

St. Luke's Visitor

*But the plans of the Lord stand firm forever,
the purposes of his heart through all generations. Psalm 33:11*

From The Pastor's Pen

*⁵²And Jesus increased in wisdom and in stature
and in favor with God and man.
(Luke 2:52)*

We are grateful that God the Father was pleased with Jesus. Because He was, Jesus was able to be our sacrifice and give us His righteousness. It is also our prayer that we would grow in favor with God and man.

Our **themes** for the **worship services** in **January** are as follows:

January 4/5 – 12-year-old Jesus in the temple

January 11/12 – The Baptism of Our Lord

January 18/19 – Sanctity of Human Life Sunday

January 25/26 – The Festival of St. Titus, Pastor and Confessor

The USD 383 Diversity Committee recently sent a memo to teachers regarding the January Holidays. It was posted in the Manhattan Mercury on December 11, 2019.

In an effort to not exclude children who do not celebrate Christmas, it was recommended that teachers avoid Christmas trees, stockings, Jesus, and singing "Silent Night," but that holidays such as Kwanzaa and Hanukkah be explored.

On December 12, 2019, the Editor in Chief of the Manhattan Mercury, Ned Seaton, wrote an editorial, entitling his article, "School district committee went too far in holiday recommendations" (page 6). I want to thank Mr. Ned Seaton for his article. I also want to give my thoughts to the topic.

Dear Diversity Committee of USD 383,

Your recent recommendations to the teachers of USD 383 seem to be inappropriately weighted against Christmas and Christianity. Since remaining silent on the matter might be understood by some as agreeing with your recommendations, I feel compelled to speak up and let you know where I stand.

I understand that the public school system is not allowed to promote or endorse religious activities. If I lived in an area where Christianity was in the minority and another religion was in the majority, I wouldn't want the majority's religion forced on my children.

I also believe it is good and appropriate to examine and explore the holidays of other cultures and traditions in the public school system. The key, however, is that *equal time* is given to each culture

and tradition. If Kwanzaa and Hanukkah are to be explored, than *equal time* is also to be given to Christmas. Exploration into holidays would include the origins as well as modern customs.

I don't know much about Kwanzaa, so if my children learned more about it than I know, I would be pleased. I would be pleased if my children learned about Hanukkah. I would hope that they would read it from the book of Maccabees. I would also be pleased if they learned how people celebrate it today. I would have no problem if a Rabbi was invited into the classroom to explain the holiday. But I want *equal time* for Christmas. Children in the classroom should also learn about Jesus' birth. (Jesus is an important person in history. Most folks in our culture measure the centuries by him. A.D. stands for the Latin phrase *anno domini*, which means "in the year of our Lord." For Jesus to be ignored in our public school system would be a poor reflection on our school system). Children in our public school system should learn about Saint Nicholas and the origin of the tradition of stockings. Our public school teachers should teach how Martin Luther recommended the Christmas tree be brought into homes and decorated to celebrate Jesus' birth. (I understand that Martin Luther was ranked by Time magazine as one of the most important people in the last millennia. For Martin Luther to be ignored by our public schools would also be a travesty). And students should learn why we celebrate Christmas on December 25 (instead of when Jesus was probably born in the spring time).

The Diversity Committee suggested that teachers sing songs like "I Have A Little Dreidel" and "Oh Happy Kwanzaa," but also tells teachers to avoid "Silent Night." Folks, that's not *equal time*. If the kids sing about dreidels and even the candles of Hanukkah, they also need to sing a song about Jesus' birth (and not just the song "We Wish you a Merry Christmas").

The Diversity Committee failed to make a distinction between the sacred and the secular. Santa Claus, stockings, and Christmas trees are rooted in Christianity, but many in our culture do not make that connection. Instead, they have secularized what was once sacred. But that's our culture and tradition! To take away Santa, stockings, and Christmas trees, but to lift up Kwanzaa and Hanukkah, is to belittle our culture and lift up anything else.

Although the committee carries the "Diversity" name, it would appear to be urging exclusionary recommendations. Your recommendations have created "feelings of exclusion" with those who celebrate Christmas. Although you have shown great care for those who don't celebrate Christmas, you have shown little concern for those who do. Teachers should be encouraged to embrace every holiday this season, including Christmas. Along with putting up a menorah and a star of David (for those who celebrate Hanukkah) and ears of corn and other Kwanzaa decorations (for those who celebrate Kwanzaa), teachers should be encouraged to put up stockings, Christmas trees, Santa decorations, an advent wreath, *and a nativity scene* (for those who celebrate Christmas).

In 1984, the Supreme Court in *Lynch v. Donnelly* gave the right to include a variety of holiday symbols (i.e., a menorah, Santa and reindeer, and a crèche) on public land as long as no particular religion was being endorsed. I encourage you to let your next set of recommendations reflect this concept.

Sincerely,
Rev. Michael J. Schmidt
Sr. Pastor at St. Luke's Lutheran Church in Manhattan, KS

re:Vitality – A big "thank you" to everyone who filled out the **re:Vitality** survey. The results are pictured below. (If they are hard to read, be aware that they are posted in the Fellowship Hall on the Council's bulletin board.) We appear to be a congregation that is "tapering." Please stay tuned for the next phase in this process.

St Lukes Lutheran Church - Manhattan, KS

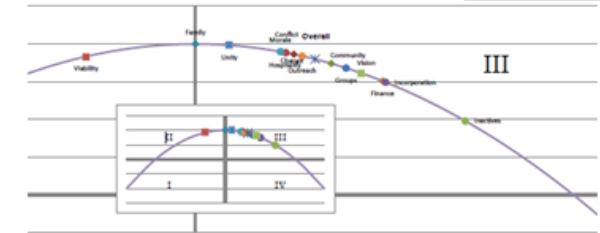
| Factor | Score | Quadrant | Description |
|---------------|-------|----------|--|
| Change | 2.76 | III | How willing is the congregation to change if necessary |
| Community | 2.87 | III | How willing is the congregation to engage its surrounding community |
| Conflict | 2.69 | III | How well does the congregation deal with conflict |
| Family | 2.39 | III | How well does the congregation minister to families and children |
| Finance | 3.04 | III | How is the congregation doing financially |
| Groups | 2.97 | III | How well do various groups within the congregation work together |
| Hospitality | 2.73 | III | How welcoming is the congregation to visitors and guests |
| Inactives | 3.39 | III | How well does the congregation try to go after inactive members |
| Incorporation | 3.10 | III | How well does the congregation involve current members |
| Morale | 2.71 | III | What is the overall morale of the people regarding the congregation |
| Outreach | 2.72 | III | How well is the congregation focused on reaching out to outsiders |
| Unity | 2.56 | III | How well do the people of the church get along and work together |
| Viability | 1.82 | III | How much do the people of the church think it will survive |
| Vision | 2.99 | III | How strong a sense of mission and purpose exists in the congregation |
| Overall | 2.82 | III | (Based on average scores of each factor) |

Note on Scores:
The scores calculated are based on average user response for this congregation. The possible scores range from ONE to FIVE, and lower numbers are always more desirable.

"There is no available data to understand benchmark as norms for congregations."

Note on Quadrants:
Every response to the survey was mapped to a particular quadrant. These quadrants were averaged for each factor, and then plotted to find its place on the normal curve of congregation development.

"Quadrant mapping is one-dimensional; it only appears two-dimensional; because the scores are plotted along the expected curve."



*Results are based on 80 responses from people in the congregation.

Reading Your Congregation's Self-Assessment Report

Your congregation's self-assessment report is a concise depiction of the answer to the question "Where are we... really?" It is simply a snapshot of the stage of vitality that your congregation is currently experiencing.

The chart to the right depicts the various stages of congregational vitality on an arc divided into quadrants. The arc, which is called the Vitality Arc, represents various stages through which congregations pass as they advance, decline, or recover. The arrows on the arc move in both directions to demonstrate that the Vitality Arc is not depicting a life-cycle, but stages of vitality.

The * symbol on your self-assessment report will correspond with one of the descriptive points on the Vitality Arc. Keep in mind that this is a point of reference, not a grade for or a judgment of your congregation.

The quadrant in which your congregation's assessment result is depicted is highlighted and expanded on your report. In addition to the descriptive point indicating your congregation's stage of vitality, the report plots a number of contributing factors to the results of the assessment. The factors are plotted from left to right based on how greatly they impact the overall assessment. The factors that have the strongest impact appear furthest to the right on the arc.

In Quadrant I and II, factors appearing on the right are impacting the vitality of the congregation in a positive way. In Quadrants III and IV, factors on the right are impacting the vitality in a negative way.

There is a great deal of information driving these data points. That detailed information is not included in the self-assessment report because the goal of the assessment and the resulting report is to provide a starting point for your congregation to improve your ability to invite, welcome, and receive people from outside of the Church. It is the "You Are Here" indicator that you need to start going to where you'd like to be.



Things are coming along nicely with the construction of our new facilities. If you haven't yet financially contributed to this project, be aware that opportunities abound!

Please join us on **Sunday mornings** at 9:45 AM in the Fellowship Hall. After **refreshments**, we gather for **Bible Study**.

December was a busy month: caroling, the parade, a Voters' Meeting, Advent Midweek Services, the children's Christmas programs, and Christmas Eve & Day services. To everyone who participated, "Thank you!"

I also want to say "thank you" for the nice gifts that I have received in the last couple of months – both Christmas gifts and Pastor Appreciation gifts.

It is a joy to serve St. Luke's.

"Sharing Jesus Christ's love with those around us."



NOVEMBER OFFICIAL ACTS

Profession of Faith
Tristan Turner

Transfer In
Kaitlin Krause

Transfer Out
Seth Maxfield

Burials
Heidi Hendrickson (November 4, 2019)
November 16, 2019 - Sunrise Cemetery, Manhattan, KS



| Date | Saturday 6:00 PM | Sunday 8:30 AM | Sunday 11:00 AM |
|---------------|---------------------|-------------------|------------------|
| January 4/5 | Kennedy Danker | Lilly Radke | Riley Lynch |
| January 11/12 | Jonathan Feldhausen | Olivia Stuckwisch | Ethan McQuilliam |
| January 18/19 | Jocie Brott | Ian Carter | Zoe Riggs |
| January 25/26 | Jaden Campbell | Bailey Wright | Hannah Schmidt |



January 1: Peters
January 3: Terry McCormick, Garrett Sass, Scott Olesky
January 4: Jaimee Keister
January 5: Ed Klimek, Lynn Feldhausen, Miranda Mellowship
January 6: Jacoby Roeser
January 7: Derrick Fleming
January 8: Rex Keister, Erik Ukena, Ron Frey
January 11: Ann Domsch
January 12: Lilly Wyatt, Marlene Kunze-Dolan, Randy Wyatt
January 13: Anna Walsh, Rylan Hudson, Jeb Woodford
January 14: Connie Kasten, Zoe Hatfield
January 15: Mike Conrow, Kim Saak
January 16: Amy Hatfield, Peggy Enright
January 17: Sylvia Carter
January 19: David Garcia, Kris Burnett, Vince Redding
January 20: Kay Mathies, Jackie L'Ecyer
January 21: Tonja Wright, Liz Beikmann
January 22: Madison Simonds
January 23: Shanna Dieball, Jaxon Moore
January 24: Joshua Lohse, Philip Hetzler

January 25: Tatiana Hull
January 26: Brandon Valerius, Wanda House
January 27: Kelsie Heitman, Ian Hartsook, Jean Olson
January 28: Brooklyn Lohse, Kelli Almes, Rachel Beach
January 29: Sean Morgan
January 30: Jonathan Feldhausen, Joseph Feldhausen
January 31: Scott Winter



January 10: Bruce & Patricia Oberhelman, Tom & Melissa Bean
January 20: Jeff & LeAnn Sturdy
January 26: Larry & Barbara O'Neill

EARLY LEARNING CENTER (ELC)

St. Luke's ELC ended the year on a wonderful note! We are truly grateful for the generous response to our "STOCKing the ELC" event, which we partnered with Thrivent Financial to match your donations. God continues to bless us and our efforts to prepare for the new classrooms we will have at the new location. Thank you for your bigheartedness!

Our students always love sharing the Christmas message with their families. While this year's program was postponed due to weather, the children still did an awesome job. Our mission is focused on the students and we are very proud of them!

Happy New Year!



Decorating Christmas Cookies



Christmas Program Rehearsal



Children's Ministry Chair: Shane Rengstorf, slrengstorf@yahoo.com

BASIC Sub-chair:

Sunday School Sub-chair:

Children's Church/Nursery Sub-chair: Marilyn Fick,
wm_fick@yahoo.com

VBS Sub-chair: Tiffany Manning, tiffanykaymanning@gmail.com

Family Events Sub-chair: Darci Paull, 785-565-4123

- No BASIC - Jan 1st
- Emergency Shelter - January/Soap
- We are in need of a Sunday School Sub-chair and BASIC Sub-chair.
- We are in need of substitute teachers for Sunday School and BASIC.



Youth Ministry Chair: Lori Uffman

Servant Events Sub-chair: Jerry Feeley

Youth Events Sub-chair: Shanda Wilson

Gathering Sub-chair:

- January 5th - Early registration (+\$95) due for Quake in Omaha March 6-8. Regular registration (+\$120) due January 26th.
- January 11th - Sr High youth going to Ax to Grind; 3:00-4:30 pm. RSVPs due to Shanda Wilson, 785-422-7668, by January 5th. Pick up and drop off on site. Cost is \$10. Friends invited.
- January 16th - Jr High youth are going bowling at Little Apple Lanes; 6:30-8:30 pm. RSVPs due to Shanda Wilson, 785-422-7668, by January 12th. Pick up and drop off on site. Cost \$1 for shoes, \$1 per game, hotdogs and small sodas are \$1 as well. Friends invited.
- February 1st - FREE Ice Skating at City Park, 7:00 - 9:00 pm. Invite family and friends!
- We are in need of a Gathering Sub-Chair.

MISCELLANEOUS

MISSION OF LOVE: Thank you to all the ladies that have come to help tie quilts and to others who donated materials to be used in the quilts for the Mission of Love Project in 2019! We were able to provide 14 Quilts for Lutheran World Relief and 13 quilts to Orphan Grain Train. Thank you also for the ladies who delivered the quilts to Topeka and WICHITA

At this time we are not taking in any more fabric as we are trying to decrease our “Stash” in preparation for our future move to our new facility.

We will continue to meet the 2nd Wed of each Month in 2020.

Dorothy Burtness, 785-539-8018

CONNECT GROUPS

Sunday Adult Bible Class, following fellowship time, Pastor Schmidt

Women's Bible Study, 2nd and 4th Monday, 9:30 AM, “Hope”, Your Heart's Deepest Longings
Diane Mosier, 785-776-8615

Lighthouse, an infertility, miscarriage, and infant loss support group, 3rd Monday of the month, 6:30 PM, education building, Meghan Loverude, meloverude@gmail.com; Charity Smith, dcestlukesmanhattan.org

Card Making, 3rd Monday of the month, 7:00 PM, at Candlewood Frame Shop, Janet Beach and Ann Williams

Men's Bible Breakfast, Tuesdays, 6:30 AM, review sermon notes from Sunday's service, eastside McDonald's, Walt Fick, 785-776-0879 or fick.walter@att.net

Young Adult Group, Tuesdays, 7:30 PM, senior high youth room in education building, Kaitlin Krause, 918-899-6927 or kaitlinjoy.krause@gmail.com

Parents' Night, Parents with any age child are welcome to spend time together in fellowship, discussion and devotions. Beginning January, 4th Tuesday of the month, 6:00 PM, basement fellowship hall, Charity Smith, dcestlukesmanhattan.org, or Rachel Sielaff, Rachel_louree@hotmail.com. Childcare is available at \$10 per child; RSVP required for childcare. Food provided.

Mission of Love (working on quilts), 2nd Wednesday of the month, 9:00 AM, basement fellowship hall, Dorothy Burtness, 785-539-8018

Cancer Companions, Fridays, 1:30 PM, Via Christi Village Chapel, Jamie Spikes, 785-537-3929; Judy Boye, 785-320-6355

MUSIC NOTES

Children's Choirs & Confirmation Class Music Dates 2020

- Sunday, February 23: Children's Choirs during late service; meet in Fellowship Hall at 10:45 AM
- Sunday, April 5: Confirmation Class Chime Choir at confirmation service (TBD)
- Sunday, April 26: Children's Choirs during early service; meet in Fellowship Hall at 8:15 AM
- Wednesday, May 6: Children's Choirs (and anyone who would like to perform) at the Spring Concert at 6:30 PM

THE LUTHERAN CHURCH—MISSOURI SYNOD
LCMS STEWARDSHIP MINISTRY
NEWSLETTER ARTICLE JANUARY 2020

Our God is a God who works through means. He can and has worked immediately without agency, as the Bible testifies, but primarily, on the whole and for the most part, our God works through means. He does this not only for all of our earthly needs but also for all of our spiritual needs. And He does this for our benefit.

He provides for all our needs of this body and life through means. He gives us fathers and mothers to care for us when we are young. Through them, God provides house and home, food and clothing, education and training in the arts and work of this world.

He gives us good government to protect us from harm and danger; He gives us faithful neighbors and good friends to help in times of need and lack. He gives us employers who trade our work for income so that we may acquire the needs of the body. He gives us brains and brawn so that we will have something to trade with those employers for that needed income. This work, which we are able to do only because of what God has provided to us, redounds to the benefit of others. And so, the cycle of God giving through means continues.

He provides for all our needs of our souls. He sent His Son into the flesh to be our Savior. In that body, our Lord Jesus Christ lived the life that God demands of us all – a life we have failed to live because of our sins – and, in that body, He made payment for those sins on the cross, once and for all.

God delivers this forgiveness through the means of His Word and Sacraments. He calls pastors to proclaim, in His stead and by His command, that our sins are forgiven for Jesus' sake. Through these same pastors, God Himself claims us as His own in Holy Baptism, placing His own name on us in water and Word, igniting faith by the gift of the Holy Spirit. And He gives us His life-giving body and blood to nourish us in this same faith until the end. Our God is a God who works through means.

This is true also of stewardship. This is what St. Paul wrote in Philippians:

"I have received full payment, and more. I am well supplied, having received from Epaphroditus the gifts you sent, a fragrant offering, a sacrifice acceptable and pleasing to God. And my God will supply every need of yours according to his riches in glory in Christ Jesus" (Phil. 4:18–19).

The gift St. Paul received from the Philippian church is a fragrant offering, a sacrifice acceptable and pleasing to God. They gave to God. God provided for St. Paul through the Philippians. And the God who loves both Paul and the Philippians will supply their every need according to the riches in Christ Jesus. Our God is a God who works through means.

"For all the promises of God find their Yes in [Jesus Christ]," St. Paul tells us in 2 Cor. 1:20. This is true also of you. Trust in the God who provides for all that we need in body and soul through means. And not only will you find His "yes" to you, but others will find it, too, through you. "But as you excel in everything – in faith, in speech, in knowledge, in all earnestness, and in our love for you – see that you excel in this act of grace also" (2 Cor. 8:7).



Cancer Companions 30 Days of Cancer Prayer January 26th – February 24th, 2020

This is year two for 30 Days of Cancer Prayer!!

To join simply text 'CANCER' to 57838. You will receive a message asking if you want to sign up. Reply with the word 'YES'.

On January 26th you will start receiving on your phone the video prayer for the day!

You will only receive messages for this prayer campaign and no one else will receive your phone number.

Example of topics:

January 31st: Skin / Melanoma by Jamie Spikes

February 6th: Financial / Job Concerns

February 7th: Grandparents with Cancer

February 8th: Children with Cancer

Some of the participants: Kurt Warner, Kirk Cameron, Francesca Battistelli

FLINT HILLS LUTHERANS FOR LIFE

Chapter Meeting: **January 12, 2020, 2:00 p.m.**

St. Luke's Lutheran Church, Manhattan

We will have a *brief* business meeting, followed by a choice of three service projects.

- Sorting items for Life Choice Ministries. (Look at their Facebook page to see all of the items that we donated to them!)
- Stuff animals with stuffing and a message to donate to police departments.
- Make fleece tied blankets for Life Choice Ministries or the Crisis Center.

Please come help us support those who support life, and the parents who chose life for their children.

We will be hosting Rev. Michael Salemink, Executive Director of Lutherans For Life at our March 1, 2020 chapter meeting.

Rev. Salemink will be speaking at Mt. Calvary Lutheran Church, 17535 Say Rd, Wamego, KS. March 1, 2020 at **2:00 p.m.** Rev. Salemink's topic is *Speaking the Truth in Love: Engaging Abortion Advocates' Arguments and Objections*. "The Bible doesn't say anything about abortion." "It's not a person." "My body, my right." "If it's illegal, women will die." "Don't legislate morality." "You can't force rape victims to bear their attackers' children." "We shouldn't judge those poor women." Let's look at how we can share God's grace sensitively, eloquently, and winsomely in response to these and other arguments/objections.

Rev. Salemink's presentation has also been very well received by junior high through college age youth. This age group is especially encouraged to attend. Rev. Salemink began serving as executive director of Lutherans For Life in January 2016.

ST. LUKE'S LUTHERAN WOMEN IN MISSION MINUTE

St. Luke's Lutheran Women in Mission held their annual Christmas Tea on December 7, 2019. Elizabeth Circle hosted this year's event. It is a great tradition of taking a short period of time during Advent for fellowship and a pause from preparing for Christmas and celebrating the birth of Jesus. This year's theme was based on the significance of BELLS that have played in our lives. Ring out the GOOD NEWS. JESUS was born, lived, died and rose again. Hallelujah!!

For January, we will have Circle meetings. Please check the weekly bulletin for details.

On February 10th, the LWML Group will meet for our annual prayer service. The theme for this year's prayer service is Living in Love, Bearing Fruit. All women are invited to these events.

Can't make a meeting? We now have an email membership program, where you can sign up to receive emails about events and activities. There is no commitment; just sign-up. Sign-up sheets are available in the Church Narthex on the table next to the two remaining LWML cookbooks (that are still for sale—by the way—for \$5).

Looking for more ways to have Christ in your life? Visit the LWML.org website. There you can find Bible studies, sign-up for 2-minute Tuesday and/or Mustard Seed emails.

Did you know LWML now has podcasts? You can sign up at: <http://www.lwml.org/posts/podcast/lwml-podcast-now-available?month=5&year=2019>

We will have some opportunities in 2020 for a short Bible Study – Where Love Abides; by Donna Pyle. Be watching for information on this upcoming event in weekly bulletins.

If you have suggestions for activities or mission events, we are always looking for ideas. You are welcome to reach out to Julie Hatesohl at Church or send an email to: phoebehat@gmail.com.

Happy 2020!

TRAVELING BULLETIN

Bethlehem Lutheran Church, Richmond, VA, Jesse & Charity Smith
Central United Methodist Church, Kansas City, MO, Larry & Alice Wesche
All Saints Church, Pasadena, CA, Howard & Liz Beikmann
St. Joseph Parish, San Antonio, TX, Dan & Pearl Caponera

(When you worship at another church, please bring the worship folder and bulletin to the church office with your name on. We will post your name and where you've worshipped, hopefully stimulating conversation of where you've visited. And, our staff will get the chance to see what other churches are doing. Thanks!)

From The Parish Nurse...

St. Luke's Lutheran Church ~ LCMS



Glaucoma

January is Glaucoma Awareness Month.

Glaucoma is a disease that can damage the optic nerve. The optic nerve supplies information to your brain from your eye.

Your eyes are nourished by a continuous flowing fluid called aqueous humor. That fluid flows through channels in your cornea and iris. When these channels get narrowed by a blockage or partial blockage, the fluid backs up into the eye causing pressure on the optic nerve, impairing vision.

Adults age 60 and older, especially African-Americans and Hispanic are at higher risk. You are also at higher risk if you have a family history of glaucoma.

Early detection and treatment can help save your sight. Get a comprehensive dilated eye exam every year. For more information go to: nihseniorhealth.gov

Your Parish Nurses
Jamie Spikes
&
Kate McNeal

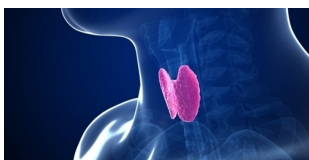
What is Your Resolution?

A new decade has begun. Some of us may have made some sort of resolution or promise to ourselves for the new year. The most common ones are losing weight or eating healthier. As a nurse I encourage healthy eating and weight control for better physical health for the members in our congregation. But, equally important for all of us is to pay attention to our mental and spiritual health as well.

Taking 10 or 15 minutes each day to spend in prayer and Bible study for our mental and spiritual health is a resolution we should all consider. Another way to strengthen our mental and spiritual health is regularly attending church and Bible study. Gathering together in prayer, praise, studying and listening to God's word in fellowship with one another is an important way to improve our mental and spiritual wellbeing.

The word *resolve* is both a verb and a noun—"to decide firmly on a course or action; a firm determination to do something." (dictionary.com)

It takes action and determination to look at ourselves as whole, spiritual beings—not just a body, but body, mind and spirit as God sees us — whole people. Each part, physical, emotional and spiritual, plays a role in our overall health and wellbeing as children of God. Let us resolve to explore God's purposes for your lives as whole people in this new year and be-



Thyroid Awareness Month

The thyroid gland is a butterfly-shaped endocrine gland that is normally located in the lower front of the neck. Although the thyroid gland is relatively small, it produces thyroid hormones, which are secreted into the blood and then carried to every tissue in the body. Thyroid hormone helps the body use energy, stay warm and keep the brain, heart, muscles, and other organs working as they should.

Hypothyroidism is a condition where the thyroid gland does not produce enough thyroid hormone. Symptoms include extreme fatigue, depression, forgetfulness, and some weight gain.

Hyperthyroidism, another form of thyroid disease, is a condition causing the gland to produce too much thyroid hormone. Symptoms include irritability, nervousness, muscle weakness, unexplained weight loss, sleep disturbances, vision problems and eye irritation. www.thyroid.org