

# stay connected

We connect people to Jesus and help God change their lives.

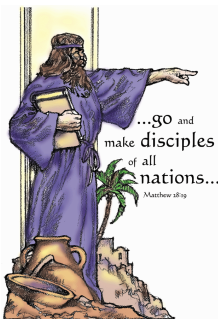


## What's the Deal with Church Membership? *by Pastor Nate Crandall*

When I was about 10 years old I was baptized in the church baptistery. Afterwards I received a card which was the size of a regular business card. It had a picture of the church on one side and the church covenant on the other. It informed me that I was now a church member. That was the extent of my teaching about what church membership was all about.

Times have changed. This spring starting on March 2<sup>nd</sup> we will begin a class during Sabbath Grow Groups where you will be able to learn what it means to be a church member. This class is open to everyone, both members and non-members. Participation doesn't automatically mean that you will become a member of the church, but it is necessary to go through the classes if you are to be considered for church membership.

There are three components of understanding what it means to be a church member. The first is



### **discipleship.**

Jesus told his disciples to **"go and make disciples of all nations."**

(Matthew 28:19)  
A fully devoted follower of Jesus is

a disciple. People sometimes think church membership is just a matter of what you believe. Being a disciple is not just about what you believe; it is about how you live. Since Jesus commanded us to make disciples, we must realize that becoming a disciple is one of the standards for church membership.

We use the book *Start To Follow* by Greg Laurie as our guide to discovering just what it means to be a disciple of Jesus. If you haven't been through this class, we will be holding the next one on Sunday, March 3<sup>rd</sup> from 9:00 a.m. – 3:00 p.m. at the church. Lunch will be provided. I want to encourage you to attend even if you have been a long time church member because there is a lot of confusion among Christians over what a disciple is. This class will help clear up any confusion you might have.

The second component is **doctrine**. The word doctrine comes from a Latin word which simply means "teaching." Doctrines are those key beliefs which disciples of Jesus must be taught in order to know the truth of who God is and what His plan of redemption is for the world. Seventh Day Baptists identify our core doctrinal teaching in



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## GROW GROUPS

## Lineup for Spring 2019

It's nearly Spring and time for something new and fresh in our Sabbath Grow Group time at 9 AM on Sabbath mornings:

### **New Members' Class –**

If you want to become a member of the church, here is the class for you! See the article below about this class. You won't want to miss it! The Junior/Senior High class will be attending this class. Room 6

### **Adult Classes:**

**Understanding Jesus:** A study in the Gospel of John – the Inductive Bible study process will be used to examine this Gospel. Pastor Liz and Renee Sanford will be leading during the 8 weeks Pastor Nate will be leading the New Members' Class. Room 7

**Mental Illness is Not a Choice** will return as a support group. The group enjoys presentations and discussion on a wide variety of Mental

Health topics. All are welcome to participate even if they have not previously participated. Barb Green, Facilitator, Library

### **Children/Youth Classes:**

#### **The Gospel Project –**

#### **Into the Promised Land**

**K-6th grades** – Doneta Osborn, Teacher, Fellowship Hall

**Junior/Senior High** – Please attend the membership class for the first eight weeks, then Pastor Carl and Cindy Greene resume as leaders, The Loft

## Church Membership Class Starts March 2nd *by Pastor Nate*

If you would like to discover what being a member of the church is all about, it's as easy as 1-2-3!

1. Starting on Sabbath morning, March 2<sup>nd</sup>, and going for four weeks you can learn about the essential beliefs which are foundational to being a Seventh Day Baptist. These classes will meet in the adult classroom downstairs and be taught by Pastor Nate.

2. On March 3<sup>rd</sup> from 9:00 a.m. to 3:00 p.m. you will learn about what it means to be a disciple of Jesus as we study and discuss the book *Start to Follow* by Greg Laurie.

Books are available at the Welcome Center and you will be expected to read the book prior to our time together. Pastor Nate will facilitate these discussions.

3. Starting on Sabbath, April 6<sup>th</sup>, and continuing for 3 weeks, you will learn about the Vision, Values, Principles, Covenant and Organization of the church. Pastor Nate will again lead these times of learning.

In order to be considered for membership, attendance at these classes is mandatory.

In the case of absence, a make-up class will need to be scheduled. If you have already attended the *Start to Follow* class this past fall, you will not need to attend again. Please talk to Pastor Nate if you have any questions.



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## GIFTS Ministry *by Beau Gilmore*

**We are scheduled for our week of service at the GIFTS Men's Homeless Shelter on April 1st, 2nd, and 4th.** Watch for the sign up sheets for food, serving, and overnight help at the Welcome Center in the coming weeks.



There are some other days on the calendar for the serving of meals and overnight. To help plug these holes the ministry is reaching out the community, service groups, schools, businesses, and families to serve a meal. So far there have been people from Mercy Health and Janesville Youth hockey who have participated. If you know of a group or family who would like to help, please con-

tact me or the GIFTS resource center.

God is always showing us something new at a time when we need to expand. He provided the shelter, the house for men to transition to and more volunteers. He has led us to reaching out into the community to help us understand more of the problems that the homeless face. On the 3rd Thursday of each month, community leaders will be providing us with information about issues of the homeless. These meetings start a 5:00 for dinner and the speaker will begin at 6:00. This is a free program. If you would like more info, contact me or the Gifts ministry.

The year of 2018 saw the ministry continue to grow. We have now added more A team volunteers allowing us to increase the number of men at the shelter. Recently we have had 30 men staying on a nightly basis. Several of the longer term men are moving to the transition house in preparation of moving out on their own. Last year the shelter served 19,976 meals, had a total of 9,988 overnight stays, and 211 guests. It is because of God's good grace, volunteers like us, and people who contribute financially that the Gifts Ministry works and continues to grow. Please keep the men and the ministry in your prayers.

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## Church Membership, *continued from page 1*

our Statement of Beliefs. During the first four weeks of our class we will study and discuss these core doctrines.

The final component of church membership study is **devotion**. Our church family is devoted both to the Lord and to each other. Our devotion to each other flows from our devotion and love for Jesus. In the three weeks which we will spend on this area we will learn about the church covenant, the vision, values and principles of ministry which we share,



**Devotion to Each Other**

and the nuts and bolts of how the church is organized. All of these areas are crucial for members to understand in order to share together in the church family relationship. These classes will start on Sabbath, April 6<sup>th</sup> and go for three weeks.

So again the three components of church membership are discipleship, doctrine and devotion. If we embrace these three things, we will know and experience the awesome blessing of church membership. Please let

me know what questions or concerns you have about becoming a member of the church. In addition, if you know someone who you think would benefit from these classes, invite them to come. Finally, pray with me that the Lord would be increasingly glorified in His church. This is why we were created. May it be true of our church family that in everything Jesus receives all the glory!

# Awana Grand Prix is Coming - Wed. March 13 @ 6:30

Here are a few ways you can get involved and encourage our Awana clubbers and their families:

**Workshop helper:** On **Sunday, March 10**, clubbers who need help getting their cars ready to race are invited to come and work on their cars. Do you have any knowledge in putting on wheels or adding weight to pinewood-style racing cars or are you crafty? Come and help families get a car ready to race. This will bless some parents who aren't so gifted in this area more than you know. The workshop is from **12:00 - 2:00** in the Fellowship Hall.

**Judges:** We need 3 impartial judges for the design competition on **Wed., March 13**. This means you cannot be related to one of the racers or have helped any of them with their

cars. This is not an easy decision to help make, but it's an important piece of the race!



**Race Night Officials:** We always need help transferring cars from the table to the track and then back to the table, inspecting cars prior to the race and other jobs like this. If you could help us on March 13, we'd love to have you join us.

Rich Gallegos is our amazing Race Director. If you can help with any of these tasks, please contact him at 608-449-5640 or [rgallegos@charter.net](mailto:rgallegos@charter.net)

We will be looking for about 8 doz. treats to serve our clubbers and their families after the race on March 13. We

look forward to the chance to fellowship once the competition is over. If you can help with this, please sign up in the Welcome Center or contact Angie Mullen.

We are grateful for the support our church family provides as we welcome our clubbers and their families for this annual event. Please join us in praying that this event will be a night filled with fun and friendly competition, that all our equipment will work as it should, that relationships between Awana staff and families will be strengthened, and all those that hear the message of Jesus' great love for us will respond in a way they may never have done before.



March	
6	Club
10 (Sun.)	Grand Prix Workshop 12-2
13	Club – Grand Prix
20	Club
27	No Club – Spring Break

March	
6	Collision
13	Collision
20	Collision
27	No Collision – Spring Break

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## New Part-Time Custodian *by Jon Cruzan*

It's my pleasure to introduce our church's newest part-time custodian, **Tara Rotzoll**. In January, Tara began a job share with our current custodian, Kathleen Holbrook.



Many of you know Tara already but for those who don't here's the scoop in her own words:

"It all began three years ago when my friend from North Carolina asked me if I would consider letting her sign my girls up to join AWANA. At the time, I knew nothing about AWANA or if it was even available in our area. I hadn't even attended church since I was a kid and my girls had never at-

tended church. Three of my girls now attend AWANA and my youngest will start this fall. My husband, Tom and I have four daughters, Hayden (10), Mackynzie (9), Rylee (5), and Sydney (3). We have lived in Milton for ten years. I am a stay-at-home mom. I describe myself as an introvert which has changed over the last year since stepping out of my comfort zone and becoming more involved with the church.

In the summer of 2018, I attended my first Bible study. After slowly coming out of my shell, I realized that being involved with church was really something I needed in my life. Building a community of great people around me was just what I needed. I have

since been involved in several Bible studies, attend church on Sabbath mornings, and most recently became an AWANA leader. Letting God into my life has been the greatest thing I've done!

In January, I started helping Kathleen clean the church. This has been such a blessing for me. It gets me out of the house and gives me another opportunity to see members of the church family."

Tara, we are so pleased to welcome you to our congregation and your girls to AWANA. It is great to have you as a member of our custodial team. Welcome!



## Devon Diaper Drive

We are collecting diapers through April 8<sup>th</sup> – sizes 3, 4 and 5 – plus baby wipes for Devon Oasis' refugee-focused ministry in Chicago. Place them in the container near the Welcome Center.

Devon Oasis is an innovative ministry of the Missionary Church, and is directed by Dr. Robert Andrews. Dr. Andrews and his wife Lynne have raised all four of their sons in Chicago's "Little India", and have served the neighborhood's international population for 33 years.

The "Little India" area of Chicago is one of the most densely populated and diverse neighborhoods in America. There are over 20,000 people living within every square mile of the community, and nearly half of these were born outside of the United States. Many of these beautiful people are refugees! Devon Oasis, welcomes all people in the name of Christ, regardless of their ethnicity or religious background. They provide multiple free services, and tangible assistance to help our new neighbors begin their lives in America. In addition,

they assist refugees living in other American cities including Milwaukee.

Devon Oasis Center is located in the West Ridge neighborhood of Chicago, on the south east corner of Devon and Western Avenue. Find out more at [www.devonoasis.org](http://www.devonoasis.org).



## Prayer Focus – March 2019 – Homeless People

Over half a million people were homeless in the United States in 2018. That's 17 out of every 10,000 people. Wisconsin has over 27,000 homeless; Rock County has about 1,000 homeless people.

What first comes to mind? Homeless adults with chronic mental illness or substance abuse problems, right? But this group makes up just one-fifth of the homeless population. More homeless (one-third) are families with children. Teenagers and young adults transitioning from school or family homes make up 10%.

Some are homeless briefly (such as the 4,000 people displaced last year through hurricanes and wild fires), others are homeless for years – primarily those with chronic mental illness. Whatever the cause we as Christ followers are called to care for these people – to help with physical needs, show God's love, and share spiritual truth.

There is some good news! While 2018 homelessness increased slightly from 2017, more homeless were in emergency shelters or transitional housing rather than on the street, in abandoned buildings, or other unsheltered places. Overall, the number of totally unsheltered individuals is 11% lower than 10 years ago. Programs such as GIFTS are part of this good news!



There's bad news, too. More recent data clearly shows that homelessness impacts black Americans disproportionately. Americans of African descent are way overrepresented among the homeless population - 13 percent of the U.S. population is African American. But 40 percent of all people experiencing homelessness and 51 percent of homeless families are black. Don't get confused – homeless is not a minority problem – 6 of 10 homeless are white; but homelessness does impact the black community at a much higher rate.

Another area of great concern – Teenagers and young adults on their own make up an increasing part of the homeless population. Over half of these young people living in shelters or on the street (especially the youngest) report that their parents actually told them to leave, or at least knew they were leaving and didn't care.



This reflects deep spiritual problems that we need to lift in prayer.

The main causes of this teenage homelessness are physical, sexual, and emotional abuse from parents or guardians.

- 46% reported being physically abused
- 38% reported being emotionally abused
- 17% reported being forced into unwanted sexual activity

Adolescents aging out of foster care are also at extreme risk of homelessness with around 50% becoming homeless within 6 months of leaving. They are often ill-prepared to live independently due to lack of education, social or family support.

Homeless teens and young adults face high rates of sexual exploitation and substance abuse. Over 20,000 of these children are forced into prostitution every year, and 5,000 unaccompanied youth die as a result of assault, illness, or suicide.

### How Does God's Word Tell Us to Treat the Homeless?

Throughout scripture we find principles that apply to ministering to the homeless. A few include:

- We are to show respect to the poor (James 2:1-4)
- We are to respond in love and compassion to everyone in need (Luke 10:25-37)
- We are to offer help, especially to believers (Galatians 6:10)
- We are to offer hospitality, clothing, shelter and food (Matthew 25:31-46)
- We are to offer fellowship and peace (Romans 12)

## Oh Winter... by Nathaniel Muench

I realized that we/I mainly blame everything on the weather, and mostly winter gets the most grief - so instead of blaming the negative on poor old man winter, I'm gonna bring some positive vibrations in.

First off... Merry Christmas and Happy New Years and happy February!

January kicked off really fast! The girl who was leading the YWAM Cafe has been away for a few months so they asked if I would take it on for January and February. I hadn't worked in the cafe in maybe 10 months but before long my coffee and latte skills were back up to par.

I never had many good conversations working in the cafe before, it was always slow and quiet and lame during my time in it last year. But it has been one of the most rewarding experienced the past month and a half. I've gotten to know so many people and shared my story with people to a point that I haven't in so long. My German has gotten better because I have to speak it, which has been great!

A few weeks ago, a fella came in and we started talking about life. The next day he came back and soon became a regular. He opened up about his life and through that opened

deeper conversations. I've learned that in ministry and business there needs to be dependability for success, how else will we impact people in long term way if we aren't reliable.

Most of YWAM Nuremberg was on outreach the whole of December and January so we were a bit short staffed. We

had three different outreach teams scheduled for January, two were big teams from Asia and a team from Canada. Unfortunately, no one was leading the Canada team so I stepped up and organized the team. It was good, a bit hectic with juggling the cafe but it all worked out.

Skate ministry has been going super well, even though there isn't much skateboarding in the winter. God has been opening a lot of doors for events as well as planning for summer projects and what not. One thing I always find so unbelievable is how fast the calendar for the year fills up with projects and events!

At the beginning of the year we had a skate team meeting and I asked the guys some of the things that they wanted to do this year and see happen. Timothee responded that he

would really like to do more skate demos. We began to pray into it a bit more and more. A couple weeks later I was in church. They have a greeting time to talk to the people around you. I heard someone two rows back talking with a guy behind me and he said he was a skater, but then the service started and I didn't have time to talk to him.

During the whole service I was wanting to talk with him. Church ended and I introduced myself and he said he had to leave right away and left. I was a bit bummed because I really was looking forward to talking with him. But! The person behind him struck up a conversation with me and he runs a youth organization that does school events. As we began to talk he was very interested in what we do and now we are in the planning stage of some demos.

A few weeks ago I put together a map of all the Christian skaters that I'm working with in Germany and this is what God has done...



This has been life in a nutshell, so many cool other stories that I can't even name have also happened. So thank you do much for your prayers!! It's been amazing!

*Continued on page 12*

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## Lifechanging Sermon at CROSS *by Renee Sanford*

CROSS Conference – in one word – lifechanging. Here’s a taste – the opening 5 minutes of a talk by J. D. Greear on the Great Commission. After the resurrection, Jesus opens the scriptures to disciples on the road to Emmaus. What might he have said?

- In Genesis, I was the word of God, creating the heavens and the earth.
- In Exodus, I was the Passover lamb whose blood was sprinkled on the doorposts of your heart so you could escape the bonds of slavery.
- In Leviticus, I was the temple, the holy place where you would meet with God.
- In Numbers, I was your ever-present God, the pillar of cloud by day and the pillar of fire by night.
- In Deuteronomy, I was the coming prophet who was going to be greater than Moses.
- In Joshua, I was the conquering warrior who would lead you victoriously into the promised land.
- In Judges, I was the unlikely savior who would rise from weakness in order to rescue you.
- In Ruth, I was your kinsman redeemer.
- In 1 and 2 Samuel, I was your humble shepherd king who rushed out to face the giants all by myself.
- In 1 and 2 Kings, I was your righteous ruler.
- In 1 and 2 Chronicles, I was the restorer of the kingdom.

- In Ezra, I was the faithful scribe.
- In Nehemiah, I was the rebuilders of the walls.
- In Esther, I was your advocate in the throne room who was risking my life to save yours.
- In Job, I was your living redeemer.
- In the Psalms, I was the one who hears your cries.
- In Proverbs, I was wisdom personified.
- In Ecclesiastes, I was the meaning in the madness.
- In the Song of Solomon, I was your lover and your bridegroom.
- In Isaiah, I was the son who would be born to you who would be called wonderful counselor, mighty god, everlasting father, prince of peace, the one who would be wounded for your transgressions and bruised for your iniquities so that you could be healed.
- In Jeremiah, I was the spirit that writes God’s laws on your heart.
- In Lamentations, I was the weeping prophet.
- In Ezekiel, I was the river of life that was bringing healing to the nations.
- In Daniel, I was that fourth man in the fire.
- In Hosea, I was the ever-faithful husband who was pursuing his ever-unfaithful bride.



- In Joel, I was the restorer of all that the locusts have eaten.
- In Amos, I was your burden bearer.
- In Obadiah, I was the judge of all the earth.
- In Jonah, I was the prophet who was cast out into the storm so that you could be brought in.
- In Micah, I was the everlasting ruler who would be born to you in Bethlehem.
- In Nahum, I was the avenger of God’s elect.
- In Habakkuk, I was your reason to rejoice even when your fields were empty.
- In Zephaniah, I was the great reformer.
- In Haggai, I was the cleansing fountain.
- In Zechariah, I was the pure son whom every eye on earth would one day behold.
- And in Malachi, I was the son of righteousness rising with healing in his wings.

That’s what he might have said. Jesus is the centerpiece of everything that God had been doing from the beginning of time. All the stories point to Jesus. All the history was about him and that everything in the future is heading back to him. But what was revealed in the Old Testament wasn’t the end – He came.

- In Matthew, we see him as king of the Jews.
- In Mark, we see him as the son of God.



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## Lifechanging Sermon at CROSS, *continued*

- In Luke, we see him as the savior who was born to us in the city of David, Christ the Lord.
- In John, he is the word made flesh dwelling among us full of grace and truth.
- In Acts He is Christ the risen Lord that was proclaiming salvation to the nations.
- In Romans he is the justifier.
- In 1 and 2 Corinthians, He is the spirit at work in the churches.
- In Galatians, He is the righteousness imputed to us by faith.
- In Ephesians, He is our divine armor.
- In Philippians He is the God who meets our every need.
- In Colossians, He is the firstborn over all creation.
- In 1 and 2 Thessalonians, we see him descending from the clouds to meet his people in the air with a shout.
- In 1 and 2 Timothy, he is the one mediator between God and man.

- In Titus, He is our faithful pastor.
- In Philemon, He is our redeemer who restores us to service.
- In Hebrews, He is our great high priest.
- In James, He is the life in our faith,
- In 1 and 2 Peter, He is our living cornerstone.
- In 1, 2 and 3 John, He is our righteous advocate who stands by the father pleading his righteousness in our place.
- In Jude, He is God our savior, the one who presents us faultless in his presence with great joy, and
- In Revelation, He is the alpha and the omega, the beginning and the end, the first and the last, the lamb that was slain before the foundation of the world, the king of kings and the lord of lords.



He is the image of the invisible God, the firstborn over all creation, for all things were made by him, and for

him, they were all created through him, whether visible or invisible, thrones or dominions or rulers or authorities, all things were for him and through him, he is before all things and in him all things hold together, he is the head of the body, the church, he is the beginning and the end, he is the firstborn from the dead, that in everything he might be preeminent.

**It's always, only, ever been about him. He is the center of it all.**

That's a taste – a 5 minute taste out of 3 days – of CROSS conference. Hallelujah!

Taken from: <https://crossforthenations.org/media/2019/01/the-gospels-the-commission-of-christ/>

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## Memorable Moments from CROSS *by Linda Lyke*

For those of us who went to CROSS Conference, the young adult missions conference in January, the impact is lasting. Each month I'll share a few memorable quotes from various speakers:

- If you took every Christian currently alive in the world and every single Christian on the planet shared the Gospel

with every non-Christian they currently know, there would still be 3 billion or more lost people. They do not know any Christian to tell them the good news of Jesus Christ.

- The numbers and the need are absolutely overwhelming for us in our human strength but let us move forward with the unquenchable, indefatigable, assurance that the

knowledge of the glory of God will cover the earth as the waters cover the seas.

- What will it take for the concept of unreached people to be intolerable to us?
- We want this generation to take hold of the Great Commission and move out into the world.

## ZAC NEEDS SUPPORT AND PRAYERS!

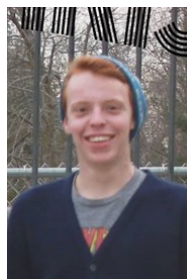
by Renee Sanford

Zac Muench plans to leave for Barcelona Spain by the middle of March for skateboard ministry with Youth With A Mission.

Two things need to come together – His visa application was submitted in Chicago in the midst of snow and ice – and Zac is waiting (patiently?) for approval.

Second, he's still got a lot of support to raise. He's just about half way to his annual

goal of \$17,400. Please pray for visa approval and for whether God is leading you to make a one-time contribution or committing to monthly support! Let's send Zac off with his year fully funded!



Thank You!  
THANK YOU!

Following the Christmas Eve service a member of our church approached me with a \$100 donation for the Gifts ministry.

The request was that it be used for bus tokens for the men.

Thank you again for the donation during a season of giving. I turned the money in with the request.

Beau Gilmore

## Operation Christmas Child

Since we know our packed boxes went to Gabon and Mongolia last year, here are some statistics on those two countries:

Mongolia is:

- 35% Buddhist
- 32% Ethno religious
- 26% No religion
- 4% Muslim
- 1.7% Christian



Pray for:

The difficult economic situation there, which deeply affects every area of life – employment, education, children's well-being, etc.) Many struggle in deep poverty, which leads to social problems such as crime, alcoholism, prostitution and homelessness in the cities.

Gabon:

- 80% are Christian but 2/3 of them are Catholic
- 10% are Muslim

Pray for:

Traditional denominations there. Most Gabonese received Catholic baptism but a large number still follow old animist ways. Other Catholics left to follow Islam, other Christian groups or sects. Pray that the many Christians may see and embrace the pure Gospel.

Source of Statistics and prayer information: [Pray for the World](#)

### March and April Items

Here is a list of items to donate for Operation Christmas Child for the "item of the month." However, if you see an item at a bargain price, grab it. Place items in the trunk in the back stairway.

#### March & April:

##### Non-Liquid Hygiene

**Items:** toothbrushes, small tissues, mild bar soap, wash cloths, brushes/combs, fun band aids, lip balms

**Extra Accessories:** hair clips, bows or ties, girls' bling, watches, toy jewelry, stickers, lipstick, compact mirrors, children's underwear or shoes

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## Your Heart Is In Your Hands *by Barb Green, Parish Nurse*

Only you can love your heart. You may not be able to change some of your risk factors for heart disease, such as age, race and heredity, but you can do a lot to reduce or control others, such as:

- High blood pressure which can increase your risk of stroke and heart attack
- Smoking – increases risk of developing coronary heart disease 2 to 4 times that of non-smokers.
- High cholesterol
- Physical inactivity
- Obesity or overweight – excess body fat, especially at the waist
- Diabetes

It isn't hard to reduce your risk for heart disease. You can start today with small, simple actions like these:

- Celebrate with a checkup. Let each birthday remind you that it's time for your yearly checkup and a talk with your doctor about how you can reduce your risk for heart disease.
- Get up off the couch. Step, march or jog in place for at least 30 minutes most days of the week. You can even do it while you are watching TV.
- Quit smoking in four steps. Can't go cold turkey? Cut the number of cigarettes you smoke each day in half; then cut that number in half; cut it in half again; finally, cut down to zero!
- Drop a pound or two. Cutting out just 200-300 calories a day – about one candy bar's worth – can help you

lose up to two pounds per week.

- Become a salt detective.

Check out the Nutrition Facts panel on packaged food to see how much sodium (salt) they contain. Aim for a total intake of no more than 2,300 milligrams or 1 teaspoon of salt per day.



Heart disease and stroke are the greatest health threats women face, but only 13% of American women realize it.

Did you know...?

- Coronary heart disease and stroke are the No. 1 and No. 3 killers of women over age 25.
- Cardiovascular disease, including stroke, claims nearly twice as many women's lives as all forms of cancer.
- One in 2.5 women will die of heart disease or stroke, compared with one in 30 from breast cancer.
- 38% of women die within one year after a heart attack, compared with 25% of men.
- Although the above statistics are for women, the number one cause of death for men is also heart disease so men should also take note.

Other lifestyle changes include:

- Aim for a diverse diet that includes a variety of food from different food groups.
- Avoid processed meats, red meat, full-fat cheeses and whole milk.
- Reduce consumption of sweets
- Stay hydrated with water, unsweetened tea or carbonated water. Aim for 8 glasses each day.
- Work up to 30 minutes of activity 5-7 days a week.
- Make your steps count. Aim for 10,000 steps or about 5 miles a day.
- Follow an eating schedule. Plan your meals in advance.
- Keep problem foods out of the house.
- Avoid alcohol. If you drink, do so in moderation. Two drinks a day for men and one for women.
- Ask for help in losing weight or planning an exercise program.
- If you take medicine, be sure to take it as ordered.

The statistics on heart disease for all people in the United States are sobering but by following the above suggestions you may be able to increase your heart's health and reduce your risk of dying from cardiovascular problems.

*(Sources: American Heart Association, U.S Dept. of Veterans Affairs)*

## Oh Winter, *by Nathaniel Muench, continued*

### Prayer Requests!

- Visa Stuff. All my papers are in but now I'm in the waiting process again. The waiting is always lame. If you could pray for favor and for it to go well that would be swell!
- Vision. Continued clear vision for skate ministry here in Germany and for what the Lord is doing and the doors He is opening.

- Skate Team. That God will continue to grow us and bring us closer to Him.
- Encouragement.
- Financial support. God's been super faithful, I'm hyped! If you want to partner with what He is doing that would be greatly appreciated.

Lots of love! Thank you so much again for all your prayers and support!! It's amazing!

Nathaniel  
Until the harvest is in.



- 1 Frank & Liz Green
- 1 Grace Nickel
- 4 Ken & Mickey Johnson
- 7 Renee Ochs
- 8 Paul Green
- 8 Warren Nickel
- 8 Mark Green
- 13 Barb Green
- 19 Connie Lende
- 21 Paul Anderson
- 22 Conor Green
- 26 Sue Cruzan
- 26 Marian Anderson
- 27 Margot Harris
- 27 Ron Bennett
- 28 Larry Schultz
- 29 Linda Lyke
- 30 Joe Michel
- 31 Paul & Marian Anderson
- 31 Aidan Green

### Bulletin Board

#### Breakfast Club

Sunday, March 17th,  
8:30 a.m.  
Tasty bites, Milton  
All are welcome!

#### Third Thursday Prayer

March 21st, 6:30 p.m.  
A time to pray as the Holy Spirit leads – for our church, our families, our communities, the world. Don't miss this monthly opportunity to change the world! Prayers for God's will to be done are powerful!

#### Ladies Sit & Sip

Tuesday, March 19th  
9:00 a.m.  
Havana Coffee,  
1250 Milton Ave.,  
Janesville

#### Men's Breakfast

All men are welcome to join in this time of study and fellowship. Led by Pastor Nate. Meets every Weds. at the IHOP Restaurant in Janesville at 6:30 a.m.

#### Focus on Funds

as of January 31, 2019

General Fund Balance	\$ 9,029.83
Cash at Mem. Fund	\$64,783.65
Jan. Undesignated Income	\$12,368.30
Jan. Expenses	\$18,492.49
Denomination Giving YTD	\$ 670.20



# March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat																								
																														
						1																								
						2 9:00 Grow Groups 10:00 Treats 10:30 Worship																								
3	4 8:00 TOPS - Library	5	6 6:30 Men's Breakfast - IHOP 9:30 Women's Bible Study - Sanford's  6:25 Awana 6:30 Collision	7 9:15 Women's Bible Study - Perla Call's	8	9 9:00 Grow Groups 10:00 Treats 10:30 Worship																								
10  12-2 Grand Prix Workshop - Fellowship Hall	11 8:00 TOPS - Library	12	13 6:30 Men's Breakfast - IHOP 9:30 Women's Bible Study - Sanford's  6:25 Awana Grand Prix 6:30 Collision	14 9:15 Women's Bible Study - Perla Call's	15	16 9:00 Grow Groups 10:00 Treats 10:30 Worship																								
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**Milton SDB Church**  
**720 E. Madison Ave.**  
**Milton, WI 53563**  
**Church Phone:** 608-868-2741

**Pastor Nate Crandall**  
Cell Phone: 608-322-8824  
Email: [pastornate@miltonsdb.org](mailto:pastornate@miltonsdb.org)

**Pastor Liz Green**  
Cell Phone: 608-289-3029  
Email: [pastorliz@miltonsdb.org](mailto:pastorliz@miltonsdb.org)

**Administrator:** Janet Butler  
E-mail: [churchoffice@miltonsdb.org](mailto:churchoffice@miltonsdb.org)  
Office Hours: Tues.- Fri. 9:00- 3:30

**Director of Children's Ministry:**  
Angie Mullen

**Prayer Coordinator:**  
Renee Sanford

**Outreach Coordinator:**  
Linda Lyke

**Parish Nurse:**  
Barb Green

**Camp Program:**  
Verne Wright

**Communications Coordinator:**  
Joel Osborn



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53563

March  
2019

the **cornet ring**  
church  
Milton Seventh Day Baptist

PSALM 16:2, NIV

"YOU ARE MY LORD;  
APART FROM YOU I HAVE  
NO GOOD THING."