

DISCIPLEGRAM

MAKING DISCIPLES WHO SHARE THE LOVE OF JESUS CHRIST IN
THESE COMMUNITIES AND WITH PEOPLE EVERYWHERE

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ARE WE BLESSED? ...MOST DEFINITELY!

You have heard me say it many times before...we are blessed! Remember that I'm not saying that about Christ Our Savior Lutheran Church to put down other churches who are struggling—no, even they are blessed, blessed in Christ! I'm not saying that about myself to raise myself up and to put you down. No, you too are blessed in Christ! What is greater than knowing that you are a child of God? What is greater than having the assurance of sins forgiven and eternal life? Let me answer that for you—nothing!! Our identity is in Jesus—we are blessed! 😊

Spending time during our busy, frustrating, hectic schedules majoring in our Christ-given identity will do much to frame our days and years here on earth. Remember that you are a child of The King!! That you have been hewn out of the solid stone-filled quarry. That you are connected to the Vine and that nothing can separate you from the love of God that is in Christ Jesus our

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to receive the Disciplegram**

If you would like to
receive an electronic version
of this newsletter, email
Alyssa Knock at
alyssak@christoursavior.org.
Include your preferred
email address and the current
mailing address where you
receive the Disciplegram
newsletter.

STAFF

Rev. Dean M. Davenport
Senior Pastor

Rev. Joel A. Werner
Associate Pastor

Tom Schroeder
Director of Music Ministry

Josh Kittleman, *Director of
Christian Family Life Formation*

Laura Myers, *Director of the Early
Childhood Program*

Linda Hollman, *Assistant to the
Pastor in Assimilation, Outreach &
Women's Ministry*

Karla Schettenhelm, *Assistant to
the Pastor in Children's Ministry*

Noreen Lenardon
Business Manager

Laurie Riegel
Administrative Assistant

Alyssa Knock
Communications Coordinator

MISSIONARIES

Rev. David Erber—*Nigeria*

Rev. Charles Ferry—*Indonesia*

Rev. Steven Mahlburg—*Macau*

**Rev. James and Deaconess
Christel Neuendorf**—*Puerto Rico*

Lord! Nothing compares with that truth and Good News. Are we blessed—YES! Together let's concentrate on that even while struggling with living in the world.

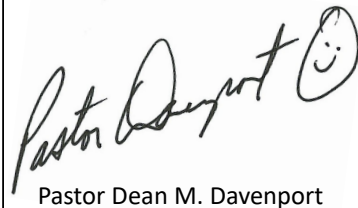
It was just 3 months ago that we installed pastor Joel and Josh to begin their years of service with us. Both of them demonstrate to all of us that God has great things in store for us here at COS even as we look to be a lighthouse of the Gospel in our community and beyond. They love Jesus and are looking forward to building relationships with you and with our neighbors. If you haven't had an opportunity outside of Sunday morning to get to know them better—please do! You'll be blessed by who God has made them to be!

I'm excited for what the future holds for all of us as God's forgiven, redeemed, restored and enlivened people. I'm excited not just because of our two new staff members but because in my lifetime there has never been a more important time to share the greatest message the world has ever known. That message is truth, life, forgiveness and salvation through Jesus! For such a time as this we have the Message, we have the Holy Spirit, we have the people and we have the means by which we can build relationships so that others too will come to know Jesus as Lord.

And here is why I'm really geeked—because I already know that the battle has been won in Jesus. Struggles remain but the victory is for us and for anyone who calls on the name of the Lord for their forgiveness of sins. We fight today not to win the battle but to get the Word of life out to the ears and hearts that need to hear it.

Are we blessed—most definitely! But remember that God blesses us so that we can be a blessing to others. He fills us up so that His love can overflow to our own families, our neighbors, to strangers, and yes even to our enemies. He is the almighty God who chooses to use ordinary people like you and me to deliver His life-giving message of Jesus Christ, crucified and risen for the forgiveness of sins. Jesus means what He says when He says "Go and make disciples..."—that is our mission because it's His!

We are blessed to be called children of God!


Pastor Dean M. Davenport

Staff Responsibilities

Organization and Responsibilities



Featured
Ministry

With the addition of two new staff members this June, there have been a lot of changes in the office. One of the main questions on everyone's minds was, "what exactly will the new pastor and this DCFLF be doing?" After giving both Joel Werner and Josh Kittleman some time to settle in to their offices, observe some of the rhythms of our church, and meet many of the lay leaders, Pastor Davenport invited them to sit down and hammer out the roles and responsibilities that they would undertake.



This conversation ended with a general organizational chart for the entire Christ Our Savior staff, which will hopefully provide clarity and guidance for work in the future. Certainly roles will develop, adapt and change over time as ministries are created and fizzle out, as the needs of the congregation are made clear, as opportunities arise. For now, however, we'd like to communicate how we see the church working and give you a clue to which staff member you might need to talk to with your questions.

Our Senior Pastor, **Dean Davenport**, continues to lead our congregation. In addition to preaching and liturgy responsibilities, he oversees the administrative side of worship and church business through the Board of Elders and Church Council. He also guides and equips the leaders of the general Adult Bible studies. These include the Sunday morning classes as well as the midweek class led by the Family of God pastors. Together with Pastor Joel, he teaches the Lutheran Foundations course for those interested in becoming members of our church. Our Stephen Ministers answer to him, and the

fellowship activities of the Forever Young group also fall under his purview.

Our new associate pastor, **Joel Werner**, fills many of the responsibilities of Joel Eden but also will use his unique talents in ways that suit him best. He will preach and perform the liturgy in rotation with Pastor Davenport. Beginning this fall, he will teach the confirmation classes for 7th and 8th grade students. He will share the teaching of the Lutheran Foundations course with Pastor Davenport. He will also take the responsibility of guiding and equipping small group leaders and will provide oversight for the Young Adult Ministry.

Tom Schroeder, our faithful Director of Music, will continue to oversee all of the music in our worship. This includes leading worship from the organ, directing music groups and coordinating special music and preservice musicians.

Josh Kittleman fills a new staff position at Christ Our Savior as our Director of Christian Family Life Formation. Much of his role is equipping and encouraging lay leaders in many different areas of our congregation. He will oversee Men's Bible study, Youth Group (both

Here are some
of the
volunteers who
man the Welcome
Desk before and
after services!



Pastor Joel and Josh both attended the Summer Barbeque hosted by Community Connections this past July

Jr. and Sr. High), and Family Night activities. He and Linda Hollman will work together to provide Grief Share as a ministry. He will also support Karla Schettenhelm by training and supporting the Sunday School teachers.

Laura Myers continues to serve as the Director of our Early Childhood Program (ECP). She manages of staff of 15 people, including Karla Schettenhelm. She is also committed to finding ways to connect the Early Childhood families to the rest of the congregation at Christ Our Savior, with Josh helping in this endeavor.

Linda Hollman serves in several roles as the Assistant to the Pastor in Assimilation, Outreach and Women's Ministry. She oversees

Women's Ministry activities and Women's Bible studies. In partnership with Josh Kittleman, she will help to offer Grief Share to our congregation. She is in charge of our Food Pantry and oversees the Young Brain Injury Support Group. She also organizes greeters and the coordinates the activities of the Community Connections group.

Karla Schettenhelm is the Assistant to the Pastor in Children's Ministry. She oversees Sunday School (Pre-3 through 6th grade) and Vacation Bible School. She also works part-time at the Early Childhood Program as the Assistant Director and Preschool room teacher.

Our administrative staff include **Noreen Lenardon** (Business Manager), **Laurie Riegel** (Administration Assistant) and **Alyssa Knock** (Communications Coordinator). In addition to keeping everything running smoothly in the office, Laurie oversees the Media team and Mrs. Knock is responsible for the Welcome Desk.

There are many dedicated, talented servants in our congregation who put their time and gifts to work to make many of these ministries possible. While our staff are all listed here, we gratefully acknowledge the role that our lay leadership plays in making ministry happen here. Thank you for all of your joyful service!

GUARDIAN MEN'S RETREAT

The "Yes" Prayer

*With praise for all you are, Lord
And thanks for all you bless;
Lord, grant these ten petitions
With your eternal Yes:*

*Please show me that you're there
When I can't see your face;
Send troubled souls my way
Their wounds I will erase.*

*Let me see with your eyes
My mind with your thoughts fill;
But more than wisdom give me
The strength to do your will.*

*Bless me with abundance
Then put me to the test;
Gladly will I give you
Much more than I possess.*

*Send me your tranquility
In troubled times and calm;
With loving arms sustain me
Through suffering and harm.*

*Forgive me for my sins
Though legion they may be;
When death and evil triumph,
Bring good from tragedy.*

*But most of all reveal
The meaning of my life
The purpose of my glories
The reasons for my strife
My destiny in Heaven
No tears to flow again
My God please grant me all;
In Christ Our Lord,
Amen.*

New Paraments

Beautifying our Sanctuary



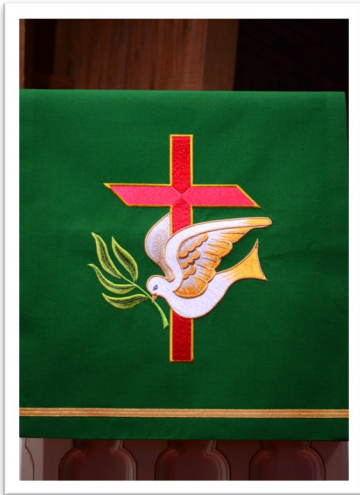
The church calendar leads us through the seasons of the church and is reflected in our worship by our music, songs, liturgical readings, decorations and altar colors. Each color has a meaning. Violet/purple (Lent) is used for mourning and repentance while black (Good Friday) represents death. Gold and white represent the Godhead, eternity and the glorification of Christ. Gold is used for Easter and white for Christmas, Thanksgiving, Transfiguration and Maundy Thursday. We use blue for Advent in preparation of His birth. Green is the color of abiding life and it is the dominant color in nature. We use it for Pentecost and Epiphany. Red is the “color of fire, fervor, blood, martyrdom, love and the victorious truth teaching based on the blood and righteousness of Christ” (taken from *What an Altar Guild Should Know* by Paul Lang). Red is used for confirmation, Reformation and Ordination services.

The ladies of the Altar Guild gladly take on the task of preparing communion and maintaining the linens for the altar and the pulpit. The beautification of the altar highlights the greatness of God and enhances an atmosphere

for the congregation to be receptive to hearing the Word and worship.

This year, the ladies of the Altar Guild proposed that COS acquire a new set of green paraments, as ours are a little worn. They chose to replace the green paraments as they are used during the longest season of the church year and therefore would get the most use. An additional reason for purchasing new paraments was to honor the memory of Debbie Cordray, who for many years organized the ladies of the Altar Guild. On green fabric, we purchased an embroidered superfrontal, a pulpit banner and three stoles. We also obtained three white stoles and corporals. We were blessed to be able to use memorial funds for these purchases.

The Bible is full of symbolism. Our new paraments depict a Chi-Rho, which is a combination of the two Greek letters used to represent Jesus Christ. There is also a picture of branches grafted on to a vine, representing us as the body of believers. Water is also present. It brings to mind the story of Noah and the flood, or we can consider the washing of baptism. However you interpret the symbols, it is to



God's glory!

The pulpit banner is embroidered with a dove representing the Holy Spirit, holding an olive branch. This picture again reminds us of the story of Noah, and the olive branch that told him and his family that it was safe to exit the ark.

Did you know there are five crosses etched into the surface of the Altar? The crosses represent the piercing of Christ's hands and feet and the piercing of His side. The *fair linen* is the long fabric draping over the sides of the Altar. It also has five crosses embroidered on it. The

corporal is a smaller linen covering the front center of the Altar during communion to protect the fair linen from accidental spills.

The bread and wine, which are Christ's body and blood, are set in the following manner: the wine is served in the individual cup trays, the chalices and flagon. The wafers are served from silver *patons* (trays/plates) with additional wafers in a separate container called a *ciborium*.

In the front center, a veiled chalice is draped, first with a *purificator* (the napkin the pastor uses to wipe the rim of the chalice) to protect the rim of the cup and then a small paton. This is topped with a 7-inch square called a *pall* to give the veil shape. The chalice veil corners are pointed to represent the Ark of the Covenant. Additional purificators are placed in a *burse* which rests on top of the veiled chalice.

Referencing "What an Altar Guild Should Know" by Paul Lang, the beautification of "the church is not a small matter of indifference. God gave special instructions for beautifying the tabernacle and the temple" in the Old Testament. We desire the House of God to be reverent and beautiful because it is "of God for God. He is present in our church. Through His Word and sacraments, Christ comes to us as we are gathered in His name. He gives to us and we give to Him."

As these paraments and vestments were blessed for service on Sunday, August 20, we pray that they will be used to glorify God as they beautify our space and remind us of His greatness.



If anyone is interested in joining the Altar Guild, please speak to any of the friendly ladies. We welcome all help!

Ruth
Dobberfuhr

You Ought to be in Pictures!

Church Pictorial Directory



Do you ever see people in church and wonder what their names are? Do you ever find yourself trying to describe someone to your spouse and they can't guess whom you are talking about? Are you new to our church and wish you had something to help you put names to faces? HELP IS ON THE WAY! Universal Church Directories will produce a new pictorial directory for our church this fall.

To make this directory successful, we need YOU to be included! Make your appointment now. Schedule a photography appointment on one of the following dates:

- Thursday, October 19
- Friday, October 20
- Saturday, October 21
- Tuesday, October 24
- Wednesday, October 25
- Thursday, October 26
- Friday, October 27
- Saturday, October 28

There is no cost to you or the church to have your photo taken. You will receive a FREE 8" x 10" portrait and a FREE directory for simply participating. At that time, you will have the opportunity to purchase additional portraits to share with family and friends in a NO-PRESSURE sales environment.

You can sign-up in person in the narthex after services on Sunday mornings from now until October. To sign-up online Mon-Fri, visit ucdir.com and use church code "mi1794" and password "photos". If you need any additional assistance, please contact Alyssa Knock (734-522-6830, alyssak@christoursavior.org)

We look forward to "seeing you in pictures!"

Moms of Faith

Be still...and know God



"Be still and know that I am God."

As a mother it is almost impossible to stay still. Our days are full from the moment the kids wake up until the time that we lay down to fall asleep. The day is full of motion, responsibility, and activities. Oftentimes the schedule commands our constant attention. Yet, we are asked to be still.

But how better to know God? If we are not still, how can we listen to His message? If we are not still, how can we see his work? If we are not still, how can we pray?

"...know that I am God." Psalm 46:10a

As a mother, it may be difficult to stay still. But the bigger challenge may be continuously knowing and accepting God. In the day-to-day moments, for example, when you're on the phone, the dog is barking and the kids are dumping out every toy box, it may be hard to remember that God is always here. Or perhaps in the more serious moments of our lives, when a loved one is sick, or a child is injured, it can be difficult to clear your mind and know that God is always there, waiting to take your burden. It can seem some days that our job as mothers is to continually bend to the needs of others, and sometimes it is easy to forget that God is there to shoulder our own struggles.

We are so excited to begin a new year for the Moms of Faith group here at C.O.S! It is our goal to be able to provide a place and opportunity to be still and listen to God's message. To provide a place to uplift and uphold the sanctity of motherhood and our daily work in raising our children. Also, to help build a community of mothers to enable support, advice, prayers, and faith.

Our leadership crew includes Lindsay Miller, Team Leader, Catherine Anders, Nicole Knisley, and Carrie Young as mentor mom.

The first meeting will take place on September 12th from 9:30am to 11am. We will meet twice a month through May of 2024.

Dues will be \$15/semester or \$30/year. Where do the dues go? The dues will help to pay for a variety of things, including: upkeep/new additions to the nursery for the little ones, arts and crafts (for the kids and/or adults), gifts for our care givers, weekly snacks, and any events that are planned.

We are so excited to kick off the new year for Moms of Faith and we hope to see you there.

Any questions? Please reach out to Lindsay Miller at cos.momsofffaith@gmail.com.

Discipleship Opportunities

At the Start of the School Year

What is Discipleship? The concept comes from the word *disciple*, which brings to mind the image of Jesus surrounded by his twelve Disciples. These men, chosen by Jesus, sat at his feet and learned from him. They learned from him walking on the road, eating and drinking, watching Jesus respond and react to many different people in a variety of scenarios. Over the three years they knew him and lived their lives with him they were changed.

After Jesus' death and resurrection, their lives were committed to witnessing about the salvation they had experienced. They carried the message of salvation with them. Some (John, for example) stayed in Israel and supported the church in Jerusalem. Others went to far off places to share God's Word with people of different cultures. According to tradition, Timothy went to India and planted God's Word in the hearts and minds of the people there.

Discipleship is living our lives in a way that we are drawn closer to Christ. By this definition, any activity could be considered discipleship, in or out of the church, with or without a reservation on the church calendar. Also, by this definition, God is the one doing the action—He is discipling us, and we are receiving from Him. At the start of this school year, take a moment to reflect on where you can be discipled. If you feel you need some direction, read through these options for Bible studies, fellowship groups and music programs to see where you might fit in, or learn when the group you already attend will be starting for the fall. Music groups are included here as a less familiar form of discipleship; music is a form of worship and a way we give our talents to the service of God—this is absolutely a way that we can be drawn closer to Christ. Not every group at our church is listed here, this article focuses on the ones that start again in the fall. If you have any questions, please call the church office! We pray and trust that God will direct your heart towards Him—He wants to be found.

FAMILY NIGHT | GYM, SUNDAYS 5–7:30 P.M.

God gave us a family for our physical benefit and safety, a place where we can learn and grow from people who are at different stages than us, and yet share the similar goals and values. In the same way, God places us in spiritual families, surrounding us with brothers and sisters in Christ of all ages and with a variety of experiences. There is so much we can learn from each other—about life, relationships, and our walk of faith. Family Night is designed to be a place where we can develop relationships with our spiritual family. The program starts with a group meal at 5 p.m. after which we split in to Bible studies by age groups. The evening closes with a short devotion together in the sanctuary. The first meeting will be on Sunday, September 10, 2023.

LUTHERAN FOUNDATIONS CLASS | ROOM 4, MONDAYS 6–7 P.M.

Do you have questions about who Jesus really is? Has the Holy Spirit been tugging at your heart? Do you desire to have a personal relationship with Jesus? Have you wondered if there is life after death? Or, what baptism is? These questions and more will be discussed in the Lutheran Foundations class meeting on Monday evenings, starting September 11, 2023, with Pastor Davenport. This 12-session class is offered for anyone who would like to learn what the Lutheran Church Missouri Synod teaches or for current members to review what they learned when they

Everyone

were a youth. If you know of someone who is not a member of Christ Our Savior who might be interested in this class or if you are interested yourself, contact Linda Hollman (lindah@christoursavior.org), Outreach Director. Register at www.christoursavior.org.

Kids

SUNDAY SCHOOL | SUNDAYS, ROOMS 8-12

Our Sunday School program invites children in Pre-K through 6th grade to participate every Sunday morning at 9:45 a.m. in learning God's Word together. Sunday School begins with a time of singing, after which kids break into groups by age. The curriculum we use is called "Enduring Faith" (published by Concordia Publishing House) and encourages students to "Grow in the grace and knowledge of our Lord and Savior Jesus Christ" (2 Peter 3:18). As students progress through the program, they learn all about their Savior Jesus Christ, what their Savior means for them, how to defend their faith, and how to teach their faith to others. Age-appropriate activities build skills to strengthen Bible learning. Sunday School will start again on September 10.

YOUTH GROUP | SUNDAYS, YOUTH ROOM

Our Youth group will meet on Sunday mornings at 9:45 a.m. and also on Sunday evenings during Family night at 5 p.m. The Sunday morning class will be led by Pastor Joel, Judy Bruder, Josh Kittleman and Dan Young. In the evenings, Judy Bruder, Josh Kittleman, Nate Troike and Dan Young will teach. Both groups will focus on learning from God's Word and also applying those lessons to everyday life in our culture.

Adults

BETHEL BIBLE SERIES | GETHSEMANE CHAPEL, SUNDAYS 9:45–10:45 A.M.

Bethel is an exciting program that teaches the Bible as a complete work. It's a tour through the entire Word, from creation to Revelation. On September 10, 2023, our Bethel class, led by Judy Mayle, will begin studying the Inter-testamental Period, the time between the end of the Old Testament and the events of the New Testament. Understanding this period gives us greater insight into the life and ministry of Jesus Christ. All adult members are welcome to join.

READ THROUGH THE WHOLE BIBLE | GYM, SUNDAYS 9:45–10:45 A.M.

In court they expect the witnesses to "tell the truth, the whole truth, and nothing but the truth." We are witnesses for Christ every day, but do you know His truth, His whole truth, and nothing but His truth? The Truth is found in God's Word. Pastor Davenport will take over the leadership of this class, with help from Pastor Werner, Phil Krauss, Fritz Quitmeyer and Marie Schlosser. They will continue to lead us in a study of each book of the Bible. Every class provides background and context to the books of the Bible, as well as insight into how passages relate to our lives today. Fifteen minutes a day in your Bible, and this Bible study on Sundays, will help you learn the Truth and be a good witness for Jesus. The complete schedule is available on our website.

Men

MEN'S BIBLE STUDY | ROOMS 5 & 6, TUESDAYS 6:30–8 P.M.

The Tuesday Men's Bible Study will start on Tuesday, September 5, 2023. Led by Jacob Knock, this group meets for fellowship, encouragement and instruction from God's Word from 6:30 to 8 p.m. in rooms 5 & 6. They will begin studying 1 and 2 Thessalonians. In these two letters, Paul discusses themes of Christian persecution, the Lord's second coming, the Antichrist, and Christian discipline. In this book you will learn about the power of the Word of God; the importance of living a God-pleasing life; the reason why we are faithful to the Bible's teachings. All men in the congregation are invited to join this group!

Women

WOMEN'S BIBLE STUDY | ROOMS 5 & 6, TUESDAYS 10–11 A.M.

Trust God. It sounds so simple. Yet it is often difficult to trust God with important areas of our lives—our money, our health, our day to day living. In the book of Exodus, the second book in the Old Testament, Israel's struggles resemble our own. In this story of hardship and hope, we can learn along with Israel that God is worthy of our trust. Join us on Tuesday mornings with Susan Thomson, beginning on Tuesday, September 12, 2023. All women are welcome. Bring your Bible!

WOMEN'S BIBLE STUDY | ROOMS 5 & 6, WEDNESDAYS 6:30–8 P.M.

This group will start meeting again on Wednesday, September 13, 2023. They meet to share each others concerns, pray and most importantly to study God's Word and apply it to their daily lives. Contact Sandy Keil with any questions (248-345-5914). All women in the congregation are welcome to join!

Mothers

MOMS OF FAITH | GETHSEMANE CHAPEL, EVERY OTHER TUESDAY 9:30–11 A.M.

All moms in the congregation are invited to join us on Tuesday mornings for uplifting fellowship and devotions. Free childcare is provided! Membership is \$15 per semester, make checks payable to *Christ Our Savior*. Their meetings begin on Tuesday, September 12, 2023. Questions? E-mail Lindsay Miller (cos.momsoffaith@gmail.com).

Musicians

The music programs at Christ Our Savior have always been an important part of our worship. Many talented people in our congregation have been involved in enhancing our worship over the years, whether by participating in the choirs or by performing special music. There is a place for you! Contact our Music Director, Tom Schroeder, if you have any questions.

FESTIVAL CHOIR | CHOIR ROOM, THURSDAYS 7–8:30 P.M.

Our choir has place for all voices, soprano, alto, tenor and bass. The Festival Choir, under the direction of Tom Schroeder, rehearses weekly and sings in the worship services once a month. Rehearsals begin on Thursday, September 14, 2023. New voices are always welcome, please join us!

JUBELLATION HANDBELL CHOIR | SANCTUARY, EVERY OTHER TUESDAY 7–8:30 P.M.

Our bell choir rehearses every other week, and plays in service once a month. Rehearsals begin this year on Tuesday, September 12, 2023 and are led by Tom Schroeder.

VICTORY BRASS | BALCONY, THURSDAYS 8:15–9:15 P.M.

We invite all players of brass instruments to join our Victory Brass group that meets weekly and plays for Sunday services once a month. Rehearsals will begin on Thursday, September 14. This group is under the direction of Tom Schroeder.

PRE-SERVICE MUSIC

If you play the piano, organ, or guitar, please consider joining our team of pre-service musicians. Pre-service music starts fifteen minutes before each service and helps the congregation to prepare their hearts and minds for the coming worship.

The Church as a Faith Family



Wow...it's hard to believe that it's been three months since I was installed at Christ Our Savior! I've tried to make an intentional effort to be present wherever I could this summer in order to get to know the people of COS better. If I haven't had a chance to connect with you, I would LOVE to spend some time getting to know you. Please let me know by email (joshk@christoursavior.org) or phone/text (586-453-9399) and I'd love to set up a time to meet with you. Thank you also for graciousness, as I have had to ask many of you to repeat your name. Finally, I cannot thank you enough for the warm welcome you've given Sarah, the boys, and I. We truly feel loved and appreciated.

During the next few Disciplegrams, I'd like to share a bit about my background experiences and philosophy of ministry and discipleship. Hopefully this will help give you a better understanding of how I hope to provide leadership in my role with our discipleship efforts here at Christ Our Savior.

To borrow the phrase of an old 90's sitcom (and a recent article by Michigan District president Dave Davis) ***family matters***. I see that in my own life. I grew up in the small tourist town of Grand Haven, MI. My parents truly cared for my brother and I as we grew up. *We weren't a perfect family by any stretch of the imagination*, but there wasn't a day that I didn't know I was loved. My parents modeled their imperfect walk with Jesus both inside and outside of our home. They also faithfully brought me to St. John's Lutheran Church each Sunday. At my church, it was as if I had a dozen surrogate aunts, uncles, and grandparents who loved me and reminded me of the love of Jesus. The people at St. John's were an imperfect, eclectic bunch of people who would probably never have associated with each other if it wasn't for the Love of God that

brought them together as a family of faith. But together these people truly invested in me – and many other children - and helped me to see my identity in Christ. I am a living example of how ***family matters***.

There's a lot more to this story, but I want to mainly focus on the fact that God surrounded me with a FAMILY, and **not** just people I am related to by blood. While my parents played an integral role in my faith, they NEEDED the help of their church family. Seeing this beautiful partnership that took place between my household and my church is what motivated me to want to help replicate this dynamic in other congregations.

I'm well aware that not everyone shares my story of feeling loved at home. Not everyone has experienced a great relationship with their parents or their immediate family. That's the reality of living in a world impacted by sin. But I AM reminded of how we read, at the beginning of Psalm 68:6, that "God sets the lonely in families". God didn't leave Adam alone at the beginning of creation, and likewise He does not leave us alone. How does he do that? He has placed us into the body of Christ. In the past three months, I have already seen how the people at Christ Our Savior truly support each other as a family of faith. There are so many wonderful things in place that help us live out our lives as a family at COS, and there's a lot more we can do in the future. I look forward to seeing how the Lord will continue to shape us to be a place where we grow in God's Word and experience His Grace together. After all, ***family matters***.

-Josh Kittleman
Director of Christian Family Life Formation

New School Year— New Eating Habits

21 Nutrition Tips

BY CHRIS ROSENBLOOM
COX NEWS SERVICE

ATLANTA — March has been designated National Nutrition Month. It started out as a one-week celebration in 1973, but as people became more interested in food's role in health, an entire month was deemed more appropriate.

In honor of 34 years of good nutrition, here are 34 tips to help you eat right, courtesy of the American Dietetic Association.

And for good measure, we've thrown in a recipe for black and white bean salad. It is nutrient-dense, meaning it is packed with nutrients while maintaining a small amount of calories.

1. Keep your freezer stocked with frozen vegetables and your pantry stocked with canned vegetables to whip up quick, nutrient-rich meals.

2. Make pasta primavera and serve more vegetables than pasta.

3. Clean out your freezer and refrigerator by tossing half-used bags of vegetables or a lone carrot into homemade soup.

4. Use spinach instead of lettuce on sandwiches.

5. Start your meal with broth-based soup to fill you up before the main course.

6. Only snack if you are physically hungry, not because the clock tells you it is time to eat.

7. Eat fresh, canned or frozen fruits for a sweet dessert.

8. Treat your family to fruit kebabs: Thread pieces of pear, apple, melon and pineapple on skewers and serve for dessert.

22. Use your plate as a food guide: one-quarter of the plate for meat, fish or poultry, one-quarter for starches or grains, and half for vegetables.

23. Pace your eating with the slowest eater at the table, not the fastest.

24. Drink low-calorie beverages with meals (unsweetened tea, water with lemon or diet drinks).

25. Munch on veggies such as carrots, sugar snap peas or grape tomatoes when making dinner to avoid the temptation to nibble on other ingredients in the meal.

26. Try baked tortilla chips and salsa instead of fried chips with cheese sauce.

27. Dip strawberries or apple slices into fruit-flavored yogurt for a sweet treat.

28. Let kids dunk and dip their foods: animal crackers in low-fat pudding or mini-toaster waffles in cinnamon applesauce.

29. Stuff a pita pocket with cottage cheese and Granny Smith apple slices.

30. Add dried cranberries and almonds to quick-cooking oatmeal and microwave for 60 seconds.

31. Top English muffins with pizza sauce, part-skim mozzarella cheese and bell pepper for a quick and tasty pizza.

32. Let kids use cookie cutters to cut sandwiches into fun shapes.

33. Be 100 percent fat-free; use common sense when judging diet and health book claims.

34. Remember you don't have to eat perfectly at every meal; balance your food intake throughout the entire day.

9. For a quick, healthy dessert, slice an apple, sprinkle the slices with cinnamon, and microwave for about 50 seconds.

10. Try drizzling olive oil and red wine vinegar on a salad instead of a full-fat salad dressing.

11. Use mustard instead of mayonnaise on sandwiches.

12. Try Canadian bacon or ham on pizza instead of pepperoni or sausage.

13. Enjoy high-calorie foods in moderation; moderation isn't deprivation.

14. Compare brands and choose the one lowest in sodium.

15. Give kids control in the kitchen by asking them to help prepare meals.

16. Try edamame (soybeans in the pod) with a reduced-sodium soy sauce for an appetizer.

17. When making tacos or burritos, serve plenty of the good stuff (tomatoes, beans, salsa, corn and cucumber) and let everyone assemble their own.

18. Bake chicken fingers and serve with honey mustard or barbecue sauce.

19. Snack on nuts, but limit yourself to one serving (24 almonds, 47 whole pistachios, 18 cashews, 30 peanuts, 20 pecan halves or 14 walnut halves).

20. Make lunch your largest meal of the day and eat a smaller dinner.

21. Most people have about 10 recipes they rely on; break the cycle and try one new recipe every two weeks.

Chris Rosenbloom, Ph.D., R.D., is a professor of nutrition in the College of Health and Human Sciences at Georgia State University. Her e-mail address is dietitian@ajc.com.

Names of God

From the Old Testament

In our journey of reading through the whole Bible, we are almost finished with the Old Testament. Throughout the many books of the Old Testament and different authors that the Holy Spirit inspired, there are many different names used to describe the One True God. You may have heard about the most common names of God, including *Elohim* and *Yahweh*.

Elohim is a Hebrew word with the prefix *El*, which means *god*. It means “mighty one” or “supreme one”. Interestingly, this word is in the plural form, although it is used as a singular noun. That might not seem like a big deal, but Biblical scholars point to this fact as evidence of the Trinity. The word itself incapsulates the mystery of many and yet one. As the Holy Spirit inspired the writing of the Bible, He moved the authors to use this word to refer to the One True God. Genesis 1:1 states: “In the beginning God [*Elohim*] created the heavens and the earth”.

Yahweh is a personal name, and is usually translated in our English Bibles as *LORD* (specifically written in small caps) or *Jehovah*. This name first appears in Exodus 3:13-15:

“Then Moses said to God, “If I come to the people of Israel and say to them, ‘The God of your fathers has sent me to you,’ and they ask me, ‘What is his name?’ what shall I say to them?” God said to Moses, “I am who I am.” And he said, “Say this to the people of Israel: ‘I am has sent me to you.’” God also said to Moses, “Say this to the people of Israel: ‘The Lord (*Yahweh*), the God of your fathers, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you.’ This is my name forever, and thus I am to be remembered throughout all generations.”

Just as each name or nickname we carry has a story behind it or a special significance, each

SOME OLD TESTAMENT NAMES AND DESCRIPTIONS OF GOD

Ancient of Days
(Aramaic *Attiq yomin*)
Daniel 7:9
The ultimate authority as judge of the world.

Creator *Isaiah 40:28*

Everlasting God
(Hebrew *El Olam*)
Genesis 21:33

Father (Greek *Theos ho Pater*) *Malachi 2:10*

God Almighty
(Hebrew *El Shaddai*)
Genesis 17:1; 49:25
God is all-powerful.

Most High (Hebrew *El Elyon*)
Genesis 14:18-20
God, the maker of heaven and earth.

God of All Flesh
Jeremiah 32:27

God of the Covenant
(Hebrew *El Berit*)
Judges 9:46
Maker and keeper of his covenants.

God of Heaven
Nehemiah 2:4

God of Israel
(Hebrew *El Elohe-Yisra'el*)
Genesis 33:20

Holy One *Job 6:10*

Holy One of Israel
(Hebrew *Qedosh Yisra'el*)
Isaiah 1:4

I AM *Exodus 3:14*

Judge (Hebrew *Shapat*)
Genesis 18:25

King *Jeremiah 10:7*

Living God
Deuteronomy 5:26

LORD (Hebrew *Yahweh*)
Exodus 3:13-16

LORD of hosts
(Hebrew *Yahweh-seba'ot, Sabaoth*)
1 Samuel 1:11; 17:45
God is all-powerful.

LORD Is My Banner
(Hebrew *Yahweh-nissi*)
Exodus 17:15
God gives us victories.

The LORD Is Peace
(Hebrew *Yahweh-shalom*)
Judges 6:24
God brings us inner harmony.

The LORD Is There
(Hebrew *Yahweh-shammah*)
Ezekiel 48:35
God will be with his people at the end of history.

Lord, Master (Hebrew *Adonai*) *Psalm 2:4*
God has authority.

The LORD Will Provide
(Hebrew *Yahweh-jireh*)
Genesis 22:14

The LORD Is Our Righteousness
(Hebrew *Yahweh-tsidkenu*) *Jeremiah 23:6*
By God's acts he declares and makes his people righteous.

Most High (Aramaic *Illaya*)
Daniel 7:18
God has final authority.

name of God shows us a little piece of His character. He is the Supreme Being, and he is also “The Lord is Peace” (*Judges 6:24*). He is our judge (*Genesis 18:25*) and He is “the Lord is our Righteousness” (*Jeremiah 23:6*).

As you read through the Old Testament, notice which name is used to describe God, and what it shows us about who He is!

Taken from the
Crossway
Illustrated
Bible Handbook,
edited by Tim
Dowley,
copyright 2005

Mites for LWML

Women's Ministry

The mite the King James Bible refers to is the *lepton*, which was a very small coin and the lowest in value. Most today would prefer the term *cent*. We are reminded of the Bible story of the widow's mite. We ask that the congregation remember our MITE BOX and contribute as they are led. The locked wooden Mite Box is located on the shelving in the narthex between the doors leading out to the parking lot. Funds collected are sent to our Michigan District LWML (Lutheran Women's Missionary League) to support the MISSION GRANTS for 2023-2025 approved at the 2022 Convention in Frankenmuth.

Cardboard mite boxes are available for you to take home to fill with that loose change we all seem to collect. You should then place them in the wooden Mite box on the first Sunday of the month for it to be sent to District. Contributions are not limited to the women of the congregation—WE ENCOURAGE ALL MEMBERS OF THE CONGREGATION TO PARTICIPATE IN GIVING!

WOW Kickoff Event

Ladies—please join us for our Fall kick-off meeting Sunday, September 24th after the 11am service. Light lunch to be served. Please bring ideas for a Spring Retreat. Join us for fellowship and a brief meeting. Sign up Sundays or contact Patsy Domingo (248-924-0108) or Dianne Sherman (734-812-5172).



Thank you to everyone who contributed supplies to fill the school totes for Lutheran World Relief. We were able to assemble 320 tote bags full of school supplies to be used by children in need throughout the world. An additional 12 sets of supplies were placed in backpacks and sent to Family of God. A special thanks to the team that assembled the totes!

Memorials and Gifts

In Memory of:

Barbara Morrison
Greg Barnier
Steven Darga
Barb Morrison
Randy Flagg

Intended for:

Early Childhood Program
General Fund
Music Ministry
Early Childhood Program
General Fund

Given by:

Michele Pittman
Dorothy Barnier
Gordon & Edith Raezler
John & Pamela Asseff
Harry & Elaine Flagg

Membership Updates

September 2023



At the end of this report are members that the Elders have not been able to reach. They request your help with these members. If you have any information about them or possible ways to contact them, please share with the chairman of the Board of Elders, Mark Anders (ElderMarkAnders@christoursavior.org) or the church office (734-522-6830).

Received by Transfer from other LCMS:

- Bill Billig on Jun 14, 2023
- Elaine Billig on Jun 14, 2023

Deceased Individuals:

- Joan Begley on Jul 20, 2023
- Richard Eminger on Aug 8, 2023
- Jim Fornell on Jun 19, 2023
- Betty Foulkrod on Jul 21, 2023

Removed by Transfer to other LCMS:

- Elsie Munson on Jul 13, 2023
- Emily Munson on Jul 13, 2023
- Garrett Munson on Jul 13, 2023
- Harper Munson on Jul 13, 2023

Removed from Membership:

- Cynthia Fellner on Jul 24, 2023
- Jay Godfrey on Jul 24, 2023

- Michael Godfrey on Jul 24, 2023
- Sean Godfrey on Jul 24, 2023
- Jessica Im on Jul 24, 2023
- Clara MacLellan on Jul 24, 2023
- Madeline MacLellan on Jul 24, 2023
- Neil MacLellan on Jul 24, 2023
- Shannon MacLellan on Jul 24, 2023
- Christian Nabozny on Jul 24, 2023
- Michelle Nabozny on Jul 24, 2023
- Zoe Nabozny on Jul 24, 2023
- John Pastor on Jul 24, 2023
- Linda Pastor on Jul 24, 2023
- Rachel Pastor on Jul 24, 2023
- Nancy Reichenbach on Jul 24, 2023

Unreachable Members:

- Thomas Burke
- Sherrie Janisse

To keep the congregation better informed about the membership of our church, the Board of Elders includes membership updates in each Disciplegram. Every two months, a report is published of gains and losses and the reason for each change.

This is YOUR Newsletter!

The Disciplegram is published six times a year and welcomes your submissions. If you have a news report, poem, artwork, short story or article that you would like to share, pass it on to our Communications Coordinator, Alyssa Anders (alyssaa@christoursavior.org). Please include your name and phone number.

We reserve the right to make final decisions on what is published. We try to print articles as submitted, but will edit if necessary. Items will be included as space allows.

This is YOUR newsletter. Feel free to use it!





The Lighter Side

Johnny's Dust

After church, Johnny told his parents he had to talk to the minister right away.

"Pastor," Johnny says, "I heard you say today that our bodies came from the dust."

"That's right, Johnny, I did," he says.

"And I heard you say that when we die, our bodies go back to dust."

"Yes, I'm glad you were listening," the pastor replies. "Why do you ask?"

"Well you better come over to our house right away and look under my bed, 'cause there's someone either comin' or goin'!"

Pancakes

A mother was preparing pancakes for her sons, Kevin, 5 and Ryan, 3. The boys began to argue over who would get the first pancake. Their mother saw the opportunity for a moral lesson. "If Jesus were sitting here, He would say, 'Let my brother have the first pancake, I can wait.'"

Kevin turned to his younger brother and said, "Ryan, you be Jesus!"

The Kindergartener

A Kindergarten teacher was observing her classroom as the children drew pictures. The teacher walked around to see each child's artwork. As she approached one little girl who was working especially hard, she asked what the drawing was.

The little girl told her: "I'm drawing God!"

"But sweetie," the teacher replied, "no one actually knows what God looks like."

Without missing a beat, the little girl countered: "well, they will in a minute!"

Food for Thought

"The Gospel does not say,

**'YOU MUST DO
GOOD WORKS.'**

**Rather, it fashions us into
human beings, into creatures
who cannot help serve God and
fellow human beings. Without
a doubt, a precious effect!"**

C.F.W. Walther
Law & Gospel: How to Read and Apply the Bible

New Member Orientation

Christ Our Savior will once again receive new members on Sunday, October 8, at the 8:30 a.m. worship service. To become a member that day requires going through the following membership process:

- Completion of pastor's Lutheran Foundations Class; transfer from another LC-MS congregation, or desire to reaffirm your Lutheran faith following an absence from membership
- Participation in at least 4 Sunday morning worship services
- Attending the New Member Orientation Class on Wednesday, September 27, from 6:30 -9 p.m.
- Filling out and turning in the Application for Membership and Ministry Opportunities sheets
- Meeting with a current member to learn more about COS ministries

Please contact Linda Hollman (lindah@christoursavior.org, 734-522-6830 x104), Director of Assimilation, if you have any questions. Register at www.christoursavior.org to let us know if we can look forward to seeing you at this upcoming New Member Class.