

The Shepherd's Staff

Pastor's Message

A whirlwind of life is swirling around me right now. Holy Week, Uganda Trip, Abundant Living, giving challenge, healthy relationships, hospital visits, home visits, first communion, Rockies, tree buds, DRY, confirmation, CONNECT, children, college, high school, health, "Love Wins", Spiritual Gifts, video, elliptical machine, photos, camera, burgers, friends, family, work, play, walks, desk, broken relationships, life ticking inside,...

... and an invitation ... an invitation to be still ... with Christ ... at the cross.

Breath in ... breath out ... slowly intentionally ... with Christ ... at the cross.

The cross, for me today, is a place where the whirlwind of life and death seems to collide. And the cross stands still within and beyond my life. It can be a place that is very uncomfortable, cause me to tremble inside and tears of fear, pain and anger to flow endlessly.

At the very same moment, the cross is a place that brings me peace, strength and a joy that is not contained inside me or the life that I live. It can cause an excitement for life, life eternal, life abundant, life of gratitude and life to be shared. Life in relationship with God, God's people and God's creation.

This is all possible because the cross is ALL about the LOVE that is eternal and embodied in my Savior, Jesus Christ. My king. Our Savior. OUR KING.

Life whirls around us and at the center, standing still in a love that has no beginning or end, the cross of Christ. The cross of Christ has not changed, but it has changed me and IS changing me. The cross is transforming me, transforming us while the whirlwind swirls around and within us.

Funny thing, the cross. Bewildering, confusing, transforming and life giving.

With life's whirlwind swirling within and around us, may we live the life that is won for us, sacrificed for us, and given to us from the cross. What will this life look like in our whirlwind? I'm not sure, but as I ponder that life, I have a little smile on my face just thinking about it. A little holy grin, that's not mine to keep, but given to me to share. I pray we experience the cross together and LIVE a life that walks out of a tomb of death and we share our holy little grins in the whirlwind of life and witness the power of God's love, together and for ALL.

Holy Little Grins,

Michael



Education, Youth & Family

Adult Education

SUNDAY Mornings

**9:30am Bell Choir Room
May 1**

Uganda team shares what they will be doing in Uganda in June and how Holy Shepherd can partner with them.

May 8 & 15
Missions Emphasis

MONDAY

Women's Evening Bible Study
Twice monthly

May 2nd 7:00 P.M. Fellowship Hall

"Galatians, Experiencing the Grace of Christ"

At our last study session we will cover chapters 11 and 12 in our guide book on Galatians. Bonnie Yockstick will be your leader.

We invite all interested women to come and join us for study, discussion, prayer time, and refreshments.

If you have questions call Pat Mohrbacher at 303-238-5179

May 16 WEBS Party at Shirley Kirkman's
9670 West Kentucky Drive
7:00 P.M.

For our final WEBS meeting before summer we will gather at Shirley's house for fellowship and refreshments. We hope you can come and join us!

TUESDAY

Women's Morning Bible Study
May 17, 2011

9:30am Fellowship Hall

Topic: "The People of God:
Unity in the Midst of Diversity"
Acts: 1: 4-8

Leader: Darla Trahnstrom
Hostess: Vera Crabb

All are Welcome!

TUESDAY

Holy Shepherd Book Club
May 17th 6:00pm Fellowship Hall

Movie Night: "**Everything Is Illuminated**"-
taken from the book by Jonathan Safran Foer

Location: The home of Gail Skaggs
303-985-5862

WEDNESDAY Evening

Wednesday Life Adult Classes
6:30 - 7:30pm Library

Issues of faith explored through DVDs & discussion

April 27: RESURRECTION (Part 1)

A story based on a soldier's quest for the truth and the discovery that leads to his renewal.

May 4: RESURRECTION (Part 2)
(Last class for the season)

WNL Adult class will resume in September

THURSDAY Morning

Lectionary Bible Study

8:30 – 10:00am

Multi-purpose Room

Leaders: Pastors Rick & Michael

SATURDAY Morning

Men's Bible Study & Breakfast
Saturdays, 8:00am Fellowship Hall

This year we are studying Paul's Epistle to the Romans. Our study highlights the teachings in Romans on the core Christian doctrines: salvation by grace through faith; the connection between old testament law and new testament grace; confronting and clarifying some of the difficult concepts of Christianity, the proper place and role and significance of "good works" in the life of the believer, and throughout, how the nature of God is revealed in this book. Our teacher is the Holy Spirit, and our study leader is Dennis Jacobson.

We meet at 8:00 am for breakfast, are always out by 9:05, and would love everyone who can to join us.

Youth Education Calendar

Age 3 – 6th Grade: Rotational
CONNECT Lessons

MAY 1

Preschool /Kindergarten:

"Journey of Paul" (ED Rooms 4 & 5)
Walk-A-Thon around Neighborhood

1st - 6th Grade: "Art Project: Mother's Day"

May 8

Preschool /Kindergarten:

"Art Project" (ED Rooms 4 & 5)

1st - 6th Grade: "Year Review: Baseball Game"

May 15 (Last Day of Spring CONNECT)

Vacation Bible School Preview



Education, Youth & Family



Wednesday Night Life *Growing in God's Family*

4:45– 9:00pm

WNL is a midweek gathering that will strengthen your body and spirit with food, fellowship, education and song. **Everyone is welcome!**

May 18th will be the last evening of WNL for the summer. Adult Ed will not meet on May 11th or 18th.

4:45 – 5:40	Prime Time Choir
5:50 – 6:30	Dinner
6:30 – 7:30	“Movie Nights” Age 3 – 6 th Grade
6:30 – 7:00	Kids of the Kingdom Choir Age 3 – 2 nd Grade
7:00 – 7:30	Kids For Christ 3 rd – 6 th Grade
6:30 – 7:30	Handbell Choir Adult Study
6:30 – 7:45	Confirmation
7:30 – 9:00	Chancel Choir



May 4
Taco Bar, Fruit Pizza

April 27	May 11
Grilled Pork Tenderloin	Grilled BBQ Chicken
Baked Ranch Potatoes	Baked Potato Casserole
Steamed Vegetables, Fruit	Salad, Fruit
Creamy Peanut Dessert	Scotch-A-Roos

May 18
Brats & Dogs
Potato Salad, Chips, Fruit
ice Cream Sundaes



June 20 – 24, 2011

VACATION BIBLE SCHOOL

At SonRock Kid's Camp kids will explore who they are in Jesus Christ – the most important relationship of all. Because of His love for us, He is the Rock upon which we can build our lives!

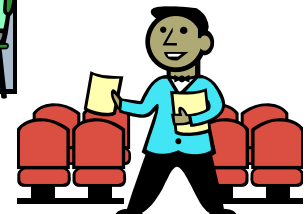
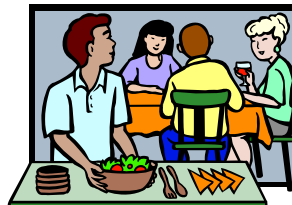
Registration begins May 15th!

Come Join the Inaugural Event of

M.A.S.H.

Middle Age Social Happenings

If you are looking for a way to connect with others who want a night out to socialize, join us for a potluck Dinner and a movie (TBD)



MAY 20TH, 2011 AT HSLC

6:00 pm to ?

Space is limited so sign-up in the Narthex

UPDATE LUTHERAN MALARIA INITIATIVE

Bike/Walk-A-Thon

Hosted by the Jr. & Sr. High Youth

On April 17th, the Jr. & Sr. High Youth hosted a Bike/Walk-A-Thon for the entire Holy Shepherd community to participate in to raise money for the Lutheran Malaria Initiative. 28 people participated with over \$400 raised for this great cause. Thank you!!

We look forward to doing this again next year!



YOUTH CALENDAR

SR. HIGH YOUTH GROUP

Bible Study, Fellowship, Service Work

April 27, May 4, 11, & 18 – 6:30pm Vestry
Bible Study: “Revelations” – The Triumph of God

May 15: 12:00pm Lunch & “A Very Special Art Project”



Serve the Lord with Gladness

Holy Shepherd Service Day May 22, 2011

*Worshipping and Growing Together in Christ,
Serving and Reaching Out Joyfully to All!*

*Worship 9:00am Service Work 10:15am – 12:30pm
Light lunch to follow at 12:30pm*

On **Sunday, May 22nd** the community of Holy Shepherd will gather for 1 service only, at **9:00am** to be sent out to offer ourselves in service – to worship God through our hands. (*The Saturday service, 5:30pm, will be held as usual.*)

The entire Holy Shepherd community is invited to participate in a variety of service projects – for all ages!

Everyone is Welcome!

Listed below are several projects that will be offered that day with more to come. Sign-up sheets are located in the Fellowship Hall at the display. Many donations are needed for some of these projects to be completed. If you would like to serve by donating, please bring any of the items listed and either drop them off at the display in the FH or at the church office during office hours. Some donations can be brought the day of the service work day.

Prayer Shawl Ministry

Location: HSLC Fellowship Hall
Leader: Lori Lenhart
Description: For anyone who wants to find out what the Prayer Shawl Ministry is all about; anyone who loves to knit or crochet or would like to learn.
How many can serve?: Unlimited – Age, gender and family friendly.
Tools/Attire: You may bring your own needles, hooks, yarn, but if you do not have these items they will be supplied.

Beaded Prayer Bracelets

Location: HSLC Fellowship Hall
Leader: Jennifer Kimball
Description: Making beaded prayer bracelets to send with the team from Holy Shepherd that is heading to Uganda to share with the community they will be in contact with while there.
How many can serve?: Unlimited – Age, gender and family friendly.

Denver Rescue Mission

Location: HSLC Multipurpose Kitchen
Leader: Susan Linner, Gail Skaggs
Description: Making sandwiches to be given to Denver Rescue Mission.
How many can serve?: 10-15; Age, gender and family friendly. Small children must be accompanied by a parent/adult.

Blankets for IHN Guests

Location: HSLC Narthex
Leader: Karen Novess
Description: Making tie-blankets for the families who are guests with Interfaith Hospitality Network.
How many can serve?: Unlimited – Age, gender and family friendly.

Sanctuary Pews Wax Clean-up

Location: HSLC Sanctuary
Leader: Pat Mohrbacher/ Donna Madsen
Description: Remove wax from pews & chairs in the sanctuary.
How many can serve?: 6 – Age, gender and family friendly.
Supplies: Small electric vacuum (if possible)
Playtex gloves

Offering of Letters

Location: HSLC Fellowship Hall
Leader: Paula Freeman
Description: Write to your congress members to advocate for policies that help end hunger in the U.S. and around the world.
How many can serve?: Unlimited – 7/8 years old and up (able to write)

Sample letters provided

Nursery Clean-up

Location: HSLC Nursery
Leader: TBD
Description: Clean toys, equipment, furniture
How many can serve?: 10 – Age, gender and family friendly.
Tools/Attire: Work clothes, pails, sponges

Christ Aid Warehouse

Location: 5415 W. 59th Ave. Unit D, Arvada
Leader: Pastor Michael TeKrony
Description: Possibly book sorting, loading medical equipment on shipping containers or other types of sorting.
How many can serve?: 30 – Age 10 and older, gender and family-friendly
Tools/Attire: Work clothes

If you need transportation, please contact Pastor Michael at the church office, 303.233.2740

Jeffco Action Center

Location: Jeffco Action Center Warehouse
Colfax and Allison
Leader: Shirley Bradsby
Description: There are more than 170 families coming to the Jeffco Action Center EVERY DAY to get some type of help. These are our neighbors in Jefferson County who just cannot currently make ends meet. A family can receive a 5 day supply of food 5 times during a year. As you can imagine, it is hard for the "food pantry" crew to keep up with the demand...they are dealing daily with about 3 tons of food. Therefore, we are needed to pack the basic food items for 5 days in boxes so the "food pantry" crew can just add fresh vegetables and fruits. There will be jobs for all ages and abilities. There will be tasks that can be done sitting down. Food needs to be sorted, distributed, and packed in boxes. The Volunteer Coordinator of JAC will keep us busy and organized! Come join us as we pass God's abundant love on to others!

How many can serve?: Up to 100! – Age 5 – 95, gender and family friendly.
Tools/Attire: Work clothes

H.O.P.E

Healing, Outreach, Personal Empowerment

An introduction to a new ministry, H.O.P.E. and how it will serve the Holy Shepherd community and beyond.

Needs: Used cell phones (batteries included) & chargers, personal products etc.
More information will be available at the Service Work Day sign-up table.

Property & Grounds

Whatever does not get finished on Property & Grounds clean-up day. May 14th, could be completed on Service Work Day on May 22nd. Come prepared to work inside or outside of the church – whatever is needed!

Forgiveness **BRACELET**

Jesus died on the cross to forgive our sins, and he tells us to forgive other people, too. Make and wear this craft as a reminder that you are forgiven — and should be forgiving.

What you need:

- Clear plastic bottle (about 16 oz.)
- An adult to help
- Scissors
- Construction paper
- Permanent black marker
- Glue or clear tape
- Thin ribbon or yarn
- Small hole punch

What you do:

1. Remove any label from the bottle. Have an adult help you cut the bottle in half, width-wise. At the middle, cut out two identical half-inch-wide strips.
2. Cut out paper the same size as the plastic strips.
3. On the paper, write "Forgive, and you will be forgiven" (Luke 6:37, NIV).
4. Place the paper between the two plastic strips.
5. Cut and glue the ribbon or yarn to run along the top and bottom of the verse, framing the words.
6. Punch a hole at each end, through all three layers.
7. Tie the bracelet to your wrist with ribbon or yarn.

Building Relationships in Uganda

After more than a year in planning, the Holy Shepherd Lutheran Church Uganda Team is preparing to depart on June 6th for the Fort Portal, Uganda area with David Mporampora's organization—ChristAid, Inc. We have been identifying projects that we'd like to accomplish during our mission trip, more specifically: establishing a computer lab and some science projects with curriculum and lab equipment at the ChristAid Academy, creating an "American" meal event for the Grandmas, conducting a 2-day leadership conference for area pastors, hosting a soccer tournament, distributing the books, backpacks, school supplies, and other goods sent there last month via cargo ship, worshipping, and whatever else our Lord would have us do.

We are asking for your help as we share our love and resources with these brothers and sisters. There are many needs in Uganda, and there are many ways that you could support our efforts:

- Please pray for us and the Uganda people
- Donate some goods (new or "gently used" in good quality) into the "Uganda" box in the narthex:

Reading glasses	Vegetable (and flower) seeds
Soccer balls, shoes, shin guards	"Click" pens (more "bling" than stick pens)
First Aid Kits (approx. \$20 size)	Small dollar toys
Science games or kits	Computer software for "Beginner" users
Decorated pencils for children (not just plain yellow ones) & sharpeners	
Lip balm ("Chapsticks"), toothbrushes, toothpastes, and mini bottles of lotions & shampoos	
Pretty scarves (silk, polyester) that women use to wrap around their heads	

- Contribute some money to help us conduct the pastors' conference or to buy the needed items. Pick a marked envelope off our corkboard display and contribute either the full or a partial amount toward those items:

Pastors' Conference	\$1,000 - \$3,000	Laptop computers	\$250 each
Microscopes	\$100 (each)	Help sponsor a Grandma or Adahi child	\$ 50 (or more)
First Aid Kits	\$ 20	Science lab beakers, slides, equipment	\$5, \$10, \$15, \$20
General support of ChristAid, David, or other projects (water, solar, the Academy, library, soccer stadium)			

- Spend some time on ChristAid, Inc. projects at the Arvada warehouse/office (*e.g.*, sort books and donations, fill shipping containers, help with mailings, and packing)

During our stay in Uganda we are also hoping to connect visually with you here in Lakewood on the computer via Skype on the weekend of June 18 so we can combine our Ugandan and Colorado worship. We were able to connect with some of the children and grandmas last month, and it was very inspiring to both sides of the ocean!

You will hear more about our vision and dreams for this trip on Sunday, May 1 between services. We pray that our Father will build a strong connection between Holy Shepherd and the Ugandan people.

Thank you for your generosity,

Joy Folkvord, Ray Johnson, Barb & Kent Stannard, Jackie & Rod TeKrony, Pastor Michael, Kathy Yorgin



Learn more online at www.ChristAidInc.org or ask any of us about it!

Church & Staff phone & extension numbers, email addresses

Office Phone (303) 233-2740
Fax (303) 274-6725
email: office@holyshepherd.com
website: www.holyshepherd.com

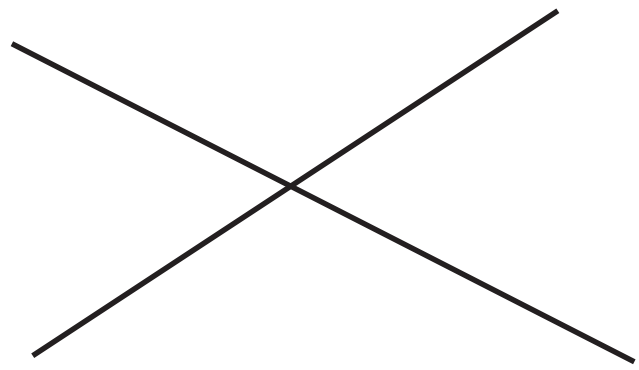
Pastor Rick Thompson ext. 107
pastorrick@holyshepherd.com
Pastor Michael TeKrony ext. 109
mtekrony@holyshepherd.com
Karen Novess, Ministry Partner,
ext. 101 knovess@holyshepherd.com
Barb Suder, Parish Nurse..... ext. 103
barb.suder@holyshepherd.com
Barb Newman, Office Manager
ext. 102 barb@holyshepherd.com
Mary Biefel, Secretary ext. 108
mbiefel@holyshepherd.com
Dana Anderson, Organist
Dave Gleason, Director, Chancel & Bell
Choirs glea7149@hotmail.com
Ron Skabo, Director, Prime Time Choir
..... rskabo34@msn.com
Joy Folkvord, Director, Kids of the
Kingdom and Kids for Christ Choirs
Diane Klinkerfues, Director, Praise Team
Fellowship Hall/Kitchen..... ext. 201
Basement/Kitchen..... ext. 202
Nursery..... ext. 203

BIRTHDAYS



Due to internet security and privacy issues, names have been omitted here.

For a complete Birthday List, please contact the church office.



HSLC Church Council Members 2011

Who's New, Who's Moved, Who Do We Still Need?!

- President**, Del Holz
- Vice President**, Kevin Klinkerfues
- Secretary**, Gaylene Szaltzer
- Treasurer**, Barbara Burmeister
(as of June, 2011)
- Congregational Life**, Vacant
- Education**, Pat Mohrbacher
- Evangelism**, Christine Johnson
- Fellowship**, Shanda DeAngelis
- Finance**, Gerald Scholten
- Missions**, Larry Bradsby
- Planning & Staffing**, Jackie Johnson
- Property**, Ed Schulte
- Stewardship**, Roberta Wentworth
- Worship & Music**, Larry Lagerberg



Holy Communion

Saturday 5:30pm Traditional Service
Sunday 8:00am Traditional Service
& 10:45 am Contemporary Service



The Prayer Chain

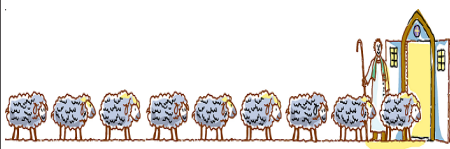
is here to support you in prayer. Please phone or email your prayer requests to: Dorothy Haldeman @ work: 303-384-6951, or Harriet Truman, @ 303-237-2309 or @ ahtruman@mailstation.com

--- NEWSLETTER DEADLINES ---
Submission Dates of Articles and Calendar Items

May 11,
June 8, July 13, August 10, September 14,
October 12, November 9, December 14

Mailing Dates

May 18,
June 15, July 20, August 17, September 21,
October 19, November 16, December 21





- **Don't forget to celebrate the planet that God has entrusted to us on Earth Day, April 22**

- **Next EE Coffee dates** - Sundays, April 17 and May 15

- **Fourth Annual Dining Out for Hunger** – Saturday, April 30th, 6:45-9pm, in the Fellowship Hall. Please join us for a three course dinner, fellowship, and **entertainment by Larry Lagerberg and Dennis Jacobson**. Proceeds from a free will offering will go to the World Hunger Fund. This is a wonderful, fun evening that you won't want to miss! **SIGN UP IN THE MONTH OF APRIL, THE DEADLINE WILL BE EASTER SUNDAY**

- **Mission Projects** – Two of our Mission projects will be highlighted in May. We are delighted to host John Love from Capitol Hill Community Services on May 8th. He will tell us about "Seeing People with Dignity and Respect". On May 15th, Al Horton, Team Specialist for Thrivent Builds for Habitat for Humanity will talk to us about world, nation, and our own local Habitat Builds projects. Come learn how you can get involved with this worthwhile organization!!!



- **Don't Miss This Opportunity! Plan to purchase low-cost clothing appropriate for the season and then donate it to Jeffco Action Center on Sunday, May 8.**

This is a great way to include the clients of JAC in your Mother's Day celebration. Most items are \$1-\$2, so consider bringing your coins and dollar bills to this huge sale. Children and those who have trouble getting out to shop have been unexpected supporters of this event in the past.

- **4th Annual Hunger Dinner Saturday April 30, 6:45 pm.**

Menu: Bread & Oil; Mixed Green Salad with almonds, cranberries, and feta cheese; Lasagna; Cheesecake
Musical performances by Dennis Jacobsen and Larry Lagerberg

The dinner is a fundraiser for the ELCA World Hunger Appeal and is sponsored by the **Holy Shepherd Missions Committee and the North Jeffco Thrivent Chapter**. A freewill donation will be taken, and the Thrivent match will mean that every \$10 donated will equal \$15 given to World Hunger.

FEEDBACK FROM 2/13-2/20



First Impression of church and volunteers:

"was wonderful", "they all helped us very well", "church members were very polite and my family is grateful"

Food: *"the food was fresh and very tasteful", "hot and very tasty", "it was ready early"*

What I liked most: *"my own room", "I felt safe and happy", "the shower, washing and hygiene facilities were very clean"*

Transportation: *"the people who picked us up were very friendly"*

What will stick out in my mind: *"they way the treated us and their smiles", "the clean and beautiful teen room we stayed in"*

IHN 2011 HOSTING SCHEDULE FOR HOLY SHEPHERD

May 1-8, July 17-24, October 2-9

The Team!

Primary Coordinator – Cheryl Holz

Food & Dinner Coordinators – Joan Young, Pat Mohrbacher

Overnight & Van Driver Coordinators – Jim & Paul Freeman

Set-Up & Move Out Coordinators – Jeff & Pat Braden

Evening Host Coordinator – Gaylene Szaltzer

Supply & Laundry Coordinators – Marcy Lloyd, Gloria Lloyd

VNA Senior Wellness Clinic

Upcoming Dates in 2011: 4th Wednesdays

April 27, May 25, June 22, July 27, August 24, September 21, October 26, November 23, December 28

9am – 3pm - Library

Open to members, friends, neighbors

An RN will be available to trim toenails, check blood pressure and pulse, review medications and answer questions. Charge for nailcare: \$25.00 (new cost as of February 1, 2011.) Appointments: 303-698-6496. Kaiser clients needing nailcare call for pre-approval.



Words cannot express my thanks for the prayers, cards, calls for the recovery from my fall, which resulted in a broken hip replacement and a broken wrist, each on the right side.

The Doctors were wonderful here and put me back together, Physical Therapy people that taught me how to use the correct techniques to get healed.

I was so surprised to get a beautiful prayer shawl in the mail. It is with me everyday giving me the comfort that I can't even express in words.

Thank you to all and my prayers are with all of you as you go about your daily work.

Marge Holmquist

(P.S. – Everyone is invited to an anniversary celebration for Fred & Marge Holmquist (now living in Boise, Idaho), on May 15th from from 12:30 – 3PM in the fellowship hall. No gifts please.)

Steve and Amy Carter want to thank the Holy Shepherd congregation for 19 years of worshipping, singing, growing in Christ, and serving. Steve has accepted a position of general manager of WCSH-TV in Portland, Maine, and Amy will be joining him in early April. We appreciate your love and support to our family and hope we can stay in touch.

Thank You for remembering the prayer chain with those special prayer bracelets. We all appreciate the prayer support we receive here at Holy Shepherd.
Sincerely, Karen Smith

Dear family and friends of Holy Shepherd, Thank you so much for your support of prayer calls and visits during my two recent knee replacements. One cannot do it alone.

Thank you so much, Bruce Benson



PRIME TIME NEWS 55+

A Few Tips For a Happy Life

(no matter what our age)

- ◆ **Don't look back in anger, or forward with fear. Forgiving helps us to move ahead.**
- ◆ **Enjoy the simple things – get rid of everything that clutters your life.**
- ◆ **Good relationships with family and friends adds immensely to one's quality of life.**
- ◆ **Surround yourself with what you love: people, pets, books, music, flowers, hobbies – whatever gives you joy.**
- ◆ **Keep learning and keep active!**

The April 14th AARP Driver Safety Program was held at Holy Shepherd with thirty-plus participants taking this course. As we went through the AARP Driver Safety Workbook, we were reminded of changes in rules of the road, and new laws on the books. Particular attention was given to DUI incidents - driver responsibilities & consequences..

Prime Timers have scheduled these classes at the church every 3 years, as that is the time for renewal of your car insurance discount. Lord willing, we will have another class in the spring of 2014.

A NEW MEMBER ORIENTATION is scheduled for Saturday mornings April 30, May 7, and May 21. If you or someone you know is interested, or if you would like more information about the orientation process, please speak to one of the pastors or call the church office.



	5:30pm	8:00am	10:45am	Total
3-06-11	44	103	189	336
Ash Wednesday	10:00am – 81	7:00pm – 94		175
3-13-11	59	102	94	255
3-20-11	84	93	109	286
3-27-11	58	105	104	267



Dear friends, April is "National Alcohol Awareness month." The following are recommendations by **The National Council on Alcoholism and Drug Dependence**. Please remember to share this information with our young people and teenagers and talk frequently with them about the negative aspects of alcohol and drugs. Do this through talking, texting and emails. They will listen and hear you at some point.

Barb Suder, Parish Nurse

DIETARY GUIDELINES FOR AMERICANS

If you drink alcoholic beverages, do so in moderation.

WHAT IS MODERATION?



Women No more than one drink per day



Men No more than two drinks per day

This limit is based on differences between the sexes in both weight and metabolism.

COUNT AS A DRINK ...



12 ounces of regular beer
(150 calories)



5 ounces of wine
(100 calories)



1.5 ounces of 80-proof distilled spirits
(100 calories)

This limit is based on differences between the sexes in both weight and metabolism.

Alcoholic beverages supply calories but few nutrients. Alcoholic beverages are harmful when consumed in excess, and some people should not drink at all. Excess alcohol alters judgment and can lead to dependency and a great many other serious health problems. Taking more than one drink per day for women or two drinks per day for men can raise the risk for motor vehicle crashes, other injuries, high blood pressure, stroke, violence, suicide and certain types of cancer. Even one drink per day can slightly raise the risk of breast cancer. Alcohol consumption during pregnancy increases risk of birth defects. Too much alcohol may cause social and psychological problems, cirrhosis of the liver, inflammation of the pancreas, and damage to the brain and heart. Heavy drinkers also are at risk of malnutrition because alcohol contains calories that may substitute for those in nutritious foods. If adults choose to drink alcoholic beverages, they should consume them only in moderation and with meals to slow alcohol absorption.

Drinking in moderation may lower risk for coronary heart disease, mainly among men over age 45 and women over age 55. However, there are other factors that reduce the risk of heart disease, including a healthy diet, physical activity, avoidance of smoking, and maintenance of a healthy weight.

Moderate consumption provides little, if any, health benefit for younger people. Risk of alcohol abuse increases when drinking starts at an early age. Some studies suggest that older people may become more sensitive to the effects of alcohol as they age.

Who should not drink?

Some people should not drink alcoholic beverages at all. These include:



Children, adolescents and teenagers.



Individuals of any age who cannot restrict their drinking to moderate levels. This is a special concern for recovering alcoholics, problem drinkers, and people whose family members have alcohol problems.



Women who may become pregnant or who are pregnant. A safe level of alcohol intake has not been established for women at any time during pregnancy, including the first few weeks. Major birth defects, including fetal alcohol syndrome, can be caused by heavy drinking by the pregnant mother. Other fetal alcohol effects may occur at lower levels.



Individuals who plan to drive, operate machinery, or take part in other activities that require attention, skill or coordination. Most people retain some alcohol in the blood up to 2 to 3 hours after a single drink.



Individuals taking prescription or over-the counter medications that can interact with alcohol. Alcohol alters the effectiveness or toxicity of many medications, and some medications may increase blood alcohol levels. If you take medications, ask your health care provider for advice about alcohol intake, especially if you are an older adult.

Advice For Today: 1) If you choose to drink alcoholic beverages, do so sensibly, and in moderation; 2) Limit intake to one drink per day for women or two per day for men, and take with meals to slow alcohol absorption. Avoid drinking before or when driving, or whenever it puts you or others at risk.



WISH LIST

Following is the Holy Shepherd Wish List Update. If you are interested in providing a special, tax deductible, gift to Holy Shepherd, items listed here have been identified by council as being above-and-beyond budgeted items.

- 1) Nikon® Coolpix® S6000 14.2-Megapixel Digital Camera
A camera for use church-wide, to document and share Holy Shepherd
14.2 megapixels for incredible prints up to 20" x 30".
 - ◆ 7x wide-angle zoom lens delivers consistently sharp, clear images.
 - ◆ Bright 2.7" color display lets you preview and review your shots
 - ◆ Shoot 720p HD movies and play them back on your HDTV.*Cost: \$199.99, On sale often for \$140.00)*

- 2) Three Manually Retractable Mounted Projection Screens for Fellowship Hall, Bell Choir Room and Multi Purpose Room
Cost Estimate: \$600-\$700 each

- 3) LCD Projector (for education and other needs)
To be used with the retractable screens in the FH & MP rooms
Cost Estimate: \$2000

- 4) Two wireless handheld mics
Cost Estimate: \$500 each
(See Diane Klinkerfues or Karen Novess for specifications)

- 5) Three wireless mics, "over the ear" style
Cost Estimate *for all three mics*: \$3,000
(See Diane Klinkerfues or Karen Novess for specifications)

- 6) 15-passenger van for a variety of church functions
Cost Estimate: \$15,000 to \$20,000

- 7) One office replacement computer
Cost Estimate: \$800-\$1000

- 8) Laptop computer (for worship)
Could be a used computer if not older than 2 years

- 9) Landscaping and Outdoor Sign - see any council member or property committee member for details.

- 10) Video screens and projectors for sanctuary, still needed: \$15,000 - \$17,000

PROGRESS REPORT!

Thank you, thank you for your generosity!

◆ ***Thank you for a contribution for new window blinds for the Admin Building - we are all so excited about getting this project started.***



Spring
Cleanup Day!

HOLY SHEPHERD'S
ANNUAL



Help Us Maintain the
Church Grounds

SPRING CLEAN-UP DAY

Saturday, May 14, 2011
From 8 am to 3 pm

Come join us for a day of work
and fellowship, as we spruce up
Holy Shepherd.

Breakfast with a free-will offering starts at 8:00, with
work beginning at 9:00. Refreshments and lunch
will also be provided.

Please bring any tools, gloves, etc
that you think will help.

For questions contact
Ed Schulte at (303) 238-4919



*Holy Shepherd Lutheran Church
920 Kipling
Lakewood CO 80215*

CHANGE SERVICE REQUESTED

*Time Value -- Mailed Wednesday,
April 20, 2011*



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Springtime
Blessings