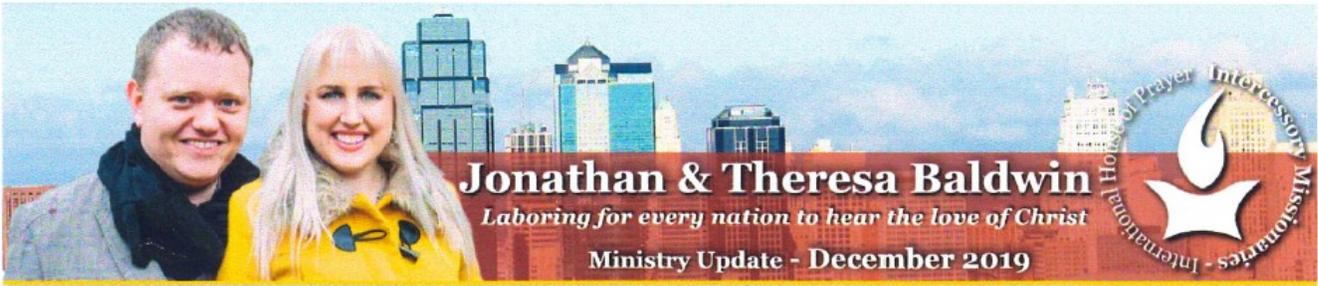
Thank you to everyone that has helped with organizing or volunteering your time with the various fundraisers, we have raised **\$9878** for the roof in 2019! Note: This amount does not include the loud offering or Thrivent Choice funds raised.

If you have any ideas of future fundraisers, please let the council or the fundraising committee know.

Next council meeting is set for: Wednesday, February 19th, 6:00pm.

Meeting adjourned 7:15 pm Motion to adjourn: Glen P. 1st, Dave K. 2nd.

Respectfully Submitted by: Lisa Wollenberg in Dawn Dingeldein's absence.



Jonathan & Theresa Baldwin

Laboring for every nation to hear the love of Christ

Ministry Update - December 2019

2019 Year End Report

2019 has been filled with surprises. In August, God led our family to fast and pray for an anointing on our lives to proclaim the things that we have encountered in Him. Since that time, God has increased the fruit from our lives.



In Washington, DC we unrolled 240,897 signatures for the Supreme Court to overturn Roe v. Wade

Fighting Abortion

In 2004, God put a dream in my heart that abortion would end in America. We dream of a society that would value life from birth to death.

In October, we brought over 240,000 signatures to the Supreme Court. The massive scroll of signatures was 5ft wide x 125ft long. Since that time, over 20,000 more people have signed the petition.

On March 4th, the Supreme Court is scheduled to hear a case that has the potential to overturn Roe v Wade. Pray with us that the Supreme Court will respond to over a ¼ million people who want Roe overturned. The Moral Outcry will file our petition and all of your signatures in March. If you haven't signed yet- TheMoralOutcry.com

Setting the Captive Free

At Hope City, we are also bearing fruit. Recently, I rejoiced as one of my team members finished the Hope City program and joined the Nightwatch at IHOPKC. It is a joyful thing to see freedom in people's lives!

Our current track is so hungry for God! Lately, many have been studying deep passages in the Word of God and asking me questions I often don't have the answers for. Where in the earth is a company of former drug addicts who are talking about things like this? We are honored to get to be a part of this transformative process in so many lives.

Bringing Purpose to the Elderly

We just had our special Christmas service. Many responded to the Lord saying they wanted to re-commit their lives to Him. This service is our main evangelistic thrust of the year. Last December, we had a grumpy atheist decide to follow Jesus! We also announced a new component to our weekly meetings: we will all read through the Bible in a year and discuss it. Pray with us for continued fruit and that many would say yes to Jesus before they meet Him.



We brought the petition to Hope City allowing those in the program to sign for babies that they have aborted. It was a very sobering moment.



International House of Prayer is a 501(c)(3) nonprofit organization. Contributions are tax deductible. Contributions are made with the understanding that IHOPKC has complete discretion & control over use of all donated funds.

To give please make checks payable to "IHOPKC" and send to:

Jonathan & Theresa Baldwin
11408 Jackson Ave
Kansas City, MO 64137

baldwins@jonathantheresa.com

JonathanTheresa.com

(816) 226-8062



MINISTRY REPORT

JANUARY 2020

WWW.DSMINTERNATIONAL.ORG

(715) 484-2017

don@dsminternational.org



Happy and Blessed New Year!

Micah 7:7 But as for me, I watch in hope for the LORD, I wait for God my Savior; my God will hear me.



PLEASE PRAY FOR OUR TEAM IN HAITI

A team of 30 from Mission Bible Church in Minooka, IL, led by Julie McFadden, is serving in Haiti until January 10. They will serve at local orphanages and clinics and at our Jehovah Rapha House. They will meet our newest child, Alexis who was brought to us by Haiti social welfare. Notice the clean sheets, nice outfit and diaper? Those were not available before we adopted this orphanage. Thank you so much for helping us to care them!

INDIA

We returned to India in early December to begin plans for the installation of a tilapia farm. It looks like we will use part of one of our rice paddies to build a pond. Please pray for us as we plan. This can be a great source of protein for our orphans and widows.

We are excited that we will welcome Pastor Prabhu and his wife, Sowji, on our Mission Cruise (week 2) this month. Those on our team will have a wonderful opportunity to get to know them and learn more about our India outreach to orphans and widows.



MISSION CRUISE

Please pray our ministry on the ship and at the ports is fruitful and safe as we travel from January 12-26. We are planning only one week next year so get your reservations in as soon as possible if you plan to join us. www.missioncruise.org

CURRENT NEEDS

- Become a monthly contributing partner to our general fund.
- Become a sponsor to one or more of our children in India or Haiti. (See the website for details)
- Our payment toward the purchase of Our House of Hope is due in September. We currently have \$70,000 of the \$200,000 needed.
- Ask your church or organization to have Don come for a concert to present our ministry to orphans and widows.
- Speak to someone you know that owns a business or is in a position to help us with our growing expenses.
- Financially support one of our full time staff serving our Haiti ministry.

WE NEED YOU NOW MORE THAN EVER! We are moving into 2020 knowing that our God will provide. He always has! Thank you for your participation!

DSM International, N6052 Bombinski Lane, White Lake, WI 54491



"Like" our Don Shire Ministries FB page to stay well informed on ministry news and prayer requests.



Via de Cristo News

SonRise Ultreya

SonRise Council Members are calling all 4th day members to join in an Ultreya to discuss the future plans of our movement. We are meeting to reignite the fire and passion so we may hold successful and Spirit filled weekends. Join us for Breakfast, Worship and Trainings.

Saturday, February 8, 2020
Trinity Church
Geranium Rd
Pell Lake, WI

Northern Light Spring Weekend #51-52
March 12-15, 2020
Forest Springs Camp
N8890 Forest Lane, Westboro, WI

Prayers for our Congregation

The Ascension Champions of Prayer are inviting you to join us in praying for every member of our Ascension Family. Each Sunday a list the names of those you should hold up in prayer for the week will be posted in the bulletin. The power of prayer is amazing and we know we will see and feel the love of others on the day we are prayed for. If you would like to submit a special request for you , a family member or friend, please use the form below and submit it to Pastor Marcia or Kay Fuerst.



The Champions of Prayer are waiting to pray for your concerns. If you would like to share a confidential prayer request with a small group of fellow Christians who are willing and waiting to pray for your concerns, please take a moment and let us know how we can help. Please briefly list your concern, request or praise below. Your request will remain confidential, no need to even sign your name. Place the form in with your offering or give it to Kay Fuerst.



Prayers for those ill, injured or hospitalized:

Kay Fuerst, Dave Ort, Dylan Mueller, Mark Engel, David Doucette,
Allan Berreitter, Kim Schroth, Brittany (Klemp) Schumacher, Arletta Kauffman,
Beck Pues, Jim & Alice Mueller, Dean Pues, Brittany Slack, Betty Hillsberg,
Peggi Strelow, Rosie Pues, Tim Rohrer, Bob Singler, Arnie & Carol Kloes,
Terri Rapp, Jill Krohlow, Mark Mueller, David Nesberg, Larry Svetnicka, Reba Power,
Jackson Kloes, Geri Anderson, Mark Stevens, Lori Meyer, Rick Meyer

Prayers for our Military:

Jonathan Sabin—son of Pastor Sabin

COMMUNITY DINNER



The next Community Dinner will be Wednesday, February 19th at 5:30pm.

Pork Loin with Parsley Potatoes will be provided.

We are requesting donations of dinner rolls, gluten free dishes, vegetables, fruit, salads and Jello's and desserts.

A sign up sheet is on the table by the library.

For more information contact Phyllis, Glen or Judy.

Everyone is Welcome



Focus Items for February 2020

- ◆ Cereal
- ◆ Hamburger Helper
- ◆ Canned Meats (Tuna, Spam, Chicken, etc.)
- ◆ Juice
- ◆ Soup

* *Cash donations always welcome*

Thank you for your continued support.

HELP WANTED

At the Loaves and Fishes Food Pantry

Looking for individuals with:

- A love of helping others
- A warm smile
- A little free time

Come share your talent and energy for a great cause.



* Perfect opportunity for anyone to get your School, Scouts, Confirmation or other Community Service Volunteer hours

Distribution is the 3rd Wednesday of the month from 5-7pm & the following Saturday from 9-11am, but we have lots of other times and days that we need your help. Please contact Mona Ashenbrenner at 715-851-2104 for more information.

The Wisconsin Home Energy Assistance Program (**WHEAP**) is in progress, and offers a one-time payment during the heating season (October 1-May 15) to Wisconsin residents to make their energy bills more affordable. If you haven't already applied for energy assistance this heating season, go to www.co.shawano.wi.us click on the **homeenergy+** logo. Or contact **715-526-4740**.

INTRODUCTION TO SOCIAL SECURITY RETIREMENT



Monday, February 24
5:30 pm – 6:30 pm
SCMS Room 103

This **FREE** class will provide the foundation to understanding the social security benefit program.

- When should you apply?
- What documents must you provide?
- Who can receive retirement benefits?
- Factors that may affect your retirement benefits
- What should you remember to do after you retire?

Held at the Shawano Middle School (Room 103) from 5:30 pm – 6:30 pm. Call 715-526-2192 ext. 3202 to register

28th Annual

CP

BENEFIT SHOOT

Saturday, February 29,
2020

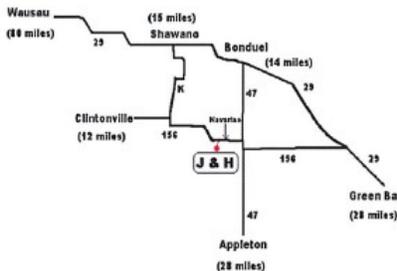
8:00 AM – 3:00 PM

Collect \$100
in pledges
and shoot
for ½ price.
Must hand
in at CP
Shoot.



\$25/50 Fun
Targets

\$10 goes to CP
Re-entries and
Kids only \$15



J&H Hunt Club
jhclub@tds.net

Navarino, WI - 715-758-8134

Come And Join
The Fun!

Day Raffles
(including Packer items)
& Prizes
Lunch will be available



MIND OVER MATTER




More than **60%**

of women over age 65 have bladder or bowel leakage, also called incontinence

Even if you don't have symptoms now, MOM can help prevent them from starting.

Incontinence is a common health problem for women and it can lead to lots of other problems such as falls, depression, social isolation — even hospitalization or nursing home placement. But incontinence can be prevented, improved, or even cured — without medicine or surgery — by making some simple changes:

- Changing what, when, and how much you drink
- Changing fiber intake
- Doing low-impact pelvic floor muscle exercises (Kegels)

Mind Over Matter: Healthy Bowels, Healthy Bladder can show you how!

Find a Mind Over Matter workshop near you. Visit wihealthyaging.org and click on **Find a Workshop**.

What is Mind Over Matter: Healthy Bowels, Healthy Bladder (MOM)?

MOM is a program designed to help older women build the skills and confidence they need to adopt strategies and exercises that help them prevent or improve incontinence symptoms. MOM workshops are:

SHORT & SWEET: Just 3 sessions — each lasting 2 hours, every other week for one month

COMFORTABLE & COMMUNITY-BASED: Limited to 8-12 women and led by a female facilitator which fosters trust and privacy

INTERACTIVE & FUN: Engaging women to work together to set and meet personalized goals and incorporating social interaction, tasteful humor, and fiber-filled snacks

EFFECTIVE! Women who complete the program have a **71% improvement in bladder leakage and a 55% improvement in bowel leakage.**

"The pelvic floor exercises have helped me so much that I no longer need to wear a panty liner."

"I used to wake up two times a night [to use the bathroom]. Last night I got through the whole night without getting up!"

-MOM participant

What will you learn when you join a MOM workshop?

- How our bladder, bowels, and pelvic floor muscles work together
- How to do pelvic floor muscle exercises
- How to adjust fluid intake and fiber intake to prevent or improve symptoms
- How to set and achieve reasonable goals
- How to solve problems and cope with setbacks as a group
- How to self-advocate and seek care from health care providers



"I'm doing a lot better since I went to the Mind Over Matter class. Drinking more water and eating more fiber and just paying more attention to my bathroom needs."

-MOM participant

Mind Over Matter: Healthy Bowels, Healthy Bladder is a 3-session class for women over age 50 that includes information, group activities, and simple exercises to do at home. This class is being offered by the Shawano County Human Services – Aging Unit and led by Deb Lidbury, a nurse practitioner. There is a plan to offer this class throughout the county on an ongoing basis. If interested, here are the details:

The first class will be offered on February 3, 17 and March 2nd at the new Shawano County Human Services Office Building at W7327 Anderson Avenue in Shawano from 10 am to 12 pm. To reserve your spot, please call Sharon Luepke at 715-524-6816. We are able to accommodate up to 12 individuals in this class so please call soon.

Youth Mental Health First Aid

FREE Training on how to identify, understand, and respond to signs of mental illnesses and substance abuse disorders.

This 8 hour training gives adults the skills they need to reach out and provide the initial support to adolescents (age 12 - 18.)

Topics covered:

- Common signs and symptoms of mental illnesses in this age group including: anxiety, depression, and eating disorders
- Common signs and symptoms of substance use
- How to interact with an adolescent in crisis
- How to help connect the adolescent with help



Thursday, February 20th

8:30 a.m. - 4:30 p.m.

Shawano County Courthouse

311 North Main Street

Shawano WI 54166

Sign up:

<http://tiny.cc/YMHFA22020>

or call 715-526-6136



Free to the first 30

people that register!

Who should attend?

- Parents
- Teachers and School staff
- Coaches
- Youth group leaders
- People who work with youth
- Neighbors of youth

If you have questions, contact Positive Youth Development Educator Megan Suehring:
e-mail to msuehring@wisc.edu
or call 715-526-6136.



YOUTH MENTAL HEALTH FIRST AID*



Extension
UNIVERSITY OF WISCONSIN-MADISON
SHAWANO COUNTY

An EEO/AA employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and the Americans with Disabilities Act (ADA) requirements. Please call about special accommodations at least 48 hours in advance: 715-526-5136.

DEMENTIA CONVERSATIONS

Driving, Doctor Visits, Legal & Financial Planning

This workshop will offer tips on how to have honest and caring conversations with family members about:



Going to the doctor



Deciding when to stop driving



Making legal and financial plans

Mug Club for Caregivers and Informational Luncheon

Learn about the Value of Socialization for Individuals with Dementia, How to Have The Difficult Conversations and Where to Find Resources to Help

February 15, 2020

From 11am – 1 pm - light lunch will be served
at Shawano County Human Services
W7327 Anderson Ave, Shawano
Please RSVP to Heidi Russell at 715-526-4686

alzheimer's  association®

800.272.3900 | alz.org®



GOSPEL

Amazing Grace



Dinner Show

Tuesday, April 7th

5pm Bar Opens • 6pm Dinner • 7pm Showtime • \$40 Per Person

Family style dinner of broasted chicken and baked fish, including coleslaw, baby red buttered potatoes, wild rice, vegetable, dinner rolls and dessert.

Everyone is welcome for an amazing dinner and your favorite Gospel songs.

The Main Event

206 N. Lemke St, Cecil

Call Sally at 715-745-2150. Reservations secured with credit card payment in advance.

20 Great Philosophies of Life

Birthdays are good for you. The more you have, the longer you live.

We could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have weird names and all are different colors. But they all have to live in the same box.

It may be that your sole purpose in life is simply to serve as a warning to others.

A truly happy person is one who can enjoy the scenery on a detour.

Have an awesome day and know that someone has thought about you today.

AND MOST IMPORTANTLY
Save the earth....It's the only planet with Chocolate!

Thank you to Terry Conradt for forwarding these gems.



SCHOOL DISTRICT OF BONDUEL

SENIOR CITIZEN BREAKFAST

Please come join us every second Wednesday of the month through May with school district Superintendent Joe Dawidziak. Starting from 8:30-9:00 a.m. coffee will be served along with an informal Q and A. Breakfast will be cooked and served by students at 9:00 a.m. At 9:15 a.m. Bonduel students will be performing for our senior citizens. Below you will find the schedule of the breakfast for the remainder of the school year. We hope to see you there!

Wednesday Oct. 9th-TBD

Wednesday Nov. 13th-TBD

Wednesday Dec. 11th-Elementary Holiday Concert Preview

Wednesday Jan. 8th-TBD

Wednesday Feb. 12th-TBD

Wednesday Mar. 11th-TBD

Wednesday Apr. 15th-TBD

Wednesday May 13th-Wisconsin Fun Fact Escape Room

October 9th

High School
Commons

MENU

Scrambled eggs,
pancakes, sausage,
bacon, coffee, orange
juice, and milk

Entertainment

TBD

**\$3.00 per
person**

R.S.V.P.

Amber Laude

715-758-4850 ext. 820

laudeamb@bonduel.k12.wi.us

The Navarino Nature Center has many upcoming events.

Below are a list of February events. You can RSVP at navarinonc@gmail.com.



Fairy House Workshop
 Sat., Feb. 1st 9:00 am—12:00 pm.
 Nature center staff and volunteers will guide adults and youth 14 and over, (younger may come with an adult) how to build a fairy house from natural and recycled items. Participants will leave with a house made of natural materials for their home or garden. Minimum of 4, maximum of 12. Bring a glue gun if you have one. Register by Thurs. Jan. 30th. Fee: \$30 members, \$35 non-members



2nd Intro to Cross Country Skiing
 February 1st 9am
 One hour introduction to traditional cross country skiing. Learn basic kick and glide, stopping, and turning. \$5 NNC members, \$10 individuals, \$15 the entire family. Arrive earlier if you plan to rent skis \$5 per child, \$10 per adult. Register by Thursday, Jan. 30th.

Glacier National Park
 Saturday, February 8th at 1 pm
 Presentation by Carena Keenan from Shawano about her 5 month intern ranger experience at Glacier. Snowshoe hike to follow from 2 pm to 4 pm. \$3 for members of nature center, Shawano Pathways or FVSG.



Frozen Fun Winter Open House
 Sat., Feb. 15, 2020
 Time: 9 am to 2

Snow games including: frozen arts and crafts, frozen face painting, come dressed in your FROZEN best, games, skiing and sledding. Chili luncheon, horse drawn sleigh rides. Fees for rentals, lunch, and sleigh rides. Other items free of charge. Please RSVP



Chunky Blanket Workshop

Tues. Feb. 18th
 6pm-8pm
 Hand-Knit your own chunky blanket to cuddle up in on those chilly nights. Participants must bring 6 skeins of chunky yarn of their choice and Rachel Gunderson will instruct participants on the process. Fee: \$15 Members/\$20 Nonmembers



Storytime @ Navarino
 Wed., Feb. 19th 10 am
 Topic: Valentines

Simply Blessed Sign Workshop
 Wednesday, Feb. 25th 6pm - 9pm

Pam Moede will provide guidance/materials to help you create this 20 x 24 wooden "Simply Blessed" sign to add to your décor. Fee: \$55 Members/ \$60 Nonmembers. Call 715-758-6999 to reserve your spot! Class is limited to 15 participants.



Light Up the Night Ski / Snowshoe 5:30 - 7:30 pm

Sat. Feb. 22nd, Feb. 29th, & March 7th
 Snowshoe or ski the one mile loop from the nature center across the boardwalk and back by the light of the stars, moon and candlelight. (Weather dependent— Call in advance) Fee: NNC members \$5, Non members \$10, Families \$15 Rentals extra. Please RSVP



Shawano Area Silver Society Club

February 4, 2020

1:30 – 3:00pm

Shawano County Library

128 S. Sawyer Street

The club provides a fun, comfortable environment where people with early stage memory loss, along with their companion and/or caregiver, can relax, engage, and enjoy the company of others who are on the same journey. There is no cost to attend.



Come join us for a fun time at the Library where we will learn about pet therapy. We will enjoy some of our four legged friends and find out the benefits of having one visit.

If you have questions, please contact Heidi Russell, Shawano County Human Services at 715-526-4686. Thank you!

The Shawano Area Silver Society Club is sponsored by the The Wolf River Region Dementia and Caregiver Network Chapter and the Forget Me Not Fund.



Check out the new Cup O Joy brochure on the table by the library for Christian entertainment in February.

THIS "OLD LADY" LOOKS FAMILIAR

Sent to Ann Landers. Author unknown.

A very weird thing has happened. A strange old lady has moved into my house. I have no idea who she is, where she came from, or how she got in. I certainly did not invite her. All I know is that one day, she wasn't there, and the next day, she was.

She is a clever old lady, and manages to keep out of sight for the most part, but whenever I pass a mirror, I catch a glimpse of her. And whenever I look in the mirror to check my appearance, there she is, hogging the whole thing, completely obliterating my gorgeous face and body. This is very rude. I have tried screaming at her, but she just screams back.

If she insists on hanging around, the least she could do is pay part of the rent, but no. Every once in a while I find a dollar bill stuck in a coat pocket, or some loose change under a sofa cushion, but it is not nearly enough.

I don't want to jump to conclusions, but I think she is stealing money from me. I go to the ATM and withdraw \$100.00 and a few days later it's all gone. I certainly don't spend money THAT fast, so I can only conclude the old lady is pilfering from me.

You'd think she would spend some of that money to buy wrinkle cream. Lord knows, she needs it. And money isn't the only thing she is stealing. Food seems to disappear at an alarming rate - especially the good stuff like ice cream, cookies, and candy. I can't seem to keep that stuff in the house anymore. She must have a real sweet tooth, but she'd better watch it because she is really packing on the pounds. I suspect she realizes this, and to make herself feel better she is tampering with my scale to make me think I am putting on weight, too.

For an old lady she is quite childish. She likes to play nasty games like going into my closets when I'm not home and altering my clothes so they don't fit. And she messes with my files and papers so I can't find anything. This is particularly annoying since I am extremely neat and organized. She also fiddles with my VCR so it does not record what I have carefully and correctly programmed. And she has found other imaginative ways to annoy me. She gets into my mail, newspapers, and magazines before I do, and blurs the print so I can't read it. And she has done something really sinister to the volume controls on my TV, radio, and telephone. Now, all I hear are mumbles and whispers.

She has done other things - like my stairs stepper, my vacuum cleaner heavier and all my knobs and faucets harder to turn. She even made my bed higher so that getting into and out of it a real challenge. Lately she has been fooling with my groceries before I put them away, applying glue to the lids, making it almost impossible to open the jars. Is this any way to repay my hospitality?

She has taken the fun out of shopping for my clothes. When I try something on, she stands in front of the dressing room mirror and monopolizes it. She looks totally ridiculous in some of those outfits, plus, she keeps me from seeing how great they look on me.

Just when I thought she couldn't get any meaner, she proved me wrong. She came along when I went to get my picture taken for my driver's license, just as the camera shutter clicked, she jumped in front of me! No one is going to believe that the picture of that old lady is me!

February 2020

Sun Mon Tue Wed Thu Fri Sat

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>2 <i>Fourth Sunday after Epiphany</i> 8:30 am Small Group Bible Study 9:30 am Worship</p> <p>GROUNDHOG Day</p>	<p>3 5:00 pm-Exercise Group 6:30 pm-Bible Study 7:30 pm-Dartball @ Seymour Lutheran</p>	<p>4 9:00 am-Bible Study</p>	<p>5 6:30 pm-Sunday School & Confirmation Class</p>	<p>6 5:00 pm-Exercise Group</p>	<p>7 8:00 pm—AA/ Alanon</p>	<p>1 8</p>
<p>9 <i>Fifth Sunday after Epiphany</i> 8:30 am Small Group Bible Study 9:30 am Worship-Baptism of Henry Mitchler</p>	<p>10 5:00 pm-Exercise Group 6:30 pm-Bible Study Dartball Bye</p>	<p>11 9:00 am-Bible Study 9:00 am-Loaves & Fishes Board Meeting</p>	<p>12 6:30 pm-Sunday School & Confirmation Class</p>	<p>13 5:00 pm-Exercise Group</p>	<p>14 8:00 pm—AA/ Alanon</p> <p>Valentine's Day</p>	<p>15</p>
<p>16 <i>Sixth Sunday after Epiphany</i> 8:30 am Small Group Bible Study 9:30 am Worship</p>	<p>17 5:00 pm-Exercise Group 6:30 pm-Bible Study 7:30 pm-Dartball @ Ascension</p> <p><i>President's Day</i></p>	<p>18 9:00 am-Bible Study</p>	<p>19 5-7 pm-L& F Distribution 5:30 pm Community Dinner 6:30 pm-Sunday School & Confirmation Class</p>	<p>20 5:00 pm-Exercise Group 6:pm-Council Meeting</p>	<p>21 8:00 pm—AA/ Alanon</p>	<p>22 9:00 –11:00 am Loaves & Fishes Distribution</p>
<p>23 <i>Transfiguration of Our Lord</i> 8:30 am Small Group Bible Study 9:30 am Worship</p> <p><i>Birthday Sunday</i></p>	<p>24 5:00 pm-Exercise Group 6:30 pm—Bible Study</p>	<p>25 9:00 am-Bible Study</p>	<p>26 6:00 pm-SS& Confirmation Class 6:00 pm Soup Supper 7:00 pm Ash Wednesday Service</p>	<p>27 5:00 pm-Exercise Group</p>	<p>28 8:00 pm—AA/ Alanon</p>	<p>29</p>