

# Worship Volunteers, July 2010, Team C

8:00am Worship	July 4	July 11	July 18	July 25
<b>Altar Guild</b>	Katie Zahasky, Carolyn Walk, Joanne Heathman			
<b>Acolyte</b>	John Galindez Alex Moran	Alex Moran Lauren Carlson	Izaak Thielke Evan Wright	John Galindez Sam Hayward
<b>Communion Assts.</b>	1. Pam Shulze 2. Bev Gronvold	1. Lorrie Swancutt 2. Liz Harwick	1. Pam Shulze 2. Jodie Westland	1. Jodie Westland 2.
<b>Greeters/Offering Assts.</b>	1. Pam Shulze 2. Ray Lundquist	1. Sherry Rengstorf 2.	1. Pam Shulze 2. Alice Kitzmann	1. Bob Chase 2. Carol Chase
<b>Ushers</b>	1. Sid Jordahl 2. Shirley Jordahl	1. Ray Lundquist 2. Ted Waldo	1. 2.	1. Larry Norby 2. Kathy Norby
<b>Sound Board</b>	Bob Loos	Sherry Rengstorf	Dave Richards	Bob Westland
<b>Prepare Coffee</b>	Doreen Markus	Liz Harwick		Jodie Westland

10:30am Worship	July 4	July 11	July 18	July 25
<b>Acolyte</b>	Justus Olson Izaak Thielke	Colin Weber Elise Weber	Kyra Miller Alex Douglas	Christian Leckband Levi Hanson
<b>Communion Assts.</b>	1. Ted Waldo 2.	1. Crystal Dean 2. Jodie Westland	1. Mary Ann Smith 2. Joanne Heathman	1. Mark Hansen 2. Paula Hansen
<b>Greeters/Offering Assts.</b>	1. Carol Gatti 2.	1. Wanda Attlesey 2. Janelle Rosin	1. Mary Ann Smith 2. Joanne Heathman	1. Bill Nicklay 2. Jane Nicklay
<b>Usher</b>	1. Hilton Vilen 2. Jan Vilen	1. Wayne Servais 2. Sue Servais	1. Dorothy Zazubek 2.	1. Jon Alleckson 2. Julie Alleckson
<b>Nursery</b>	Lois Johnson	Lois Johnson		
<b>Sound Board</b>	Maureen Lemens	Bob Westland	David Flynn	Sue Servais
<b>Coffee Clean-up</b>	Ted Waldo	Janelle Rosin	Mary Ann Smith	Bill & Jane Nicklay
<b>Counters</b>	Kevin & Cindy Norgard	Tim & Jean Hornseth	Scott Moon, Mark Troutman	Bill & Jane Nicklay

Wed. Evening, 6:30pm	July 7	July 14	July 21	July 28
Communion asst. Ushers/Greeters	1. Sherry Rengstorf 2.	1. 2.	1. Joanne Heathman 2.	1. Nancy Rohde 2.

You do not need to be on Team C to volunteer. Contact the church office at 289-3021 to volunteer.



### ***Just a Moment...*** by Katie Zahasky

As men age, one of the most common conditions is enlargement of the prostate also known as BPH (benign prostatic hyperplasia). While this is a benign condition, it can cause some troubling urinary symptoms such as difficulty starting and stopping the urinary stream, frequent, urgent urination, incomplete emptying of the bladder, blood in the urine and urinary infections.

Prostate gland enlargement becomes a serious problem when it interferes with a man's ability to empty his bladder. If this is the case, you may develop acute urinary retention and require a temporary catheter placement to empty the bladder. Some men may develop urinary tract infections, bladder stones. If this condition persists, bladder or kidney damage may occur.

Most men with an enlarged prostate don't develop these complications. However, acute urinary retention and kidney damage in particular can be serious health threats when they do occur.

If your symptoms are troubling or persist more than a few weeks, it would be important to seek medical evaluation to avoid complications of this enlargement.. There are effective medications which can help, and in some cases surgery may be needed.

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**The 40th anniversary of Good Earth Village will be July 16-18.** Events at the Village begin on Friday evening at 7 pm with Gathering, campfire, and Song Jam. Saturday is the main day. Breakfast at 8:30. Program options: Bible Study, guided hike, wagon ride, on your own for hiking. Ham Muus, the first director will be with us in the afternoon. More options all afternoon with an all camp game and worship in the evening. A Sunday devotional and brunch close the weekend. 40 years. Wow! What a ministry. Don't miss it.



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## OSLC President's Message



Dear Members of OSLC,

Happy 4<sup>th</sup> of July! The attached picture is of Tim Valen and me at the WW II Memorial in Washington DC. Tim and I were guardians on the April Honor Flight from Rochester. What a great experience to spend a day with a group of WW II Veterans and have them truly be honored by everyone we encountered. Tim and I share a common thread of not being veterans ourselves but having Fathers who both served in the armed services.

I had plans to be at the dedication of the WW II Memorial on Memorial Day 2004, tickets were in hand for my parents, brother and I. My Father passed away in January 2004 and we did not make the trip. I am sure that was one of life's lessons, to make sure you make the most of each day and moment, because you just don't know when things are going to change. After 6 years I thought I was ready to be a son to another Veteran and spend the day. I would have to say there were a lot of tears, but what a great experience!

So what does this have to do with OSLC?? I am sure everyone that reads this knows a Veteran; make sure you say thanks in what ever way you can to each one. I am very thankful for the freedom we share in the USA. What a perfect time to celebrate that but on the 4<sup>th</sup> of July! I also hope my story helps you to remember to cherish and make the most of each day and moment. Because we all do know that tomorrow *things will change*.

PS—and don't forget to take your Echo's with you!! I wouldn't travel any where without bring OSLC with me!!

Your OSLC President, Bruce Rohde