

# The Anchor Line

## May 2026

# Hope Lutheran Church

***Anchored in Jesus | Living with Joy | Reflecting His Love***

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www.hopedepere.org | "Hope Lutheran Church" on Facebook | "Angels of Hope" on Facebook

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## From the Pastor's Desk...

***And he led them out as far as Bethany, and lifting up his hands he blessed them. <sup>51</sup> While he blessed them, he parted from them and was carried up into heaven. <sup>52</sup> And they worshiped him and returned to Jerusalem with great joy, <sup>53</sup> and were continually in the temple blessing God. - Luke 24:50-53***

The month of May is always a busy one for families, schools, and ministries, it seems. There's the celebration of Mother's Day, college graduations, spring concerts and productions, athletic events and end-of-year banquets, and the Memorial Day weekend.

And almost every year, snuck into the calendar on a Thursday in this busy month, is the day where we remember the Ascension of Our Lord (this year, it's May 14<sup>th</sup>). It seems to come and go with little notice – without the fanfare of Christmas or Easter. And yet, the ascension of Jesus into heaven forty days after His resurrection is an absolutely crucial piece of the salvation story! It is the moment where our Savior and King takes His rightful place in the position of all honor and authority, the position from which He continues to operate even today, ruling over all things and directing the mission of His Church by the power of the Holy Spirit. From heaven, Jesus...

- Prepares a place for us so that we may live with Him forever (John 14:2-3).
- Intercedes on our behalf before the Father, always speaking as our Advocate (1 John 2:1).
- Sends forth the Holy Spirit to empower the church and gift Christians for service in His mission (Ephesians 4:8).
- Fills the whole universe, keeping His promise to be with us always (Ephesians 4:10, Matthew 28:20).

And because you are joined to this same Jesus in baptism and live by faith in Him, your destiny is glory, as surely as Jesus reigns from heaven (Colossians 3:1-4). So if you find yourself drifting, wondering where to look to find hope and meaning for life, don't hang your head and look down! Don't look around at everyone else! Look up, to where Christ is! He has received the position of highest honor, and He is always exercising His authority for the good of those who love Him. There is no power on earth that can match His. There is no evil that can overcome His ultimate good. Jesus is ascended, and our hope is secure! Good news for a busy month!

Christ's peace and joy,  
*Pastor Baye*

# Community Engagement Ministry

Submitted by Kim Thompson

Mission of the Community Engagement Ministry – To be Jesus' servants to meet physical, spiritual, and relational needs of the community.

**Slow Cooking for Freedom House:** We are planning to prepare and serve a meal at the Freedom House on Wednesday, May 27<sup>th</sup>. For those of you that are unfamiliar with the Freedom House, it is a shelter to help homeless families in Green Bay and it is the only shelter in Green Bay that will accept entire families.

As a congregation, there are many ways that you can help, including:

1. **Slow Cooker Meal:** On the display there are recipes for Macaroni & Cheese or Chicken & Broccoli Pasta. Please sign up to make one of these in your slow cooker and bring it to church by 12:00 noon on Wednesday, May 27<sup>th</sup>. Please have your name on your slow cooker so we can return it to you.
2. **Slow Cooker Applesauce:** Please take a recipe card and make the applesauce prior to the meal. Deliver the applesauce to church by 12:00 noon on Wednesday, May 27<sup>th</sup>, so we can get it chilled before serving it for dinner.
3. Sign up to help make some cookies to share for the event.
4. Sign up to help pack the meal, transport it, serve it, and clean up at the shelter. We need volunteers to sign up before May 15<sup>th</sup> as Freedom House asks to do background checks on our volunteers. Meet at church at 3:45 p.m. on Wednesday, May 27<sup>th</sup>. The meal will be served from 5:00 p.m. to 6:00 pm. Freedom House is located at 2997 St. Anthony Drive, Green Bay.

Hope has also requested a Thrivent Action team Card to allow us to purchase a slow cooker for each of the families that are at the Freedom House. We hope the slow cooker will be a helpful tool for them when they move out of homelessness and into a place of their own. We will also purchase some crafts for the kids.

**College Students:** We will be sending a "good luck" on exams in early May to Hope's college students.

4/2026

Our Friends at Hope Lutheran,  
Thank you for partnering with us  
to collect hygiene items for The  
Family Radio's Help for the Homeless  
Hygiene Drive. The items collected  
provide crucial assistance to our  
community's agencies & the vulnerable  
people we serve. Sincerely,  
The Salvation Army

## Hope's Health Corner

There's a moment I think about often. A member of our congregation—someone active, faithful, and always quick with a smile—stopped by after service one morning when I had the blood pressure cuff out. "I feel fine," they said, almost apologetically, "but I suppose it wouldn't hurt to check." The reading was higher than expected. Not dangerously so in that moment, but enough to raise concern. That simple, five-minute check turned into a follow-up with their doctor, some small lifestyle adjustments, and a deeper awareness of their health. Months later, they told me, "I had no idea anything was wrong. That one check may have changed my future." That's the thing about blood pressure—it often whispers instead of shouts.

May is a meaningful time to reflect on this aspect of our health. It includes World Hypertension Day on May 17 and is recognized globally as "May Measurement Month," an effort to raise awareness about high blood pressure, which affects more than one billion people worldwide. Even more striking, many individuals with high blood pressure don't know they have it. Here in the United States, nearly half of adults have hypertension, and only about 1 in 4 have it under control. These numbers remind us how important simple awareness can be.

High blood pressure, often called the "silent killer," usually doesn't come with obvious symptoms. You can feel completely fine and still have numbers that are quietly putting strain on your heart, blood vessels, kidneys, and brain. Left unchecked, it can increase the risk of heart disease, stroke, kidney problems, and vision loss. The encouraging news is that it's also one of the most manageable health

conditions when it's caught early, which is why regular monitoring is so important.

A quick blood pressure check is simple, painless, and incredibly valuable. It gives us a snapshot of how hard your heart is working to circulate blood through your body. If you haven't had your blood pressure checked recently, consider this your gentle nudge. Even if you feel healthy, eat well, and stay active, it's still worth checking. Rather than looking for problems, think of it as stewarding the health God has given you—an act of care and responsibility.

If your numbers are elevated, there's no need to feel discouraged. Many people successfully manage their blood pressure with small, consistent changes such as eating more mindfully (especially reducing sodium), staying physically active, managing stress, and taking prescribed medications when needed. Even modest improvements—like lowering your numbers by a few points—can significantly reduce your risk of serious complications. You don't have to change everything at once; small, steady steps truly add

up. Caring for our bodies isn't about perfection; it's about faithfulness. It's one way we honor the life we've been given and remain able to serve others with strength and joy. And when health concerns arise, we're reminded that we don't carry them alone: "Cast all your anxiety on Him because He cares for you." (1 Peter 5:7).

If it's been a while since your last blood pressure check, Leighann and I invite you to make time for it. Stop by when the cuff is available (or ask one of us any time if you'd like us to do a quick check!), schedule a quick visit with your provider, or use a home monitor if you have one.

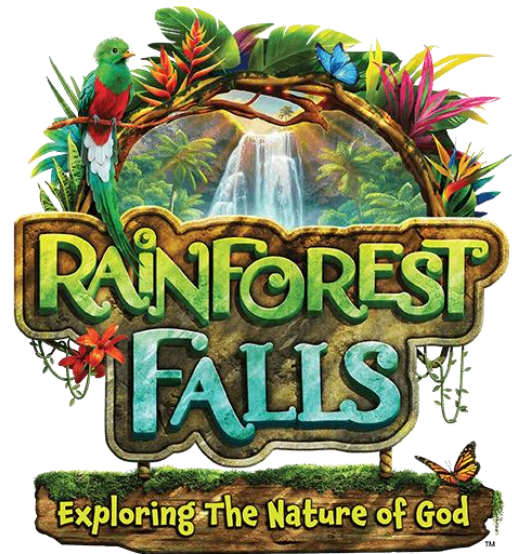
Sometimes the smallest steps—like sitting down, rolling up your sleeve, and taking a reading—can make the biggest difference. As always, we're here to support you, answer questions, or simply walk alongside you in your health journey.

With care and encouragement,  
 Bryan Carlson, BSN, RN  
 and Leighann Heling, BSN, RN

Blood pressure category	Systolic mm Hg (top number)	and/or	Diastolic mm Hg (bottom number)
Normal	Less than 120	and	Less than 80
Elevated	120 – 129	and	Less than 80
Hypertension stage 1 (High blood pressure)	130 – 139	or	80 – 89
Hypertension stage 2 (High blood pressure)	140 or higher	or	90 or higher
Hypertensive crisis (call 911)	Higher than 180	and/or	Higher than 120

# Sunday School and Youth News

Submitted by Kaitlyn Gregory, DCE



## Sunday School:

- Our verse of the month is Revelation 21:5  
"And he who was seated on the throne said, "Behold, I am making all things new."
- Our offering this month will go to Freedom House.
- Our last day of Sunday School for this school year will be Sunday, May 17<sup>th</sup>. We will break for the summer and return in the fall.

## Youth:

- Embers of Hope is every Wednesday from 6:30 p.m. to 7:30 p.m. Students in grades 7<sup>th</sup>-12<sup>th</sup> are welcome to come play games, enjoy fellowship, and study God's Word. Our last Embers night will be Wednesday, May 20<sup>th</sup>.
- We have three students attending our summer mission trip to Weston, Wisconsin, on June 14<sup>th</sup> through 19<sup>th</sup>. The students will be partnering with Mt. Olive Lutheran Church to serve the community in areas such as Hagar House, food banks, nursing homes, and more.

**July 13-17, 2026**  
**9:00 AM to 11:30 AM**  
**Registration Open!**

You may register as a participant or volunteer at: <https://vbspro.events/p/hopedepere>. We are still in need of about 20 more volunteers. We especially need adults to lead **Snack** and **Sticky Scripture**, and plenty of middle school and high school students who would like to be station helpers and crew leaders. You can also donate to VBS through Thrivent Action Cards, or by purchasing items on our Amazon Wishlist: <https://a.co/0ehYRhHU>.

## Angels of Hope 4K Graduation

**Wednesday, May 20<sup>th</sup>**  
**at 11:00 a.m.**



ST. ANNE'S MEN'S MINISTRY

# Booyah FUNDRAISER

Saturday, May 9 11:00 am - 2:00 pm  
& Sunday, May 10 9:00 am - Noon

\$10 PER  
QUART



OR  
4  
QUARTS  
FOR \$36



Recommend ordering ahead of time as the Booyah sells out quickly. Scan QR code or order on St. Anne's Website, [stannesdepere.org](http://stannesdepere.org)

347 Libal Street, De Pere, WI 54115

PROCEEDS BENEFIT NEW LUTHERAN HIGH SCHOOL ATHLETICS



21st Annual  
**BLAZER  
OPEN**

**TUESDAY, JUNE 2**  
11:00 AM SHOTGUN START

NORTHBROOK GOLF & GRILL  
LUXEMBURG | WI

REGISTER TODAY | [WWW.NEWLHS.COM](http://WWW.NEWLHS.COM)

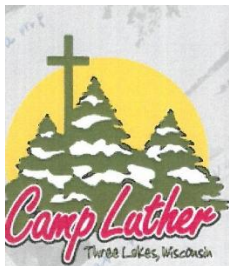
Great prizes, raffles, sports trivia, & hole contests!



**\$600  
PER FOURSOME**

Cost Includes:  
Golf and cart, lunch, prizes, and reception after golf

For more information contact Jordan Vredeveld at [vredeveldj@newlhs.com](mailto:vredeveldj@newlhs.com) or call the school at 920-469-6810



# Celebrating 80 Years of Camp Luther!

REGISTER FOR ANNIVERSARY CELEBRATION:  
**JUNE 6<sup>TH</sup>, 2026**

FOLLOW ON FACEBOOK AND INSTAGRAM TO BE A PART  
OF THE CELEBRATION ALL YEAR LONG!



# LUTHERAN SINGLES GET-TOGETHER!

**JUNE 13 & 14, 2026**

**SATURDAY GET-TOGETHER: 11 AM - 7 PM | OPTION FOR SUNDAY WORSHIP AT IMMANUEL  
LUTHERAN CHURCH, PLUM CITY, WI & MEAL TO FOLLOW AT THE GOSPEL GYM**

**THE GOSPEL GYM, ARKANSAW, WI  
\$25 ENTRY (INCLUDES MEALS)**

**JOIN LCMS SINGLES (AGES 20-45, NEVER MARRIED OR WIDOWED) FOR FELLOWSHIP, FUN  
ACTIVITIES, AND BIBLE STUDY AT THE GOSPEL GYM IN WESTERN WISCONSIN. MAKE  
CONNECTIONS, SHARE ENCOURAGEMENT, AND FIND A PLACE TO BELONG!**



**LCMSSINGLES.COM | 763-242-6335**

**NOT SINGLE, BUT KNOW A LUTHERAN WHO IS? SHARE THIS WITH THEM!**



To all those who served at Hope in April, thank you for offering your time and talents in service to the Lord. We praise Him for giving you the gifts you possess and the heart to share them. Thank you for being Jesus' hands and feet among us. You are needed and appreciated.

## Happy Anniversary!

Scott & Lori Gauthier	5/1
Dillon & Aubrey Steinfeldt	5/4
Paul & Leighann Heling	5/5
EJ & Mandy Dombrowski	5/10
Clayton & Jessica King	5/10
David & Bonny Schmidt	5/13
Kurt & Tammy Sebo	5/13
Joe & Jean VandenLangenberg	5/13
David & Erika Schmidt	5/14
Ben & Beth Cheslock	5/15
Jason & Maureen Mocine	5/17
Bruce & Brenda Lambert	5/20
Brett & Jane Coleman	5/21
Alex & Brittany Drath	5/21
Jeff & Shelley Stafford	5/21
David & Julie Osen	5/28
Guy & Mary McCauley	5/30
Jordan & Alyssa Mortenson	5/30

## Happy Birthday!

Courtney Jonet	5/1
Joey Klug	5/2
Betty Krueger	5/2
Hailey Monfre	5/2
Benjamin Lambert	5/4
Jacob Vanderpoel	5/5
Maddox Carlson	5/6
Beatrix Fischer	5/7
Dan Klug	5/7
Gibson Dombrowski	5/10
Susan Lisch	5/11
Shana Atkinson-Welch	5/12
Elaine Carlson	5/12
Beth Cheslock	5/12
Jayce VandeHey	5/14
Drew Brandenburg	5/15
Isla Cunningham	5/15
Titus Fischer	5/16
Sharon Mayotte	5/18
Abby Green	5/19
Emma Dugenske	5/20
Derek Haegele	5/20
Jessica Turner	5/21
Jon Fawcett	5/23
Kyla Baye	5/25
Shawna Coron	5/25
Theodore Egen	5/25
Kristy Fischer	5/25
Emily Gauthier	5/25
Tom Schrank	5/25
Alex Lauersdorf	5/26
Elise Helein	5/27
Max McCauley	5/30
Jennifer Egen	5/31



# May 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Church Office Closed	2
3 8:00 AM Worship 9:15 AM Sunday School 9:30 AM Adult Bible Study 10:27 AM Worship	4 6:30 PM Praise Team 7:30 PM Moms of Hope	5 7:30 AM Oak Street Bible Study 8:00 AM Bulletin Submissions Due 9:30 AM Ladies Bible Study 6:15 PM Men's Bible Study 7:30 PM Ladies Bible Study	6 6:30 PM Embers of Hope 6:30 PM Worship 7:45 PM Elders	7	8 AOH Field Trip	9
10 8:00 AM Worship 9:15 AM Sunday School 9:30 AM Adult Bible Study 10:27 AM Worship	11 5:30 PM Council 7:00 PM Voter's Meeting	12 7:30 AM Oak Street Bible Study 8:00 AM Bulletin Submissions Due 9:30 AM Ladies Bible Study 6:00 PM Women of Hope 6:15 PM Men's Bible Study 7:30 PM Ladies Bible Study	13 2:45 PM Foxview Handout 6:30 PM Embers of Hope 6:30 PM Worship	14	15	16
17 Last Day of Sunday School 8:00 AM Worship 9:15 AM Sunday School 9:30 AM Adult Bible Study 10:27 AM Worship 11:45 AM National Youth Gathering Information Meeting	18 6:00 PM Angels of Hope Board 6:30 PM Praise Team	19 Last Day AOH 3K 7:30 AM Oak Street Bible Study 8:00 AM Bulletin and Newsletter Submissions Due 9:30 AM Ladies Bible Study 6:15 PM Men's Bible Study 7:30 PM Ladies Bible Study	20 11:00 AM AOH 4K Graduation 6:30 PM Embers of Hope 6:30 PM Worship DPCO Food Pantry Collection	21 Green Bay Trinity Graduation	22	23 NEWLHS Graduation
24 8:00 AM Worship 9:30 AM Worship DPCO Food Pantry Collection	25 	26 7:30 AM Oak Street Bible Study 8:00 AM Bulletin Submissions Due 6:00 PM Education Ministry 7:15 PM Men's Bible Study	27 6:30 PM Worship Freedom House Meal	28	29	30
31 8:00 AM Worship 9:30 AM Worship			<p><b>Publication Information:</b></p> <p>Bulletin information is due Tuesdays at 8:00 a.m.</p> <p>Newsletter information is due by 8:00 a.m. on the 3<sup>rd</sup> Tuesday of the month.</p> <p>Please call the church office or email <a href="mailto:office@hopedepere.org">office@hopedepere.org</a>.</p>			