



The Spirit

Holy Ghost Lutheran Church

May 2018

Being & Making Disciples!

Affirmation

On the first Sunday in May 13 junior high youth will affirm their faith in God. At Holy Ghost our confirmation instruction takes place from 6th grade through 8th grade. It is a three-year program where youth receive instruction in the Bible, Old and New Testament, and learn those basic tenets of the faith including the Ten Commandments, the Lord's Prayer, the Apostle's Creed, the Sacraments of Baptism and Holy Communion and Confession. We call this whole process confirmation instruction. To confirm or affirm is to certify an earlier action by saying "yes" to it.

In the Lutheran Church those who have completed that period of teaching come before the church to be confirmed. Confirmation includes a public profession of the faith into which the candidates were baptized, thus underscoring God's action in their baptism. It has truly been a blessing over the years as Pastor Clint has encouraged and mentored the youth to not only say "yes" to their faith in God, but to share a witness of what that means to them. Their stories are rich and moving and remind us how God touches our lives in so many ways. These young people are invited to take on greater roles in the church, serving and honoring God with their lives.

What if each of us were to "Affirm" our faith on a regular basis? What would that do for us? Pastor Bobby often prays, "Lord, disturb us in those places where we have become way too comfortable." That begs me to ask the question, "Have we become complacent in our faith?" Don't get me wrong, I understand the need to feel God's love and protection, but there are times when our faith gets to be a like a well-worn pair of shoes. It's those shoes that slip right on that have been stretched over time to match the curves and outline of your feet. They don't pinch or bind. They are very comfortable.

I love my doctor, Dr. Eden. But on occasion I have worn a pair of shoes like that to a routine checkup. Nothing escapes his sharp eyes. He'll take those shoes, bend them a couple of ways, then shake his head and tell me, "David, get rid of those shoes! They may be comfortable, but they give you no support." As much as I hate to admit it, he's right. Shoes need to support our feet in just the right ways, so that when we walk and run we don't turn an ankle, or God forbid, break one of those small bones in our feet.

When we become complacent in our faith and too comfortable, it's not healthy for our spiritual well-being. It becomes easy to take God for granted, or to back off on our prayer life or from intentionally reading and studying God's Word. God wants us to be in a relationship with Him. It includes us being active participants in that relationship. When's the last time you affirmed your faith? Or said "yes" to God?

Let this be an encouragement for you to be more intentional in your faith life. Make prayer a daily exercise. Pick up your Bible and read God's Word. Join a small group or Bible study group and come together with others to grow in your faith. Don't hesitate to share your story of something God has done in your life. Get yourselves a new pair of faith shoes and get out there and jog with Jesus as you journey through life.

"Let us run with perseverance the race that is set before us." (Hebrews 12:1)

In Christ,

Pastor David

Life Care Ministry

I have been warmly welcomed to the HGLC family. Most people inquire if I am the new guy who is the counselor. This is true but does not describe all that pastoral care and counseling has to offer. The Bible provides two stories to illustrate the range of needs we have that God responds to with His love. The prophet Elijah is found in 1 Kings 19 hiding under a broom bush. He has just had an incredible experience with God calling fire from heaven and his enemies are defeated. The next thing that happens is that his life is threatened and he is running into the wilderness for safety. Under the broom bush he is isolated, fearful, and wishes to die. Clearly, this represents the times in our lives when circumstances have overwhelmed us and we need intentional care for hope and assistance. No one is immune from dark, lonely days.

A different example of need is found in the picture of Moses' holding his staff over his head in Exodus 17. When Moses holds the staff up, the army of God wins. When his arms tire and drop from fatigue and a lack of strength to maintain his task, the army begins to lose. His two friends decide to help by each supporting his arms so the staff remains high.

We all find trying times with family, work, and life, and when pastoral care provides support, hope, and additional strength.

I look forward to seeing how Life Care Ministry changes lives in Fredericksburg.

Pastor Rick McMinn

Medical Equipment Assistance Team (MEAT)

A new ministry is launching at Holy Ghost, the Medical Equipment Assistance Team. We want to collect your gently-used and no-longer-needed medical assistance devices. We will inspect and clean donated devices and loan them out to Holy Ghost members and their families when such items are needed on a temporary basis. The devices we want to collect are walkers, crutches, wheelchairs, shower benches, etc. NO BEDS.

If you have items you want to donate, the initial drop-off date will be Saturday, May 12, from 9:00am to noon at the Sunday house in the parking lot behind the church. We will begin to loan out devices on the following Saturday, on an as-needed basis. If you have any questions, call Team Leader, Paul Unger at 512-760-5788.

Life Care Ministry Opportunities:

- 1- "**Responding to the Death of a Child**" HGLC invites the community to come and share their story with other parents who know the grief and pain after the death of their child. Words are hard to find to describe this experience. Life is changed, and the impact is undeniable. Parents help other parents in the creative and resilient methods they discover in how to maintain family well-being. The meetings will be held at 501 W. San Antonio beginning April 24 from 6-7:30. Pastor Rick McMinn and Pastor Pam Traver will lead these conversations.
- 2- "**Parenting**" is presently being led by Pastor Rick during the SS hour in the parsonage across the street during the Sunday School hour, 9:15-10:15am.
- 3- "**Private Counseling Sessions**" are available at Pastor Rick's office by appointment. Call (830) 370-9237.

LOOKING FOR A SUMMER JOB?

Gold Orchards is hiring. For more information contact Ricky and Luana Priess at 644-2890.



2

Thank you

Passion Christ Drive-Thru Thanks!

A very heartfelt thank you goes out to everyone who helped with our Passion Christ drive-thru. Without each one of you this event would not be possible. We were able to share the good news with approximately 346 people. Thanks again and God bless you all.

Marshall & Debbie Akin



Happy May from the "R" Team—read your Bible daily. This time of year is a true time of rebirth on the land. It is a good time, as well, for the rebirth of our personal faith. Enjoy the following scriptures as you continue to develop your own personal faith life.

- | | |
|-----------------|----------------------|
| John 3:3 | 2 Corinthians 5:17 |
| Titus 3:5 | Matthew 18:3 |
| John 3:5-8 | Mark 16:16 |
| Romans 6:4 | Galatians 3:27 |
| John 1:12 | James 1:22 |
| Ephesians 2:8-9 | 1 Thessalonians 4:16 |
| John 16:25 | Matthew 28:20 |



WON'T YOU BECOME A TELE-BUDDY?

Why is it that we are willing to do for others, but when it comes to doing something for ourselves, we shy away from it? Becoming a Tele-Buddy not only helps

our neighbor but also helps ourselves. To ensure the well-being of our Buddy, Tele-Buddies keep in touch with a short daily telephone call. This is a support system especially for those who live alone. Not only do they check on each other's welfare, but they lift each other up in prayer.

Any concerns, questions, please call Marti Jennings: home (830) 990-1618 or at the church office on Tuesday or Thursday from 9:00am to noon, (830) 997-2288.

"Therefore encourage one another and build each other up." 1 Thessalonians 5:11

Creation Care

For now the winter is past, the rain is over and gone. The flowers appear on the earth; the time of singing has come, and the voice of the turtledove is heard in our land. The fig tree puts forth its figs, and the vines are in blossom; they give forth fragrance. Arise, my love, my fair one, and come away. Song of Solomon 2: 11 – 13 NRSV

The normal go-to's in your flower garden are annuals. They give you blooms for the season. One needs to consider also planting perennials. If you choose long lasting blooming perennials you have them putting out blooms for the summer and often the fall. The additional advantage you have is that they will come up again next year and the years after. Each year these perennials will often get better. Consider that many are also great attractions for pollinators. Once you have your flowers established you can sit down and enjoy your garden.

Some of the recommended perennials are Coneflowers, Shasta Daisy, Coreopsis, Black-Eyed Susan, Yarrow, Sedum, Veronica, Rose Campion, Russian Sage, Plumbago, Lantana, Damianita and Pincushion Flower. There are many more to choose from.

Some of the recommended flowers for pollinators are Bee Balm, Milkweed, Catmint, Sedum, and Penstemon to name a few. The pollinators are bees, butterflies, bugs and birds that are attracted to our flowers.

Use these tips to maximize the bloom potential:

1. Keep up with the deadheading.
2. Plant the flowers in the correct spot. Read the label to determine how much sun. If you do not like the plant there remove it and plant something else at that location.
3. Choose plants with varying bloom times and overlapping bloom times.
4. Fredericksburg is in Zone 8A for frost and heat index. Read the label and ask the supplier any questions you might have on sun, shade, drainage, type of soil the plant is best suited for, and the size of the plant when mature. The internet can give you additional information about any plant that you can find.

This information is found in the April/May edition of Birds and Blooms.

Submitted by Jerry M. Christensen of the Local Mission Team

Thank you, thank you!

Thanks to all who helped with or donated to the Freecycle event during the weekend of April 13th. We had a successful distribution of many "treasures" from our donors. We even collected enough in free-will offerings to help with our advertising expenses! Start now to set aside items for next year's annual event.



Volunteer Sunday? What is that? Watch for upcoming news on the Local Missions Team next event.

**Council Report
April 16, 2018**

1. The meeting began at 6:00pm with a devotion and prayer led by Chuck Jenschke on the value of attending worship regularly.
2. Three persons from the Strategic Planning Team brought a recommendation to the council to move forward with pursuing the congregational priorities of expanding Kinderneest, providing improved space for Sunday School, and creating a narthex which will not take away from the looks of the church. The council approved this recommendation and the Building Team will begin work along these lines.
3. Delegates for the NALC Assembly in August are being selected to attend the conference which will be held in Denver, CO.
4. A \$60K anonymous gift in stock shares was received. \$10K was designated for the general budget and \$50K for the potential upcoming Capital Campaign building program.
5. The 2018 Lent and Easter experiences were discussed and celebrated.
6. Confirmation class interviews will occur on April 29 with Confirmation Sunday being May 6 at 10:30am.
7. The membership roster of those who have not shown attendance interest or support of the church in the past two years was reviewed. Letters inviting these members to activity will be sent in the hope of a positive response.
8. The meeting closed at 8:35pm praying for joys and concerns of the church, community, and world.



KINDERNEEST NEWS

Kinderneest has so much to celebrate and to be thankful for this month! Thank you to everyone who gave to the special offering in April! It is truly a tremendous feeling to be so supported by our congregation! Plans for our new classroom are moving forward with the addition of new furniture, paint, and a new Tuff shed located on the playground! We hope to open the new room as soon as possible! Our Pre-K graduation will be on Thursday, May 17th at 6:30 p.m. in the sanctuary with refreshments served after the ceremony. Here are the names of our 24 graduates: Tanner Barnett, Tinley Barnett, Raelynn Caddell, Clara Cook, Henry Cornett, Hannah Davis, Abigail Denney, Emmerlee Easterwood, Jaron Ellebracht, Hadley Feller, Briggs Gonzales, Autumn Graham, Charley Hall, Mason Helmers, Tenley Horton, Alex Keller, Abby Knopp, Raven Kotlke, Lyla McCollum, Coralai Meador, Macey McGuffie, Charlotte Smith, Maddox Touns and Emily Vasquez.

We are so proud of these students and can not wait to see them continue to grow and learn in Kindergarten!

In His service,
Kim Bonillas

KINDERNEEST IS HIRING!

Kinderneest is hiring lead and assistant teachers. Contact Kim Bonillas at 997-8939.



Special Offering in May



Is designated for the debt reduction on the Creek Street Loan. Presently the church owes \$705,304.14. The Stewardship Team is encouraging all to take this collective opportunity to shrink the loan by contributing an additional amount toward it! Thank you for your gift and please give this gift above and beyond your regular giving!

Fifty Wounded Warriors

were in Fredericksburg in mid-April for an annual retreat which focusses on healing, hope, and support for those who have served this country and been wounded in its defense. HGLC has supported this retreat in past years with a financial contribution as well as child care. This year the C-Team provided a delicious home-cooked meal for these wounded warriors in appreciation for their sacrifice.

Worship SCHEDULE

WORSHIP IN MAY

Saturday, 6:00pm offers an informal service; Sunday, 8:00am is a traditional service; and Sunday, 10:30am is a varied format.

“Come, let us worship the Lord!”

MAY WORSHIP THEMES

Sermon Series:

“I Can Only Imagine” is the title of the Easter Stories message series as Biblical pictures of heaven are explored. Yes, it’s still Easter, and Christ Is Risen, Indeed! Alleluia!

Sat. & Sun., May 5 & May 6: The 10:30am worship celebrates Confirmation Sunday for our youth who affirm their faith in Christ! They will share inspiring faith stories as each moves in a deeper faith walk. At the 6:00pm and 8:00am worships, Revelation 21: 9-21 gives us the image of a wedding banquet in heaven.

Sat. & Sun., May 12 & 13: It is Mother’s Day weekend and the Bible story is from Revelation 21:22-27. The focus will be on the 4 “L’s” of Heaven: Lamb, Lamp, Light, and Life!

Sat. & Sun., May 19 & 20: “I Can Only Imagine” the healing that heaven will bring is the topic of the week. Healing and wholeness happen when we close our eyes and breathe our last in this life and open our eyes and breathe our first in eternal life! 2 Corinthians 5:1-10 is the Bible reference.

Sat. & Sun., May 27 & 28: “I Can Only Imagine” the reunion! Heaven will bring together the “communion of saints” that we confess in the Apostles’ Creed. It will be a grand gathering of all God’s forgiven sinners, now eternal saints! Hebrews 12:1-3 contains the basis for the message.

WORSHIP SCHEDULE

The Saturday, 6pm worship is an informal service; the Sunday, 8am worship is the traditional service; and the 10:30am worship varies in style. All feed individual souls with unique offerings for praising God and growing in faith. Attendees are encouraged to discover the one that best feeds your soul!



Wednesday, May 2 at Marktplatz at 5:30pm the community is invited to join for prayer! Country, government, family, enemies, issues, wars, hunger, salvation—are all needs that will be brought before the throne of God! Join together as a people of faith with others to pray to bring our prayers to the Almighty! This event is sponsored by the Gillespie Country Ministerial Alliance.

Creative Giving!

A gift of \$60K was recently given to the mission and ministry of HGLC by an anonymous donor. The gift was given in the form of stock shares through a broker. In receiving this contribution in shares, the donor did not incur a tax liability and the church, being non-profit, does not pay taxes in the conversion to cash. \$10K of the amount was designated by the donor for the general ministry budget and \$50K for the potential Capital Campaign building program. Praise God for this gift, the vision of its target, and for resourceful giving!

Calendar

Church Website

Ministry Schedule
Excel Spreadsheet

Altar Guild:

May: Rhonda Usener, Dianne Staudt, Diane Eckert
Peggy Matli
June: Annie Frantzen, Linda Cheslak, Jeanie Bel
Crenwelge, Yvonne Holleman, Jeanie Ahrens

Women of Faith Study Leaders:

<u>Circles</u>	<u>May</u>	<u>June</u>
Evening Guild	Hailey Binford	Ruth Welgehausen
Lydia Circle	Laverne Cuddy	Emmie Burrer
Katherine Luther	Cecelia Klier	Annette Sultemeier

Nursing Home Comm.: Zion

Wednesday, 5-2	9:30am	Knopp Assisted
Wednesday, 5-2	10:00am	Knopp #2
Thursday, 5-3	9:30am	Heritage Place
Thursday, 5-3	10:00am	Paige House
Thursday, 5-3	10:30am	Tri-Star
Wednesday, 5-9	9:30am	Windcrest
Wednesday, 5-9	10:30am	Fredericksburg
Thursday, 5-10	9:30am	Knopp Retirement
Thursday, 5-10	10:30am	Knopp #1



Birthdays:

5/2/1922 Lucille Moldenhauer
5/6/1926 Roland Borchers
5/9/1927 Rebertha "Windy" Duecker



Anniversaries:

5/4/1963 Kenneth & Marjorie Otte
5/12/1962 Hans & Bernice Basse
5/23/1964 Lyndal & Jane Remmert
5/27/1945 Arnold & Helen Schlueter
5/30/1964 Wilburn & Geana Pfeiffer

(If we missed your 90+ birthday or 50+ anniversary, please call the church office, 997-2288.)

Pastoral Acts:

Funerals:

4/3/18 Jereleen Lochte
4/10/18 Karl Koch
4/13/18 Levy Ersch
4/23/18 Leatrice Zirbel

Baptisms:

4/14/18 Lane Jung
4/22/18 Lily Christian
4/22/18 Oliver King
4/29/18 Emily Wisdom
4/29/18 Ella Wisdom
4/29/18 William "Chad" Wisdom
4/29/18 Jessica Goolsby

Weddings:

4/7/18 Brandon & Madison (Melugin) Loth
4/14/18 Donald & Kristie (Ponzio) Pressler

Holy Ghost Financial Report:

Gen. Fund Balance, Mar. 31, 2018: \$38,912.87
Mar. Receipts: \$79,814.65
Mar. Expenses: -\$70,927.27
Gen. Fund Balance, Mar. 31, 2018: \$47,800.25

Special Offerings For March:

LWR Quilt Postage \$1,689.19
Braeutigam Fire \$2,163.00

Financial Barometer:

	<u>Income</u>	<u>Expenses</u>	<u>+/-</u>
March	\$79,814.65	-\$70,927.27	\$8,887.38
YTD	\$218,910.22	-\$206,109.97	\$12,800.25

Creek Street Property Fund:

Dedicated Fund Balance, Mar. 1, 2018: \$27,790.59
Receipts: \$12,173.67
Expenses: -\$8,456.66
Balance Mar. 31, 2018: \$31,507.60

Creek Street Property Loan:

Loan Balance, March, 2018 \$713,591.80

Offerings by Week/General Fund:

Monday, March 5, 2018 \$20,416.90
Monday, March 12, 2018 \$24,180.25
Monday, March 19, 2018 \$21,712.00
Monday, March 26, 2018 \$12,664.00

Thank you for your faithful gifts and presence!

Feeding John Program



Feeding John

Feeding John will be May 20th. Please contact Sandy Birdlebough for questions at 998-4504.

**HOLY GHOST LUTHERAN
WOMEN OF FAITH**

LUTHERAN WORLD RELIEF GATHERING – It was such an exciting day April 3, 2018, when 13 volunteers helped load the truck with Lutheran World Relief items to be delivered to Seguin. Holy Ghost members sent 490 quilts, 171 personal care kits, 40 baby care kits, 70 pounds of soap and \$2,264.19 for shipping. Fourteen area churches brought their items to Holy Ghost for transporting. Overall totals included 1401 quilts, 224 school kits, 11 fabric kits, 103 baby care kits, 470 personal care kits, 113 pounds of soap and \$3,980.44 for shipping. We have an outstanding and giving congregation, and we are forever grateful for your participation. Thanks to the ladies who provided cookies for refreshments. Also, a **SPECIAL THANKS** to Kenneth and Barbara Sagebiel, and Roslee Lochte, and Gerald Shanks for transporting these items to Seguin. The Women of Faith provided lunch. (Total quilts sewed by the ladies were 581.)

SPECIAL THANKS to Kenneth and Barbara Sagebiel for providing the leased truck to deliver the LWR items to Seguin.

GRADUATION DINNER was held April 8, 2018 for the graduating seniors with thirty-five people in attendance – including graduates, family members, mentors, and spiritual leaders. God's blessings to these wonderful youth as they pursue their future. Special thanks to our ladies for their hard work and wonderful food. This was done with love and hope for our youth.

FRUITS & VEGETABLES – It's that time of year to think about Fall festival. If anyone has an overabundance of fruits or vegetables this summer, please share them with the Women of Faith ladies to can or cook for jellies and jams for the festival. We always have a lot of requests for wild plum jelly, so if you have any plums, we will take them. We are also in need of 8 ounce (½ pint) jars for jellies and jams. Contact Liz Hohenberger at 997-3903 or Polly Zenner at 997-5701 if you have anything to share.

DATES TO REMEMBER

- May 5 & 6 – Fair Trade Products Sale – Lydia Circle
- May 10 – Lydia Circle Meeting – 9:30am – Fellowship Hall
- May 10 – Katherine Luther Circle – 1:00pm – Fellowship Hall
- May 14 – Evening Guild Meeting – 6:00pm –

Creek Street Property Update

Repair to the balcony porch is coming to an end with work completed by Curtis Staudt Construction. Three “outback” buildings (non-historical) are being taken down which will really open up the space. As the Building Team now begins its work and reports to the council, and the council reports to the congregation, directions for property use will be determined.

The Cash & Carry Sale

The contents from the Creek Street properties along with the “garage sale” which was held last year yielded a total of \$23,368.72. Half of this amount was applied to the debt and the other half applied to the repair of the 110 E. Creek upstairs porch.

Thank you for your support!

The Strategic Planning Team

The team presented a recommendation to the Church Council that the Building Team engage in the work of developing a master site plan with the guidance of an architect with the survey results from the congregation being taken into consideration. These considerations consist of expanding the Kinderneest preschool program, enhancing Sunday School space and constructing a narthex that will not take away from the historic look of the church. This work may take four to six months and then be presented to the congregation. Keep this in prayer before the Lord!

Offering Envelopes!

Many HGLC-ers receive envelopes via the U.S. mail. Placing your financial support in the “white” envelope goes for the general annual operation ministry expenses of the church. Use of the “pink” envelope is applied to the debt loan which is owed on the Creek Street properties. Please use these envelopes faithfully, or support the mission and ministry of the church by giving “on line” via your local bank. With your faithful financial support, the church is able to “Be and Make Disciples” as Christ calls us to do! Thank you!

Holymark Card Makers

The Holymark Cardmakers meet Thursday, May 3 and May 17, from 1:00pm to 2:30pm. Let a little bit of your creativity show; what we do is fun and easy. Using stamped images, we create cute & beautiful cards to send out to our members. If you have never done “stamping” before, come and join the fun, or just watch and join in the conversation.

**THE GLOBAL LEADERSHIP SUMMIT
IS COMING TO TOWN!**

Everyone is a leader and has influence in some form or fashion—parents, students, employees, employers, volunteers, etc. All lead from a station in which God has placed a person, and all can stand to grow in whatever leadership role that may be. On August 9-10 HGLC will again host the GLS event at the high school auditorium.

The cost for this world-class two-day conference is only \$89 for Holy Ghosters which is an amazing bargain for the excellent faculty that has been assembled to appear in our own backyard! Leaders from various fields of life will share different angles on leading. World renowned CEO’s, successful business entrepreneurs, psychologists, teachers, non-profits leaders, song writers, and pastors will all speak via satellite.

The first twelve first-time attendees will receive a \$20 discount from HGLC. All others interested in attending are encouraged to register and pay online at the GLS website: www.willowcreek.com/events/leadership. To receive the \$89 price (instead of \$149), register before May 22nd and use the Host Church Code: 8HSFAMILY.

If you’d like to volunteer to help with parking, greeting, registration, snacks, prayer chapel, or general assistance, visit with one of the planning team members: Mark Cornett, Kim Gibbs, Greg Henricksen, Kat Jacoby, Carrie Culpepper, Mike Birdlebough, Sandy Birdlebough, Daniel Hofmann, or Pastor Bobby. Keep this event in prayer as we seek to “Be and Make Disciples for Jesus!”

**Adult Class
Opportunities**



G.R.A.C.E.D!

The “C” means “Connect in a Study or Small Group!”

Sunday Morning Opportunities:

New Book Study: “The Year of Small Things” explores the value of some key elements of life that we tend to take for granted: health, marriage, life style, service, relationships, etc! It’s not too late to make good on some 2018 new year’s resolutions! Book cost is \$5. Pastor Bobby leads the class on Sundays at 9:15am.

“God’s Urgent Call & the Faithful Answered” A study of Isaiah, Hebrews, and Revelations is led by Alton Klier, Jim Paige, and Norm Nevins.

“Luther’s Catechism” led by Pastor David. The above classes meet in the Fellowship Hall at 9:15am.

Midweek Studies:

Ladies’ Lunch Study: The ladies’ lunch study meets every other Wednesday from noon – 1ish in the FH Alpha Room. The present study involves the book Adorned: Living Out the Beauty of the Gospel Together by Nancy DeMoss Wolgemuth. All ladies are welcome. Feel free to bring your lunch! Contact Kim Gibbs 456-7299, kimgibbs@ctesc.net or Barbara George bdgeorge@beecreek.net for more information.

Extra Books of the Bible: This class is led by Pastor David and meets on Wednesday mornings at 10:30am in the FH.

Who on Earth is the Holy Spirit?: book study meets on Wednesdays at 5:45pm in the Fellowship Hall! All are welcome, so invite your friends and come learn about the Spirit together!

Men’s Breakfast Devotion: On the 2nd Wednesday of every month at 6:30am, a group meets for food, fellowship, and a devotion at Jalisco’s Restaurant.

Men’s Bible Study of 2 Timothy: meets every Thursday at 7:00am in the Fellowship Hall. Leading the class is Pastor Bill Counts. Mike Birdlebough is the contact (998-4504).

The Spirit is the official news publication of Holy Ghost Lutheran Church, Fbg., Texas, which is wholly responsible for its content.

The Ministers, the Congregation
 Bobby Vitek, Pastor David Priem, Pastor
 Clint Pluenneke, Pastor of Youth & Family Ministries
 Daniel Hofmann, Minister of Children & Young Families
 Rick McMinn, Life Care Ministry

Shanese Lochte, Office Manager
 Donna Reinke, Office Assistant
 Blake Neffendorf, Office Assistant
 June Woerner, Finance Secretary
 Alan Williams, Visitation Minister
 Jan Unger, Visitation Minister
 Marti Jennings, Ministry Facilitator
 Kim Bonillas, Kindernest Preschool Director
 Jim Parker, Maintenance Technician
 Deanne Moellering, Music Ministry Coord.
 Carol Brinkmann, Fellowship Hall Supervisor
 Arnold Schlueter, Pastor Emeritus
 Paul & Marie Senff, Missionaries Emeritus

Church Office Hours

Monday through Thursday: 8:30 a.m. - 4:30 p.m.
 Friday: 8:30 a.m. - noon

Telephone: 997-2288 / Fax: 997-7869
 Email: holyghost@austin.twcbc.com
 Website: www.holyghostfbg.org

Bobby Vitek - pastorbv@austin.twcbc.com
 David Priem - pastordp@austin.twcbc.com
 Clint Pluenneke - clintp@austin.twcbc.com
 Daniel Hofmann - danielh@austin.twcbc.com

Kindernest Montessori Preschool
 113 E. San Antonio Street
 Fredericksburg, Texas 78624
 Telephone: 997-8939



Please keep us informed

There are many times when your phone call to the church office is the only way we may discover that someone is in the hospital, ill, or in need of a pastoral visit. Please let us know if you have special needs outside the regular office hours.

Nursery

Childcare is available on Sunday mornings from 7:45am-noon so that parents might attend worship and/or Sunday School. Children ages 8 months through 4 years old are welcome. Penny Ersch is the childcare providers. Penny Ersch also coordinates the volunteers. Additional volunteers are always needed and welcome!

MINISTRY TEAMS:

Barnabas Team	JoAnn Durst	997-2245
Building Comm.	Kory Keller	210-213-7035
"C" Team Contacts	Laverne Boos	997-5759
	Sharon Johnson	
Cemetery Team	Carey Bonn	997-7215
Cemetery Team	Laverne Boos	997-5759
Feeding John	Sandy Birdlebough	998-4504
Float Team	Jennifer Helfrich	998-5207
Fishers for Christ	Debbie Klaehn	997-7234
Health Care Team	Carla Herbig	992-1865
Holy Ghost Quilters	Helen Usener	997-7945
Holy Ghost Quilters	Irene Crutcher	997-7072
Hospitality Team	Kat Jacoby	210-391-4407
Investment Team	Lester Frantzen	997-4985
Kindernest Team	Donna Reese	210-355-6971
LWR Quilters	Roslee Lochte	997-1536
Landscape Team	Gary & Lisa King	456-4463
Local Missions	J&L Christensen	309-361-3970
NH Comm. Coord.	Verdie Pezzaro	210-722-4754
NH Devotions	Windy Duecker	997-2983
"P" Team	Donald Pressler	830-329-3603
Passion of Christ	M&D Akin	997-4630
Property Team	Greg Henricksen	990-8138
Prayer Team	Laverne Cuddy	456-0782
"R" Team	Mary Beth Bauer	864-4201
Resource Mgmt.	Janie Trantham	990-9675
Stewardship Team	Jason Helfrich	998-7937
Welcome Patrol	Sandy Poole	997-9098
Worship Decorating	Yvonne Holleman	830-928-3662

WORSHIP TEAMS:

Altar Guild Coord.	Adela Wunderlich	456-1958
Altar Guild Coord.	Donna Rees	210-355-6971
Communion Servers	Corrine Jung	997-3310
Disciple Team Leader	Glenna Hartman	257-2469
Disciple Team Leader	Marjorie Otte	644-2655
Disciple Team Leader	Polly Zenner	997-5701
Nursery Child Care	Penny Ersch	997-9747
Nursery Child Care	Kayla Reese	325-939-5453
Nursery Vol. Coord.	Penny Ersch	997-9747
Organist/Pianist Coord.	Bernice Basse	669-2380
Readers Coord.	Lois Weidenfeller	997-8455
Video Tech Coord.	Linda Adams	889-3250

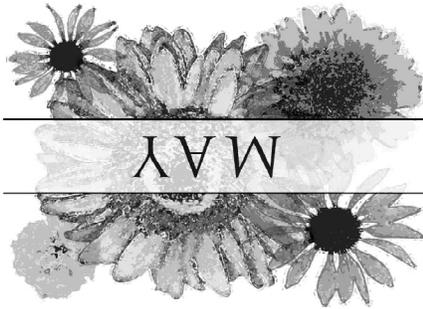
CHOIRS:

Bell Choirs	Deanne Moellering	990-8410
Sanctuary Choir	Deanne Moellering	990-8410

GROUPS:

Church Council Pres.	DeAnn Reyes	456-9380
Men in Mission	Ron Cuddy	997-7068
Sunday School Supt.	Karrie Klier	997-5068
Women of Faith	Carol Feuge	997-3071
Women of Faith	Polly Zenner	997-5701
Youth Group	Landry Moffett	

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Planned SNACK attack!

Work snacks into your daily meal plan. Rather than considering them “extras”, choose snacks that contribute to your calorie and nutrient needs and offer variety to your diet. For instance, if you mainly eat meats and starch at meals, snack on fruits, vegetables, nuts or low fat milks, cheese, or yogurt.

Match snacks to your calorie needs and weight

goals. If your goal is weight maintenance or weight loss, you may want to consume nutrient dense snacks between 100-200 calories. If you're very active or trying to gain weight, consume snacks between 200-400 calories.

Watch your snack portions. Snack portions are smaller than meal portions. Snacks shouldn't “fill you up” but rather help you to not be hungry.

Snack when you're hungry. Skip the urge to nibble in response to non-hunger eating impulses such as boredom, frustration, or stress. “Nourish” stress or boredom with a WALK instead of a donut.

Snack consciously. Eat when you snack; relax when you watch TV; and study when you're studying. DON'T mix snacking with other activities. Snacking absent-mindedly, while doing other things, leads to overeating.

Plan ahead for smart snacking. Keep a variety of tasty, nutritious, ready to eat snacks on hand at home, work, or wherever you need a light bite to take an edge off your hunger. Then you won't be limited/tempted by snacks from vending machines, fast food restaurants, or convenience stores (or in my case, the bowl of chocolates and candy on my coworker's desk!).

Practice good timing. Eat snacks 2-3 hours before mealtime.

Well wishes and Smart Snacking! *HGLC Healthcare Team*
with gratitude to the Texas A&M Agrilife Extension Walk across Texas Program for this information!