

JANUARY NEWSLETTER

JANUARY 2025

VOLUME 53

NUMBER 1



A Christ-focused
Word-centered
Family

305 West 3rd Street - PO Box 367 - Laurel, NE 68745
Pastor Tom Tuura's Office - 402-256-8110
Church Office 402-256-3622 - Email - contact@laurelulc.org

**We look back and thank
God. We look forward to
and trust God. Happy New
Year to all!**

January

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30 am- Women's Bible Study	2 -9:30 am - Mildred Christensen Funeral 9:00 am- Sarah Circle -5:00 pm- Ruth Circle	3 5:00-7:00 pm- Church Reserved	4 9:00 am-2:00- Church Reserved
5 -9:00 pm-Worship with Communion -No Sunday School/ Confirmation	6 2:30 pm Bingo at Hillcrest Care Center	7 5:30 pm- Young Adult Bible Study	8 9:30 am- Women's Bible Study	9 7:00 pm- Church Council Meeting	10 Deadline for Financial Reports	11
12 -9:00 pm-Worship -10:15 am Sunday School/Confirmation -Blood Pressure Checks	13	14 5:30 pm- Young Adult Bible Study	15 9:30 am- Women's Bible Study	16 12:00 -WMF General Meeting	17	18
19 -9:00 pm-Worship -10:15 am Sunday School/Confirmation -Annual Meeting	20 Newsletter Deadline	21 -5:30 pm- Young Adult Bible Study -7:00 pm- Parish Ed Meeting	22 9:30 am- Women's Bible Study	23	24	25
26 -9:00 pm-Worship -10:15 am Sunday School/Confirmation -Snow Date for Annual Meeting	27	28 5:30 pm- Young Adult Bible Study	29 9:30 am- Women's Bible Study	30	31	

*Serve the Lord
With Gladness*

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

ALTAR GUILD for January

Teresa Granquist & Judi Harrington

January 5 (White) Communion

Second Sunday after Christmas

GREETERS - Drew and Kayla Detlefsen & Family

LECTOR - Scott Urwiler

COMMUNION STEWARD -

USHERS - Lathan Detlefsen, Robert Patefield, Scott &
Evan Urwiler, Tom Biembaum

MUSICIAN -

ACOLYTE - Mason Kort

NURSERY - Stephanie Urwiler

COFFEE - Drew & Kayla Detlefsen, Diane Peterson,
Lisa Karnes

January 12 (White) Epiphany

GREETERS - Roger & Linda Klausen

LECTOR - Sherie Lundahl

USHERS - Verneal Gade, Gabe Abts, Craig Karnes,
Jon Mullen, Marlin Bose

MUSICIAN -

ACOLYTE - Bryson Urwiler

NURSERY - Laura Showen

COFFEE - Jim & Karen Thompson, Matthew & Kiley
Maxon, Charley & Paige Green

January 19 (Green) Second Sunday after Epiphany

GREETERS - Mike & Cathie Jacobsen

LECTOR - Cathie Jacobsen

USHERS - Steve & Jacob Luedtke, Nick Kort, Ron
Lundahl, Drew & Koby Detlefsen, Jon Pehrson

MUSICIAN -

ACOLYTE - Aliya Detlefsen

NURSERY - Katie Bose

COFFEE - Steve & Mitzi Luedtke, Gary Schmitt &
Marlene Jussel, Kody & Stephanie Urwiler

January 26 (Green) Third Sunday after Epiphany

GREETER - Jerry & Glenda Johnson

LECTOR - Stephanie Urwiler

USHERS - Mike & Cathie Jacobsen, Kody & Bradyn
Urwiler, Greg & Deb Urwiler, Don & Erica Diediker

MUSICIAN -

ACOLYTE - Treyten Lawyer

NURSERY - Amy Kort

COFFEE - Marlin & Mary Bose, Jerry & Glenda
Johnson, Joe & Mary Ankeny

ALTAR GUILD for February

Karen Thompson, Nancy Abts & Arlyce Graffis

February 2 (Green) Communion

Fourth Sunday after Epiphany

GREETERS - Kody and Stephanie Urwiler & Family

LECTOR - Jacob Luedtke

COMMUNION STEWARD -

USHERS - Lathan Detlefsen, Robert Patefield, Scott &
Evan Urwiler, Tom Biembaum

MUSICIAN -

ACOLYTE - Jacob Kolar

NURSERY - Kayla Detlefsen

COFFEE - John & Nancy Abts, Jack & Rozanne Hintz,
Doug & Keila Olson

February 9 (Green) Fifth Sunday after Epiphany

GREETERS - Jim & Elizabeth Erwin

LECTOR - Mindy Christensen

USHERS - Verneal Gade, Gabe Abts, Craig Karnes,
Jon Mullen, Marlin Bose

MUSICIAN -

ACOLYTE - Mason Kort

NURSERY - Teresa Granquist

COFFEE - Jon & Sara Pehrson, Tom & Pam
Biembaum, Sharyl Luedtke

February 16 (Green) Sixth Sunday after Epiphany

GREETERS - Matthew and Kiley Maxon & Family

LECTOR - Stephanie Urwiler

USHERS - Steve & Jacob Luedtke, Nick Kort, Ron
Lundahl, Drew & Koby Detlefsen, Jon Pehrson

MUSICIAN -

ACOLYTE - Bryson Urwiler

NURSERY - Stephanie Urwiler

COFFEE - Jerry & Shelley Groene, Scott & Diane
Urwiler, Mike & Cathie Jacobsen

CONGREGATIONAL MEETING

Please Mark Your Calendars!
United Lutheran Church will hold
their Annual Congregational Meeting
on January 19th after
worship Service.



Birthdays & Anniversaries

2. ELIZABETH SHOWEN
3. BRYAN HOLLOWAY
LISA KARNES
4. KEILA OLSON
5. HEATH ROEBER
7. ELIZABETH ERWIN

8. RUGER KROHN
10. KRISTA LUEDTKE
11. PAUL & DIANE PETERSON
EMERSYN EBBERSON
14. SCOTT URWILER
KEILA OLSON
19. KAY QUALM
27. MEGAN MULLEN
28. TOM BIERNBAUM
29. SHARON JONES
ROZANNE HINTZ
TAYLOR HANSEN

Radon Awareness from Northeast Nebraska Public Health District

What is Radon?

- Radon is a colorless, tasteless, odorless gas that goes into the air from soil, rocks, and minerals.

What does Radon do to me?

- Radon harms your lungs and raises your risk of lung cancer, even if you do not smoke cigarettes.
- Radon is the second leading cause of lung cancer.

Who is at risk?

- Everyone is at risk.
- Mainly children because their lungs are still growing and can be harmed easily.
- Smokers have a 15 times greater chance of getting lung cancer because of how tobacco smoke and radon gas react together.

What are normal Radon levels in my county?

Normal levels of radon are at or below 4 pCi/L. If your home tests a level that is higher than this contact NNPHD for next steps. The State of Nebraska, Environmental Health office collects data to track areas high in radon across Nebraska. Northeast Nebraska has some of the highest levels in the state. To see a map of areas high in radon visit this link: <http://dhhs.ne.gov/Pages/Radon.aspx>

Where can I go to get a Radon Test Kit?

NNPHD provides free radon test kits to people who live in Cedar, Dixon, Thurston, and Wayne Counties. You can also pick up a test kit from the UNL Extension Office in your community.

**Supported through a grant from the Nebraska and U.S. Departments of Health and Human Services*



RADON: TEST, FIX, SAVE A LIFE.



WINTER IS A GREAT TIME TO TEST YOUR HOME!

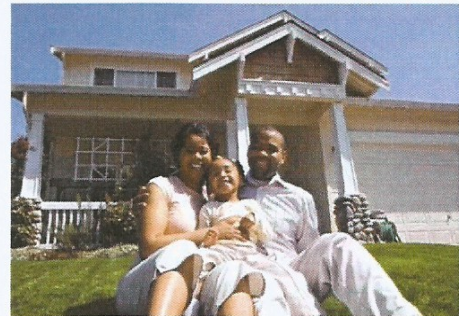


Basic Radon Facts

Radon is a cancer-causing, radioactive gas.

Radon is a naturally occurring radioactive gas released in rock, soil, and water from the natural decay of uranium. While levels in outdoor air pose a relatively low threat to human health, radon can accumulate to dangerous levels inside buildings. You can't see, smell, or taste it, but an elevated radon level in your home may be affecting the health of your family.

Exposure to radon is the second leading cause of lung cancer in the United States and the number one cause among non-smokers. The U.S. Environmental Protection Agency estimates that radon causes more than 20,000 lung cancer deaths in the country each year. Only smoking causes more lung cancer deaths. If you smoke and your home has radon, your risk of lung cancer can be higher.



Radon is found all over the United States.

Radon has been found in elevated levels in homes in every state. No area of the country is free from risk. Indeed, two homes right next to each other can have vastly different radon levels. Just because your neighbor's house does not have an elevated level of radon does not mean that your house will have a low radon level. The only way to know if your home is under the EPA action level of 4 pCi/L is to test.

High levels of radon in homes usually come from the surrounding soil. Radon gas enters through cracks and openings—such as sump pump lids and plumbing features—on the lower levels of your home. Hot spots include basements, first-floor rooms, and garages, but radon can be found anywhere in your house.

You should test for radon.

The U.S. Surgeon General recommends that all homes in the U.S. be tested for radon. Testing your house for radon is easy to do. If your house has a radon problem, you can take steps to fix it to protect yourself and your family.

How to Obtain Radon Test Kits

To obtain an easy-to-use radon test kit, you can:

- Purchase a test kit from your local home improvement or hardware store. Many kits are priced under \$25.00.
- Use the radon test kit coupon found at www.epa.gov/oncampus. For more information on obtaining test kits and test kit coupons, visit www.sosradon.org.
- Contact your state radon program, details available at www.epa.gov/iaq/wherelive.html, for more information about obtaining test kits from your state or from a radon testing company or laboratory in your area.

Basic Radon Facts (continued)

You can find out if your home has an elevated radon level by conducting a simple test. It's as easy as opening a package, placing a radon detector in a designated area, and, after a set number of days, sending the detector back to a lab for analysis. The lab will then inform you of your radon test results.

Radon test kits are available at your local home improvement or hardware store, or in some cases from your state radon office. You can also order them from Kansas State University (KSU) or radon testing companies. Another option is to hire a qualified tester to do a radon test for you. Contact your state radon office about obtaining a list of qualified testers. Information about testing your home for radon and finding a test kit is also available by calling 1-800-SOS-RADON.

Radon is measured in picocuries per liter of air (pCi/L), a measurement of radioactivity. EPA and the Centers for Disease Control and Prevention recommend that homes with radon levels at 4 pCi/L or higher should be fixed. EPA also recommends that Americans consider fixing their homes for radon levels between 2 pCi/L and 4 pCi/L. Based on a national residential radon survey completed in 1991, the average indoor radon level is about 1.3 pCi/L in the United States. The average outdoor level is about 0.4 pCi/L.

You can fix a radon problem.

The cost of making repairs to reduce the radon level depends on several factors, including how your home was built. Most homes can be fixed for about the same cost as other common home repairs, like painting or having a new hot water heater installed. Look in your local phone book or call your state radon office to locate radon mitigators in your area if you find an elevated radon level in your home.

New homes can be built with radon-resistant features.

Radon-resistant construction methods can be effective in reducing radon entry. When used properly, these simple and cost-effective techniques can help reduce the accumulation of radon gas in homes.

Every new home should be tested after occupancy, even if it was built using radon-resistant construction methods. If radon levels above EPA's action level at or above 4 pCi/L are detected, it is easier and less expensive to reduce radon levels in homes that have been built with radon-resistant construction techniques.

For more information:

Contact your State Radon Office

<http://www.epa.gov/radon/wherelive.html>



Radon presents a serious health risk, but it can be controlled easily and cost-effectively. Take action today. Encourage your friends and family members to do the same!

January is Blood Donor Awareness Month

WHY DONATE BLOOD?

WHY ARE BLOOD DONORS IMPORTANT?

- **Blood donors save lives** - each donation can help up to three hospital patients in their critical time of need.
- **There is no substitute for your donation** - each and every time you give you make a difference.
- More than **3,000 units of blood are needed each week** to meet the needs of our hospital patients.
- **Nine out of ten people** who live to the age of 70 will use blood during their lifetime, yet less than five percent of the eligible population donates blood.
- In the United States, blood products that are transfused to hospital patients must be from an **unpaid volunteer blood donor**.

WHAT ARE SOME OF THE BENEFITS OF BECOMING A BLOOD DONOR?

With a single blood donation, you will do more to help others than most people do in a lifetime. In addition, LifeServe Blood Center rewards and thanks our donors with:

- Blood Donor Identification Cards to track your donation history.
- The ability to earn points for each donation for exclusive rewards available on our [Online Store](#).
- Special recognition for each donation milestone.
- A mini-physical screening that checks blood pressure, pulse, temperature, and iron levels.

TIPS TO PREPARE FOR A POSITIVE DONATION:

We want you to feel great after you've donated. Prior to your donation:



Drink plenty of fluids the night before and leading up to your donation - hydration is key to a positive experience.



Eat a good meal - do not donate on an empty stomach.



Incorporate a bit more salt in your meals and snacks on the day of your donation



Get plenty of rest prior to your donation.

WHAT TO EXPECT DURING THE DONATION:

Four basic steps make up blood donation:

Registration. Donors will provide their information, [signed Parental/guardian permission form](#) if necessary, and identification.

History Screening. Donors will complete a series of health and lifestyle questions and receive a mini-physical to check temperature, blood pressure, heart rate, and hemoglobin level.

Donation. Collecting a unit of blood - about one pint - takes approximately 5-10 minutes. Donors may feel a slight pinch for a few seconds, but that is it!

Snacks. After the donation, donors will rest in the snack area and enjoy refreshments.



**HELP SAVE A LIFE +
GIVE THE GIFT OF BLOOD**



NATIONAL **BLOOD DONOR** MONTH



ON
AVERAGE,
ONLY

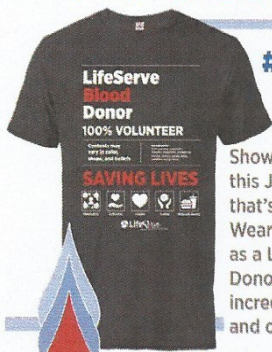
3%

OF THE POPULATION
**DONATE BLOOD
EACH YEAR**

LAUREL COMMUNITY **BLOOD DRIVE**

Laurel Fire & Rescue Hall
**Tuesday, January 7
2:00 PM - 6:00 PM**

NATIONAL **BLOOD DONOR** MONTH



#DonorPride

Show your #DonorPride this January with a shirt that's all about YOU! Wear it proudly, because as a LifeServe Blood Donor, you're 100% incredible, generous, and one-of-a-kind.

Schedule an appointment by calling LifeServe Blood Center at 800-287-4903 or scan the QR Code.



SCAN CODE TO SCHEDULE

APPOINTMENTS ARE ENCOURAGED



LifeServe
BLOOD CENTER

YOUR BLOOD. YOUR HOSPITAL. YOUR NEIGHBORS.

