

Welcome to Peace!

We are glad that you are here as we gather around the Word and Sacraments of our Lord Jesus Christ! If you have not already done so, we ask that you sign the Guest Book at the entrance to the church. Contact information can be written in the Fellowship Book located in the aisle side of each pew. If you do not have a church home and are interested in becoming a member here at Peace, please contact an Elder.

The Lord's Supper is a Gift . . . and as with all our Lord's gifts, we desire to give and receive them as He intends. The Lord's Supper is for our benefit, but it can be received unworthily. *"Therefore whoever eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of sinning against the body and blood of the Lord"* (1 Corinthians 11:27). Therefore, in faithfulness to our Lord, and in love for you, Peace follows the practice of closed communion. If you are a fellow LCMS member, please let an Elder know beforehand!

All Guests should visit with any of our Elders before coming to the Altar to receive the Lord's Supper. If you do not have opportunity to visit with an Elder prior to the service check with our Head Elder, Roger Buck, during the week, see bottom of page for contact information.

The Divine Service utilizes beautiful Liturgies and Hymns that the Christian Church has passed down for generations, all the while retelling the story of salvation and enacting the work of Christ among us. This bulletin contains an outline to assist you in locating the various parts of the service within our Hymnal. The inserts have the Scriptures & Propers for the Day, as well as Notes about this particular Sunday or Festival of the church year. May God strengthen you today with His Word and Sacrament!

Prayers of the Church

Mourning + Family of Lee Daley **Expecting** + Kayla Reutzel **Hospice, Surgery, or Hospitalization** + Patt Lentfer + Peggy Saddler + Hudson Quandt (Infant) + Rodney Rose + Deb Johnson + Al Kress + Cathy Richards **Health Issues** + LaVona Henkel + Carol Krause + Tammy Alber + Lindsay Brettman + Margret Herbert + Jean Thom + Randy Russell **Cancer** + Maria Gomez + Merna Urwin + Kent Cohagan + Angel Adz + Kathy Sneed + Barbara Classan + Andy Jacques + Ed Elshof + Marilyn Houston **Military** + Gary Thompson + Ross Peters

In His Service

Presiding Minister: Rev. John Schmidt
 Organist: Dr. Phil Hesterman Cantor: Mr. David Witt A/V: Tim Yurk
 Altar Guild: January: Mary Wolzen, Bertha Alvidrez Feb. Ethel S., Ruth A.
 Ushers: 8:00am Craig W., Ron F. 10:30am Glen K., Walt I.,
 Elders: 01/27 Ernesto A. 402-705-3472 02/03 Kevin H. 402-984-2182
 Bus Drivers: 01/27 Mike N. 402-469-4838 02/03 Wes C. 402-984-4650

For emergencies during the Vacancy please contact Head Elder, Roger Buck at 308-390-3484 or email at personemlz@charter.net.

Gifts of Time and Treasure

<u>Last Week's Attendance</u>	127
<u>Last Week's Offering</u>	\$ 2,592.00
<u>Weekly Need</u>	\$ 2,250.28

OTD II Capital Campaign Remaining Loan Balance as of 12/31/18 \$ 115,580

For more Financial Information see monthly newsletter

A complete accounting of all financials are provided at each Quarterly Voters' Meeting.

Questions? Contact our Bookkeeper, Mrs. Jan Hinze jan@balancedbooksllc.com

The Lord's Week

Sunday, January 27th	8:00am	Divine Service-Install Leaders
	9:30am	Sunday School & Bible Class
	10:30am	Divine Service-Install Leaders
Monday, January 28th	7:00pm	L.W.M.L. Quarterly Meeting
Tuesday, January 29th	9:30am	Bible Study
Wednesday, January 30th	5:30pm	Meal
	6:00pm	Classes, Choir
	7:00pm	Worship
	7:30pm	Youth
Sunday, February 3rd	9:00am	Divine Service
	10:30am	Sunday School & Bible Class

Church Office hours are 9:00am to 12:00 noon and 1:00pm to 4:00pm, Monday through Friday. The office may be closed on occasion due to holidays and errands. Our Secretary is Mrs. Jeri Dush, Church Office 402-462-9023 or peacelutheranhastings@gmail.com

Jesus Came for Gentiles, Too

The Gospel of Christ is the power of God to salvation for everyone who believes, for the Jew first and also for the Gentile (Rom. 1:8-17). Even in the Old Testament, the Gentiles were beneficiaries of God's saving power. Though unimpressed at first with the Word of God, a Syrian commander is persuaded to receive that Word, and in the water he is cleansed and brought to faith in the God of Israel (2 Kings 5:1-15a). Evil is overcome by good (Rom 12:16-21). So also in the New Testament, a Roman centurion demonstrates great and humble faith in the Lord (Matt. 8:1-13). All he needs is the Word of Christ, for he trusts that Jesus' Word of healing has authority to accomplish what it says. And indeed it does. The centurion's faith is praised by our Lord above that of any Israelite. For the last shall be first, and the first last. Apart from faith in Christ, there is no salvation—not even for a Jew—but only weeping and gnashing of teeth.



Prelude & Ringing of Bells
 Processional Hymn #596
Confession & Absolution p.184
Service of the Word
 Introit *insert*
 Gloria Patri p.186
 Kyrie
 Gloria in Excelsis
 Salutation & Collect
 Old Testament Reading
 Gradual
 Epistle Reading
 Alleluia & Verse
 Gospel Processional
 Apostles' Creed
 Hymn of the Day #401
 Sermon Matthew 8:1-13
"A Salutary Epiphany"
 Offertory & Offering p.192
 Prayer of the Church
Service of the Sacrament
 Preface & Proper Preface p.194
 Sanctus & Lord's Prayer
 The Words of our Lord
 Pax Domini & Agnus Dei
 Distribution #625 #732 #849
 Dismissal & Nunc Dimittis
 Thanksgiving & Collect
 Salutation & Benedicamus
 Benediction
 Recessional Hymn #528
 Postlude

News and Notes of Interest

Please use our new Narthex to enter and exit the Sanctuary! Sunday, January 27th, after the early Service, join us from 9:15am-9:30am for Coffee & Goodies in the new Fellowship Hall and (last Sunday) for 10:30am Divine Service.

Divine Service Schedule Change: Starting Sunday, February 3, 2019 Divine Service will begin at 9:00 A.M. followed by coffee and dessert time at 10:15 A.M. Sunday School and Bible Study will follow beginning at 10:30 A.M. Elders

BIRTHDAYS THIS WEEK: 1/27 Tim Yurk, Kay Davis
1/29 Kevin Hart 1/30 Gwen Shuler 2/02 Lucille Fitzke

BAPTISMAL ANNIVERSARIES: 1/27 Becky Hesterman
1/31 Aaron Nissen, Jaxton Nissen, Samantha Nissen, and Victoria Nissen

WEDDING ANNIVERSARIES: 1/28 Ray & Mary Fredricks
2/02 Alvin & Doris Reichert

HIGHER THINGS DEVOTIONS & PORTALS OF PRAYER available in the Narthex January 6-February 9, 2018. Please check in this weeks bulletin for Bulletin Study Notes for the Christian Layperson.

SPARE CHANGE • CHANGE HEARTS

Wellspring Pregnancy + Health Center offers pro-life Christ centered pregnancy, parenting and sexual health resources to our community. They are currently raising money to continue their life-saving work. Baby bottles/Envelopes are in the Narthex. Return them to the Church Office by Feb. 10th. Your donations stay here locally to help Wellspring offer pro-life support to the young people in the Hastings area. Joan Primrose

6:00pm Men's Steak Night - Monday, February 4 Sign-up Sheet in the Narthex-cooks appreciate all who register early. Thanks!

CARD SHOWER & OPEN HOUSE: Saturday, February 16, 2019, 1:00-4:00pm for NADEEN'S "80th" BIRTHDAY. More Details & to R.S.V.P. see Narthex table. Nadeen's Family

FIRE! FIRE! FIRE! The 14th annual FIRE banquet returns on March 2, at the Adams Co. Fairgrounds in Hastings. Doors open at 5 pm; banquet at 6:30 pm with live and silent auctions to follow. Tickets are \$60/person or \$800 for a reserved table of ten. Zion Lutheran (462-5012), Christ Lutheran (744-4991).

Joyful Response-Electronic Offering Program for more information please check-out forms on Narthex Table. Jan Hinze

LIFEQUOTE "The most fundamental fact of modern biology is that your body is in a continual state of change and development from cradle to grave. Yet, through all the changes, your identity remains the same." *Rev. Jonathan Lange, district life coordinator for the Wyoming District LCMS - A Life Quote from Lutherans For Life • www.lutheransforlife.org*

EQUIPPING THE PRIESTHOOD OF ALL BELIEVERS...

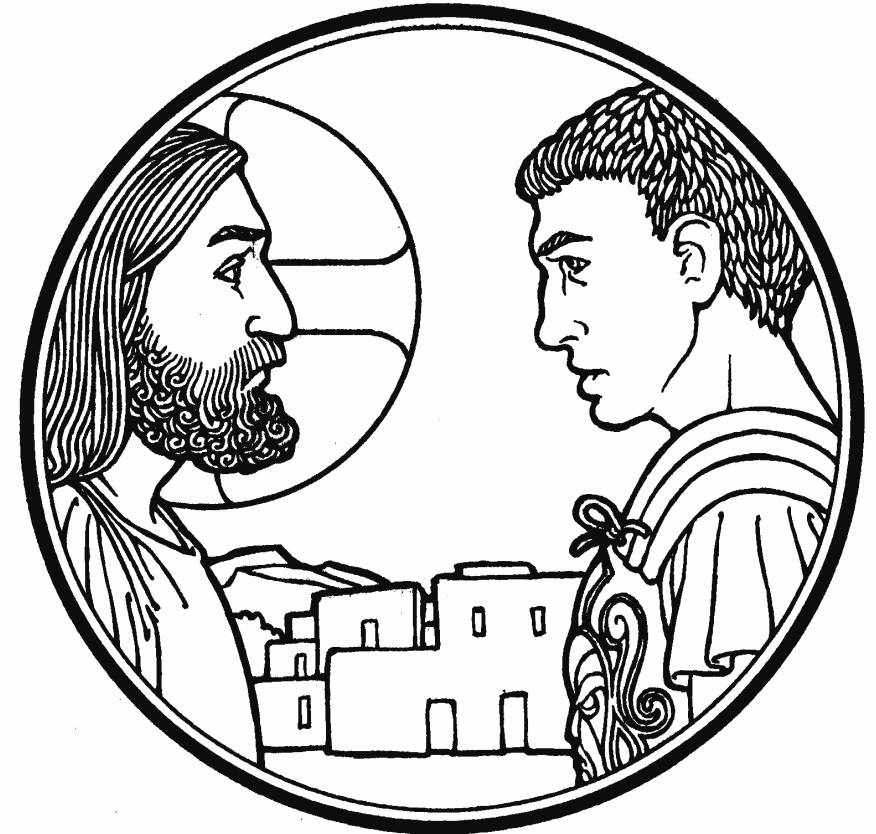
Issues, Etc. is a radio talk show and podcast produced by Lutheran Public Radio in Collinsville, IL and hosted by LCMS Pastor Todd Wilken. This week's subjects include: Does God Change His Mind?, The Idea & Practice of a Christian University, The Presentation of Our Lord, Media Coverage of Religion, Daily Bread and more. You can listen live or at your convenience at www.issuesetc.org and on the LPR mobile app.

LCMS (Third Sunday after the Epiphany)

Matt. 8:8 - "But the centurion replied, 'Lord, I am not worthy to have you come under my roof, but only say the word, and my servant will be healed.'" The Word of the Lord is powerful and effective. What God says, goes. "Let there be light." And there was light. His Word is still effective and creative for us: "This is my Body given for you." "Your sins are forgiven." This is why it is no burden for us to live according to the Word of God: we know that His Word is always bent on our blessing.

Third Sunday after Epiphany

January 27th
8:00am & 10:30am



Peace Evangelical Lutheran Church

The Lutheran Church—Missouri Synod

906 N. California Ave Hastings, NE 68901

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Third Sunday after the Epiphany

27 January 2019 Anno Domini

INTROIT (Ps. 97:1, 10-12; antiphon: Ps. 97:6, 9)



The heavens proclaim his | righteousness,
and all the peoples see his | glory.*

**For you, O LORD, are most high over | all the earth;*
you are exalted far a- | bove all gods.**

The LORD reigns, let the | earth rejoice;
let the many coast- | lands be glad!*

O you who love the LORD, hate | evil!*

**He preserves the lives of his saints; he delivers them
from the hand of the | wicked.**

Light is sown for the | righteous,
and joy for the up- | right in heart.*

**Rejoice in the LORD, O you | righteous,*
and give thanks to his | holy name!**

**Glory be to the Father and | to the Son*
and to the Holy | Spirit;**

**as it was in the be- | ginning,*
is now, and will be forever. | Amen.**

The heavens proclaim his | righteousness,
and all the peoples see his | glory.*

**For you, O LORD, are most high over | all the earth;*
you are exalted far a- | bove all gods.**

COLLECT OF THE DAY

*Almighty and everlasting God, mercifully look upon our infirmities
and stretch forth the hand of Your majesty to heal and defend us;
through Jesus Christ, Your Son, our Lord, who lives and reigns
with You and the Holy Spirit, one God, now and forever.*

GRADUAL (Ps. 102:15-16)

Nations will fear the name | of the LORD,*

and all the kings of the earth will fear your | glory.

**For the LORD builds up | Zion;*
he appears in his | glory.**

Old Testament: 2 Kings 5:1–15a

¹Naaman, commander of the army of the king of Syria, was a great man with his master and in high favor, because by him the LORD had given victory to Syria. He was a mighty man of valor, but he was a leper. ²Now the Syrians on one of their raids had carried off a little girl from the land of Israel, and she worked in the service of Naaman's wife. ³She said to her mistress, "Would that my lord were with the prophet who is in Samaria! He would cure him of his leprosy." ⁴So Naaman went in and told his lord, "Thus and so spoke the girl from the land of Israel." ⁵And the king of Syria said, "Go now, and I will send a letter to the king of Israel." So he went, taking with him ten talents of silver, six thousand shekels of gold, and ten changes of clothes. ⁶And he brought the letter to the king of Israel, which read, "When this letter reaches you, know that I have sent to you Naaman my servant, that you may cure him of his leprosy." ⁷And when the king of Israel read the letter, he tore his clothes and said, "Am I God, to kill and to make alive, that this man sends word to me to cure a man of his leprosy? Only consider, and see how he is seeking a quarrel with me." ⁸But when Elisha the man of God heard that the king of Israel had torn his clothes, he sent to the king, saying, "Why have you torn your clothes? Let him come now to me, that he may know that there is a prophet in Israel." ⁹So Naaman came with his horses and chariots and stood at the door of Elisha's house. ¹⁰And Elisha sent a messenger to him, saying, "Go and wash in the Jordan seven times, and your flesh shall be restored, and you shall be clean." ¹¹But Naaman was angry and went away, saying, "Behold, I thought that he would surely come out to me and stand and call upon the name of the LORD his God, and wave his hand over the place and cure the leper. ¹²Are not Abana and Parpar, the rivers of Damascus, better than all the waters of Israel? Could I not wash in them and be clean?" So he turned and went away in a rage. ¹³But his servants came near and said to him, "My father, it is a great word the prophet has spoken to you; will you not do it? Has he actually said to you, 'Wash, and be clean?'" ¹⁴So he went down and dipped himself seven times in the Jordan, according to the word of the man of God, and his flesh was restored like the flesh of a little child, and he was clean. ¹⁵Then he returned to the man of God, he and all his company, and he came and stood before him.

Epistle: Romans 12:16–21

¹⁶Live in harmony with one another. Do not be haughty, but associate with the lowly. Never be conceited. ¹⁷Repay no one evil for evil, but give thought to do what is honorable in the sight of all. ¹⁸If possible, so far as it depends on you, live peaceably with all. ¹⁹Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, "Vengeance is mine, I will repay, says the Lord." ²⁰To the contrary, "if your enemy is hungry, feed him; if he is thirsty, give him something to drink; for by so doing you will heap burning coals on his head." ²¹Do not be overcome by evil, but overcome evil with good.

Holy Gospel: Matthew 8:1–13

¹When [Jesus] came down from the mountain, great crowds followed him. ²And behold, a leper came to him and knelt before him, saying, "Lord, if you will, you can make me clean." ³And Jesus stretched out his hand and touched him, saying, "I will; be clean." And immediately his leprosy was cleansed. ⁴And Jesus said to him, "See that you say nothing to anyone, but go, show yourself to the priest and offer the gift that Moses commanded, for a proof to them." ⁵When he entered Capernaum, a centurion came forward to him, appealing to him, ⁶"Lord, my servant is lying paralyzed at home, suffering terribly." ⁷And he said to him, "I will come and heal him." ⁸But the centurion replied, "Lord, I am not worthy to have you come under my roof, but only say the word, and my servant will be healed. ⁹For I too am a man under authority, with soldiers under me. And I say to one, 'Go,' and he goes, and to another, 'Come,' and he comes, and to my servant, 'Do this,' and he does it." ¹⁰When Jesus heard this, he marveled and said to those who followed him, "Truly, I tell you, with no one in Israel have I found such faith. ¹¹I tell you, many will come from east and west and recline at table with Abraham, Isaac, and Jacob in the kingdom of heaven, ¹²while the sons of the kingdom will be thrown into the outer darkness. In that place there will be weeping and gnashing of teeth." ¹³And to the centurion Jesus said, "Go; let it be done for you as you have believed." And the servant was healed at that very moment.

⁹ For I too am a man under authority, with soldiers under me. And I say to one, 'Go,' and he goes, and to another, 'Come,' and he comes, and to my servant, 'Do this,' and he does it."

- The centurion is not boasting but giving honor to Jesus. He is, in effect, saying: if I, a mere man have a powerful word, how much more powerful is Your Word—the Word of the true God.

¹⁰ When Jesus heard this, he marveled and said to those who followed him, "Truly, I tell you, with no one in Israel have I found such faith.

- Joy and sorrow are mixed together in Jesus' statement.

¹¹ I tell you, many will come from east and west and recline at table with Abraham, Isaac, and Jacob in the kingdom of heaven,

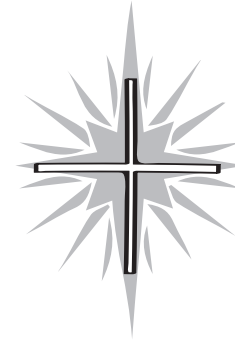
- Jesus' words are a prophecy of the conversion of the Gentiles. This centurion is one of the first fruits of the Gentile world. A theme of the Epiphany season is world missions.

¹² while the sons of the kingdom will be thrown into the outer darkness. In that place there will be weeping and gnashing of teeth."

- Here is Jesus' sorrow and warning against unbelief, carnal security, and ingratitude.
- Here in this warning, is the opposite of what we saw with the leper. He was healed so he could have communion with God. But when people reject Jesus, the only thing awaiting them is hell, which is being cast from the presence of and communion with God.
- The spiritual and emotional pain and anger in the torment of hell.

¹³ And to the centurion Jesus said, "Go; let it be done for you as you have believed." And the servant was healed at that very moment.

- Here is the reward of faith. Clinging to Jesus, faith receives His help, comfort, mercy and every good. It wants and hopes for nothing other than what the word promises.



THE THIRD SUNDAY AFTER EPIPHANY

Study Notes for the Christian Layperson

by: Rev. Gerhard Grabenhofer

Collect of the Day:

Almighty and everlasting God, mercifully look upon our infirmities, and stretch forth the hand of Your majesty to help and defend us; through Jesus Christ, Your Son, our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever. Amen.

Introit:

Psalm 97:1, 10-12 (antiphon: Psalm 97:6, 9) — *The LORD reigns*

Psalm:

110:1-4 (antiphon: v. 2a) — *The Messiah reigns*

Old Testament Reading:

2 Kings 5:1-15a — *Naaman cleansed of leprosy*

Gradual:

Psalm 102:15-16 — *The Gentiles, too, will fear the Lord and be brought into His Church!*

Epistle:

Romans 1.8-17 — *Not ashamed of the Gospel which saves all who believe*

Verse:

Psalm 97:1 — *Alleluia. The Lord reigns, let the earth rejoice; let the many coastlands be glad! Alleluia.*

Matthew 8:1-13 ESV

Author and Date:

The Holy Spirit caused St. Matthew Levi the Apostle and Evangelist to write this gospel around AD 50. This account takes after our Lord's Sermon on the Mount when "the crowds were astonished at His teaching, for He was teaching them as one who had authority, and not as their scribes." (Matthew 7:28-29) "And he went throughout all Galilee, teaching in their synagogues and proclaiming the gospel of the kingdom and healing every disease and every affliction among the people." (Matthew 4:23)

¹ **When [Jesus] came down from the mountain, great crowds followed him.**

- After the Sermon on the Mount, where He had taught with authority and astonished the crowds [7:28-29], Jesus would now confirm the word He spoke with mighty works. By coming down, He not only showed Himself as the great Teacher of Israel but also her Helper who could and would help in all troubles. Jesus does not live in an ivory tower but in the realities of life in this sin contaminated world. He is not aloof from the sufferings caused by sin. They touch Him, but He touches them. This is a reflection of the Incarnation.

² **And behold, a leper came to him and knelt before him, saying, "Lord, if you will, you can make me clean."**

- St. Luke (5:12) describes the man as in an advanced state of leprosy. How horribly God's creation was now deformed. Here is a physical manifestation of the inner spiritual condition of all people as they come into the world. Because a leper was separated from the community, he was also separated from the temple and synagogue, where God's Word would be proclaimed. Although breaking the law by approaching Jesus, faith moved him to approach Jesus. Perhaps he had heard from others about Jesus, or maybe at a distance he had heard Jesus preach.
- Because this is a temporal blessing, faith moves him to pray "if". In the humility of faith he leaves the decision to Jesus. He doubts neither Jesus' mercy nor His ability but leaves the whole matter in His hands

³ **And Jesus stretched out his hand and touched him, saying, "I will; be clean." And immediately his leprosy was cleansed.**

- Note the connection to the Collect: "stretch forth the right hand of Your majesty to help and defend us." By touching him, Jesus' mercy and compassion triumph over the law.
- Jesus heals him by His own authority.

- Jesus was not defiled by touching the leper but the leper was made pure. Again there is a reflection of the incarnation: Jesus became man, touched our sinful nature, yet He Himself remained free from the stain/touch of sin.

- We also see a reflection of the Holy Supper where Jesus stretches forth His hand to us giving us His body and blood and our sin/leprosy is cleansed.

⁴ **And Jesus said to him, "See that you say nothing to anyone, but go, show yourself to the priest and offer the gift that Moses commanded, for a proof to them."**

- We never leave Jesus' presence without Him achieving His purpose. By forbidding the cleansed leper from saying anything, Jesus was not only trying to prevent false worldly Messianic notions from spreading, but He wanted the man to ponder and reflect on what He had done. We, too, do well to ponder the blessings of God we have experienced.
- By following the Law of Moses in Leviticus 14, the miracle is proved as having happened. The man would again be received into fellowship with the community and temple.

⁵ **When he had entered Capernaum, a centurion came forward to him, appealing to him,**

- The leper was an Israelite; the centurion a Gentile but one who knew God. St. Matthew is, beginning with the Wise Men, very keen on showing Gentile believers.

⁶ **"Lord, my servant is lying paralyzed at home, suffering terribly."**

- Notice that this is not a request but a statement of need, relying on Jesus' mercy that He would do the right thing.

⁷ **And he said to him, "I will come and heal him." ⁸ But the centurion replied, "Lord, I am not worthy to have you come under my roof, but only say the word, and my servant will be healed.**

- By his response, the centurion doesn't look to his own unworthiness but to Jesus' mercy. Faith becomes strong in humility, recognizing we are not worthy of God's grace but still hopes for it, relying on God's Word and promise of grace. Faith recognizes that God's grace is for the unworthy and undeserving. Through His Word—as in the Gospel and absolution—Jesus shows His divine strength and power.



Me.

Still Me.

Me.

Still Me.

Me.

Still Me.

Me.

Still Me.

A baby, is a baby, is a baby.

When a human life first begins, it is tiny and helpless. But even at this early stage, the small fertilized egg needs shelter and food, just like any other person. The mother is able to provide this safe place in the womb, and the baby starts to grow.

At first, the *fetus* (Latin, meaning "the young while in the womb") does not look much like what we would think a "baby" should look like, but all the information from their eye and hair color, to their unique facial structure, is complete. It only takes a few weeks for their unique genes to show through. Even before the mom's belly begins to grow, the baby has tiny fingers and toes.² And before the first trimester is over, the little baby is hiccupping, frowning, squinting, furrowing the brow, pursing the lips, touching the face, breathing (without air), stretching, opening the mouth, yawning, and sucking.³

While babies go through many changes in the womb, they are still the same person before and after they are born. They have the same heart, the same genetics, and the same growing mind. They even have the same facial expressions they learned to make while in the womb!⁴ The born baby will still rely on his/her mother for protection and sustenance and they will still grow and change just like he/she did in the womb. While many people believe there is a significant difference, the unborn child and the born child are only separated by where they are.

Every child is unique and beautiful in God's eyes, whether they are born or unborn. Their value and worth is immeasurable, but their vulnerability is also great. You can help take a stand to defend these unborn people by supporting your local pro-life groups, reaching out to those in crisis pregnancies, and praying for the unborn and their mothers.

1. Harper, D. (2010). Online Etymology Dictionary. Etymonline.com. Retrieved August 18, 2013, from <http://www.etymonline.com/index.php?term=fetus>. 2. 41 days after conception. O'Pahilly, R. and Muller, E., p. 429. Carlson, 3, p. 267-271. 3. Carlson, 3, p. 483, 484. Tsaras, A. and Werth, B., p. 199, 200. 4. Valman, H. and Pearson, J., "What the foetus feels," British Medical Journal, January 26, 1963.

Did you know?

An unborn baby's heart starts beating just 21 days after conception¹ and will beat 52 million times in the womb.² That heart will then beat, on average, 3.1 billion times in their lifetime.³

When an unborn baby is just 10 weeks old, their fingerprints start to develop. These unique shapes will stay with them for life.⁴

At 11 weeks old, an unborn baby starts practicing breathing by moving the amniotic fluid in and out of their lungs.⁵ The baby will need the practice as the average human breathes 630 million times in a lifetime!⁶

After about 13 weeks in the womb, a baby can smile and may even make expressions like their parents.⁷ While there is no way of knowing how many times a person may smile in their lifetime, hopefully it is in the millions for this little person!

1. Estimates vary for when the heart begins to beat: 21-22 days, Moore, K. and Persaud, T., p. 27; at least by 23 days from transvaginal ultrasound results. O'Rahilly, R. and Muller, F., p. 183; 21-22 days, Carlson, B., p. 117; 18 days, Hamner, J. and Taylor, G. and the editors of Time-Life Books, Growth: New York: Life Science Library, 1965, p. 64 (a 40 year old source). 2. 259 days w/ avg. of 140 beats/min. Dillman, J., Conway, J., & Johnson, V. Embryonic Heart Rate and Age. Ultran Med Surgography, 1980, 6:151-157. 3. Assuming an average lifespan of 75 years and an average heart beat of 80 beats/min. 4. Dillman, J. and Persaud, T., p. 314, 319. 5. Tsaras, A. and Werth, B., p. 206. 6. Carlson, B., p. 482, 484. 7. Avg. 18 breaths/minute, avg. lifespan of 73. 7. Dillman, J. and Werth, B., p. 217.