



BELLWETHER

Bellwether — the lead sheep of the flock (archaic English)

LAMB OF GOD LUTHERAN CHURCH

From the Pastor

We are looking forward to a great summer at Lamb of God Church! Although many of us are traveling during a portion of the summer months, we encourage everyone to be in worship, if you are in town. Even though the summer months tend to be challenging for us in terms of attendance and offerings, we know that God's call to faithfulness doesn't take a summer break. If you are traveling this Summer, perhaps you would consider participating in our **"Give Before You Go"** Campaign.

I am really excited about two special educational offerings during the summer months. As has been our tradition, we will be offering a Backyard Blast program every other Wednesday beginning on June 5. This year's series is entitled **"Christians at Our Best: A 6-Week Guide to Living in the Age of Outrage."**

The program includes a brief video presentation by Dr. Ed Stetzer who is the Billy Graham Chair of Church, Mission, and Evangelism at Wheaton College. In this series he will remind us about how important our Christian witness is in the midst of this crazy world in which we live. We will begin each week with a cookout/potluck dinner at 5:45 p.m. followed by the program at 6:30 p.m. Feel free to invite your neighbors and friends!

On Sunday mornings at 10:15 a.m., beginning on June 2, Phyllis White will be leading a Bible Study/Discussion entitled: **"Bad Girls of the Bible: And What We Can Learn from Them."** The study is based on Liz Curtis Higgs's book by the same title.

Continued on page 2

In this issue

Quinlan's Corner	3
Happenings around LOG	4
Bible Study	4
Backyard Blast	5
Quilters Guild	7
Health Tips	8
Birthdays & Anniversaries	10
Calendar	11

**SAVE
THE
DATE**

WELCA Annual Retreat
Jan. 31– Feb. 2, 2020.

901 Scenic Hwy
Haines City, FL 33844
Tel: 863-421-2811

Fax: 863-421-0651

www.lambofgodhainescity.com

Continued from page 1

I am sure this will be an interesting study lead by a great study leader.

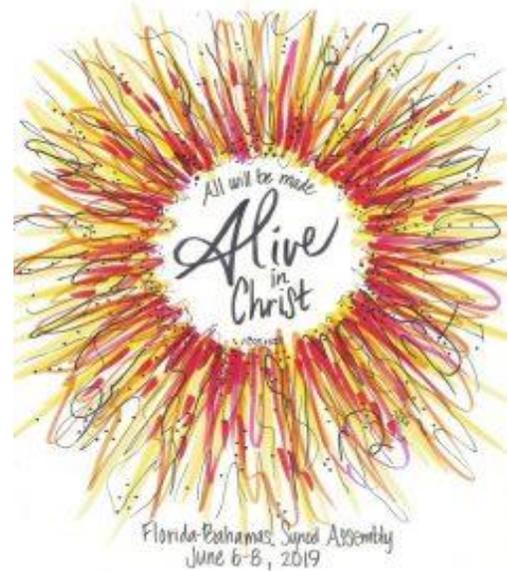
During the summer month's we will be singing our favorite hymns and the Pastor is open to requests regarding sermon themes/ subjects.

Blessings to all!

-Pr. Joe

BANNER PROJECT

We would like to create some new banners to adorn our Sanctuary. We are looking for a team of interested people who would gather this summer to repair our old banners and/or to produce a couple of new banners. Unfortunately, a number of our banners are no longer serviceable. If you are interested in being a part of this project, please call the church office and we will inform you when the group will be meeting. We are anticipating to start this project in early June.



SYNOD ASSEMBLY June 6–8 in Kissimmee

Pr. Joe, Vicar Izzy, Kathy Dierker, Pedro Concepcion and Alex Green will be representing Lamb of God Church at the Florida-Bahamas Synod in early June. There is a service project that is part of the gathering. The Lake Conference (of which we are a part) have been assigned to collect the following items:

- Cereal & dry milk
- Granolas
- Sunscreen
- Large Zip-lock bags
- Walmart Gift-cards
- Loose Change
- Sterilite 56 qt storage bin w/blue lid

We will be collecting these items through Sunday, June 2 and we will be delivering them to the Synod Assembly on June 6. Thank you for your help on this project.

“GIVE BEFORE YOU GO CAMPAIGN”

As we travel this summer, we invite our members and friends to remember the Church prior to our departures on vacation. We need everyone’s offering to meet our summer expenses and respectfully ask if you will consider presenting your offerings to the Lord in advance of your vacation time. Working together we can avoid entering the Fall with a significant deficit. Thank you in advance for your consideration on this issue.



Give Now

Quinlan’s Corner

You’re Never Too Old to Learn (or Teach)

The Lord provides! Once again! Last month in this column, and recently at worship service, I asked for a volunteer camerawoman or man to film our pastors’ sermons. Not one but three good souls stepped forward! Equipment is on order. We plan to begin filming in the near future. The sermons will be uploaded on Lamb of God’s website. We anticipate filming every Sunday. So, once any start-up glitches are resolved, those who can’t make it to church on any given Sunday can tune in the pastor on their smart phone, tablet, lap top or desk top. Stay tuned!

More good news: Beginning June 2, Phyllis White will be leading a series of Sunday school lessons on *Bad Girls of the Bible and What We Can Learn from Them*. We are blessed that Phyllis has agreed to do this; she is an experienced education professional. We hope to see you at her classes, which are scheduled to run from 10:15 until 11:15 am.

Your suggestions, offers, gripes, plaudits and other ideas are always welcome. Contact Bill Quinlan, Church Council Liaison for Education, in person, by phone at (863) 412-7796 or by email at wquinlan2@gmail.com.

Happenings Around Lamb of God

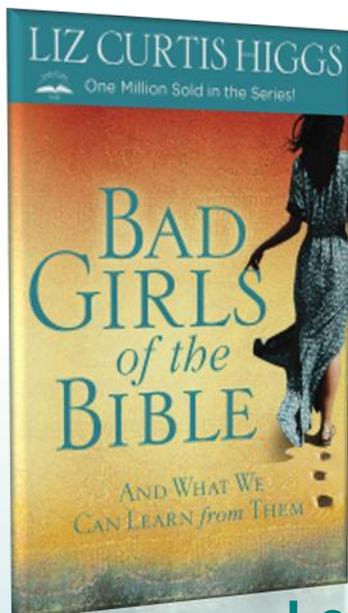
Mother's Day—Cordero De Dios

We celebrated Mother's Day with a special service to honor all the women who have had a special roll in our lives. All the women present, mother's and youth alike, came to the altar for a Special Blessing with imposition of hands. We continued our celebration with Fellowship afterwards.

Thank you to all for your hard work and for making this an unforgettable Mother's Day for all to enjoy!

Blessings and Shalom,

Vicar Izzy Bango- Sanchez



JUNE BIBLE STUDY STARTING JUNE 2 10:15 AM

“Ten of the Bible's infamous Bad Girls — Eve, Jezebel, Delilah, Lot's Wife, and more — point to a God who majors in mercy.

Let ten Bad Girls from the past show you how God can transform your future.”

-FROM LIZ CURTIS' WEBSITE

B A C K Y A R D

B L A S T

CHRISTIANS AT OUR BEST

June 5

What do we believe?

Understanding how and why we forge our world views

June 19

What is our purpose?

Embracing our identity as Kingdom Ambassadors

July 3

"How do we see others?

Developing a winsome love for people

July 17

How do we respond to wrongs?

Separating righteous anger from worldly outrage

August 7

How do we engage the world?

Aligning our online life with gospel mission

August 21

How do we engage our community?

Recognizing the power to think locally

JUN 5 -

AUG 21

EVERY OTHER WEDNESDAY

**5:45 PM
POTLUCK**

**6:30 PM
STUDY**

Lamb of God Lutheran Church Financial Report Jan 1—May 31, 2019

	Actual	Planned	(Under)/Over
INCOME	\$139,975.25	\$145,356.48	(\$5,381.23)
Total			
EXPENSES	\$141,755.87	\$142,315.96	(\$4,821.14)
NET	(\$1,780.62)		

MORTGAGE BALANCE: \$236,870.64

We have set up a brokerage account that can receive gifts to the church in the form of company stocks. If you won stocks that have appreciated over time, it could be financially advantageous for you to make your donations to the church in the form of stocks. It is a simple transaction for your stockbroker to transfer the to the Lamb of God account. If this is of interest to you, please contact our Financial Secretary, Larry Vaughn.

Electronic Giving Information

Some have asked how to give electronically through their bank. The information provided below is the information you will need to set up one-time or recurring payments through your bank's **Bill Pay**. This can be done via online banking or at your bank.

Lamb of God Lutheran Church
901 Scenic Highway
Haines City FL 33844
863-421-2811
treasurer@lambogodhainescity.com

To set up a **Fund Transfer (Direct Deposit)** or for questions please contact the Office or Larry Vaughn at treasurer@lambogodhainescity.com

Quilters Guild



The long hot days of summer are here and the quilters would love to have you join us the first Wednesday (June 5) and third Thursday (June 20) for a cool event of tying quilts, sewing the quilt borders and putting the backing, batting and quilt top together. Can't join us then how about taking home some fabric and cutting quilt top squares (we provide the instructions). Remember that as

you adventure out this summer to look for sheets for quilt backings. Yard and estate sales and thrift stores are many of the great places to find sheets at reasonable prices. Any questions, please give Laverne Tillson a call at 863-326-6018.

Financial Secretary or Treasurer

Consider joining the Board of Directors as either our
Financial Secretary or Treasurer.

Time Commitment: Approximate commitment is 20 hours per month. This includes: Paying accounts due once a week and attending board meetings once a month.

Skills required: Computer, Quick-Books/Quicken knowledge helpful, simple math, organized, and attention to detail.



10 HEALTH TIPS FOR THE MEN IN YOUR LIFE

From Healthy Women. Informed. Empowered



We all know that it's common for men to skip the doctor until they become sick, injure themselves or are faced with a serious health problem. But there are steps men can take today to improve their vitality and help prevent health problems down the road. Of course, there are some things that can't be changed, such as family history and age, but every day choices can have a big impact on their current and future health.

Offer the men in your life the following tips for staying healthy:

1. GET ROUTINE HEALTH CHECKUPS, SCREENINGS AND (DON'T FORGET) DENTAL EXAMS. Just because you're healthy doesn't mean you're off the hook. Going to your health care provider for regular checkups could just save your life. By keeping up with these appointments, your doctor can make sure you stay up-to-date with immunizations and important preventive health screenings. It also gives you a chance to talk about any health concerns or changes you've noticed. Make sure to talk about your family medical history and ask which screenings you might need. For example: • Body mass index (BMI) • Cholesterol • Blood pressure • Diabetes/ blood glucose level • Certain cancers depending on risk factors, including your age and family history • Depression (Did you know men are four times more likely to commit suicide than women, which is thought to be due to under-diagnosed depression?) • Sexually transmitted diseases. And don't forget the dentist. Dental exams aren't just important for your teeth and gums; your mouth may also be a red flag for other health conditions.

2. EAT A HEALTHY, WELL-BALANCED DIET. A diet low in fat (less than 7% of calories should come from saturated fats), cholesterol, and salt, and packed with fresh fruits and vegetables (two cups of fruit /day; three cups of vegetables/day for men up to age 50 and two and a half cups for men aged 51 and over), whole grains and fiber can help improve your health, prevent heart disease, diabetes and certain cancers.

3. GET MOVING. Try to get 30 minutes of moderate physical activity on most days of the week. Taking a walk, jogging, swimming and mowing the lawn all count. But don't be a weekend sports warrior. As few as 10 minutes of intense activity several times a day can help men improve their health. Start slowly if you aren't normally active and gradually build up.

4. LOSE THE GUT FOR GOOD. Excess weight, especially around the waist, can be hard on your body. Carrying too much body fat forces your heart to work harder and increases your chances of heart disease and stroke, even if you have no other risk factors!

5. DRINK ALCOHOL IN MODERATION. If you drink alcohol, limit your consumption to no more than two drinks per day. (One drink = one 12oz. bottle of beer or wine cooler, one 4oz. glass of wine or 1.5oz. of 80-proof distilled spirits.)

6. DON'T USE TOBACCO. Tobacco smoke contains more than 4,000 chemicals and is a known cause of cancer. Smoking also increases the likelihood of high blood pressure, heart disease, lung problems and other health problems. And if you think chewing tobacco is safer, think again. Not only is chewing tobacco a known cause of cancer (carcinogen), it also contributes to gum disease and tooth loss and may be linked to fertility problems. To quit, consider nicotine replacement therapy products that include self-help programs, if appropriate.

7. PRACTICE SAFE SEX. If you are sexually active, remember to practice safe sex.

8. BUCKLE UP EVERY TIME. Always wear a seat belt when you're in a motor vehicle to prevent death or serious injury in an accident. Obey all rules of the road. Don't be a distracted or aggressive driver. Limit cell phone use and don't use other electronic devices while driving.

9. THINK ABOUT SAFETY IN EVERYTHING YOU DO. Whether it's pulling out the weed whacker, going for a bike ride or grilling with the neighbors, safety is key. Here are just a few examples:

- Take care when moving heavy objects. It's easy to strain yourself. Use your knees and legs and not your back for leverage. And ask for help.
- Wear appropriate protective gear for your eyes and ears when using leaf blowers, lawn mowers and other machines at home or work. Excessive exposure to noise causes hearing loss.
- Wear a helmet when you ride a bike or ski and throw on reflective clothing if you go for a run after dark.
- When grilling, never leave the grill unattended, especially around small children and pets, and keep a fire extinguisher handy. The grill should be at least 10 feet from your house or any building.
- To protect your skin, avoid prolonged exposure to the sun and apply (and reapply) sunscreen with an SPF of 15 or greater that provides protection against UVA and UVB rays.

10. LEARN TO MANAGE STRESS. Over time, stress can take a toll on your emotional and physical health. Notice early warning signs of stress, such as irritability, tension in your shoulders and neck, grinding your teeth or clenching your hands into fists, and find healthy ways to de-stress (for example, exercise, meditation, massage).

Talk to family and friends about how they can help you integrate these tips into your everyday life and stick with them.

Congratulations to...

Best wishes to our members and friends on their special day

Birthdays in June

- 6/1 Peter Orangio
- 6/3 Anthony Sandretto
- 6/12 Wanda De Leon
- 6/13 Flora Tarrence
- 6/15 Jenny Sandretto
- 6/18 Norma Conner
- 6/25 Ruby Lopez
- 6/28 Colleen Thomasco
- 6/30 Shirley Swanson

Anniversaries in June

- 6/1 Davina and Virgil Schneider
- 6/8 Pat and Don King
- 6/16 Shirley and Don Swanson
- 6/25 Colleen and John Thomasco
- 6/26 Ginny and Bill Schmick
- 6/27 Coila and Douglas Hales

★ ★ ★
Congratulations!
★ ★



Thank you to Everyone for your prayers and concern during my recent surgery and recovery.

-Jim Barnhart



MEALS ON WHEELS
OF POLK COUNTY, INC.

SHARE THE LOVE!!!

**Become a Meals on Wheels Spring or Summer
Volunteer Driver**

**Meals on Wheels could really use your help during the
spring or summer months!**

**If you are interested in driving one day a week or month,
or being a substitute, CALL 863-299-1616**

JUNE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 9:00 am Worship 10:15 am Bible Study 12:30 pm Spanish Service	3	4	5 9:00 am Prayer Ministry 9:00 am Quilters 5:45 pm Backyard Blast	6 Synod Assembly	7	8
9 PENTECOST 9:00 am Worship 10:15 am Bible Study 12:30 pm Spanish Service 4:00 pm Fenstermaker Memorial Service	10	11	12 9:00 am Prayer Ministry 10:30 am NEXT—last one for the summer	13 12:00 pm Bible Study	14	15
16 FATHER'S DAY HOLY TRINITY 9:00 am Worship 10:15 am Bible Study 12:30 pm Spanish Service	17	18 12:00 pm Food Pantry at A House Blest	19 9:00 am Prayer Ministry 5:45 pm Backyard Blast	20 9:00 am Quilters 12:00 pm Bible Study 12:00 pm Food Pantry at A House Blest	21	22
23 9:00 am Worship 10:15 am Bible Study 12:30 pm Spanish Service	24	25 7:00 pm North County GIFT - last one for the summer	26 9:00 am Prayer Ministry	27	28 7:00 pm Senderos de Dios Bible Study	29
30 9:00 am Worship 10:15 am Bible Study 12:30 pm Spanish Service						



901 Scenic Hwy
Haines City, FL 33844

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July Bellwether submissions deadline is June 15

Our Mission Statement

The mission of Lamb of God Lutheran Church is to lead and inspire God's people into a growing relationship with Jesus.

Our Vision Statement

Centered in Jesus Christ and empowered by the Holy Spirit, the vision of Lamb of God Lutheran Church is to transform and enhance the lives of members, neighbors and friends through relevant worship and study of God's Word, and through providing Christian service and fellowship opportunities.

Lamb of God Lutheran Church

901 Scenic Hwy., Haines City, FL 33844-8597
Tel: 863.421.2811, Fax: 863.421.0651
www.lambofgodhainescity.com

Staff:

Rev. Joe Conner, Pastor
pastor@lambofgodhainescity.com

Izzy Bango-Sanchez, Vicar

Evelyn Brewer, Office Administrator
officemanager@lambofgodhainescity.com

SUNDAY WORSHIP SCHEDULE

May - October **9:00 am Holy Communion**
 10:15 am Sunday School

November - April
8:00 & 10:30 am
Holy Communion
9:15 am Sunday School &
Bible Study

Spanish Service 12:30 am Holy Communion
Advent thru Lent Saturday, 6pm