

‘Lutherans For Life’ Soup Supper Jan. 22

FREEMAN — The Southeastern South Dakota Chapter of Lutherans For Life will host the annual soup supper on Life Sunday, Jan. 22, at St. Paul Lutheran Church, Freeman. The public is invited to join in fellowship for a light supper starting at 6 p.m. A free will offering will be accepted.

To follow will be a presentation by guest speakers from the Alpha Center of Sioux Falls and a showing of the new documentary “180.”

Call 925-7529 to RSVP by Wednesday, Jan. 18. If no answer, leave a response on the machine.

MVCA Spotlight On Kindergarten Planned

Missouri Valley Christian Academy will be hosting its “Spotlight on Kindergarten” at 5:30 p.m. Monday, Jan. 23, at Christ the King Lutheran Church (305 W. 25th St.)

Parents will receive information about MVCA and the kindergarten program while the children take part in special, planned activities with MVCA’s kindergarten teacher, Mrs. Karen Frederick. A meal will be provided, so RSVP to 665-4470.

For more information visit the school’s website at www.mvca-mustangs.org.

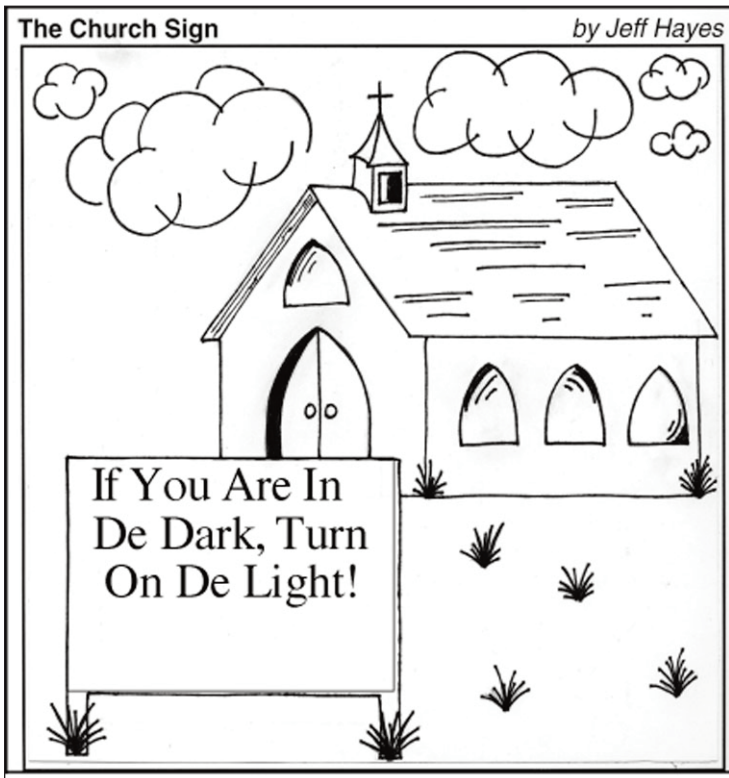
DivorceCare 4 Kids Held At Calvary Baptist

DivorceCare 4 Kids, for children ages 5-12, meets at Calvary Baptist Church, 2407 Broadway, each Monday at 7:00 p.m. DivorceCare 4 Kids is a special group to help your children heal from the pain caused by a separation or divorce and provides your children with a safe and neutral place to share their feelings and begin to develop coping skills.

Each session in the 13 week program is filled with motivating and exciting activities which may include games, crafts, role play, discussion, or journaling to help your children process the divorce and move forward in their lives.

DivorceCare4Kids is the only peer support group in the area, under the supervision of trained adults, for children whose parents have experienced divorce.

Children may begin to attend at any time during the session. Please call the Calvary office at 605-665-5594 for further information or to register your children for our current session.



PROVIDED BY PASTOR JEFF HAYES, FAITH TEMPLE, SIOUX FALLS



Barbara Porosky of Stow, left, who is participating in the Trinity United Church of Christ’s Trinity Trimmers program, is weighed in before the worship service by Del Wallace, wife of the church’s pastor, the Rev. Carl P. Wallace, in Akron, Ohio.

Church Puts The Spirit In Weight Loss

BY COLETTE M. JENKINS
© 2012 Akron Beacon Journal

AKRON, Ohio — Lolly Marzulli is making healthier choices these days, thanks to her church family at Trinity United Church of Christ.

The Akron, Ohio, congregation is encouraging its members to participate in a health initiative in partnership with Western Reserve Hospital of Summa Health System. The 15-week program, called Trinity Trimmers, was launched in January and is in its second round.

While most of the participants are trying to lose weight to maintain a healthy lifestyle, a few, like Marzulli, need to put on some pounds. Those needing to gain weight are dubbed Trinity Tubbies.

“I was up to 106 pounds, then I went down to 95. Now, I’m up to 103. I’m very rarely hungry, but being in the program reminds me to eat — and to eat lots!” Marzulli, 38, of Barberton, Ohio, said earlier this month. “The nice thing about the program is that we can rely on each other for support. I need to get up to 115 pounds to get to a healthier place.”

Trinity Trimmers are divided into teams of three people. Each team serves as a support group and comes together to share Bible readings and pray to help with spiritual growth. Each participant also solicits sponsors to pledge money for weight lost or gained.

The components of the program are designed to attain three goals: to improve the physical health of the participants, to improve the spiritual health of the participants and to improve the financial health of the church.

Each Sunday morning, participants weigh themselves on a scale the hospital has provided. Weights are recorded, and a bell, also provided by the hospital, is sounded to signal

weight loss for Trimmers and weight gain for Tubbies.

“You can hear the bell throughout the church, even in the sanctuary,” said Bob Durr, 58, of Cuyahoga Falls, Ohio. “Hopefully, the sound will inspire others to come and join the effort.”

The first round of the program — it kicked off Jan. 16 and ended April 24 — included 43 Trimmers and four Tubbies. The Tubbies gained a collective 9 pounds, and the Trimmers lost a collective 229 pounds. The church collected nearly \$3,000 from sponsors.

The biggest loser in the group shed 20 pounds. Three participants lost between 15 and 19.5 pounds; 10 lost between 10 and 14.5 pounds; eight lost between 5 and 9.5 pounds; six lost between 1 and 4.5 pounds. Five participants ended the program with no loss or gain and eight gained between 1 and 11 pounds.

During the first program, representatives of Summa Western Reserve conducted four hour-long classes to cover health-related issues. The topics were hypertension, respiration (allergies and asthma), nutrition and a session that included blood-pressure checks.

Dr. Robert Kent, president and chief executive of Summa Western Reserve, said the hospital will continue to support the program at Trinity. He is hopeful the partnership with Trinity will lead to other opportunities for outreach.

“We’re about health care, and we want to support efforts in the community that impact people in a way that helps them improve their lifestyles,” Kent said. “Our goal is to find out what the needs are in the community and to use our resources, our time and expertise to help meet those needs.”

During the current round of Trinity Trimmers, which began Nov. 6, the hospital is providing health-related literature and plans to

offer classes to address such specific issues as diabetes, nutrition, hypertension and heart health.

Ten teams of three make up the second round of participants at Trinity. One participant is Larry Lee, who co-chairs the program.

Lee said the congregation thought about waiting to start the second round until next year to give people a chance to get through the holiday season. He said he believes not waiting was the right choice because it will help participants make healthier choices during a time of year when people typically gain weight.

“I know that, on a personal level, when I’m at parties, I think about having to weigh in on Sunday and I watch what I eat,” said Lee, 48, of Akron. “It’s amazing that people have been losing weight during this holiday season, when it’s so easy to put on pounds.”

The Rev. Carl P. Wallace, senior pastor at Trinity, said he was stunned by the number of times he heard the bell ring, signaling weight loss, after Thanksgiving.

“I thought somebody had dropped the bell, but people had actually lost weight,” Wallace said. “This has been a great program. It’s helping us spread the word that the body of Christ needs to be healthy.”

Wallace said the health initiative fits perfectly into the United Church of Christ’s focus on health. The Cleveland-based denomination adopted a mission statement on health and welfare in 1985 and recognizes health and parish nursing as a specialized ministry. The mission statement is rooted in faithful stewardship of God’s gifts, including the body.

“Our hope is that we can expand our health initiative into the community,” Wallace said. “Our motto is ‘We are at the heart of the community with the community at our heart.’ We welcome anyone who wants to join us to come. As God’s children, we need to be healthy — mind, body and spirit.”

CHURCH SCHEDULES

Abundant Life

ABUNDANT LIFE MINISTRIES, 517 Burleigh, Lawrence and Barbara Hladky, pastors, 665-0889. SAT 7pm Praise and worship celebration. SUN. 10am Worship. WED. 7pm Worship. Teens prayer daily 10am.

Alliance of Renewal Churches

LIVING WATER CHRISTIAN FELLOWSHIP, Sun. 10am Yankton Middle School (2000 Mulberry) Weds. 7pm Prayer, David Olson, pastor. (605)260-2138.

Assembly of God

ASSEMBLY OF GOD, 801 W. 25th, Jeff Mantz, pastor. 665-6362 (office). SUN. 10am Worship Celebration. WED. 6:30pm Midweek service and Bible study for all ages.

Baptist

ANTIOCH BAPTIST CHURCH, 221 W. 3rd, Kevin Caskey, pastor, 665-0066. SUN. 9:30am Sunday School, 10:45pm Preaching Service, 4pm Afternoon Service. THU. 7pm Preaching & Prayer Service.

BETHEL BAPTIST CHURCH, 303 Ohio St., Wakonda. Mike Lindsay, pastor, (605)759-5020. SUNDAY Worship. 11:00a.m. evening 6:00pm WEDNESDAY Bible Study 12Noon.

CALVARY BAPTIST CHURCH, SUNDAY: 9:00 Sunday School for all ages, 10:30 Worship Service. MONDAY: Service broadcast 7:30pm Channels 3 & 98. WEDNESDAY 6:30pm AWANA, 7-8th Grade Youth Group: 7:00pm 9-12th Youth Group, Adult Bible Study. Pastor Jon Cooke, Associate Pastor Rick Slattery, Youth Pastor Jeremy Nelson. www.cbchurch.com 2407 Broadway, (605)665-5594.

HARVEST INDEPENDENT BAPTIST, 100 W. 3rd, Mission Hill. Pastor Nathan Martin, 668-0708 (ch.) 665-1481 (home). SUN. 9:30am SS. 10:30am Worship. 5:30pm Worship. WED. 7:00pm Worship.

Baptist

YANKTON BAPTIST CHURCH, SBC, Pastor Matt Green, 607 East 15th St., Yankton, 665-7587. SUN. 9:30am Bible study, SS; 10:45am Worship. WED. 7pm Midweek service.

Bible Church

GRACE BIBLE CHURCH, Call Pastor Joel Finck for meeting times an locations. Regular meetings: Sunday morning 10:30am; Wednesday Bible Study 7pm. (605)760-4701.

Catholic

HOLY FAMILY CHURCH OF CEDAR COUNTY (Sacred Heart), Wynton, NE. Rev. Eric Olsen. (402)357-2400. Mass times, Sundays at 9am.

HOLY FAMILY CHURCH OF CEDAR COUNTY (Sts. Peter & Paul), Bow Valley, NE. Rev. Eric Olsen (402)357-2400. Mass: Sundays 11am.

HOLY FAMILY CHURCH OF CEDAR COUNTY (Immaculate Conception), St. Helena, NE. Rev. Eric Olsen. (402)357-2400. Mass: Saturday 5pm.

MOUNT MARTY COLLEGE, Peace Chapel, MMC campus. SUN. 10am Mass with the Sisters in the Bishop Marty Chapel. Public is welcome to attend.

SACRED HEART, 509 Capital, Yankton, Rev. Mark Lichter pastor. 665-3655 (office). SAT. 4:30pm Mass. SUN. 8am, 9:30am, 11am Mass. THUR. 12:30pm, 2:30pm and 7:30pm Confessions.

ST. AGNES PARISH: SIGEL, rural Utica. SUN. 9am Mass, confessions 1/2 hour before Mass.

ST. ANDREW’S CATHOLIC CHURCH, Bloomfield, NE. Fr. Michael Schmitz SUN. Mass: 10:30am; TUE. Mass: 8am; THUR. Mass: 7pm. Confessions: THUR. 6:30-6:55pm.

ST. BENEDICT CATHOLIC CHURCH, 1500 St. Benedict Drive, Yankton, Father Ken Lulf, 664-6214 (church). Masses: SAT. 5pm. SUN. 8:30am&10:30am.

ST. BONIFACE CATHOLIC CHURCH, Menominee, Neb., Rev. David Fulton, pastor. SUN. 8:30am Mass.

ST. JOHN THE BAPTIST CATHOLIC, Lesterville. SUN. 10:30am Mass.

Catholic

ST. BONIFACE CHURCH, rural Freeman. JANUARY WEEKEND Mass Saturday 5pm or call Rev. Mathew Vazhappilly. (605)583-4318.

ST. COLUMBA CHURCH, rural Irene. JANUARY WEEKEND Mass, Saturday 7pm or call Rev. Mathew Vazhappilly. (605)583-4318. Christmas Eve Mass: Dec. 24th 7pm.

ST. GEORGE CHURCH, Scotland, SD. Rev. Mathew Vazhappilly. JANUARY WEEKEND Mass Sunday 9:30am or call (605)583-4318.

ST. JOHN THE BAPTIST CATHOLIC, Fordyce, Neb. Rev. David Fulton. SUN. 10:30am Mass.

ST. JOSEPH’S CATHOLIC CHURCH, Constance, Neb., Fr. David Fulton, pastor. SAT. Mass: 7:30pm.

ST. PATRICK’S CATHOLIC, Wakonda, Rev. Scott Trayner, 624-2697. SUN. 8:30am Mass.

ST. ROSE OF LIMA, Crofton, Neb. Fr. Michael Schmitz. SAT. Mass: 8:00am & 5:30pm. SUN. Mass: 8:30am. WED/FRI Masses: 8:15am. Confessions: WED. 11am-11:30am, SAT. 5-5:20pm.

ST. WENCESLAUS, Tabor, (605)463-2336. Rev. Joseph Puthenkulathil, SAT. 6pm Mass. SUN. 8:30am Mass.

THE HOUSE OF MARY SHRINE, 6-mi. W. Yankton, Hwy.52. Masses: Monday 8:30 through October. Masses Saturday 9:00 every Saturday. Rosary Sunday 4:00. Rosary 4:00. Open 7 days a week for prayer. thehouseofmaryshrine.org

Charismatic

YAHWEH-SHALOM CHARISMATIC, St. Benedict Catholic Church. MON. 7:30pm prayer meeting

Christian

KINGSWAY CHRISTIAN CHURCH, 19th & Burleigh, 665-6317. Joseph Mason, Pastor. 9am-SS; Worship 10:15am. Wed.-6pm-Kids games; 7pm Kids for Christ & Adult Bible Study.

Church of Christ

CHURCH OF CHRIST, 1114 West 12th, Yankton, 665-6379. SUN. 9:30am Bible study; classes for all ages. 10:30am Worship.

Church of Jesus Christ

CHURCH OF JESUS CHRIST LATTER-DAY SAINTS, 2300 Douglas, Yankton. Randy Campbell, (605)565-2016. Family History Ctr 665-0901. SUN. 10am Sacrament meeting.

Episcopal

CHRIST EPISCOPAL CHURCH, 517 Douglas, Yankton. Rev. James Pearson, (605)665-2456. Sunday 9:00 Serenity 10:15 Holy Eucharist Wednesday Noon Holy Eucharist.

Evangelical

Cornerstone Evangelical Church, Pastor Oliver Omanson, Stewart Elementary School; Morning Service 10:30 a.m. Wednesday College Bible Study 1306 Maple Street. Mike Stevens 665-8750.

EMMANUEL CHURCH YHS Theater, 1801 Summit, Sunday School at 9:30am Worship Service 10:45 am www.emmanuelnyankton.com (605)665-0404.

Lutheran

CHRIST THE KING LUTHERAN CHURCH: 305 W. 25th, Yankton, 665-8848. Rev. Dani Jo Ninke. SUN: 8:30am & 10am Worship, SS-9:45am.

FAITH UNITED LUTHERAN, 44874 303rd St., Volin SD 57072, (605)267-2277. SUN. Worship Services 9:30am. Children’s Education WED. Evening (WOW) 6:30-7:30pm.

FIRST AMERICAN LUTHERAN CHURCH, AFLC 300 S. Carpenter St., Tripp. (605)935-6941 9:30am Sunday School; SUN. 10:45 Worship firstshope@santel.net

GAYVILLE-BERGEN LUTHERAN Pastor Ralph Egbert. (605)267-4342 (church) Sunday: SS-10:15am GLC SS- 9:15am, GLC Worship-10:30am.

HOPE LUTHERAN CHURCH, AFLC 200 South Wilson, Delmont. (605)935-6941. SUN 9am Worship. 10am Sunday school. firstshope@santel.net

Martinus Lutheran Church, Utica. Pastor Dean Schroeder Sunday Divine Service 10:30am (605)589-3195 www.MartinusLutheran.org

Lutheran

OUR REDEEMER LUTHERAN, rural Irene. 263-3724. SUN. 9am Worship.

OUR SAVIOR’S LUTHERAN, LCMC/NALC, Menno. Interim Past 9:00am with brunch to follow; Sunday School 10:20a.m. Questions call (605)387-5256

OUR SAVIOR’S LUTHERAN, LCMS, 12th and Elm, Springfield. Rev. Kenneth Johnson, pastor. SUN. 8am Worship. 9am SS. THUR. 7pm Adult Bible study.

PRINCE OF PEACE, Wisconsin Synod, 201 East 25th St., Pastor Werre, 665-4793. Sat. 6pm Worship.

South Dakota Lutheran Church Missouri Synod, MAIN STREET LIVING television program, 10a.m. (CST) on KOLT-NBC; and 11a.m. (CST) on KAUN-PAX; and 10a.m. (MST) on KKRA-PAX.

St. John Lutheran Church, Tyndall. Pastor Dean Schroeder. Sunday Divine Service: 8:30am (605)589-3195. www.StJohnsTyndallLCMS.org

ST. JOHN’S LUTHERAN CHURCH (LCMS), 1009 Jackson. David Gunderson, Pastor. SUN. 8am Worship, 9:15am Education Hour, 10:30am Worship.

TRINITY LUTHERAN CHURCH, 403 Broadway, Yankton, 665-7415. Saturday-5:30p.m. Worship; Sunday-8:15a.m./10:45a.m. Worship; 9 a.m.-Breakfast; Classes-9:30a.m.

TRINITY LUTHERAN CHURCH, Hartington/Crofton, NE, Justin Wielse, interim pastor; (402)254-6606. SUN. 9am Worship (Hartington), 10am SS (Hartington), 11am Worship (Crofton).

TRONDHJEM LUTHERAN CHURCH (AFLC), rural Volin. 263-3841. SUN. 9:15am; 10:30am Worship.

Non-Denominational

FAITH ALIVE, 501 Cedar St., Yankton. 665-4797. Contemporary Worship & Family Values. SUN: 10am service. WED. 7pm Care-Cells “Small Groups For Building Relationships” Various Locations.

GLORY CHRISTIAN CENTER, 901 E 11th St. Yankton. Gail Ryken, pastor, 665-2369. SUN. 10am Service. WED. 6pm Prayer. GC School, call (605)665-1988.

Presbyterian

PEACE PRESBYTERIAN (PC/USA), 206 E. 31st. 665-0448. Rev. Dr. Nelson Stone & Rev. Marilyn Stone. Sun-10am worship, Coffee to follow. SS for kids 10:30am. Aired at 8pm Fri. on Ch. 3 & 98.

Reformed

RIVERVIEW REFORMED, 17th St. & Burleigh, Rev. Rodney Veldhuizen, pastor. 665-9204. SUN. 9:30am Worship, 10:15am SS. WED. Youth group & adult choir.

Seventh-Day

SEVENTH-DAY ADVENTIST, 722 Locust St., Yankton, 665-1032. SAT. 9:30am Sabbath School, 11am Worship. 665-4496, 665-4881. Pastor George Shaver Home phone (605)369-5496.

United Church

CONGREGATIONAL UNITED CHURCH OF CHRIST, Newcastle, Neb., 303 Highway 12, Rev. Gary Kimm, pastor. SAT. 6PM Church school, 7PM Worship. Second THUR. 2PM Ladies Aid.

FIRST CONGREGATIONAL UNITED CHURCH OF CHRIST, 301 W. Franklin, Hartington, NE, (402) 254-6563 or 664-5310, Rev. Gary Kimm, pastor. SUN. 8:15am Church school, 9am Worship.

PILGRIM CONGREGATIONAL UCC, 103 S. Elm St., Coleridge, Neb., (402) 283-4824 or 664-5310, Rev. Gary Kimm, pastor. SUN. 9:30am Church School, 10:30am Worship.

UNITED CHURCH OF CHRIST, (Congregational) 210 West 5th St., Yankton. (605)665-7320 Dr. Richard W. Jensen, pastor. SUN.-10am Worship, 11am-Fellowship, 11:05am Church School.

UNITED CHURCH OF CHRIST, Crofton, Neb., 412 W. Main St., (402)388-4124, Pastor Les Parmenter. SUN. 10:00am Worship.

United Methodist

FIRST UNITED METHODIST, Yankton. Rev. Ron Johnson Pastor. 665-2991. Sunday, Contemporary Worship 9:00; Trad. 10:30. Childcare 8:45-11:45. 8:30 UM Hour, KYNT.

GAYVILLE-VOLIN UNITED METHODIST, Rick Pittenger, pastor. 624-2179. 9am Worship Service. 10:00am Sunday School.

United Methodist

WAKONDA, IRENE, VIBORG, UNITED METHODIST, Pastor Mark Gronseth. SUN. 8:30am Worship at Wakonda; 9:45am Worship at Irene; 11am Worship at Viborg.

KYNT 1450 AM Radio

KYNT 1450 AM Radio SAT. 10:30am “Saturday Morning Live.” SUN. 8:30am United Methodist Hour. 9:05am “God’s Good News.” 9:30am St. John’s Lutheran Church

WNAX 570 AM Radio

WNAX 570 AM Radio. Lutheran Shows-6:30am, 8am, 11am. Wings of Healing-7:30am. Words of Hope 8:30am. Prov. Ref. Church-8:45am. Voice of Prop.-9:30am. Hr. of Hope 10am.ChristianCrusaders-10:30am.

MIX 106 FM Radio

CLASSIC HITS 106 KVHT FM Radio SUN.-THUR. 10:05PM “Family Radio Rosary” with Bishop Robert Carlson.

ESPN Radio 1570

ESPN RADIO 1570 SUN. 10:30AM Trinity Lutheran Church, Vermillion, worship.

Knology

KNOLOGY. MON. 6:30pm St. John’s Lutheran; 7:30pm Calvary Baptist. TUE. 6:30pm Trinity Lutheran. WED. 6:30pm Antioch Baptist; 7:30pm Grace Bible. THUR. 8pm Assembly of God. FRI. 7pm United Church of Christ; 8pm Peace Presbyterian.

YANKTON DAILY
PRESS&DAKOTAN
Yankton
Printing
Company
319 Walnut, Yankton, SD • 665-7811

WINTZ & RAY
FUNERAL HOME
and Cremation Service, Inc.
Garden of Memories Cemetery
2901 Douglas • Yankton • 605-665-3644

LEADER CONCRETE CONSTRUCTION INC.
Basements • Bunkers • Manure Pits
Residential & Commercial
Call Larry Leader
Yankton • 665-2717

Larry's Plumbing Service
703 Burleigh St.
665-4322

Simpson Sharp Shop
For All Your Sharpening Needs
Don & Helen Simpson
31051 430 Ave.
Tabor, SD • 665-5448

TOPKOTE, INC.
Asphalt Maintenance
43439 SD Hwy 50 • Yankton
(605) 665-8106

HEATING & COOLING KAISER
Commercial & Residential
Call Doug or Chris
(605) 665-2895

Koranda Well Company, LLC
Well Drilling & Repair
Pure Water Distillers
605-463-2244
42719 307th St., Tabor