



A year at CDLC, one I'll always remember

“Takk for Alt” is the Norwegian saying for “thanks for everything.” (It’s Tack in Swedish.) But it means more than our English translation allows us. This turn of phrase conveys a relationship that has been of love and concern. Some Scandinavians put it on their tombstones as an expression of thanks to God for a good life. It’s often used in special goodbyes, as I must say to each of you today. My year here at Capitol Drive has been filled with joys, challenges, and growth. The dedication CDLC shows to ministry through its internship program is unmatched. I leave here today more prepared and more confident because of your honesty, guidance, and care. It takes a special congregation to open its doors as a teaching parish. Each of you does it with an open heart and open mind, making interns a full participant in ministry. And so with a full heart I say to you, “Takk for Alt” and I leave you with a blessing from my Gaelic heritage as well, one often used in my family to show love, appreciation and gratitude. It goes like this:

May the road rise to meet you,
May the wind be always at your back.
May the sun shine warm upon your face,
The rains fall soft upon your fields.
And until we meet again,
May God hold you in the palm of God’s hand.

- *Intern Christine*

Internship Fund Bike Ride

The riders enjoyed their 49 (7 x 7) mile ride yesterday from the church to Grant Park and back. They welcome your sponsorship for the internship fund. The goal of \$3,000 can be reached if all members offer their support. Sponsorship forms and envelopes are at the west entrance table.

New Roofs

Noffke Roofing is replacing the final six roofs on the church building at a cost of \$40,500. This will complete the replacement of all 13 roofs on this building. Our contributions to the Capitol Fund Appeal have made this improvement financially manageable. The congregation leadership thanks all who have given so generously and welcomes additional gifts to the fund. Repledge cards and envelopes for this purpose are at the west entrance table.

God put creation in our care

All that God created, from the heavens to the seas, was created as a reflection of God’s glory. If we have eyes to see and ears to hear, we can recognize God’s creation in the air around us. We can see God’s provision in the food we eat and the water that sustains life. We can connect to God as we care for one another. There is a great hope in that vision, and yet we seem to have lost sight of that hope. It has been replaced with efforts to tame nature, to control it, to make it work for us while never really understanding that we cannot work without it. We have exhausted and abused what God created – all out of ignorance as well as selfishness. We have spoiled the land, rerouted the waters, filled the air with chemicals, driven entire species to extinction, and left millions and millions of our brothers and sisters to live in squalor and scarcity so that we can have more. But when we recover that hope, when we reclaim our place as caretakers of God’s creation, we can once again be part of what God is doing in the world. Jesus taught us that to follow him means to be servants, not masters (Mark 10:45). For too long, we have lived as the masters of creation. Yet our calling is to be people who serve, who tend, who nurture. That calling extends to what God had placed in our care. – *From The Green Bible Devotional*

... And we care at CDLC

We have continued many “green” initiatives this year. I thank you for allowing me to share my passion for God’s good creation with you. Dick and Bonnie Lund will be watching over the Care for Creation efforts from here on out, with many others helping them. I know each of you at CDLC will continue to do your part to tend the gift God has given us. If nothing else remember to put plastics, bottles and paper in the blue recycling bins. That keeps a lot of materials out of landfills. – *Intern Christine*

Brick by Brick

Our congregation’s 75th anniversary gift to build a pre-school for the Lutheran Church in Tanzania is taking shape as the bricks are being laid for the two room school. Photos of the progress are posted on the bulletin board at the SE ramp entrance. The Lutheran Church will staff the school which will give children an important early start in learning. Another benefit of the school is that it frees mothers from daytime child care responsibilities and allows them to earn money through work.

Bread Ministry

Every morning volunteers pick up, deliver, and wrap the bread from City Market. They prepare the weekend bread for CDLC worshipers. Please help yourself, and as you do so, make a donation for ELCA Disaster Response to help those in need in Haiti and Chile.

Saving a life costs just \$10

The Lutheran Malaria Initiative which Intern Christine mentioned in her Sunday sermon is an unprecedented collaborative effort among the Evangelical Lutheran Church in America, The Lutheran Church-Missouri Synod and Lutheran World Relief to mobilize the nearly 8 million Lutherans in the United States to join the battle against malaria - a preventable and treatable disease that kills more than one million people a year. For generations, Lutherans have been a powerful force for change, and LMI continues that faithful tradition. For more information, go to www.lutheranmalaria.org. If you'd like to donate, click on the "how to help" link. Just \$10 buys an insecticide-treated bed net, delivers it to someone in Africa, and educates them on its use. Protecting people from malaria-infected mosquitoes is that easy: send a net, save a life. It's something you can do right now.

How to buy local foods

There are a few copies of the Farm Fresh Atlas of Southeastern Wisconsin at the table on the West entrance. This is a year-round local food guide that includes a list of local farms and farmers' markets. You also can get more information at <http://www.farmfreshatlas.org>.

Soap Collection

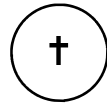
The Women's Guild began collecting wrapped bar soap on Sunday, June 13th. It will be sent along with the quilts and School Kit Bags to Third World Countries in October.

TenderCare celebrates on August 29

We will worship and enjoy a reunion and reception on Sunday, August 29, to mark 30 years of ministry with families through TenderCare Child Care Center. We will invite all those who have been associated with TenderCare as children, parents, staff, volunteers, or in any other capacity to attend this event. Please send to Pamela Amling at amlingpamela@hotmail.com the names and addresses of any persons you know who would enjoy this reunion celebration.

Simply Giving Participants

Please help yourself to the labels at the table in the hospitality area. You may place one on your weekly offering envelope to indicate that your contribution is given electronically!



Health and Wellness

Parish Nurse Wellness News

These weekly articles provided by Parish Nurse Julie Pekarske. To request a recipe or an article, please contact Parish Nurse Julie Pekarske at the church office (445-1656).

Recipe of the Week

Dilled pasta salad with spring vegetables: Try this MayoClinic.com garden fresh salad today with fresh asparagus, tomatoes & green peppers topped with either rice or white wine vinegar dressing. You will find this recipe on the Parish Nurse Ministry Table or at **the MayoClinic website:**

<http://www.mayoclinic.com/health/pasta-salad/NU00500/METHOD=print>

Moving More: A Green Way to Give Back

The AICR June eNews letter offered this article: Looking for a new way to get active this summer? How about lending a hand at your local park? AICR takes an in-depth look at the state of volunteering in our public parks and provides tips on how you can become involved. Not only will you be giving back to your community, you'll become more active and lower your cancer risk. It's a win-win! There are nearly 400 national parks and even more ways that you can help. Below is the website for finding National Park near you and their volunteer opportunities. <http://www.nps.gov/getinvolved/volunteer.htm> or You can go to the Waukesha County Parks volunteer website: <http://www.waukeshacounty.gov/page.aspx?SetupMetaId=10720&id=11326>

To subscribe to AICR (American Institute for Cancer Research)eNews, go to website: http://www.aicr.org/site/PageServer?pagename=pub_subscribe_to_email (please note the space between the letters are an underscore. You must type underscore, not space between the letters)

Is it Heat Exhaustion or Heat Stroke?

Do you know how to recognize and offer first aid for heat exhaustion and heat stroke? With summer activities upon us it is important to know how to prevent and respond to emergency situations caused by over heat-

ing. You will find two articles from the MayoClinic website on heat exhaustion and heat stroke on the Parish Nurse Table -please read and be prepared.

Free Email Wellness News

Tuft University Health and Nutrition Newsletter is offered Free on the internet and you can receive it as an email. A copy of the June 2010 e-newsletter is on the Parish Nurse Table. Just below the letter head of the newsletter I have put the website registration address. If you need assistance with navigation of the website, please call Parish Nurse, Julie Pekarske for assistance (414-445-1656).

"Take me out to the ball game"

Enjoy a tailgate party at Luther Manor and cheer for the Milwaukee Brewers when they take on the Cincinnati Reds at Miller Park Wednesday, July 28th. Cost for this event is \$39.00 per person and includes a loge infield game ticket, tailgate party lunch and transportation to and from the game. RSVP is by Friday, June 18th. If you are interested or have questions please see handout registration form on the Parish Nurse Ministry Table.

Gathering Place

Sherman Park Gathering Place serves adults (50 and better) who wish to form bonds of friendship through religious, social, educational, and health-enhancing activities. It also serves residents of all ages living in the Sherman Park neighborhood by offering a setting for programs and discussions that connect neighbors to one another.

Open Mondays & Wednesdays: 9 a.m.-2 p.m.
Every day: Hot and cold beverages, light breakfast, snacks, card games, and board games.

Third World Shoppe

Hours: Tuesday, Wednesday, 9:30 a.m.-12:30 p.m. Saturday, 9:30 a.m.-12:00 p.m.
A MISSION TO SERVE our neighbor in the developing countries of our global community by marketing their handcrafts to promote their economic progress.
A MISSION TO EDUCATE ourselves and our local community about the social, economic, political and personal struggles of our neighbors. **A MISSION TO WITNESS** to the person to person connection we have to all peoples as sisters and brothers in Christ.

TWHS supports Bridget's trip to Tanzania

The TenderCare Board affirmed the leadership of manager Bridget Smith by helping to fund her mission trip to Tanzania later this summer. The funds are from a bequest made to the Shoppe for special projects. Bridget will be traveling with a group from St. Matthew's Lutheran, her home congregation. We look forward to discovering more about the Church's mission in Tanzania through Bridget's adventure in learning and service.

This Week at CDLC

Today

8:00 and 9:30 – Worship

Monday

9:30 – SPGP Bible study

3:00 - TenderCare anniversary planning

6:30 – Congregational Council

Wednesday

10:00 – SPGP Walking Club

11:00 – SPGP Bible study

12:00 – SPGP lunch

Friday

Church office closed

Sunday, June 17

8:00 and 9:30 – Worship

Jim Lynch will preach and preside

Staff

- Pastor:** Lowell Timm (445-1656)
- TenderCare Administrator:** Pamela Amling (447-8396)
- Organist/Choir Director:** Bette Lehenbauer (262-617-7828)
- Parish Nurse:** Julie Pekarske (445-1656)
- Intern Pastor:** Christine McNeal (445-1656)
- Senior Ministries:** Jeffery Johnson (426-8154)
- Third World Shoppe Manager:** Bridget Smith (445-2065)
- Bookkeeper:** Chris Kosma (445-1656)
- Admin Assistant:** Ashley Plouff (445-1656)
- Custodian:** Maria Gonzales
- Ministers:** All Members of CDLC