



The Sower

...A sower went out to sow. Matthew 13:3

Volume 47, Issue 1

Christ The King Lutheran Church

January 2010

PASTORAL UPDATE

Pastor Marilyn will be retiring in January 2011. To fill this position we have instructed the Call Committee (elected at our Annual Meeting) to become active immediately. These Christ the King members will use the information gained from the MET report to help them in their decision process. The Call Committee of CTK will join with the Living Hope Call Committee to form one Yoked Committee. They will meet each week in January 2010 to determine guidelines, interview candidates, select and present a candidate to the Church Councils for approval and call a new pastor by February 2010, to be effective later in the year.

This is a compact schedule but necessary if we are to take advantage of pastoral supply situations that exist.

Please pray for and support these people in this important endeavor.

Oliver Miller, Vice President

RACHEL CIRCLE

Rachel Circle will meet on Thursday, January 14, at 1:00 P.M. at the home of Luanne Boyle. Please note the time change. The study will be based on Romans 8 and 9. All women are welcome.

FELLOWSHIP

- The Annual Congregational Meeting will be held on Sunday, January 24, following worship.
- The Cookie Sale was a huge success. We made \$200. Thanks to all.



Sunday, January 24
following worship
Potluck Lunch will be served

CHRIST THE KING HOSTS RED CROSS BLOOD DRIVE

Christ the King has decided to host a blood drive on Tuesday, January 26th from 2:00 to 6:00 P.M. Ginne Kettling, Parish Nurse, will head up the effort and will need plenty of volunteer help.

The goal of this year's drive will be the collection of 25 units of much needed blood for the Red Cross. They tell us that each year the amount of blood donations increases by 2 to 3 percent. But, the demand for blood is climbing at 6 to 8 percent as more and more baby boomers require heart surgery, hip and knee replacements and other medical treatments that often involve transfusions.

For the drive, Christ the King will need registrars, donor room aides, volunteers to serve refreshments, and people to help promote the event. We will be providing signup sheets in the hallway of the church during the month of January. There are many questions people have about their ability to give blood. Please consider donating, and if you are not sure if you are able, ask Ginne for advice.



YOUTH UPDATE

Back by Popular Demand

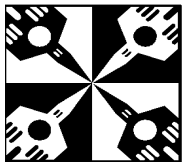


The monthly movie/fun night for the youth will be starting up again soon, so mark the third Friday of every month. From 6 P.M. - the youth can enjoy a movie, a game and refreshments. A night filled with total fun and relaxation for all. January it will be on the 22nd.

Crazy Quilt Creating

Starting on January 17th from 11:15 A.M.- 12:15.

Once a month the youth will be getting together after Sunday School to create Crazy Quilts for the children at Children's Hospital of Wisconsin.



Donations are welcome. The youth are going to be making quilts for children in the hospital. The quilts will be made out of fleece. If you have fleece that you would like to donate, please see Debby Klein. In May, the youth will then delivered all the quilts that have been completed.

Souper Bowl of Caring

Once again this year the youth will be involved in collecting non-perishable food items and monetary donations for the Port Washington Food Pantry on February 6th and 7th. Last year the youth collected \$400 and a total of 65 food items. Although they did a great job last year, I am hoping we can do a little better this year because the economy is so bad. That is why my goal for 2010 is to collect the following: \$500 in monetary donations and 150 food items. I know we can do it!



Starting in January, there will be a kettle located outside of the Sanctuary where food items can be placed. Also, there will be a kettle passed around by the youth each week at service during the offering for the monetary donations. Then on February 6th the youth will be taking donations at a local retailer. There will be more information given during the Sunday announcements. In the meantime, please make sure that your youth is available on this date to help out for a few hours. Thank you for everyone who donated to last year's event.

Spaghetti Dinner



Attention Everyone: January will be the last Spaghetti Dinner for a couple of months. Since Lent starts in February, the youth will be offering the Soup and Sandwich Dinner on Wednesdays. After Lent, the Spaghetti Dinners will start up again and it will be offered to the public.

I Need Your Help! Here is what I need: someone to make a huge easel type sign to advertise the spaghetti dinners. (Just like the big fish fry sign the Masonic Temple uses). If you would like to donate your time and make the sign, please contact Debby Klein.



JANUARY

- | | |
|----------------------|------------------|
| 1 Kierra Rudser | 19 Maria Pruefer |
| 8 Joseph Tauschek | 21 Wayne Moeller |
| 9 Matthew Rowdon | 21 Dick Moore |
| 12 Michael Dow | 23 Edward Nevins |
| 12 Dustin Schoeder | 23 Nora Moore |
| 17 Karyn Schmalz | 28 Sharon Voigt |
| 17 Barbara Zirtzlaff | 29 Ann Peters |
| 17 Jason Lorge | |

THIS AND THAT

- **Rachel Circle** will meet on Thursday, January 14, at 1:00 P.M. at the home of Luanne Boyle. Please note the time change. The study will be based on Romans 8 and 9. All women are welcome.
- **Change of Addresses:**
Trudy Hansen
1410 W. Sunset Rd. Apt. 211
Port Washington, WI 53074
Maria Pruefer
N56W30830 County Road K
Hartland, WI 53029-1063

BIGGEST LOSER CONTEST

All money pledged will be sent to the ELCA World Hunger Appeal

- Each category will have one winner 'picked' from each of the two categories and will receive a Kohl's gift card to use towards new clothing as a reward for your efforts of reaching goal of number of pounds lost and reaching goal of monies raised - pledge deadline applies.
- **Weigh In Day:** (Between December 28 and January 4) At LH or CTK. Starting weight will be documented (and kept in strict confidence). Goals will be documented: number of pounds wanting to lose over the 3 months and dollar amount you would personally like to raise by your efforts. *Pledge papers will be handed out and **DUE BACK** by January 17th if you would like to take part in the Kohl's GC Contest.
- Weight loss will be done in a responsible manner and under your doctors' care/knowledge. No starvation or unsafe 'diets' will be allowed. Remember, you didn't put the weight on overnight and it won't come off overnight! Enjoy the competition and use it to your advantage!

HELPFUL TIPS:

- DRINK WATER - minimum of 64 ounces a day (max = your current weight in ounces).
- Brush your teeth - things don't taste good afterwards!
- Chew gum -low calories, flavorful and satisfies your chewing sensation. Wait before getting seconds (at least 10 minutes).
- Drink a full glass of water before a meal and before seconds (and drink 2 if you want thirds!).
- Portion your plate as if it were for an 8 year old.
- Use a smaller plate/bowl- visually looks like you are eating a lot!
- Eat 3 meals a day - and coffee doesn't count as breakfast!
- Avoid fast food and fried foods.
- Make several more servings of your meals to freeze for later 'fast foods'.
- Take your vitamins and supplements (and medication but monitor as you get healthier!).
- Eat fruits and veggies as 'snacks' .
- Eat at a table sitting down - not at a desk, the couch or in the car - be aware of everything you eat.
- Give yourself a time limit for each meal.
- Have one bite of what every you are craving - so you don't eat the whole thing later!
- Avoid/reduce soda and alcoholic beverages (watch your juice intake too!).
- Exercise daily (even if you park farther away or take the stair instead of the elevator).
- Take personal/quiet time - devotion, meditation, yoga, reading, candlelit bath, whatever it takes!
- Keep a food journal- food and drink intake (if you don't want to write it down do you need it?).
- Keep a progress journal- feelings, for the day, positives you've felt/noticed.
- Have a 'weight loss buddy' to help hold you accountable and keep motivated/positive.
- You can't help the starving kids by eating everything on your plate, but you can help them if you DON'T.

MERRY CHRISTMAS!

We wish you a peaceful and joyous 2010!

It has been another fulfilling year in Senegal for our family. Although school and work were not without their challenges, we have been blessed with a year to remember with joy and thanksgiving. By far the highlight was a three-week vacation in Italy this past summer.

In 2010 our lives will continue to be filled with schoolwork and music, basketball and soccer, working with SIT students, and mentoring pastors and other leaders in the Lutheran church of Senegal. We look forward to Peter completing his DMin in May, followed by three months in the USA for home assignment, during which we hope to see many of you in person.

From Elijah, Sarah, Simon and Peter Grow-Hanson



Report for November 2009

CTK donated 150 pounds & \$25
 Pantry distributed 13,690 lbs.
 And \$8,315 in Sentry/Piggly Wiggly
 food-only certificates to 589 people
 Pantry expenses \$13,447
 In November, 2008,
 we made 412 distributions of food.

HIGHLIGHTS OF THE NOVEMBER 18, 2009 COUNCIL MEETING



- Treasurer's Report: \$2,500 has been paid down on our line of credit withdraw of \$4,000. \$1,500 remains to be paid.
- We Energies has done an energy audit of CTK. A rep provided a summary of actions after reviewing our building.
- ELCA Churchwide Assembly Adoption of the Human Sexuality Social Statement: we will meet as a congregation on Jan. 10 & 17 to discuss this document. Copies of document will be available.
- Annual meeting will take place on January 24.
- In conjunction with the World Hunger Appeal, Pastor Marilyn proposed starting a Biggest Loser contest. Members from CTK and LH can participate.
- Youth and Family Ministry: the spaghetti dinners have been doing well.
- Fellowship Committee: activities for Jan, Feb and March—game nights with chili dump.
- Nominating Committee: the following Council positions will be open in January: President, Evangelism, Worship and Music and Finance.
- Sister Circle will meet on the 3rd Thursday of the month.

Publications

Dick and Nora Moore, Tom and Joan Moran - Assembly/
 Distribution

Pat Jensen, Publisher

Note: Articles for *The Sower* are accepted monthly. Deadline for copy is the third Sunday of the month. Submit articles to *The Sower* mailbox, or E-mail: christking12@att.net Articles edited as space allows.

Our Internet site is:

<http://www.christkingonline.org>

THE SISTER CIRCLE

Thursday, January 21

7:00 P.M.

At Grand Avenue Methodist Church

"Large and In Charge"

All are welcome