

THE ROCK

Issue No. 2

February 2012

Special Dates

- Feb 2 Bible Study
- Feb 4 Young Adult Bible Study
- Feb 5 Youth & Parent Planning Meeting
- Feb 6 Ladies Bible Study
- Feb 7 Elders Meeting
- Feb 9 Ukraine Meeting
- Feb 11 CPR/AED Training
- Feb 13 Book Club
- Feb 14 Circuit Pastors meet at Falcon
- Feb 16 Bible Study
- Feb 16 Council Meeting
- Feb 17 3rd Friday
- Feb 17 Songwriters
- Feb 18 Young Adult Bible Study
- Feb 18 Ladies Guild
- Feb 18 Young Adult Movie Night
- Feb 20 Ladies Bible Study
- Feb 22 Ash Wednesday Lenten Dinner & Service
- Feb 23 CPR/AED Training
- Feb 25 Confirmation
- Feb 29 Lenten Dinner & Service

Inside this Issue

Happy Whatever	2
Rest	3
Library Selection of the Month	4
Sports Teams Update	4
Book Club	5
Ladies Guild	5
Funds Update	6
ROA 4 Handed Pinochle	6
Westside Cares	6

CPR/AED Training

I wanted to share with you a little more detail about the CPR/AED and training. Below are some questions highlighted to help spark some more interest and give some basic knowledge of what this stuff is about.

What is CPR? Cardiopulmonary Resuscitation. It is a method used by an individual(s) to help a victim with Sudden Cardiac Arrest or Death. It is used to keep the heart pumping and oxygen flowing until emergency care arrives. CPR is a life saving measure that can be preformed by anyone! Simple steps can be taken to help bring life back to someone!

What is an AED? An AED is an “Automated External Defibrillator”. It is used during an emergency involving Sudden Cardiac Death or Arrest. It is a device that delivers a shock to an individual that is in Sudden Cardiac Arrest. It can easily save a life.

Who can use an AED? Anyone! The church now has an AED that is public ready and can be used by anyone. However, I highly recommend that you join us for training so you have some idea of how it works ahead of time.

Who can receive treatment from an AED? Anyone! The churches AED has both adult and pediatric capability. However, please note that there are special requirements and additional knowledge of equipment needed to use an AED on a child-infant. The AED is placed at the bottom of the stairs in the church basement and is ready to be used if needed. The placement was chosen at that location to ensure that the church and daycare could easily access it.

So what about training... I want to encourage everyone to think about joining us for a training on CPR and AED. The classes that we will be doing include how to perform CPR. There will also be a portion of the class that teaches you how to use the AED.

So what if I want the training but not the qualifications? That is perfectly fine. In my mind the more that know, the better! You do not have to take this class and become certified... you can just join us to learn how to do it! It never hurts to know, because you never know when or where you might be able to help save a life. If there is some concern on receiving the actual certification, please feel free to ask me more questions. I would be happy to answer what I can for you.

Can I become Certified by taking the training? Yes! The training will be so you can receive a card and be certified. There will be a cost for the card (\$7). The certification is good for 2 years and then you are asked to renew and take a re-fresher class. Any American Heart Association center can provide this or if there is enough interest I can provide one for the members wanting to renew.

Statistics from 2011 show that about 400,000 Americans lives were claimed by Sudden Cardiac Death. That’s around 1 death every 33 seconds! You can help this statistic get lower! Please consider joining us for CPR/AED training.

Scheduled Dates are: February 11th 9am-1pm, February 23rd 530pm-930pm (classes run approx 3-4 hours) Place: Rock of Ages Church Basement

Thank you for taking the time to read a little more about CPR/AED. I hope to see you at a class!

In His Name! ~Karen Bodine

Happy Whatever

Dear Brothers & Sisters in Christ Jesus,

I think I have midwinter blahs. Time for a holiday. And it's not that February doesn't have a couple: The Presentation of Our Lord on the 2nd, Lincoln's Birthday on the 12th, Valentine's Day on the 14th, The Transfiguration of Our Lord on the 19th, President's Day on the 20th, And a dual celebration on the 22nd – Washington's Birthday AND Ash Wednesday. Then we will end all the excitement with the celebration of St. Matthias the Apostle on 24th. And on into Lent.

It just doesn't get much more exciting! And in the background we'll be listening to the endless procession of political caucuses and campaigning along with other social disasters.

Let me share a Five-Chapter Short Story (Author Unknown). The character may be familiar.

Chapter One: I was walking down the street and I fell into this big hole. It wasn't my fault! It was dark and scary and it took me a long time to get out.

Chapter Two: I was walking down the same street and I fell into this big hole. It was still dark and scary, but it was familiar, so I knew how to get out quickly.

Chapter Three: I was walking down the street and saw this big hole. I chose to jump in but got out quickly.

Chapter Four: I was walking down the street and saw this big hole. I chose to walk around it.

Chapter Five: I walked down a different street with the help of the Holy Spirit.

The End.

We are the Baptized, those called by Jesus, given the Holy Spirit to lead us away from the same old paths. We have been given a different view than the world around us. We see through the blahs of winter to the amazing joy of Easter. He is risen!

“Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God” (Hebrews 12:2).

Your servant in Christ Jesus,
Pastor Ron



Rest

I don't know about you, but it seems that in today's world Rest is something hard to come by. The internet offers us unlimited access to information; to buying and selling; to communication 24 hours a day. With tweets, RSS feeds, Facebook status updates, texts and on and on ad nauseum there seems to be no moment when we are not expected to be responsive- to be connected.

There are some benefits to all of this. For example, if I am having a health concern at midnight I can simply look up my symptoms and receive advice regarding whether or not I need to be seen. I can look up animal training methods, search out parenting advice, or find endless garden plans at a simple click. In fact, this free information can add to the quality of my life. I can also be up-to-date with my family and my "friends." I can see pictures of newly arrived family members across the country minutes after their debut.

It can also be imprisoning. Once I click on a page, it is easy to get lost following clicks and "wake up" hours later reading about something unrelated to my original concern. I may sit down to pray, only to have several texts to answer. How many hours of our lives are spent in this information-overloaded zone? How can our fragmented minds possibly retain anything? Sometimes it seems that data simply rattles around, leaving no room for rest.

It is easy to feel guilty about taking a rest, or if we are feeling legalistic about our "rest" to feel guilty not taking it. To make laws about what we can or cannot do on a "Sabbath," or to mock those who do. What is the solution?

In the Small Catechism, Luther writes on the Third Commandment: "Remember the Sabbath day by keeping it holy. What does this mean? We should fear and love God so that we do not despise preaching and His Word, but hold it sacred and gladly hear and learn it." To Luther, keeping the Sabbath meant spending time hearing, reading, and learning from the Word- from Jesus as revealed in Scripture. That rest can happen anytime, anywhere. In worship, in Bible Study, in the Lord's Supper, in our homes, in our cars, on our walks. Any time that God's Word, Jesus given to us in His written Word, in the Sacraments, and in the Body of Christ, is present.

Jesus says, in Matthew 11:28-30 "Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light." Our Savior promises rest and peace, simply in His Presence. Come. Rest.

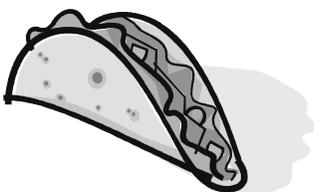
Deaconess Sarah

Lenten Dinners

Lenten Dinners start on Ash Wednesday—February 22nd. If your group would like to sponsor a dinner, please talk to Kay as soon as possible. The weeks for the dinners go fast. We already have several filled.

Dates this year are: Feb. 22; Feb. 29; March 7; March 14; March 21; and March 28

Our Elders will again do the Easter Breakfast at 7:30 Easter Morning (April 8th)



Library—Monthly Featured Item

The GRACE CARD: DVD (2010)

After police officer Mac McDonald loses his son in an accident, years of bitterness and pain erode his love for his family and leave him angry with God...and everyone else. Can Mac and his new patrol partner, Sgt. Sam Wright, somehow join forces to help one another when it's impossible to look past their differences. We all have the opportunity to rebuild relationships and heal wounds by extending and receiving God's grace. Offer "The Grace Card" and never underestimate the power of God's love. An excellent and inspiring movie.



Humor for the month: Show and Tell

A kindergarten teacher gave her class a "show and tell" assignment of bringing something to represent their religion.

The first child got in front of the class and said, *"My name is Benjamin and I am Jewish and this is the Star of David."*

The second child got in front of the class and said, *"My name is Mary. I'm a Catholic and this is a rosary."*

The third child got in front of the class and said, *"My name is Tommy and I am a Lutheran and this is a casserole."*

Rock of Ages Sports Teams Report

Since we didn't have an article in last month's newsletter, let me first wish everyone a Happy 2012 from the ROA Sports Teams! Last year was an exciting year for our softball and volleyball teams, and we look forward to more fun and Christian fellowship shared together this year!

Before our coed softball season gets started in May/June, the ROA Sports teams will certainly be anticipating their sponsorship and preparation of our annual Lenten dinner. Stay tuned to the bulletin announcements in the coming weeks for a schedule of all the sponsored Lenten dinners, and please support them all. The funds we raise this year will go towards league registration fees for softball/volleyball seasons in 2012. We appreciate your support.

Without any ROA sports leagues happening at this time, our attention usually goes to the professional, college, or high school sporting activities around us. I can't help but be proud and encouraged at the Christian faith displayed by Tim Tebow, quarterback of the Denver Broncos. He certainly has been ridiculed and mocked in the media, been questioned of his sincerity and upbringing by others, and even told by NFL peers and analysts that he just can't make it as a professional quarterback, and that he's only starting because of his popularity with Christians (and maybe some female fans too! lol). Yet despite it all, he remains humble and thankful, polite and unselfish, and gives all the glory from the field of play to his Savior and Lord, Jesus Christ. Tell me we don't need more athletes who serve as role models like this!

.....Oh, and for good measure, with his God given talent, he helped lead the Broncos to a division title, and their first playoff appearance and victory since 2005. A great way to bring in the new year, and a solid, professional, unapologetic Christian athlete to root for in years ahead.....Broncos fan or not.

Lord's Blessings to you in 2012, and get out and enjoy His wonderful creation today!

-Jim Kuehnert

Upcoming Book Club Selections:

Book Club Selections:

February/March: Nicholas Carr **The Shallows: what the internet is doing to our brains.** Having attention or concentration problems? Thinking about the shorter attention spans you notice in children? Feeling information overload? This book addresses these and other issues. Come and join us for discussion of the book as well as brainstorming some practical ways of dealing with the online world we live in!

April/May: **The Ragamuffin Gospel** by Brennan Manning. Do you ever doubt God's love for you? Think that you don't measure up? This book encourages believers to rest in Christ's mercy, shown to us on the cross.

June/July: **Man Seeks God** by Eric Weiner. When a health scare puts him in the hospital, Eric Weiner-an agnostic by default-finds himself tangling with an unexpected question, posed to him by a well-meaning nurse. "Have you found your God yet?" The thought of it nags him, and prods him-and ultimately launches him on a far-flung journey to do just that.



Disclaimer: The Books chosen for discussion in Book Club do not necessarily reflect LCMS doctrine, beliefs, or practice. Many times they are chosen for this reason! Whether you agree with all that you read, or find yourself disagreeing heartily, it adds to the discussion and we can learn from each other.

Crescendo of Praise:

Celebrating the Musical Heritage of the Lutheran Church

Rock of Ages Ladies' Guild invites everyone to a special presentation
by Darlene and Wolfgang Lampert.



February 18, 2012
1:00 p.m.
Rock of Ages Lutheran Church



Join the ladies to learn about the hymns,
authors and the inspiration
used in our worship services today!

Refreshments will be served at the conclusion of this presentation.

Mite offering will be taken to support mission grants of the LWML

**“TRUST IN THE LORD FOREVER, FOR THE
LORD GOD IS AN EVERLASTING ROCK.”
ISAIAH 26:4**

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***ITEMS FOR DONATIONS
FOR WESTSIDE CARES
FOR FEBRUARY ARE:***

Soups, Peanutbutter, and Jelly

**Newsletter Deadline
February 15, 2012**

LUTHERAN HOUR TIME

Sun. 7:30 a.m. KZNT 1640 AM

ROA 4 Handed Pinochle

There is a group of adults who play Pinochle twice a month at different homes. We share a meal to start and then play 2 games of 4 handed pinochle. We play the 1st and 3rd Saturdays and start at 6pm. We finish about 9pm

Please join us for these games. We can accommodate up to 16 people and need multiples of 4. You can try and see how you like it. You can also designate yourself as a substitute player if you want to come occasionally.



No experience is required! We provide the rules we play by. We will help you learn to play. Our purpose is to have fun and we provide a relaxed setting to get to know each other.

Please direct questions to Marilyn Thiel or any of the other players. You can be added to our email list so you know when we meet. Call or email Marilyn at 719-338-6218. Marilyn@marilynthiel.com

We really have a fun time. Singles and couples are encouraged to come!



FUNDS UPDATE

Building Fund = \$210.00
Scholarship Fund = \$14,151.85
Capital Improvement Fund = \$16,688.38
Ukraine Fund = \$3058.73

