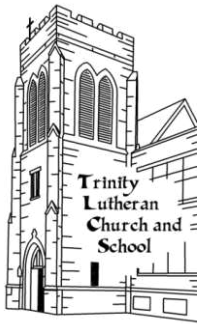


Trinity Lutheran Church & School
300 Broad Street
Menasha, WI 54952



SEPTEMBER 2022 NEWSLETTER





Trinity Lutheran Church and School

300 Broad Street
Menasha, WI 54952

Church Phone: (920) 722-2662 / **School Phone:** (920) 725-1715

Church Office Hours: Monday-Friday, 8:00 am to 3:00 pm

Website: www.trinitymenasha.com

Worship Services (In-Person and Online):

Saturday – 5:00 pm; Sunday – 9:00 am; Wednesday – 6:30 pm

Education Hour: Sunday - 10:30 am

Services will continue to be available for live streaming on Trinity's Facebook page, and for later viewing on YouTube. Check the church website for more details.

Important Dates:

September 2: Church and School Offices are closed, NO SCHOOL

September 5: LABOR DAY Church and School offices are closed, NO SCHOOL

September 6: 6:30 PM Board Meetings

September 8: 7:00 PM Choir Rehearsal

September 10: 9:00 AM Food Pantry

September 13: 9:00 AM-12:00 PM Circuit Pastors Meeting

September 13: 6:30 PM Board of Directors Meeting

September 15 7:00 PM Choir Rehearsal

September 19 & 20: District Principals Conference

September 20: 6:30 PM Ladies Aid/LWML in the Small Fellowship Hall

September 22: 7:00 PM Choir Rehearsal

September 23-25: Confirmation Retreat

September 24: 9:00 AM Food Pantry

September 29: 7:00 PM Choir Rehearsal

Holy Communion at Trinity

Communion is again being served at the Altar rail. You have the choice of Common Cup or Individual Cup.



Our Mission Statement:

Trinity Lutheran Church and School, Menasha, is a fellowship of Lutheran Christians being empowered by the Holy Spirit through the Word of God and His Sacraments to encourage, refresh, and strengthen both adults and children in the redemptive work of Jesus Christ, while sharing His love with those who do not yet know their Lord and Savior.



Senior Pastor:

✠ Rev. Steven S. Billings

Director of Music:

Mr. Tim Reuning

Assoc. Pastor/Principal:

✠ Rev. Keith E. GeRue


Organist:

Mrs. Nancy Lephart

Trinity Lutheran Church & School
 Church Phone: (920) 722-2662
 School Phone: (920) 725-1715

SEPTEMBER 2022

Church Office Hours:
 Monday-Friday, 8:00 AM – 3:00 PM
 Email:
 ChurchAdmin@trinitymenasha.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CHURCH & SCHOOL OFFICES CLOSED SEPTEMBER 2 AND 5			8:45 AM Chapel 6:30 PM Worship	1 6 AM Men's Bible Study NO VB Practice	2 NO SCHOOL CHURCH & SCHOOL OFFICES CLOSED	3 5 PM Worship
4 9 AM Worship In-Person & Online 10:30 AM Education Hour	5 LABOR DAY NO SCHOOL CHURCH & SCHOOL OFFICES CLOSED	6 6:30 AM Ladies Bible Study 4:30 PM VB vs New Hope @ Home 6:30 PM Board Mtgs	7 8:45 AM Chapel 6:30 PM Worship	8 6 AM Men's Bible Study 4:30 PM VB vs St Johns Berlin @ Home 7 PM Choir Rehearsal	9	10 9 AM Food Pantry 5 PM Worship
11 9 AM Worship In-Person & Online 10:30 AM Education Hour	12 Rev. Billings Dox. Conf, Sep. 12-14 9 AM Sewing 6 PM Prayer Time 6:30 PM Women's Bible Study Pastor GeRue Retreat Sep. 12-14	13 6:30 AM Ladies Bible Study 9-12 PM Circ. Pastor Mtg @ Good Shep. Osh. 4:45 PM VB vs Trinity Osh. @ Home 6:30 PM Bd of Dir Mtg	14 8:45 AM Chapel 9:30 AM Dental & Hearing Screenings 5 PM Catechism 6:30 PM Worship	15 6 AM Men's Bible Study 4:30 PM VB vs Celebration @ Home 7 PM Choir Rehearsal	16 9 AM Picture Day at School 2 PM Walk-A-Thon	17 5 PM Worship
18 9 AM Worship In-Person & Online RALLY DAY-School Sings and Chimes 10:30 AM Education Hour	19 Rev. Billings' Sabbath 9 AM Sewing 6 PM Prayer Time 6:30 PM Women's Bible Study	20 6:30 AM Ladies Bible Study District Principal Conference 4:30 PM VB vs Trinity Osh. @ Home 6:30 PM Ladies Aid	21 8:45 AM Chapel 5 PM Catechism 6:30 PM Worship	22 6 AM Men's Bible Study 4:30 PM VB Valley Christian Acad. Osh. @ Home 7 PM Choir Rehearsal	23 Confirmation Retreat Sep. 23-25	24 9 AM Food Pantry 5 PM Worship
25 9 AM Worship In-Person & Online 10:30 AM Education Hour	26 Rev. Billings' Sabbath 9 AM Sewing 6 PM Prayer Time 6:30 PM Women's Bible Study	27 6:30 AM Ladies Bible Study 4:45 PM VB vs Trinity Rantoul @ Home	28 8:45 AM Chapel 5 PM Catechism 6:30 PM Worship	29 6 AM Men's Bible Study 3:45 PM VB Practice 7 PM Choir Rehearsal	30 	



WEDDING ANNIVERSARIES - SEPTEMBER



09/01 DURKEY, Dennis & Judith
 09/02 MAYNARD, John & Sue*
 09/03 KESTER, Thomas & Barbara
 09/04 DAHMS, Daniel & Peggy
 09/04 HERTZIGER, Tammy & Michael
 09/05 JANDREY, Tim & Janine
 09/08 VOIGT, Eric & Brittney

09/15 DRUM, Tom & Judi
 09/18 RHODES, Lisa & Gary
 09/20 BRICCO-TOBIN, Sherry & William*
 09/09 KRAUS, Ronald & Dottie
 09/22 LINDNER, Kari & Warren
 09/29 EVENSEN, Carol & Richard
 09/30 HARRMANN, Tom & Polly



BIRTHDAYS - SEPTEMBER



09/01 BOWDEN, Garrett
 09/01 COLLINGWOOD, David
 09/02 BARTEL, Barbara
 09/03 ARFT, Ethan
 09/04 VOIGT, Eric
 09/04 WENDLER, Brittany
 09/06 DAHMS, Alexa
 09/09 ACKER, Eileen
 09/09 GERUE, Catherine
 09/09 ROBINSON, Cora
 09/10 FISCHER, Rodney
 09/10 FLATER, Karon
 09/10 RIGOTTI, Kathleen
 09/12 BOUCHARD, Eleanor

09/12 CISKE, Calvin
 09/12 MULLINS, Christina Marie
 09/13 BOWDEN, Colin
 09/14 CORRENTE, Margaret
 09/15 OLSON, Lynn
 09/16 HARRMANN, Polly
 09/16 MAYNARD, Shannon
 09/16 SIEGEL, Simon
 09/18 FLEISCHER, Shirley
 09/19 CISKE, Johanna
 09/19 GERUE, Valerie
 09/21 DIESCH, Cindy
 09/21 DURKEY, Dennis

09/21 RHODES, Lisa
 09/23 MANTEUFEL, Deborah
 09/23 WATSON, Carla
 09/25 KOBS, Justin
 09/26 BURSACK, Jared
 09/26 HURST, Axle
 09/26 VOIGT, Owen
 09/26 WUSSOW, Craig
 09/27 WAKKENEN, Farrah
 09/30 THOMAS, Jill



✝ Trinity Membership Update ✝

New Members/Transfers In: Diane, Daniel & Ava Schmidt

Released/Transfers Out:

Baptisms:

Weddings:

Members Who Have Passed:



²⁵For I know that my Redeemer lives, and at the last He will stand upon the earth. ²⁶And after my skin has been thus destroyed, yet in my flesh I shall see God. Job 19:25-26

Serving Our Lord with Gladness – September 2022

Senior Pastor: Rev. Steven S. Billings

Associate Pastor/Principal: Rev. Keith E. GeRue

Worship Date/Time	Acolyte	Elder on Duty	Communion Assistant	Usher Captain	Greeter	Altar Guild
Sep 3: 5:00 pm Sep 4: 9:00 am Sep 7: 6:30 am	Donovan Rausch Levi Kroes	Bruce Gast Bart Nielsen Tom Harrmann	Lee Colby Steve Sexmith Tom Harrmann	Roger Voigt Jim Wittmann Dave Acker	JoAnn Schultz Jane Nielsen	Paula Reichert Jackie Kislewski
Sep 10: 5:00 pm Sep 11: 9:00 am Sep 14: 6:30 pm	Maya Torres Emma Schmidt	Bruce Gast Bart Nielsen Tom Harrmann	Dan Seibert Paul Collingwood Tom Harrmann	Tom Harrmann Lee Weinig Steve Reinke	Betty Allen Liz Kamprath	Paula Reichert Jackie Kislewski
Sep 17: 5:00 pm Sep 18: 9:00 am Sep 21: 6:30 pm	Mirella Taschner Braelyn Boss	Bruce Gast Bart Nielsen Tom Harrmann	Dan Seibert Lee Weinig Tom Harrmann	Jerry Maynard Steve Sexmith Dave Acker	Barb Kester Jane Nielsen	Paula Reichert Jackie Kislewski
Sep 24: 5:00 pm Sep 25: 9:00 am Sep 28: 6:30 pm	Melani Gast Dylan Kobs	Bruce Gast Bart Nielsen Tom Harrmann	Vance Pues Blaine Henkel Tom Harrmann	Lee Colby Dave Collingwood Steve Reinke	Dan & Peggy Dahms Rose Collingwood	Paula Reichert Jackie Kislewski

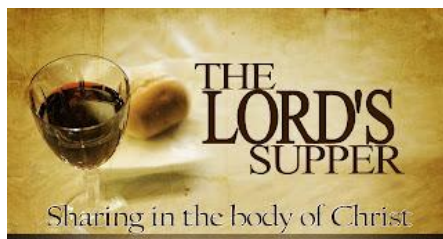
Altar Guild Help Needed

Trinity is in dire need of volunteers to serve on our Altar Guild team.

Tasks are:

- Wednesdays: Set-up and clean up the altar
- Saturdays: Set-up and reset the altar
- Sundays: Clean up communion and deliver flowers to a designated member of Trinity

Setting the Lord's Table is truly an honor and blessing. Please contact Kari Lindner at (928) 279-7192 to become a member of our team.



New Guidelines for Altar Guild From Pastors Billings & GeRue

The Pastor's would like to have:

- Communion set up like we did before COVID.
- The first 2 rows should have all the holes in the Communion trays filled, with only the middle of the tray open for the Pastor to put nonalcoholic cups.
- Put 16 oz in the flagon on Saturday
- Put 20 oz in the flagon on Sunday
- Have one extra tray in the fridge
- Make sure to have unconsecrated wafers separate from consecrated.
- Always have unconsecrated wafers in the bottom tray of the large paten (nonalcoholic tray).

This may be confusing, so please feel free to ask questions.



Catechetical Comments

A Series

THE APOSTLES' CREED

This month we continue our look at The Apostles' Creed and consider the following questions: *Which creed is used in Luther's Catechism?* and *Why is it called the Apostles' Creed?*

90. Which creed is used in Luther's Catechism?

91. Why is it called the Apostles' Creed?

The creed found in the *Small Catechism* is the Apostles' Creed. It's called, as the *Catechism* explains:

"... not because it was written by the apostles themselves, but because it states briefly the doctrine (teaching) that God gave through the apostles in the Bible."

The Creed is trinitarian because Scripture reveals God as triune.

The *Catechism* lists two Scripture passages in this context. One shows the three-fold nature of God; the other shows God's unity.

Matt. 28:19 – Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit.

Eph. 4:4-6 – There is one body and one Spirit – just as you were called to the one hope that belongs to your call – one Lord, one faith, one baptism, one God and Father of all, who is over all and through all and in all.

Following Jesus' admonition, Christians are baptized in the name of the triune God: Father, Son, and Holy Spirit.

I've often been intrigued by this formula. We often encounter non-creedal Christians who object that the words "trinity" or "triune" are

not in the Bible. While this may be true technically, it is not true to suggest that the concept of the Trinity is not found in Scripture. The reality is that it is found all over the place, in both Old and New Testaments.

Jesus' baptismal formula is a classic example. Notice the tenses:

"... make disciples of all nations, baptizing them in the *name* of the Father and of the Son and of the Holy Spirit."

"Name" is singular, but how many names does Jesus mention? "Father, Son, Holy Spirit" – three names.

This formula also gives us not only the number of Persons in the godhead, but their relationship to us *and to each other*.

It was St. Augustine who suggested that the words "and the Son" be inserted into the Nicene Creed regarding the sending of the Holy Spirit, on the understanding that the only thing separating the Persons of the Trinity is their relationship to each other: the Father is not the Son, nor the Holy Spirit; the Son is the Son and not the Father, and so on. So, to say, as the Nicene Creed did originally, that the Spirit is sent by the Father only, is to begin unraveling the doctrine of the Trinity, for what is it that distinguishes the Spirit from the Father and the Son? He is sent, which means the Father *and the Son* must be the senders. More on this at another time. ✚

Humbly in His service,
Rev. Steven S. Billings
Senior Pastor

FROM THE PRINCIPAL

3PS: Mrs. Caitlin Vanden Bloomer
4K: Miss Emily Ehlerteshak
1st-2nd: Miss Kirsten Johnston
3rd-4th: Mrs. Valerie GeRue
5th-6th: Miss Elizabeth Bahrns
7th-8th: Mrs. Rachel Maloney

Art: Mrs. Juliet Colby
Aide: Desiree Wittmann
Margaret Corrente
Anne Dahms
Diane Schmidt
Cook: Mrs. Anne Dahms

Custodian: Mr. Lee Colby
I.T.: Mr. Martin Schramper
Admin. Assistant: Nathan Dahms
Principal: Rev. Keith GeRue
Senior Pastor: Rev. Steven Billings

Making Disciples for Life Matthew 28:18–20

This year, we will be blessed to frequently hear Jesus' words of Matthew 28, "Go therefore and make disciples of all nations" (v. 19). We will go with Jesus and His disciples through His earthly ministry, to the cross and out of the tomb.

We will also learn that Jesus called us to be His disciples. Jesus' words "in the name of the Father and of the Son and of the Holy Spirit" were first spoken to us in our Baptism. We, too, are children of God. We, too, are disciples following Jesus.

Jesus invites us to follow Him as we hear His Word. We are blessed to follow Jesus through our classroom Bible stories and studies, in our chapel worship and in our Sunday worship and everywhere we go. Jesus, who calls us to follow Him, continues to lead us every day.

We are also blessed to hear and obey Jesus' words, "Go therefore and make disciples of all nations" (Matt. 28:19). Through our offerings, we are able to support missionaries who "make disciples." Perhaps we will be able to invite family or friends to church so that they might be disciples with us.

We have many blessings to look forward to. There will be many things we see and do. And we will be in the presence of Jesus. When Jesus first shared the commission with His disciples, He also gave them a promise: "Behold, I am with you always" (Matt. 28:20). Jesus' promise continues to His disciples today. Jesus is with us always. He is with us in the power and promises of our Baptism. He is with us in the power and promise of His Word. Jesus, who was present with us during the day, is present always giving us life through the water and Word. Jesus assures us that we will be present with Him forever. We are blessed to be His disciples and to make disciples so that Jesus' presence will be known by everyone.

Dear Jesus, through Your Word You have been present in every aspect of our school year. Thank You especially for Your presence in our weekly worship together. We know You go with us from school to our homes, community and many summer activities. Thank You for making us Your disciples, and keep us faithful for life. Direct us through the Spirit to continue to make disciples in the name of the Father and of the Son and of the Holy Spirit. Amen.

Beginning of the Year Upcoming Events



Monday, Sept. 5: NO SCHOOL

Tuesday, Sept. 6: 4:30 pm Volleyball vs. New Hope @ Home

Wednesday, Sept. 7: 8:45 am Chapel

Thursday, Sept. 8: 5:30 pm Volleyball vs. St. John Berlin @ Home

Friday, Sept. 9: 2:45-3:15 pm Electives

Tuesday, Sept. 13: 4:45 pm Volleyball Trinity Oshkosh @ Home

Wednesday, Sept. 14: 8:45 am Chapel

9:30 am Dental and hearing screenings.

Thursday, Sept. 15: 4:30 pm Volleyball, Valley Home School @ Home

Friday, Sept. 16: 9:00 am Picture Day

Sunday, Sept. 18: 9:00 am Rally Day School Sings Pot Luck dinner after Service

Monday, Sept. 19-Friday, Sept. 29: MAP Testing K5-8

Tuesday, Sept. 20: 4:30 pm Volleyball Trinity, Oshkosh @ Home

Wednesday, Sept. 21: 8:45 am Chapel

Thursday, Sept. 22: 4:30 pm Volleyball Valley Christian Academy Oshkosh @ Home

Friday, Sept. 23: 2:00 pm Walk-a-thon

Monday, Sept. 26: 5:00 pm Parent Informational Meeting with Dinner

Tuesday, Sept. 27: 4:30 pm Volleyball vs. Celebration @ Home

Wednesday, Sept. 28: 8:45 am Chapel followed by See You at the Pole

12:30 pm Fox Field Day 3rd - 4th Grades at FVLHS



September Stewardship Message: The “How” of Our Offerings



The Board of Stewardship has just completed a three-part series of messages, where we talked about the “whys”, “whats”, and “whens” of biblically giving back to our Lord. Today we’d like to speak about the “how” of our offerings.

You all recognize our blue Trinity offering envelope. Many of you use it to give your regular tithe to God’s Work here by either dropping it in the plate on your way into worship, or via the church office or by mail. But, some of you have found other ways of giving easier for your needs.

- Trinity offers the opportunity to give your offerings and tithes online via the *Joyful Response* program. This program is sponsored by the Lutheran Church Extension Fund through Vanco Services, LLC. By enrolling in this program your recurring tithes and offerings will be automatically deducted from your checking or savings account, at whatever amount and interval you choose, and then deposited automatically here at Trinity. You can contact Steve Reinke in the church office for additional details.
- Many people today are paying their bills via *bank draft*. Similarly, you may wish to contact your financial institution to see if they can automatically send a payment on your behalf directly from your bank account to Trinity each week or month.
- If you are a *PayPal* user, you can tithe to Trinity this way. Information on PayPal offerings can be found on Trinity’s website. Note – PayPal offerings do incur a processing fee to Trinity at around a 2% amount.
- If you are at least age 70½, you can have your financial advisor make regular offerings from your *investment accounts* directly to Trinity, eliminating tax issues.

A few questions you may have:

- By giving electronically, can I still control the various funds that I’d like my offerings to go to? The answer is yes, with both Vanco and PayPal!
- Can I plan what frequency I give my tithes electronically? The answer is yes – Vanco can be setup to be weekly, monthly, or semi-monthly. PayPal – you can dictate frequency or send your offering manually on your schedule.
- I like the idea of giving electronically, but still would like to keep my envelopes for other offerings...can this be done? Answer is yes, and we encourage you to do this!
- As **you** have questions, please reach out to Steve Reinke in the Church Office!

Many have found, by giving electronically, first fruits giving is so much easier, in that you determine the timing of your tithe (and you don’t need to remember to bring, and drop in, that envelope each week...). Whatever way we choose to give our offerings back to our Lord, may we always keep in mind the opening words of our Offertory which are taken from Psalm 116: “What shall I render to the Lord for all his benefits to me?”

Thank you for your time and have a blessed week!

To Members of Trinity Lutheran Church and School

August 30, 2022

As many of you know the carpet in the Sanctuary and the roof over the Sanctuary is going to be replaced. The carpet project will take place the last week in October and the roof project to begin early November and completed in the mid to end of November. In addition, due to the very poor condition of the rubber, roofs over the gym and the old school section need to be replaced. Those roofs will also be replaced and take place in the spring of 2023.

Your cooperation and patience to adapt to some of the logistics of parking and construction equipment that will be present during these projects will be greatly appreciated.

We have been blessed with the foresight of several members to make arrangements to fund these projects, along with the contributions donated over the past several years by many congregational members. With that said, I had requested to raise an additional \$20,000 to be donated to these above projects to challenge the congregation to share in the cost which, in the end, will greatly help with the bottom line of Trinity's budget at the end of the fiscal year. We have not yet achieved that goal, but I am confident that the Lord will "Give us this Day, our daily Bread".

Thank you,

Blaine R. Henkel – President of Trinity Lutheran Church and School.

Seder Planning Meeting

Tentative date September 27th at 6:30 pm, in the Library Conference Room off the Narthex.

Contact Elaine Weinig at:

Phone: (920) 470-9090 or

Email: lweinig@outlook.com

Church Office at (920) 722-2662

All are welcome!



*
* Dear Trinity Lutheran,
* It has been great seeing many of
* you at church this summer. Thank
* you so much for your support and
* partnership as I served in Taiwan,
* Hungary, and Ukraine. Your finan-
* cial partnership and prayers have
* been so appreciated. And thank
* you for being excited with me as I
* transition into this next chapter of
* life in England.
*
* Peace,
* Amanda
*

Ladies Aid-September 20 • 5:30 pm

Our Ladies Aid/LWML will be holding their 2022-2023 organizational meeting. This will be on September 20 at 5:30 p.m. We plan to have an hors d'oeuvre buffet so bring your favorite, or a light dessert to share.

The main goal is to plan for the coming year. Above all, we want to serve Him, along with caring for each other, our Trinity Congregation and our neighbors. Come and be part of this important meeting; guests and new members are always welcome. **NOTE TIME OF 5:30 p.m.!**

Dottie Kraus
Ladies Aid/LWML



Trinity's Bazaar

300 Broad St., Menasha

Oct 1st, 9 am – 3 pm

LOOK!!!

Fun & Exciting Time for All!!

Sweet Treats

Ladies Aid Bakery
&
Cinnamon Rolls

Eat & Socialize

Praise Him Café
Menu!!

Award Winning
Pulled Pork!

Hot Dogs

Chicken & Beef
Chili

Shopping

Variety of:
Craft Booths
Mary Kay
Color Street Nails

Visit: Antique, Vintage
Collectable Items!!

Make Your Own

Beaded Bracelets & Ornaments
Glass infused: Crosses
Pumpkins, Ornaments

Dollar Store
Everything is \$1.00

**Student
Fundraiser**

Peanuts
In - A - Bag
Texas Roadhouse
Coupon

Save the date for...

Trinity's Bazaar

Saturday, October 1st
9:00 AM to 3:00 PM

This will be a great shopping experience with unusual and distinctive items and crafts from local vendors. Things like:

- Make your own beaded bracelet or ornament. From Glass Fusion, we will have crosses, pumpkins, and ornaments and other products!
- Our Antique/Vintage and Collectibles booth!
- The Dollar Store and a fundraiser by Trinity Lutheran School students.
- Trinity Ladies Aid will have their awesome homemade sweets.
- Our Praise Him Café is a must if you're looking for a good cup of coffee and a cinnamon roll. Stay and have lunch at the Café – they are sure to please!

Vintage/Antique Items

Wanted for Trinity Bazaar
Vintage/Antique items.
Donate items for the Antique
Booth by September 17,
2022.

Contact:

Betty: 920-734-5067

Jackie: 920-279-9234 or

Shirley: 920-707-0636

Dollar Store

To make this a success, we need donated items that are new or like new condition. Suggestions of items shopper look for:

Small holiday items:

- Crafts or craft supplies
- Knick-knacks
- Children's games
- "Freebie" items that were offered with a purchase

Donated items can be placed in the tote located in the back of the Narthex by September 25. No books or stuffed animals. Please remember that these items will be sold for one dollar so no large items please. Be respectful of COVID guidelines. Thank you in advance for your donations and we hope to see you on October 1st at the BAZAAR!

Any questions contact Carol Evensen
even8891@sbcglobal.net



KRAUT MAKING PARTY

Date to be determined

856 State St., Menasha

A lunch will be available

If you want to see how sauerkraut is made, whether you eat it or not, come to the Weinig's (watch for more info on the Spinner in September).

(Order form for Kraut is on the next page.)

SAUERKRAUT TIME!!

Order your Kraut by Sept. 15th

Ice cream pail - \$7

5 Gal. pail - \$20

Sign up below or call Elaine with your
order at (920) 470-9090.

NAME:

AMOUNT:

PHONE #:

From Your Parish Nurse...



4 Remedies for Sciatic Pain

Do you ever experience low back pain that sometimes radiates through your hips and legs?

While it can be grueling, there are a few ways you can manage the pain naturally and overcome it. As someone who wants the best for your health, give these tips a try and let us know how they work for you!



1. **STRETCH GENTLY.** While laying on your back, put one hand behind your knee and pull it toward your chest. Hold for 10 seconds and repeat.
2. **CHANGE YOUR POSITION.** Sciatica can flare when you've been sitting in the same position for too long.
3. **STAY MOVING.** Go for walks to keep your body and spine mobile. This promotes circulation, which is necessary for healing.
4. **SCHEDULE A VISIT WITH US.** We see patients every day who are dealing with sciatica. Let us develop a custom care plan for you so that your pain is a thing of the past.