



A Christ-focused Word-centered Family

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OCTOBER NEWSLETTER

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Give Jesus Your Worries (and Don't Take Them Back)

By J. D. GREER

In Luke 18 Jesus tells the story of two men that went into the temple to pray. One man was religiously and professionally accomplished, and a sense of self-sufficiency filled his heart as he prayed. Jesus said that God did not even listen to that man.

By contrast, another man, a despised sinner with a messed-up life, was so ashamed to be in the temple that he sat in the back so no one could see him. That man, who humbled himself before God, left with the help he needed.

The only thing you need to access God's help is need. *All you need is need.*

One of the most important parts of effective waiting is to humble ourselves before God (1 Peter 5:6), which means a couple of things. First, it means we simply receive our time of waiting as part of God's goodness in our lives. It means we don't rage against it.

Second, we admit we need God's help. What we naturally want to do is tell ourselves we can get through it and fix it on our own. We say, "It's not really an addiction.—It's not a crisis.—I don't need help. But that's our pride talking.

Peter's instruction is not just a command to "be humble!" It is an invitation to stop pretending we can do it on our own and admit we need God's help. All you need is need. Without it, you'll never get God's help.

Don't Just Pray About It

When Peter says to "cast all your anxiety on him" (1 Peter 5:7 NIV), he is using a word that in Greek literally means to "hurl." A lot of times we pray about our worries, and then when we're done, we pick them right back up. But Peter's not just telling us to pray about it. He is saying, "Hurl your worries onto Jesus. Make him responsible for that problem. Set it on his shoulders. He will carry it."

That doesn't mean you don't ever *do* anything about it. There is always a responsibility on our part. But when you hurl your problems onto God, they become his problem. He may get you to do something about it, but the weight of solving your problems is not on you but on God.

"Cast" in Greek is also a participle that modifies the verb "humble yourselves." In other words, casting is a form of humility. The opposite of casting is keeping, and that keeping manifests in worry. Worry, in this way, is a form of pride, assuming the mantle of control instead of entrusting our problems to God.

I've struggled with this. I would often pray about a problem but then, when I was done praying, I would pick the weight of it right back up and start carrying it again—as if I thought I had the strength to bear it on my own. So I've started to do a small thing to help me with this. After I pray about a problem, I often say to God, "I trust you with this." It's my way of reminding myself that the burden now lies with God. I don't know *how* he'll respond, but in saying, "I trust you," I know *that* he'll respond.

What a friend we have in Jesus! We can carry all our griefs to him in prayer—and humbly leave them there.



Youth group has been going well the past month, the students started school and confirmation in the past few weeks. We have a 5th quarter coming up on October 6th, after the football game. The dates for UpClose at the Bible College in Plymouth, MN, are Oct. 19-20. Please let one of the Youth Team Members know

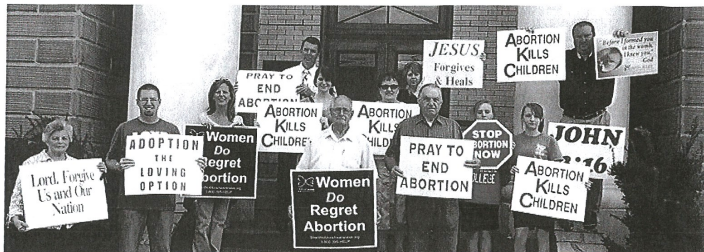


United Lutheran's Trunk Or Treat

October 29th, 2023

4:00 p.m.-6:00 p.m.

Contact Amy Kort @402-841-9190 if you would like to help or have any questions.



Protect the Unborn
Take a stand for Life

LIFE CHAIN SUNDAY

October 1st, 2023

2:00 - 3:00 p.m.

13th & Norfolk Ave.

Signs will be provided at each corner

Join thousands of Pro-lifers across the nation in a Peaceful, Prayerful, Public Witness against abortion. Participants will spread out, lining both sides of the street. When we gather together and come before God, we believe that abortion will end.

Hosted by Norfolk Area Right to Life
Questions? Contact us at norfolkarearighttolife@gmail.com



CONFIRMATION
is held each Wednesday
evening at 5:30 p.m.

ULC YOUTH GROUP
meets weekly on
Wednesday evenings
at 6:30 p.m.

October 6th - 5th Quarter after
LCC Home Football game.

October 15th - Sunday Nights Alive!
3:00 p.m.-7:00 p.m.



October 5th
**NATIONAL BRING
YOUR BIBLE TO
SCHOOL DAY**

Know Your Church Report

As we seek to lead our church well, the deacons and Pastor Matt thought it would be valuable to use the "Know Your Church Report." This report will give feedback regarding the health of our congregation in various areas. Would you please take 15 minutes to take the survey for this report? You can access the survey here <https://churchhealthreport.com/survey/?s=XBKMZAA> or by using this QR code:



ULC Ladies Fall Fundraiser

The Fall Fundraiser Box will be set up in the front entry area for the month of October. Your donations go to many charities – both local and abroad. Last year donations were made to: Reaching the Unreached, Orphan Grain Train, National WMF, Norfolk Rescue Mission, Gospel Mission, Camp Assurance, STEMM, and Her Health. All proclaim the Love of Christ by being His hands and feet to care for the needs of others, spiritually as well as physically.



United Lutheran Calendar



SUNDAY, October 1

9:00 a.m. Worship with Communion
Fellowship Coffee follows Worship
10:15 a.m. Sunday School
2:00-3:00 p.m. Annual Life Chain in Wayne, NE
6:00 p.m. Small Group Bible Study

TUESDAY, October 3

7:00 p.m. Deacon Meeting

WEDNESDAY, October 4

9:30 a.m. Women's Bible Study
5:30 p.m. Confirmation
6:30 p.m. Supper & Youth Group

THURSDAY, October 5

Bring your BIBLE to School Day!

9:00 a.m. Sarah Cirele meets at Church
6:00 p.m. Young Adult Bible Study
6:30 p.m. Ruth Cirele meets at Church

FRIDAY, October 6

5th Quarter after Home FB Game

SUNDAY, October 8

9:00 a.m. Worship
Fellowship Coffee follows Worship
10:15 a.m. Sunday School
6:00 p.m. Small Group Bible Study

WEDNESDAY, October 11

9:30 a.m. Women's Bible Study
5:30 p.m. Confirmation
6:30 p.m. Supper & Youth Group

THURSDAY, October 12

6:00 p.m. Young Adult Bible Study
7:00 p.m. Church Council Meeting

SUNDAY, October 15

9:00 a.m. Worship
Fellowship Coffee follows Worship
Blood Pressure Checks!
10:15 a.m. Sunday School
3:00 p.m. - 7:00 p.m. Sunday Nights Alive!
6:00 p.m. Small Group Bible Study

TUESDAY, October 17

6:00 p.m. Youth Ministry Team Meeting
7:00 p.m. Parish Education Meeting

WEDNESDAY, October 18

9:30 a.m. Women's Bible Study
5:30 p.m. Confirmation
6:30 p.m. Supper & Youth Group

THURSDAY, October 19

6:00 p.m. Young Adult Bible Study
Youth UpClose

FRIDAY, October 20

Youth UpClose

SUNDAY, October 22

9:00 a.m. Worship
Fellowship Coffee follows Worship
10:15 a.m. Sunday School
6:00 p.m. Small Group Bible Study

MONDAY, October 23

NEWSLETTER DEADLINE!!!

WEDNESDAY, October 25

9:30 a.m. Women's Bible Study
5:30 p.m. Confirmation
6:30 p.m. Supper & Youth Group
7:00 p.m. Small Group Bible Study

THURSDAY, October 26

6:00 p.m. Young Adult Bible Study

SUNDAY, October 29

9:00 a.m. Worship
Fellowship Coffee follows Worship
10:15 a.m. Sunday School
4:00 p.m. - 6:00 p.m. Trunk or Treat
6:00 p.m. Small Group Bible Study



WEDNESDAY, November 1

9:30 a.m. Women's Bible Study
5:30 p.m. Confirmation
6:30 p.m. Supper & Youth Group

THURSDAY, November 2

9:00 a.m. Sarah Cirele Meeting
6:00 p.m. Young Adult Bible Study
6:30 p.m. Ruth Cirele Meeting

*Serve the Lord
With Gladness*

Please find a substitute & notify the church office
if you are unable to be present.

ALTAR GUILD for October:
Arlyls Monson, Marlene Jussel

October 1 (Green) Communion

Seventeenth Sunday after Pentecost

GREETERS - Dustin & Laura Showen & Family
LECTOR - Sherie Lundahl
USHERS - Verneal Gade, Gabe Abts, John Mullen,
Marlin Bose, Craig Karnes
COMMUNION STEWARD - Jon Mullen
MUSICIAN - Sherie Lundahl
ACOLYTE - Aliyah Detlefsen
NURSERY - Stephanie Urwiler
COFFEE - Kody & Stephanie Urwiler, Gary Schmitt &
Marlene Jussel, Sharyl Luedtke

October 8 (Green)

Eighteenth Sunday after Pentecost

GREETERS - Doug and Keila Olson & Family
LECTOR - Mitzi Luedtke
USHERS - Steve, Jacob & Cody Luedtke, Nick Kort,
Drew Detlefsen, Ron Lundahl, Jon Pehrson
MUSICIAN - Glenda Johnson
ACOLYTE - Bryson Urwiler
NURSERY - Mandi Swanson
COFFEE - Doug & Keila Olson, Jacob & Mandi
Swanson, Joe & Mary Ankeny

October 15 (Green)

Nineteenth Sunday after Pentecost

GREETERS - Don & Erica Diediker
LECTOR - Megan Mullen
USHERS - Mike & Cathie Jacobsen, Kody & Bradyn
Urwiler, Greg & Deb Urwiler, Don & Erica
Diediker
MUSICIAN - Anita Gade
ACOLYTE - Carlee Stanley
NURSERY - Katie Bose
COFFEE - Verneal & Anita Gade, Tom & Pam
Bierbaum, Craig & Arlyls Monson

October 22 (Green)

Twentieth Sunday after Pentecost

GREETERS - Dennis, Lisa & Amy Christensen
LECTOR - Kody Urwiler
USHERS - Lathan Detlefsen, Robert Patefield, Scott &
Evan Urwiler, Tom Biernbaum
MUSICIAN - Sherie Lundahl
ACOLYTE - Payton Swanson
NURSERY - Amy Kort
COFFEE - Jerry & Shelley Groene, Jon & Sara
Pehrson, Scott & Diane Urwiler

October 29 (Green)

Twenty-first Sunday after Pentecost

GREETERS - Steve and Mitzi Luedtke & Family
LECTOR - Amy Kort
USHERS - Verneal Gade, Gabe Abts, Jon Mullen,
Marlin Bose, Craig Karnes
MUSICIAN - Glenda Johnson
ACOLYTE - Jacob Kolar
NURSERY - Kayla Detlefsen & Kalin Olson
COFFEE - Mike & Cathie Jacobsen, Nick & Amy Kort,
Heath & Mckenzie Roeber

ALTAR GUILD for November:
Teresa Granquist, Kayleen Dahl

November 5 (Green)

Communion

Twenty-second Sunday after Pentecost

GREETERS - Tim & Teresa Granquist
LECTOR - Mike Jacobsen
USHERS - Steve, Jacob & Cody Luedtke, Nick Kort,
Ron Lundahl, Drew Detlefsen, Jon Pehrson
COMMUNION STEWARD - Drew Detlefsen
MUSICIAN - Anita Gade
ACOLYTE - Aliyah Detlefsen
NURSERY - Teresa Granquist
COFFEE - Lisa Karnes, Jon & Megan Mullen, Tim &
Teresa Granquist

November 12 (Green)

Twenty-third Sunday after Pentecost

GREETERS - Gary Schmitt & Marlene Jussel
LECTOR - Sara Pehrson
USHERS - Mike & Cathie Jacobsen, Kody & Bradyn
Urwiler, Greg & Deb Urwiler, Don & Erica
Diediker
MUSICIAN - Sherie Lundahl
ACOLYTE - Bryson Urwiler
NURSERY - Stephanie Urwiler
COFFEE - Drew & Kayla Detlefsen, Dustin & Laura
Showen, Diane Peterson



SHOW *inflation* WHO'S BOSS

Dollars not stretching as far as they used to?

We get it—and we want more for you. We want you to have peace with your money and your financial future. Sign up for a class today!



Sign up for this *Financial Peace University* class today!

Class Link: <https://www.fpu.com/C6543B>

Location: United Lutheran Church

Coordinator: Jon Mullen

Contact Info: 402-518-1117

Day/Time: Sundays at 10:15am

Start Date: October 1, 2023



Blood Pressure Checks

October 25, 2023



during
Fellowship
Time

There are things you should know to understand what breast cancer is, know your chances for getting it, and how to find it early. Finding breast cancer early is critical because when it is found early, it is easier to treat. Read to learn more about the common symptoms of breast cancer and the best way many women find breast cancer early.

What is breast cancer?

Breast cancer is the second most common cancer among women, after skin cancer. It is a disease in which cells in the breast grow out of control.

Cancer cells can also spread, or *metastasize*, to other parts of the body.



What symptoms should I look for?

Some warning signs of breast cancer are:

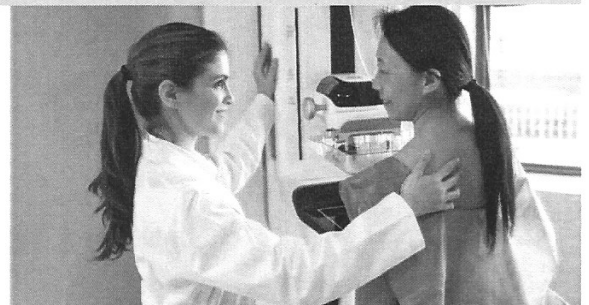
- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or shape of the breast.
- Pain in the breast.

These symptoms can happen with other conditions that are not cancer. If you notice any of these symptoms, talk to your health care provider right away.

What can I do to find breast cancer early?

Breast cancer screening involves checking a woman's breasts for cancer before there are signs or symptoms of the disease.

A *mammogram* is an X-ray picture of the breast. Doctors use a mammogram to look for early signs of breast cancer. The United States Preventive Services Task Force (USPSTF) recommends that most women who are at average risk and are 50 to 74 years old get one every 2 years. USPSTF recommendations state that women with a parent, sibling, or child with breast cancer are at a higher risk for breast cancer and may benefit from beginning screening in their 40s. Weighing the benefits and risks of screening is important when considering your screening options. If you're 40 to 49 years old, talk to your health care provider about when to start screening.



Are you concerned that you cannot afford to have a mammogram?

Most health insurance plans cover the cost of screening mammograms. If you have a low income or do not have insurance, you may qualify for a free or low-cost mammogram through CDC's National Breast and Cervical Cancer Early Detection Program.



National Breast and Cervical Cancer Early Detection Program

To learn more about the program, call (800) CDC-INFO or visit www.cdc.gov/cancer/nbccedp/.

What can I do to lower my chance of getting breast cancer?

One of the most important things you can do to lower your risk of breast cancer is to know your risk of breast cancer. Talk to your doctor about what that means for you.

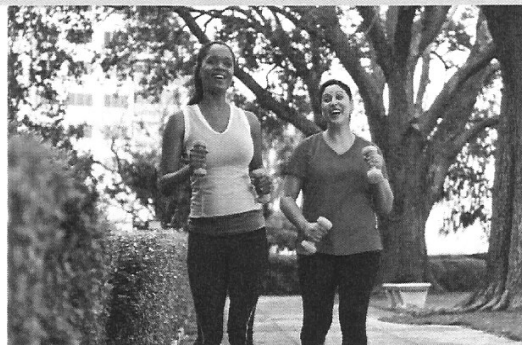
Your doctor will consider factors that **cannot** be changed, like:

- Your personal history of breast problems.
- Your family's history of breast cancer.
- Your breast density (the amount of connective and fatty tissue in your breasts).
- Your age. Most breast cancers are found after age 50.
- Your menstrual and childbirth history.
- Your history of radiation treatment therapy to the chest or breasts.
- If you took the drug diethylstilbestrol (DES), which was given to some pregnant women in the United States between 1940 and 1971 to prevent miscarriage, you have a higher risk. Women whose mothers took DES while pregnant with them are also at higher risk.
- If you or close family members have known mutations (changes) in your breast cancer genes (BRCA1 or BRCA2). Women who have inherited these genetic changes are at higher risk of breast and ovarian cancer. You will only know if you have a mutation if you have had genetic testing. Even in the absence of having abnormal genes when tested, it is important to know your family history; we don't know all the genes that cause breast cancer.

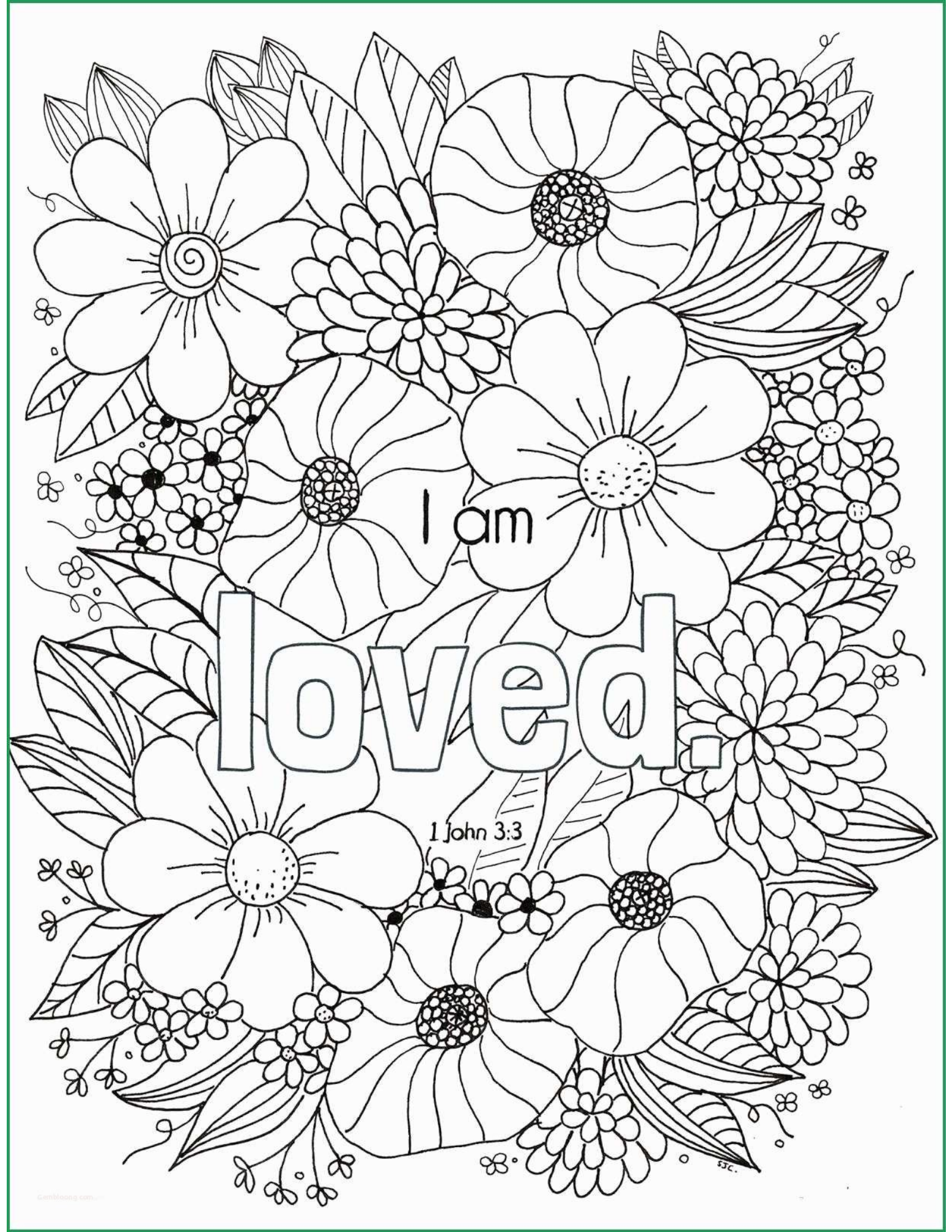
Your doctor will also consider factors that **can** be changed, like any hormone replacement use.

Here are some things you can do to reduce your chance of getting breast cancer:

- Keep a healthy weight.
- Engage in regular physical activity.
- Don't drink alcohol, or limit alcoholic drinks to no more than one per day.



To learn more about breast cancer, visit www.cdc.gov/cancer/breast/.



I am

loved.

1 John 3:3