“Everyone who calls on the name of the Lord shall be saved. But how are they to call on one in whom they have not believed? And how are they to believe in one of whom they have never heard? And how are they to hear without someone to proclaim him?” Romans 10:13, 14

At last month’s Annual Meeting of the Congregation I summarized an article I happened upon online. It was written by Jill Novak, a professor at both the University of Phoenix and Texas A & M. She said there are six discernibly different living generations in the United States today. Her point had to do with marketing and the need to communicate differently to these distinct constituencies.

Several people asked if I would share my summary with those who could not be present; so here goes. Novak says there are these “generations’ among us:

1) The GI Generation - Men and women born between 1901 and 1926. They were the children of World War I parents, and the fighters in World War I. Novak says, “Their Depression was the Great one, their War was the Big one, and their prosperity was the legendary Happy Days.” They “saved the world and built a nation.” They are (for the most part) team players, community-minded, with a “near-absolute sense of right and wrong.” Their pattern is “use it up, fix it up, make it do, or do without.”

2) The “Silent” or Mature Generation – Born between 1927 and 1945. They include “pre-feminism women” who stayed home to raise children; Men who got a job and stuck with it for life. For them marriage is also for life (though sometimes it fails). They do not easily accept divorce or having children out of wedlock. They are disciplined, self-sacrificing, and cautious.

3) The Baby Boomers – Born 1946 – 1964. Novak divides them into two subgroups: the “save-the-world revolutionaries” of the 60s and 70s, and the “career-climbers and yuppies” of the 70s and 80s. She says they “ushered in free-love and non-violent protests.” They are “self-righteous and self-centered.” They are the first generation whose children were raised in two-income households. And to them “retirement” doesn’t mean a rocking chair; it means sky-diving.

4) Generation X – Born 1965 – 1980. They are entrepreneurial and individualistic. They “want to save the neighborhood, not the world.” They are cynical, and on average they have seven career changes in their lifetimes. Novak says that in them we see the “beginning obsession over individual rights, and societal disappointment over Viet Nam.” They were late to marry and quick to divorce. They “want what they want when they want it” – and that’s now. They are greatly in credit-card debt, self-absorbed, and suspicious of all organization.

5) Generation Y or Millennials – 1981 – 2000. They are the 9/11 generation, sometimes called “echo boomers.” They respect authority, and they are experiencing falling crime rates and falling pregnancy rates. They “live with the realization they might be shot.” They schedule everything. They prefer digital literacy, have never known a world without computers, and get their information and socialization from the Internet. They have been told all their lives they are special, and they expect to be treated accordingly.

6) Generation Z or the Boomlets – These are the youngest among us, born after 2001. Novak makes the claim (which I question) that “since the early 1700s the most common name in America was ‘Smith,’ but now it is ‘Rodriguez.’” She says 61% of the children age 8-17 have TVs in their rooms, 35% have video games, and 14% have DVD players. She says they “leave behind their toys at a younger age:...
in the 1990s the average of the target market for Barbie dolls was 10; in 2000 it dropped to 3.” She calls them “kids growing older younger.” They play with electronics and are “saturated with brands.”

Obviously, these are (huge) generalizations, and not everyone will fit into these categories. But I found it intriguing to see the enormous differences between the experiences, expectations and patterns of the age groups in America. And, in that all of them are represented in both our church and the surrounding community, it raises the question: how are we communicating to these vastly different sectors of our population? How are we “marketing” the Gospel itself and the Lake of the Woods Church?

I believe LOWC is an amazingly loving, welcoming, and supportive community of believers, quick to reach out and serve others in the name of Christ. But I sense that we need to do a better job of intentionally seeking out, contacting, and inviting friends and neighbors to join us. Somehow, we need to take seriously the differences in style and preference for sharing information and “packaging” it to others.

Remember, Novak’s article is about “marketing.” Here is her closing comment: “This is only a guideline... everyone is different, and not everyone fits into this analysis. But, for the most part, you can generalize their behavior. As a marketer, it is important to know how to effectively communicate and market to these diverse generations. In understanding consumer behavior, you can create the right promotion, tailoring it specifically for each group’s needs and therefore effectively sell products and services.”

The Psalmist said, “God established a decree in Jacob, and appointed a law in Israel, which he commanded our ancestors to teach to their children; that the next generation might know them, the children yet unborn, and rise up and tell them to their children, so that they should set their hope in God, and not forget the works of God, but keep his commandments.” (Psalm 78:5-7)

That is our challenge, and I hope it is our vision and our commitment, as we move into this New Year.

Love to you in our Lord,

[Lent 2018 Wednesday Services]

Wednesday February 14th - Ash Wednesday
6:00 - 7:00 p.m. Ash Wednesday Service (Sanctuary)

Wednesdays February 21st - March 21st
Soup Suppers & Lenten Study Program
5:30 p.m. First seating soup supper
6:00 p.m. Communion Services (Sanctuary)
6:00 p.m. Last seating soup supper
6:45 p.m. Family time of worship in song
7:00 p.m. Children & Youth dismissed to their programs
7:00 p.m. Understanding the Ten Commandments**
8:00 p.m. All Programs Dismissed

**Childcare/Nursery is available - please call the church office and speak to Sherri Gaskill 540-972-9060.

Renew Your Spirit With Us This Easter
A familiar passage often used at Christmas time can help us keep our focus and our vision as we enter this New Year. Isaiah 9:2 tells us “The people who walked in darkness have seen a great light; those who dwelt in a land of deep darkness, on them has light shone.” As light bearers of Christ, our mission is to bring the light of God into every dark corner of our community and world. What are some ways we are to do that? Verse 4 of the same chapter tells us that Christ, broke the burden on the shoulders of many when he came. We are to try to lighten others burdens, as we introduce them to the Wonderful Counselor, the Mighty God, the Prince of Peace (vs.6). The Wonderful Counselor who can comfort them in times of sorrow, loss, anxiety. The Mighty God who can heal their bodies, provide for their needs, and the Prince of Peace who gives his perfect peace to all who call on him. This year I encourage you to find a way to continue to reflect his light into our community. Volunteer to serve with our homeless feeding ministry. Sign up to help out with our foster ministry. Volunteer to serve at our free clinic. Sign up to help out with our adult special needs ministry. Assist in our Good News Club ministry at the public schools. Teach or assist in our Sunday School ministry, or Youth Ministry. Serve on our Living Water Auxiliary (See Elder Bill Fetzer’s article on the auxiliary). Volunteer for Home Helps. These are just a small sampling of the many ministries The Lake of the Woods Church offers. For more information on our ministries and how you can serve, please contact me. I would love to sit down with you and talk with you more about where you can get involved. May God richly bless you in this New Year!

Pastor Colson

February Prayer for Missions

O God of Mercy, you have told us to feed the hungry and shelter the homeless. Stir our hearts to respond with Jesus’ love and care for those in greatest need, and draw us all ever closer to you, for his Name’s sake. Amen.
The first Sunday in January was my first anniversary as an Associate Pastor at The Lake of the Woods Church. I wanted to take this opportunity to thank everyone for all of your help, spiritual growth and encouragement, as well as the new friendships made this past year. It has been a pleasure and a blessing to serve you. May we all be together in prayer for the ministry in 2018, as The Lake of the Woods Church.

On the first Sunday in January, I preached a sermon entitled “Immersed.” In this second year of the lectionary rotation, we have the option of preaching on Epiphany, the revelation of God incarnate as Jesus Christ or taking a look at Jesus’ baptism. As I sat and prayed on the topic of Jesus’ baptism and the word in Greek, Baptizo, one of the meanings for Baptizo stuck in my mind, immersed. I also began thinking about the New Year and resolutions and if they even still worked. It turns out that 90% of New Year’s resolutions don’t last (USA Today) and 80% of which don’t even last until February (Business Weekly). Why is this?

The problem is that we often try to add our resolutions to our list of things we do rather than allow it to become who we are. We say we want to exercise more or eat better rather than committing to complete healthy lifestyle. Or it’s a skill that we want to add to our resume or a check box to click on our Facebook profile. What we need, when we want real change, is to immerse ourselves.

The same goes for Christianity. We should not seek to add “being a Christian” to our resume or part of who we are. Rather we need to immerse ourselves in following Christ. When we call on the name of Jesus to be Lord and Savior of our lives, we are immersed in God’s Holy Spirit. We are baptized in His Spirit. “So if you have been raised with Christ,” as in our baptism, “seek things that are above, where Christ is.” (Col. 3:1). The more you “let the word of Christ dwell in you richly,”

(Col. 3:16), attend retreats, attend Christian concerts, be active in a small group, the more you immerse yourself in following Christ. That should be our continual resolution.

The best piece of musical advice I ever received was, “surround yourself with musicians who are better than you”. What great advice that was and while we are all sinners in need of a savior and there is certainly no ranking of the saints, the idea remains the same. We need to surround ourselves with Christian brothers and sisters who will help us grow, encourage us, challenge us when we’re wrong, be there for us and come alongside us in every step of life, this side of heaven.

What better light to this world than a community of believers, together commissioned through our Baptism of the Spirit to care for the widow, care for the orphan, care for the downtrodden, defend the defenseless, and be active in social justice...all in the name of Jesus Christ. All for Christ.

Christ did not die on the cross so that we could click “Christian” on our Facebook profile. Christ came, was commissioned through His Baptism, died, rose and now sits at the right hand of the Father so that we would be immersed in his love, both now and in the life to come.

Enthusiastically His,
Approximately every 25 seconds, an American has a coronary event. Approximately every minute, an American dies from one. February is American Heart Month, a time to urge Americans to join the battle against heart disease. Heart disease is the leading cause of death among men and women in the United States and is a major cause of disability. According to Heart Disease and Stroke Statistics—2010 Update, a report from the American Heart Association Statistics Committee and Stroke Statistics Subcommittee, an estimated 785 thousand Americans will have their first heart attack in 2010, and 470 thousand will have an additional attack. The good news is that heart disease is often preventable. Individuals have the power to protect and improve their heart health by making healthy lifestyle choices.

As part of American Heart Month, Friday, February 2, 2018 is National Wear Red Day® — a day when Americans nationwide take women’s health to heart by wearing red in support of women’s heart disease awareness. In 2002, The Heart Truth created and introduced the red dress as the national symbol of awareness for heart disease among women. The Heart Truth is a national awareness campaign sponsored by the National Heart, Lung and Blood Institute (NHLBI).

The campaign’s goal is to make women more aware of the danger and risks associated with heart disease. Heart disease is often perceived as an “older woman’s disease,” and it is the leading cause of death among women aged 65 years and older. It is also, however, the third leading cause of death among those aged 25 to 44 and the second leading cause of death among those aged 45 to 64. According to The Heart Truth campaign, the color red and the red dress stand for the ability all women have to improve their heart health and live stronger, longer lives.

The Heart
The heart is a muscular organ at the center of the circulatory system that acts as a pump, sending blood throughout the body. Oxygen-poor blood flows to the right side of the heart and is pumped into the lungs where it picks up oxygen and releases carbon dioxide. The blood then flows to the left side of the heart where it is pumped into the body’s cells and supplies the cells with enough oxygen to function properly. According to the American Heart Association (AHA), an average heart “beats” (expands and contracts) 100 thousand times each day and pumps about two thousand gallons of blood. In a 70-year lifetime, an average human heart beats more than 2.5 billion times. As amazing as the heart is, it is very vulnerable to damage from smoking, an unhealthy diet, lack of physical activity and stress. If disease or injury weakens the heart, the body’s organs do not receive enough blood to function normally.

Continued on Page 11
The new year started off with a lot of unexpected events. Between the cold weather, school delays and the unexpected broken pipe to bring in the new year, we are glad to be back into our routine and moving into February. Here are the upcoming activities for Children’s Ministry for February.

LOWC Kids Club continues on Wednesday nights with our New Testament Bible Skills, Thrills and Drills Bible study. Kids Club is for K thru 5th grade and meets from 6:30 – 8:00 in the Children’s Discovery Zone. Childcare is provided for babies thru 5 years old. Children are to bring their own Bible to class.

LENT will be a church wide study of the Ten Commandments. Children, youth and adults will begin on Wednesday, February 21st. The Lenten study will continue through Wednesday, March 21st. Children will attend worship with their families before heading downstairs for their Ten Commandments study. More details to follow in the weekly Sunday service leaflets.

CentriKid Camp
Registration deadline is February 11th. Dates for camp are June 25 – 29. Check out the Centrikid website, http://www.CentriKid.com, for more information and details about camp.

Summer Calendar
Many of our county schools will begin their school year mid-August so we have adjusted the summer calendar accordingly. Here are the summer program dates to help you in your summer planning.

June 25 – 29  Centrikid Camp
July 9-13    Good News Across Sports
July 16-20   Vacation Bible School
July 23-28   Children’s Musical Rehearsal
July 29      Children’s Musical
August 19    Step Up Sunday

2018 is off and running!
The Preschool has been learning about Winter Wonders, Winter Wear, Polar Animals, Winter Animals and Groundhogs. We will have our Valentine’s Day parties for our preschoolers and school-agers on Tuesday, February 13th and Wednesday, February 14th. Registration began on Thursday, February 1st for our returning 3’s and 4’s for the upcoming 2018-19 school year. Open registration for new enrollees begins on Thursday, February 15th. We are anticipating a great response. Looking ahead, we will have our Preschool Graduation for our four year olds on Friday, May 25, 2018 at 7:00 PM in the Worship Center and a following reception downstairs in the Discovery Zone.

Summer Registration for preschool and school-age children is underway for returning students and will be open to the public March 1st. Partial week and Drop-In Registration begins on March 15th, if space is available. If you would like more information on any of our programs, please visit us at www.lowchurch.org or call Belinda at 972-2349. We ask for your continued prayers and support for this very special and growing ministry.
Jesus told them, “The harvest is plentiful, but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field.”
Luke 10:2

We serve a great and awesome God who loves to answer the prayers of His children. We can trust that His answers are always what is best for us. God promises to work all things together for our good as we love Him and are called according to His purpose. 
(Romans 8:28) He loves, He listens, and He answers!

God especially loves to answer the prayers that He has given us to pray from His Word. We have prayed for more laborers to love and share the Gospel with the teenagers in our youth group, and our every need continues to be met.

(Philippians 4:19)

Our youth department is blessed with the best team imaginable. Our leaders give their all to meet the many needs of the teens they are called to serve. They teach, pray, sing, serve, give, and sacrifice; all for the sake of God’s harvest.

Recently, a high schooler stopped by my office. He explained to me how the Lord had been working in his life. He shared with me how he had gotten involved on Wednesday nights and then more recently on Sunday mornings. Over this past year and a half, Jesus had drawn him closer and closer. The young man shared that he had recently turned from a lifestyle of sin and surrendered his life to Christ. As I praise God for this youth and his salvation, I also praise God for every youth worker who continues to labor in His harvest field.

UPCOMING YOUTH ACTIVITIES

February 7th Valentines Game Night After a scrumptious meal, teens will earn tickets, play games, win prizes, and learn about the greatest love of all. Tickets can be earned by bringing a friend, by making a Valentine for our shut-ins, by dressing festively, or by winning games.

February 5th Monday Night Archery Course begins. Our youth leader and NFAA/USAA level 3 certified archery coach, Eugene Slagle will be leading archery classes from 6:30-8:30pm in the Friendship Hall on Monday nights. This 6-week course will cover the history of archery and basic to intermediate level shooting. Archery equipment will be provided and participants will shoot both a 15-20# recurve and a compound bow. Participants may also bring their own equipment. The cost of the six-week course is $60 and all proceeds benefit youth missions.

February 11th Valentine’s Pancake Breakfast. Come to church and bring your appetite. Youth will be serving heart-shaped pancakes with yummy strawberry topping plus bacon and sausage. A donation of any size will help send our youth to the mission field this summer.

February 14th Missions Training will take place during Wednesday Night Youth group. This training is a requirement for teens who plan to do mission work this summer. Teen missionaries will have dinner at 6:00pm and will finish by 8:00pm as usual. Mission Trainings will take place on the third Wednesday of each month.

February 18th Iceskating and Chili-Cookoff This is a free event for the whole family. Please join us for skating between the hours of 1:00pm-5:00pm. The Ice skating rink will be in the top church parking lot. After an afternoon of fellowship, hot chocolate, music, and skating, we will head to Friendship Hall to warm up with a chili dinner. Please invite your family and friends.
**Answering the call to “Love Your Neighbor”**

Many of you have heard about, or perhaps witnessed, the near-miraculous healing of body and spirit that has been occurring at the Living Water Community Clinic (LWCC.) This facility, located in Locust Grove, has significantly contributed to the well-being of many of our neighbors. More than 5000 hours of service have been provided to patients since opening in June 2016.

For thousands of our local neighbors who don’t qualify for Medicaid and cannot afford medical insurance, this Thursday evening Free Clinic is their only hope. Many patients seeking medical assistance are treated for minor cases such as sore throats, coughs, or fevers, but because they have been unable to get medical care prior to visiting the LWCC, they are often found to be suffering from underlying chronic conditions such as diabetes and high blood pressure. Remarkable improvements have been seen in these patients who are alerted to these serious health issues and provided information on better lifestyle choices. The more serious cases are referred to medical specialists for follow up treatment. Two patients, discovered to have life-threatening conditions, were referred for surgery and are expected to completely recover.

Counseling is an essential element in restoring patients to full health. The Living Water Community Clinic also offers spiritual care and counseling by its trained staff. Any patients suffering from broken relationships or feeling challenged by stresses in their lives can meet confidentially with a trained counselor. In one very difficult case, the counseling staff facilitated the restoration of a seemingly irreconcilable marriage by using proven methods for rebuilding trust in their relationship.

Lives saved, marriages rescued, hope restored...

Jesus calls us to do this in Matthew 25:40:

“Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine you did for me.”

**How You Can Help**

The Lake of the Woods Church is seeking volunteers to form an Auxiliary Support Team to assist the LWCC staff and other local community outreach activities. Volunteers are needed to pray and encourage the staff by providing pertinent information to the public about these remarkable services and organizing fund raising events to help support them.

You are invited to contact Pastor Adam Colson through the church office or Bill Fetzer at 703-856-3685 to learn how you can help.

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**Orphans in Uganda**

Five years ago a ladies group in a small church in Madison, VA, was studying chapter 1 of the book of James. One lady was meditating on verse 27 and God drew her to the first part, “True religion that God the Father accepts as pure and faultless is this, to look after orphans and widows in their distress ....”

Visiting her home at the time was Pastor Herbert, pastor of a church in Kampala, Uganda, and a friend of our former assistant pastor, Tom Savage. Pastor Herbert told her that that they had been trying to care for about 25 children through their ministry. Some were sleeping at the church, some had a mother but not enough money for food, and not one of them had enough money for school. For about $35.00 a month, he could get a child into a boarding school where they would receive food, shelter, and an education.

The next Sunday Herbert spoke in the morning service but did not mention anything about these children. The woman writes, “At the conclusion, my heart was beating out of my chest, and I knew that I had no choice but to stand and speak. I asked for 5 minutes. I shared with our Mountain View Family my conversation with Herbert the night before. I told them about James 1:27 and how I had been asking God what he wanted me to do with that verse. Then I asked our church to pray about what God would have us do with this information regarding such a serious need.”

One woman led by God, responsive to God. Her name is Jan Crouthamel. From this modest beginning the Victory 1:27 ministry has grown. They now sponsor over 150 children. One will soon have a degree in civil engineering and has provided drawings for a two story apartment the ministry will build.

Children may be sponsored for $35/month ($420/year) but regular correspondence is also expected. Three people from our church sponsor children and the Missions Committee commends this ministry. You get more information at jan@mountainviewchapel.net or by calling Dave Blackstone, 972-3555.

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FLOWER GUILD: E. P. R.

**Evolution:** Effective ministries evolve, develop and adapt to change. The Flower Guild is following that pattern. It began in 2003, with the gift of $100 seed money, and an enthusiastic group of women who then became floral arrangers and deliverers. Over the past 14 years it has become a ministry which annually sends out more than 250 flower arrangements to church members (and others) who need some cheer; all blossoms for these arrangements come from the flowers you see in the Sanctuary and Worship Center on Sunday mornings!

**Pruning:** Ministry volunteerism is supposed to be a service, not a sentence. Hence, membership in the Flower Guild has changed over time as ladies have given of themselves to arrange the flowers or deliver them after services. Each has played a vital role for the time they felt called to give. Our treasured Sparkle Capitano, who has been the simply terrific coordinator and recruiter for the Delivery team for the last decade, stepped down this last month. She leaves big shoes, but she also leaves the system for effective deliveries. Her position is vital to the ministry. Would this, perhaps, be something you would like to do? It takes tenacity, organization, and good people skills.

I have had the incredible joy of leading the flower arranging side of the ministry since it’s evolution from a local floral shop delivering the flowers each week, to a trained group of faithful ladies. Under the leadership of their captains, these women are part of four arranging teams, each of whom works one week a month. One of our long-standing captains, Georgianne Cedarblade, has just relocated to Northern Virginia, leaving an opportunity for someone else to step forward. Actually I, too, am moving to Richmond in March, where three young magnets (aka: granddaughters) are exerting a powerful pull. Leaving LOWC is tough! I have loved the worship, the church family, the ministry team, and working with the Flower Guild - especially watching the ladies grown in their arranging skills to the point of my awe at their work. Thank you, Lord, for this incredible adventure with flowers!

**Reblooming:** Team Captains Nancy Bowles, Diana Duffy, and Brenda Rogers will be carrying the Flower Guild forward. Look for their scheduling of a FG sponsored arranging class this spring. If you would like to be an arranger with the team, plan to take the class, as it is a prerequisite for joining the team.

Yours in the love of our Lord,

Louisa Rucker

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**Flower Guild Workshop Scheduled**

For those of you who have been wanting to explore being a part of the church Flower Guild – or those who want to practice their arranging skills – another hands-on flower workshop is on the calendar. The particulars are:

**Thursday, March 8, 2018**

1-3 in Friendship Hall

Materials cost: $28

Call Diana Duffy (972-8109) by March 1 to register
Greetings from Women’s Guild!
Women’s Guild meets regularly on the first and third Thursday of each month from 10:00 a.m. to 12:00 p.m. in Friendship Hall of LOW Church. Each meeting consists of a short devotion, prayer, and a featured speaker, plus a light meal and time to socialize. We also participate in monthly service projects for those in need. All women are welcome, so grab a friend and join us for worship, fellowship, and fun.

February 1: Threads of Faith
Speaker Pat Boord is a champion bench presser and author of Bench Pressing Threads of Faith. She will speak about the faith journey that led her to the unlikely sport of bench pressing.

February 15: Our speaker will be Jessica Molzahn with Intervarsity Christian Fellowship.

American Hearth Month Continued from Page 5

Heart Disease
Heart disease refers to diseases of the heart and blood vessel system within the heart. Cardiovascular disease refers to diseases of the heart and blood vessel system within the entire body. Cardiovascular diseases include stroke, high blood pressure, angina and rheumatic heart disease. The most common heart disease in the United States is coronary heart disease (CHD), which often appears as a heart attack. According to the CDC, coronary heart disease occurs when the coronary arteries that supply blood to the heart muscle become hardened and narrowed due to plaque buildup. This condition is called atherosclerosis. Plaque is made up of fat, cholesterol, calcium and other substances found in the blood. As the coronary arteries narrow, diminished blood flow may cause chest pain (angina), shortness of breath, or — if there is a complete blockage — a heart attack. In some cases, the first sign of coronary heart disease is a heart attack. Men in their 40s have a higher risk of coronary heart disease than women. As women get older, however, their risk increases so that it is almost equal to that of men. More women die of cardiovascular diseases than the next five most common causes of death combined, including all forms of cancer.

Risk Factors
While there are some risk factors that cannot be controlled such as age, race and family history of heart disease, there are many risk factors that can. These include:

- High blood pressure
- High blood cholesterol
- Diabetes
- Smoking
- Being overweight
- Being physically inactive

Each risk factor greatly increases an individual’s chance of developing heart disease. Having more than one risk factor is especially serious, because risk factors tend to worsen each other’s effects. To reduce the risk of heart disease, all risk factors need to be addressed, not just one or two. Steps can be taken to reduce the risk of heart disease by focusing on lifestyle choices and health habits. Research regarding heart disease risk factors suggests that making even small lifestyle changes can reduce the risk of coronary heart disease, heart attack, stroke and other serious cardiovascular conditions.

Prevention
Heart health is one of the most important components of overall health and well-being. In a scientific statement published in Circulation: Journal of the American Heart Association, the AHA described seven health factors and lifestyle behaviors that can help an individual attain optimal cardiovascular health. Improvements in these areas can greatly impact the quality of life and life span of individuals. According to the AHA, for an adult to attain “ideal” cardiovascular health, he or she needs to:

- Have never smoked or have not smoked for at least a year
- Eat a healthy diet
- Get at least 150 minutes of moderate exercise or 75 minutes of vigorous exercise a week
- Achieve a body–mass index of less than 25 kg/m2
- Maintain total cholesterol below 200 mg/dL
- Maintain blood pressure below 120/80 mm Hg
- Maintain fasting blood sugar below 100 mg/dL

Heart disease is often avoidable. American Heart Month is the perfect time to make or renew a life–long commitment to embrace prevention and avoid the risks associated with heart disease.

MEDICAL DISCLAIMER: The information is not intended to constitute medical advice and is not a substitute for consultation with a physician or other health care provider. Individuals with specific complaints should seek immediate consultation from their personal physicians.
The Germanna Ministry:
Making Christ Known Outside the Walls of LOW Church!
By John Lentine

Nestled between Lake of the Woods and Walmart off of Rt. 3 at the 601 traffic light is the Germanna Heights Apartment Complex, a place that includes many seniors and people who are limited in their ability to get around the local community. Lake of the Woods Church strives to serve the people there with a weekly Sunday outreach ministry, lovingly guided for the past 11 years by LOW Church member Rose Tuminaro, who describes the ministry simply as “sharing Jesus and His Word.” Over the years, Rose has inspired many LOW Church members to help and currently schedules 31 different volunteer speakers throughout the year to make every Sunday service truly special.

Paula Reese, a Germanna Heights resident, says, “I look forward every Sunday to hear God’s Word and the many speakers we have. I tell everyone I see to come to church Sunday and that our service starts at 11:30 a.m. in the Germanna Apts lounge. Come and listen to God’s Word and receive the blessings he has for us all.” Note: This invitation also extends to you, the reader.

Bob and Marie Johnson, long time Lake of the Woods Church members who recently moved, served in the ministry for 11 years. On a visit back for the Christmas service there, Bob said, “Germanna is like extended family. We pray for each other as we go through trials and successes.” Marie added, “Spiritual growth happened over the years and gave the folks a church at home. Our dear friends in the apartments at Germanna and LOW Church are keepers!”

How did this ministry come to be? About eleven years ago, when a program from another church had failed at Germanna, Pastor Tom Schafer encouraged Rose to take Christ’s message there. “I came with the Bible as our textbook to teach Basics in Christianity,” said Rose.

“Others from LOW Church visited and from time to time I invited them to speak to the attendees. That was appealing to our people. Many come to visit and are attracted/blest by the program and join.” Rose points out that GOD is in charge and that she is what Pastor Tom refers to as “an equipper of the saints,” training others for this joyful ministry and fellowship.

One of these people is Mary Ryan, who said, “Several years ago I received a surprise request from Rose to prepare a spiritual message for the service at Germanna. Doing this has been a tremendous growth in faith and blessing for me! I saw how God uses our obedience and creates something bigger! He takes our little and multiplies it. I presented what the Lord put on my heart and the dear souls there blessed me with their love and grace! Oh, what joy!”

Ken and Lois Frohnert have been helping for seven years by setting up and taking down the materials needed for the services. Lois plays the piano and teaches, and they both emphasize how important it is that the people can hear the Word of the Lord, study, pray and worship there. Deborah Constantopoulos has attended for 5 years, many of those as a resident. “This year I help by bringing goodies. I praise our services to friends.” Also helping with set-up and food for many years is Jean Stutz. To “share the ministry and fellowship with those who are shut-ins and have not been privileged to hear God’s Word is a privilege for me.” Another helper stresses it is part of the “Great Commission!”

Researching this article and attending gatherings of God’s army of Germanna volunteers over the years, I’ve experienced the joy and felt the deep sense of purpose each person cherishes for this ministry. As a presenter myself, I realize what a privilege and responsibility it is to bring God’s message to everyone. Germanna residents and LOW Church members alike, attending the services and encouraging everyone to use our God given talents to help each other in any way that we can. We are indeed a family united in Jesus! As Rose says time and time again, “To God be the Glory!” Please keep the Germanna ministry in prayer. If you’d like to help, call LOW Church at 540-972-9060.
Emeritus Pastor Transition
By Rev. Thomas Schafer, Emeritus Pastor

I have been asked to write a brief clarification on my current role at The Lake of the Woods Church. The end of 2017 brought a transition to my role on the church staff.

Around mid 2016, Dr. Howe forewarned me that it was his desire to release me from the staff by the end of 2017. At the end of last year (2017) my position on the church staff concluded. I will continue at LOWC as Emeritus Pastor, but no longer work for the church as a part of its staff.

Dr. John Howe concurred that I should continue to oversee the Counseling Ministry of LOWC. This involves recruiting professional counselors, overseeing the counseling policy, screening all who call the church seeking counseling, and placing them with one of the church counselors or myself.

In addition, I remain on the board of directors at the Living Water Community Clinic, and oversee the counseling work there. Currently I am a partner in WorthMore, Inc. Counseling Ministry located in the Towers (the green glass building on Rt. 3) in Suite 190 A&B. This counseling ministry is not under the auspices of LOWC, but works in a supportive role with the church to serve the counseling needs of the community. WorthMore is committed to a faith based perspective on counseling.

I have certainly enjoyed preaching as the Emeritus Pastor the last 2 years. I welcome any further opportunities to serve Christ through preaching. I am blessed to have partnered in the Gospel with LOWC for the past 22 years and look forward to a fruitful relationship in 2018 and beyond.

02/01 Christian Colson
02/02 Norma Lanier
02/03 Frances Lynch
02/04 Dan Banks
02/04 Bonnie Snoddy
02/04 Denise Guest
02/04 Louise Scott
02/05 Kathleen Olmstead
02/06 Millie Davis
02/06 Timothy Riffe
02/06 Deanna Jones
02/07 Louise Fletcher
02/07 Marvin Washington
02/07 Marsha Stumpf
02/09 Debbie Jockin
02/10 Mike Rieley
02/11 Micky Talbott
02/12 Betty L. Banks
02/12 Allen Gwaltney
02/13 Irene Robinson
02/14 David W. Yeakel
02/15 Bob Gibson
02/15 Don Smith
02/16 John Giannico
02/16 Misty Harper
02/16 Wendy Gwaltney
02/17 Norm Howard
02/17 Jeannie Dietz
02/17 Judy Swarthout
02/18 George W. Bowman, I.
02/18 L. Louise Cook
02/18 Ann Schuneman
02/18 Carol Twedt
02/19 Christine Freshwater
02/20 John Bowles
02/21 Amanda Neely
02/21 Jo Stewart
02/21 Phil Harris
02/21 Tim Martin
02/22 Diane C. Blackwell
02/22 Stan Clark
02/23 Phyllis Palestri
02/24 Audrey Davis
02/24 Alex Fermin
02/25 Barbara Rakes
02/25 Sonya Walsh
02/28 Nancy Edwards
02/29 Mike Rugless
02/29 Normagene Solebello
You might have noticed a different face leading the choir for a few Sundays to start off this new year. No I didn’t get a haircut, but I was absolutely transformed by my absence. From January 2nd through 11th I was in Jacksonville, Florida, where I attending my first semester at the Robert E Webber Institute for Worship Studies. Founded over twenty years ago by Robert Webber, IWS hopes to bring about global worship renewal through theological education and practical application. Over the next several months, I hope to use the Cross Currents as an opportunity to share some of the things I am learning, so that as a church we may be better rooted in our understanding of worship.

One of the most misunderstood aspects of worship is the practice of “liturgy”. Often this is associated with worship that some would call “traditional”, or “structured”, but in reality, every service has liturgy. Originating from the Greek word “leitourgia”, liturgy literally means “the work of the people”. Actions like praying, singing, speaking, prophesying, kneeling, or serving in a ministry are all examples of the different acts of worship possible within liturgy. David Peterson, in his book Engaging with God, says that liturgical theology “has to do with the fundamental question of how we can be in a right relationship with God and please Him in all that we do.” The practice of liturgy, therefore, is how we can best combine acts of worship in a way that is cohesive and represents our relationship with God. Liturgy makes congregational worship possible, and through it the Gospel story is told.

In 2013 Ms. Kiryayeva released a solo piano album “Sonatas”, which was featured on 150th broadcast of “Women in Music” on CKWR Radio in Ontario, Canada. Ms. Kiryayeva’s upcoming chamber music performances include appearances in Steinway Series at Smithsonian Museum and in the Library of Congress in Washington DC.

There will be a Cookie Concerto reception and chance to meet with Ms. Kiryayeva following the performance. The concert is free and any voluntary donations will support LOW Church Worship Arts Program.
## Weekly Activities

<table>
<thead>
<tr>
<th>Monday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>8:30 a.m.</td>
<td>9:00 a.m. Shepherds Meeting (3rd Thurs)</td>
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<td>1:00 p.m.</td>
<td>9:30 a.m. Prayer Group – Mary Ryan’s House</td>
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<tr>
<td>5:00 p.m.</td>
<td>10:00 a.m. Women’s Guild (1st &amp; 3rd)</td>
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<tr>
<td>7:00 p.m.</td>
<td>1:00 p.m. Second Half of Life Bible Study (1st &amp; 3rd)</td>
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<td></td>
<td>5:00 p.m. Living Water Community Clinic Medical Office Appointments</td>
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<tr>
<td></td>
<td><strong>Weekly Activities</strong></td>
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<tr>
<td><strong>TUESDAY</strong></td>
<td><strong>FRIDAY</strong></td>
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<tr>
<td>7:30 a.m.</td>
<td>6:00 p.m. RISE Special Needs – RISE Ctr on Rt. 20</td>
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<tr>
<td>7:30 a.m.</td>
<td>Pastor’s Bible Study for Men</td>
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<tr>
<td>9:30 a.m.</td>
<td>8:30 a.m.</td>
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<td>10:00 a.m.</td>
<td>10:00 a.m.</td>
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<tr>
<td>3:30 p.m.</td>
<td>5:30 p.m.</td>
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<td>6:00 p.m.</td>
<td>7:00 p.m.</td>
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<tr>
<td>7:00 p.m.</td>
<td><strong>SATURDAY</strong></td>
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<tr>
<td>7:00 p.m.</td>
<td>7:00 a.m. Men’s Bible Study Group</td>
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<td>10:00 a.m. Restoration Dance Ministry</td>
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<tr>
<th>Wednesday</th>
<th>Friday</th>
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<tr>
<td>8:30 a.m.</td>
<td>8:30 a.m. Aerobics</td>
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<tr>
<td>9:00 a.m.</td>
<td>10:00 a.m. Malachi 3:16 Bible Study</td>
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<tr>
<td>10:00 a.m.</td>
<td>7:00 p.m. AA Group – Rt. 20- Suite O</td>
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<tr>
<td>10:00 a.m.</td>
<td><strong>SUNDAY</strong></td>
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<tr>
<td>10:00 a.m. Alzheimer’s &amp; Dementia Support (3rd)</td>
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<tr>
<td>6:00 p.m.</td>
<td><strong>MATERIALS</strong></td>
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<td>6:00 p.m. Youth Group Dinner</td>
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<tr>
<td>6:30 p.m. Middle and High School Youth Group</td>
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<tr>
<td>6:30 p.m. MOMs Next–Library</td>
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<tr>
<td>7:00 p.m.</td>
<td><strong>ACTIVITIES</strong></td>
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<tr>
<td>7:00 p.m. Children’s Mid Week Program</td>
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<tr>
<td>7:00 p.m. Adult Elective Education Classes</td>
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<tr>
<td>7:00 p.m. AA “Big Book” – Rt. 20 - Suite O</td>
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**Faithbooking Group**

“...we will tell the next generation the praiseworthy deeds of the Lord, His power, and the wonders He has done.”

Psalm 78:4 NIV

Yes, the Bible speaks of keeping memories of our lives to be shared with our children and grandchildren. So it is written that we should make picture albums of family events, trips to see God’s world, and any happening which is meaningful to us as we are blessed each day. Faithbooking is our name for scrapbooking our photos and stories, and we have a group which meets twice a month at the church to learn, organize, and create these collections of blessings. Come to hear more about Faithbooking and/or join us February 8th and 22nd in the Friendship Hall from 10 AM until 2:00 PM, with your bag lunch. The leader, Nancy Bowles, will show you examples, share materials, and answer any questions you may have about beginning or continuing in this very rewarding endeavor for your family and YOU. Questions? Call Nancy at 540-972-9593.

**Swedish Weaving Classes to Begin in February**

After the success of the beautiful afghan drawing at the recent Craft Bazaar, many expressed an interest in learning to make a Swedish weaving project. The Thursday afternoon classes will begin in February; so watch the Church leaflet and CrossCurrents newsletter for the details. If there is sufficient interest, an evening class will be held at the church.
2018 Board of Elders

Chairman
Bill Mosey (540-315-54) bmosely@verizon.net

Admin & Budget
Jocelyn Crawford (202-899) rebecca@crosscurrents.net

Adult Education
Sparky Watson (202-425) ejwashington@comcast.net

Buildings & Grounds
Bob Little (703-0898) rlingan@comcast.net

Congregational Care & Fellowship
Lee Merril (412-880) lamberrell@comcast.net

Missions
Dave Blackstock (202-0555) cblackstock@verizon.net

Community Outreach
Bill Fetzer (703-36-968) william.fetzer@gmail.com

Worship
Dan Scheffler (202-513) csa@lowchurch.org

Youth
Scotton Satti (703-756) thecloudfarms@comcast.net

Young Families & Children
Tam Hall (440-382) whall@verizon.net

SUNDAY WORSHIP SERVICES
8:30 Traditional Sanctuary
9:45 Traditional Sanctuary
9:45 Blended Worship Center
11:00 Contemporary Worship Center

SUNDAY SCHOOL SCHEDULE
Adult 8:30, 9:45, and 11:00
Youth Higher Grounds 9:30
Children and Nursery 9:45 & 11:00

EUCARIST
Wednesdays, 6:00 p.m.

Pastors in Worship
February 2018

FEBRUARY 4TH COMMUNION SUNDAY
8:30 Traditional Rev. Adam Colson
9:45 Traditional Rev. Adam Colson
9:45 Blended Dr. John W. Howe
11:00 Contemporary Dr. John W. Howe

FEBRUARY 11TH
8:30 Traditional Dr. John W. Howe
9:45 Traditional Dr. John W. Howe
9:45 Blended Rev. Jordan Metas
11:00 Contemporary Rev. Jordan Metas

FEBRUARY 18TH - LENT WEEK 1
8:30 Traditional Dr. John W. Howe
9:45 Traditional Dr. John W. Howe
9:45 Blended Rev. Adam Colson
11:00 Contemporary Rev. Adam Colson

FEBRUARY 25TH - LENT WEEK 2
8:30 Traditional Rev. Jordan Metas
9:45 Traditional Rev. Jordan Metas
9:45 Blended Dr. John W. Howe
11:00 Contemporary Dr. John W. Howe