

Chili Cook-Off and *Dessert Auction*

Saturday, Feb. 2 at 6:00 p.m.

See page 4



February Sermon Series

“What We Need Every Day”

*Based on gospel truths found in Paul’s
First Letter to the Corinthians*

See page 4



Saturday, February 2 at 9:00 a.m.

Join Us ... Please!!

EQUIPPING THE SAINTS

The Joy of Giving

Each year at Christmas time KOG participates in the Christmas Store run by Lutheran Child and Family Services. The Christmas Store serves families who are struggling with providing gifts for their children on Christmas. This year some of us had the opportunity to help with the store which is located at Bethlehem Lutheran Church in Indianapolis near 10th and Shadeland.

I would like to share with you our experience as we served those who came to shop. First of all – it is very well organized. Each family is allotted a certain number of points to shop with. The toys are all given a point value and the families are responsible to determine what their child would like and to keep it within the allotted points. Parents are then allowed to pick 2 stocking stuffers per child, socks and/or underwear per child, hat and mittens or gloves per child, a book per family, a family game, a household item per family and a roll of wrapping paper. Families are also given a gift card for groceries and all babies receive a pack of diapers.

Shoppers are vetted and scheduled ahead of time. As the shoppers arrive, volunteers go with them through the store to help them shop. We tried to stand back and let the shoppers shop but were there to help carry the gifts and answer any questions. We were also there to monitor so that no one takes too much or too little.

When the shoppers first arrived some of them looked embarrassed and intimidated. As we shopped with them their expressions changed to joy and excitement that they could provide something for their children. Just overhearing the conversations the parents were having about what their children liked and what their needs were showed just how much their children were loved and how much the parents enjoyed choosing for their children.

Here at KOG we provide many of the gifts the parents had to choose from. Please know that by this one simple act of kindness you are touching many lives. You are not just giving a hand out but you are uplifting the parents by giving them the dignity and responsibility of choosing for their children. You are also giving them a hand up. You are taking them from a place of embarrassment and shame to a place of joy and excitement. As volunteers we also received much joy by watching and helping with the entire process.

Matthew 25:36 says “I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.” This is what each of you are doing by participating in the Giving Tree – These families are in need of clothes (basics such as socks, underwear, hats and gloves), they are sick at heart because of their circumstances and they are imprisoned by their financial difficulties. You have clothed them, encouraged them and brought them dignity and responsibility. Thank you, Thank you, Thank you!

Your King of Glory Elders

Synod Assembly Representatives

Each year the INKY Synod holds an assembly of all the ELCA churches in Indiana and Kentucky. It is a wonderful time to get to know people from both states and to hear about their challenges and victories. Some comments from those who attended recently: From Kevin Wachtel “The music and worship were incredible, to be able to spend several days with people from Lutheran Churches throughout the Synod was uplifting and inspiring”. From Susan Kraabel “I want to encourage you to think about attending next year. It is enlightening, uplifting but not intimidating.” And from Greg Frazier “It is interesting to learn about our own Synod and the challenges and ministries of other churches.”

Besides Pr. David, we at KOG are allotted 2 representatives to attend the Assembly as voting members – 1 male and 1 female. This year the Assembly will be held at the Purdue Memorial Union May 31-June 2. Please prayerfully consider attending. If this is something you may be interested in please contact any of the Elders or Pr. David

PASTOR'S COLUMN

Real Love From a Real Valentine

I noticed a few years ago news from India that several Hindu religious leaders were criticizing citizens of India for taking part in the “western” holiday of Valentine’s Day. It made me wonder what problem anyone would have with “Valentine’s Day”?

Well, to illustrate, I recall the traditional Indian parents in Britain in the movie ***Bend It Like Beckham***. Immigrants, they of course upheld traditional Hindu morality which asserts that there should be no outward display of love between unmarried women and men. Nowadays Valentine’s Day seems to encourage such displays of affection. One Hindu elder told a reporter, “We are going to all the florists to tell them to sell no Valentine cards or candies; we object to this so-called holiday which encourages depravity and lust.”

His objections made me realize that there are things about Valentine’s Day that make me as a Christian uncomfortable. Some in our culture view the “romantic” pastimes of this day as closely related to our faith, to Christianity – which is not really accurate.

Not that we cannot celebrate “love” on Valentine’s Day (KOG has actually done that some years). Rather, nowadays people seem to forget that Valentine’s Day was, at first, SAINT Valentine’s Day

– a day celebrating the death of a Christian martyr. Perhaps the martyrdom of the REAL St. Valentine can inspire us to a deeper faith.

You see, there were two “St. Valentines.” One was a priest, and the other a bishop. But it was the priest we know more about. That Valentine was someone who, during Roman persecution in the 3rd century, refused to follow the rules; he continued to officiate at weddings for Christian couples. So there is a connection to our secular fixation on “love” in this holiday; Valentine DID, in a sense, “die for love.”

So our “real” Valentine is St. Valentine of Rome. When he was executed in Rome it was done quite gruesomely. Valentine’s church, located just outside Rome, became a “holy site” to visit and remember Valentine’s martyrdom. Later that church building became ***Ecclesia sancti Valentini extra portam sine muris non habet sacerdotem***: “the church of Saint Valentine beyond the gate [of Rome] without walls, but has no priest.”

Here at King of Glory, God calls us to be a “church without walls,” full of disciples tearing down walls between people – in the process building relationships of love with our neighbors and acquaintances wherever we live. St. Valentine’s church was just “beyond the gate.” Jesus, too, died on a cross, “just beyond the gate” of Jerusalem -- the first step God took to reach out beyond Israel to the whole world...to wrap His arms around this world...in love.

That is the vision of St. Valentine: to build love where there is none -- love that is romantic love, yes, but so much more: agape love, sacrificial love...the kind of love built on doing difficult things FOR one another; for, as our Lord once said, “No one has greater love than this, to lay down one’s life for one’s friends.” (John 15:13)

Pastor David

In the Margins Quotes:

Don't let people pull you into their storm. Pull them into your peace. Kimberly Jones

Love is the most durable power in the world. Martin Luther King, Jr.

I cannot and will not recant anything, for to go against conscience is neither right nor safe. Here I stand; I can do no other, so help me God. Martin Luther

KOG BULLETIN BOARD



An Invitation for You!

Support our Youth Group AND enjoy an evening of chili & baked goods delicious beyond your wildest imaginations! Saturday, February 2 at 6:00 p.m. in Fellowship Hall. How YOU can help:

- Enter our chili cook-off (1 crock pot full)
- Bid on totally delicious desserts....maybe you will win the Dessert A Month for a Year (a coveted auction item)!!!!
- Come & enjoy the fellowship, chili tasting (accompanied by salad, cornbread, &, of course, desserts.) and get to know this awesome group of teens.

1ST Sunday Fellowship

Who doesn't love Hot Chocolate on a cold February morning?!!! You are invited to Fellowship Hall during the Grace Period (between services) next Sunday, February 3, to enjoy some delicious refreshments and great company!!!! See you there!!



Preschool Registration Opens Jan 28

KOG Preschool Rocks! If you know of anyone looking for a preschool, send them our way! Registration is now open to the public! But don't just take our word for it....here is what parents are saying! Class information and registration forms available on our website or click here <https://kogcarmel.org/preschool/class-information/>

...teachers are creative and make school fun

School is simply fun at KOG!

...they go above and beyond to make each child and their family feel genuinely loved, respected, seen, and heard

...a loving environment

...makes me feel like I'm leaving my child in the care of family instead of just a preschool

...many loving and smiling teachers at drop off, pickup and in between

...great teachers that show a strong personal interest in my child's learning and social development

I highly recommend King of Glory Preschool!

...close-knit community among the staff, parents and students that fosters a wonderful learning environment for preschoolers at such an impressive academic age

C A R I N G

SOCS

Parents or grandparents with children in college or military are welcome to join us for SOCS (Supporting Our College Kids). We get together for about an hour to share updates, pray for our kids, write notes of support and encouragement and compile a care package full of goodies. We will meet again on Tuesday, February 5 at 6:00 in the Parlor. For more information call Amy Smith at 317-853-6114

Indoor Work Day

So many projects. So little time! Please plan to join us on Saturday, February 2 beginning at 9:00. Projects include painting, plumbing, dry wall work, general clean up, etc. Bring your favorite tools and we'll find you a job!

February Sermon Series

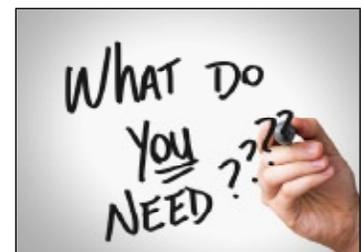
In the winter it's often dreadfully clear what our bodies need the most: warmth. Similarly, in life it's clear that God knows what we all need, and four of those needs are going to be explored in a sermon series this February "What We Need Every Day" based on gospel truths found in Paul's First Letter to the Corinthians.

February 2nd and 3rd
We Need a Heart!

February 9th and 10th
We Need Proof!

February 16th and 17th
We Need a Promise!

February 23rd and 24th
We Need New Life!



It's Here!!! We are launching our highly secure Online Directory & Mobile App!

- Easy to use search features
- One touch calling
- One touch texting
- One touch emailing
- One touch directions & mapping
- The ability to upload photos
- The option to edit member & profile information
- Bank level password encryption

Your Online Directory & Mobile App is easy to download and easy to use!

Online Directory & Mobile App Instructions

Downloading the Mobile App:

- Go to your mobile app store and search for "Guide Book Publishing"
- Download the app to your mobile device
- Enter your mobile privacy code "kogcarmel" then click "Submit"
- Enter your personal username (first name initial and last name all in lower case – example Leslie French would be lfrench) & password (kogcarmel) & click "Go" (If you want your log-in information stored, select "Remember Me")

Once you have logged into your directory's mobile app you will see a complete list of members and staff

Search Features: *To locate a member or family you have 2 options:*

- Type the name in the "Search" box and click on the blue "finder" button
- Click on the first letter of the member or family's last name

One Touch Texting:

Please note, if you want others to contact you via text, you must edit your profile and add your cell phone number.

- Locate the member you want to message
- Click on their profile image
- Click on the "SMS" icon by their cell phone number
- Write your message and hit "Send"

One Touch Emailing:

Please note, if you want others to contact you via email, you must edit your profile and add your email address.

- Locate the member you want to email
- Click on their profile image
- Click on their email address
- Write your email and hit "Send"

One Touch Mapping/Directions:

- Locate desired member or family
- Click on their street address
- A map to their house will appear
- Follow directions provided

Uploading a New Photo:

- Go to your individual member or family profile
- Select "Change Photo"
- Select "Upload New Photo"
- Click "Choose a Photo"
- Select photo you want to use
- Photo will upload
- Position photo as desired
- Click "Save"

Edit Member or Family Information:

- Go to your individual member or family profile
- Edit any information you would like to change or add
- Click "Update"

WORSHIP & MUSIC

Notes of Note

This column started with an interesting thing I saw in the IndyStar Let It Out column. Someone wrote that they really like the quotes in the margins of the Menard's ads. Being truthful, I don't really have a need to shop a large hardware store much and when I do I have two favorites – one where you should look for Barry Good, hardware man extraordinaire! But I digress. I also don't read any ads all that much and so I went looking out of curiosity and sure enough every page had something unique to say.

Some examples I've found:

Underneath the grills and gazebos: "All people want is someone to listen."—Hugh Elliott

"If you are mentally somewhere else, you miss real life."—Byron Katie (under butcher block slabs and concrete mix)
"The brave do not live forever, but the cautious do not live at all."—Meg Cabot (moth balls and shoe organizers)

"Never think you've seen the last of anything."—Eudora Welty (garages and roof coating)

"When you stop chasing the wrong things, you give the right things a chance to catch you."—Lolly Daskal.

There are more – the flyer is usually several pages long with a quote on almost every page. There is wisdom from Maya Angelou in outside lighting, Robert Louis Stephenson in shower stalls, Eckhart



Tolle in work gloves, Napoleon in paint, Marilyn Monroe in shelving, and the Buddha in ceiling fans.

It got me to thinking about the phrase living life in the margins. Did you know it came from a 16th century mathematician Pierre de Fermat who was known for infinitesimal calculus (probably going to have to ask Mary Krohn about this?) He came up with a theorem regarding a positive integers equation and said he had proof too large to fit in the margins. He wrote all about it in the margins of his book *Arithmetica* in 1637 and hence the phrase.

But I went a little further and ran across some commentary from an author Susan Baker. She writes that she leaves margin in her check-book not using every dime; cooks six chicken breasts in case of needed seconds; leaves unscheduled time in a day to sit on the porch, unexpectedly see a friend, talk on the phone, find someone needs her, do pop up errands, leaves room at the bottom of the to do list; leaves space for the unthinkable, unexpected; live life in the margins. She goes on to say that as a writer she scribbles lots of notes in the margins of the printed pages and her books and her lists. I sometimes feel my list is never quite done and I keep adding...here are two quotes that I think sums this up well: "Margin is the space between our load and our limits, an amount allowed beyond what is needed. Margin is the gap-the space between breathing freely and suffocating." Richard Swenson, M.D.

"Margin is not just something that happens. You have to fight for it." Michael Hyatt

Susan continues that you can find peace in unlikely places but you have to create margin and be deliberate about it. I liked her reference to prayer brings perspective and perspective brings peace! I also liked her bio: "I have a strange fascination for puns, pink, socks, and books. I worry about running out of toilet paper, wine, and chocolate. I serve an amazing God and live an ordinary life filled with wonder." Sounds good doesn't it? Some of you may already think I live some in the margins and in the coming months I'd like to explore more about steps we can take to do it. But for now, I'm going to start a little trend...keep looking!

Julie

In the Margins Quotes

Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything.
— Plato

I think music in itself is healing. It's an explosive expression of humanity. It's something we are all touched by. No matter what culture we're from, everyone loves music. — Billy Joel

KOG BULLETIN BOARD

February Helpers

	Assisting Ministers	Lectors	Communion Assistants	Acolytes	Ushers
Feb 3					
9:00 a.m.		Ded Crampton	Cramptons, Ernsts, P Palecek		Lillards
11:00 a.m.	Mary Eckard	Mary Krohn	Dick Otto	Cole Vreeman	Brad Johnson
Feb 10					
9:00 a.m.		Michael Bruckner	M Bruckner, Lydia & Max Copeland, Culvers		C Frothingham/ E Stuck
11:00 a.m.	Brian Krohn	Sarah Lillard	Tom Rasmussen	Sam Vanderveen	Brian Krohn
Feb 17					
9:00 a.m.		Nancy Gagen	N Gagen, D Lempke, H Spahn, Retzlaffs		VanTries
11:00 a.m.	Mary Krohn	Mary Eckard	Dick Otto	James Carson	Brad Johnson
Feb 24					
9:00 a.m.		Ann Boldt	Boldts, J Calcamuggio, Ellises		K Peterson/ J Schmohe
11:00 a.m.	Mary Eckard	Brian Krohn	Tom Rasmussen	Ryan Jack	

PARISH NURSE

Congenital Heart Defects

February 3-9 is Congenital Heart Defect Awareness Week, since we have some members of KOG who have or their children have heart defects I thought I would bring you an overview of the condition from the Mayo Clinic.

Overview

Congenital heart disease (congenital heart defect) is one or more abnormalities in your heart's structure that you're born with. This most common of birth defects can alter the way blood flows through your heart. Defects range from simple, which might cause no problems, to complex, which can cause life-threatening complications.

Advances in diagnosis and treatment mean most babies who once died of congenital heart disease survive well into adulthood. However, signs and symptoms of the condition can occur in adults later in life, even those who had treatment as a child.

If you have congenital heart disease you might need care throughout your life. Check with your doctor to determine how often you should be seen as an adult.

Types

1. Atrial septal defect (ASD)
2. Atrioventricular canal defect
3. Bicuspid aortic valve
4. Coarctation of the aorta
5. Congenital mitral valve anomalies
6. Double-outlet right ventricle
7. Ebstein anomaly
8. Eisenmenger syndrome
9. Hypoplastic left heart syndrome
10. Long QT syndrome
11. Partial anomalous pulmonary venous return
12. Patent ductus arteriosus (PDA)

PARISH NURSE (cont.)

13. Patent foramen ovale
14. Pulmonary atresia
15. Pulmonary atresia with intact ventricular septum
16. Pulmonary atresia with ventricular septum defect
17. Pulmonary valve stenosis
18. Tetralogy of Fallot
19. Total anomalous pulmonary venous return
20. Transposition of the great arteries
21. Tricuspid atresia
22. Truncus arteriosus
23. Vascular rings
24. Ventricular septal defect (VSD)
25. Wolff-Parkinson-White (WPW) syndrome

Symptoms

Some congenital heart defects cause no signs or symptoms. For some people, signs or symptoms occur later in life. They can recur years after you've had treatment for a heart defect.

Common congenital heart disease symptoms you might have as an adult include:

- Abnormal heart rhythms (arrhythmias)
- A bluish tint to the skin, lips and fingernails (cyanosis)
- Shortness of breath
- Tiring quickly upon exertion
- Swelling of body tissue or organs (edema)

Causes

Researchers aren't sure what causes most congenital heart disease, which develops in the womb. Heredity might play a role in some congenital heart disease.

How the heart works

The heart is divided into two chambers on the right and two on the left. To pump blood through the body, the heart uses its left and right sides differently.

- The right side of the heart moves blood to the lungs through certain blood vessels (pulmonary arteries). In the lungs, blood picks up oxygen and then returns to the left side through the pulmonary veins. The left side of the heart then pumps the blood through the aorta and out to the rest of the body.

Congenital heart disease can affect any of the heart's structures, including valves, chambers, the wall of tissue that separates the chambers (septum) and arteries.

Risk factors

Certain environmental and genetic risk factors might play a role in the development of your heart defect, including:

- **German measles** (rubella). Your mother having had rubella while pregnant could have affected your heart development.
- **Diabetes**. Your mother having type 1 or type 2 diabetes might have interfered with the development of your heart. Gestational diabetes generally doesn't increase the risk of developing a heart defect.
- **Medications**. Taking certain medications while pregnant can cause congenital heart and other birth defects. Drinking alcohol while pregnant also contributes to the risk of heart defects.
- **Heredity**. Congenital heart disease appears to run in families and is associated with many genetic syndromes. For instance, children with Down syndrome often have heart defects. Genetic testing can detect Down syndrome and other disorders during a baby's development.
- **Smoking**. A mother who smokes while pregnant increases her risk of having a child with a congenital heart defect.

In the Margins Quotes

All our dreams can come true, if we have the courage to pursue them. – Walt Disney

It does not matter how slowly you go as long as you do not stop. – Confucius

It's not whether you get knocked down. It's whether you get up. – Vince Lombardi

February Birthdays

Feb. 1
June Peterson
Ed Snoke

Feb. 3
Cassidy Horn

Feb. 4
Matthew Poisel

Feb. 7
Cheryl Sheek

Feb. 12
Rachel Morgan
Carole Rahn
Erik Sullivan

Feb. 13
Leah Crockett

Feb. 14
Louise Bauman

Feb. 15
Anita Shaefer

Feb. 16
Wayne Waggoner

Feb. 17
Tim Reeb
Ann Sullivan

Feb. 19
Sarah Lillard

Feb. 20
Eliana Loop
Roger Prasuhn
Jennifer Stumpp
Linda Waller-Lim

Feb. 21
Lisa Bianchini
Jean Bruckner

Feb. 26
Cambell Herrmann

Feb. 28
Julie DeWitt
Harrison Ford
Donna Otto



Please Join Us For Worship

SATURDAY

5:01 p.m. - Saturday Evening Gathering - A "come as you are" gathering with music, a message and Holy Communion.

SUNDAY

9:00 a.m. - Contemporary Worship. This service incorporates popular praise music in a less formal setting than our 11:00 service and includes scripture readings, a message from the pastor and Holy Communion.

11:00 a.m. - Classic Lutheran Liturgy - Worship focuses on participation through the liturgy, hymns and corporate confession of our faith. Holy Communion is celebrated each Sunday.



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Staff

Pastor David L. Hewitt
Minister of Operations Nancy Rumschlag
Administrative Assistant Leslie French
Music Ministers. Andrew Martin & Julie Shadinger
Parish Nurse Donna Frazier
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Director of Preschool Michelle Chaille

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