

St. Paul Ev. Lutheran Church
405 Emma
Chenoa, IL 61726

January 6, 2021

Celebrate Jesus!

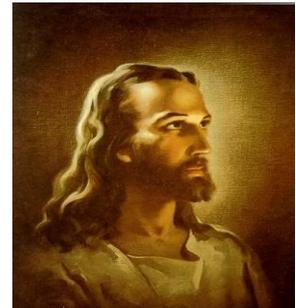
We celebrate many special occasions. Our calendar year has many holidays. Stores display merchandise well in advance of the season. But there is something more special than any other. We need to celebrate **Jesus!** We need to celebrate **Jesus**, not just at Christmas or Resurrection Day! We need to celebrate **Jesus** every day of our lives!

What is more wonderful than having the joy, assurance and hope in our everyday living? We have been redeemed! We have been forgiven! We have been washed in the blood of the Lamb! It is truly joy unspeakable and full of glory! **Jesus** is with us every second of our lives. He loves us with an everlasting love [Jer. 31:3], and He will be with us “whithersoever thou goest” [Josh. 1:9]. Is that not cause to celebrate every day?

The saddest thing to me is that the world wants to celebrate everything except **Jesus!** Thankfully, some turn to Him before it is too late. They find what they were looking for all of their lives! They become free from bondage and sin! They have a life of joy and peace. That calls for a celebration!

So let’s make every day a celebration of **Jesus!** Let’s celebrate the One who gave His life for us! Let’s celebrate the fact that we are going to live with Him forever! Let’s celebrate the fact that we have been redeemed from the enemy’s snare! We have been spared eternal torment where the “the worm dieth not!”

An eternity would not be long enough to praise and thank the One who died for us! Hallelujah! Celebrate Jesus!



<https://www.signupgenius.com/go/904054CACAB2AA6F49-january>

Note: St. Paul’s Discipleship will be listed next month.

Thank you so much to everyone who sent us a card or gift this Christmas. They were very much appreciated. May God bless you throughout this New Year.

Pastor Latzke and Family

Thank you to all who sent us a Christmas card this year. We enjoyed every one.

Duane and Margaret Haney

Thank you for the beautiful cards of Christmas. They were so enjoyable and good to hear from my church family. I miss all of you. God bless you all.

Dorothy Erdman

NEEDING OUR CONTINUING PRAYER

Rose Bailey [*friend of Jonnita Vogel's,*]

Norman Beitz

Patricia Brill [*friend of Roger & Pat Wahls*]

Alma Brucker

Leila Carlson [*Fred Rhoda's sister*]

Terry Colston [*nephew of Fred Rhoda*]

Michelle Darguzis

Jim Erdman

Stacie Hensley

Steve Kelleher [*at Northwestern Hospital*]

Carol Sue Koehl [*at Fairview Haven*]

Barbara Lambert [*mother of principal at PCJH*]

Dr. Jim May [*cousin of Pat Wahls*]

Trent Nelson [*Natashia Nelson's father-in-law*]

Carla Nobis [*at Good Samaritan Home*]

Thom Palmer [*high school friend of Pat Wahls*]

Pam Raymond

Elaine Rhoda

Rick Trachsel [*cousin of Roger Seeman*]

Jalene Wollford [*grade school student at St. Mary's, Pontiac*]



Prayer Concerns

Please notify Joy if anyone could be removed from the Prayer List.

Clearing Cholesterol Confusion

Eating an egg a day is not associated with a higher risk of cardiovascular disease, early death, or elevated blood cholesterol levels. That's the conclusion from an analysis of data from 177,000 people in 50 countries.

Much of the misunderstanding regarding eggs is the fact that egg yolks contain cholesterol. Prior research inaccurately suggested that body levels of cholesterol were directly related to eating foods that contained cholesterol.

The greater effect on blood cholesterol – and increased risk of heart attacks and stroke – is the saturated fat in foods that we eat, not the cholesterol content. It's often the foods that we eat along with our eggs (such as butter on white bread, fried hash browns, bacon and sausage) that are high in saturated fat that will raise your cholesterol.

Eggs are a good source of protein and contain nutrients such as carotenoids (an antioxidant), vitamins D (for healthy bones/teeth; boosts immunity and regulates insulin), B12 (helps form red blood cell and improves mood), selenium (helps heart health and fights infection) and choline (supports cellular growth and metabolism).

Source: American Journal of Clinical Nutrition/printed by permission of Better Health

Improving Your Blood Scores

In the New Year, consider making a resolution to have a biometric screening to know your numbers (cholesterol, glucose, triglycerides, etc.). Those numbers can give you and your doctor critical insights into your current health – and help guide ways to improve it. Think about your screening in terms of a test and getting a grade; try taking steps now leading up to your screening to try to improve your numbers.

To lower your triglyceride number:

- Exercise regularly.
- Cut back on sugary foods such as, candy, flavored yogurt, sugary breakfast cereals and ice cream.

- Limit foods high in saturated fat such as cheese, whole milk and red meat.
- Limit alcohol consumption.
- Try to eat at least three servings of vegetables each day.

To lower your glucose numbers:

- Exercise regularly.
- Stay hydrated by drinking water, not sports drinks or sodas.
- Limit breads or at least eat whole wheat and whole grain bread.
- Eat more oatmeal, nuts and other foods high in dietary fiber.
- Limit drinking fruit juice (orange, apple, grape, etc.) and consume whole fruits instead.

To improve your HDL (healthy) cholesterol numbers:

- Exercise regularly.
- Eat more often fish such as salmon, tuna, sardines and rainbow trout.
- Use olive oil instead of canola or vegetable oil.

Source: Healthline/printed by permission of Better Health

Preschool Screening

Parents of all 2.5 to 5 year olds within the Livingston County special Service Services Unit Co-op are invited and encouraged to have their children screened. Areas screened include: vision, hearing, speech and language, learning, motor and social-emotional. Parents should call the school where their child may attend [from 2 weeks prior to 3 days before the screening date] for more information about location and to schedule an appointment.

Prairie Central East #8 [in Chatsworth] February 9 & 10 815/636-3555

Prairie Central West #8 [in Fairbury] February 25 & 26 815/945-2971

We received a card from adopted Seminary Student, Gunnar Campbell, with a picture of his family including his new baby. Gunnar is in his second year at Concordia Theological Seminary and will receive his vicarage placement in April. William Athanasius was the new edition to the family on September 22. Bethany is enjoying being a stay-at-home mom. Amadeus is now two years old and loves farms and going to church. Thank you so much for your support this year! We truly appreciate it!

[a picture card is posted on the bulletin board at church]