



A Christ-focused Word-centered Family

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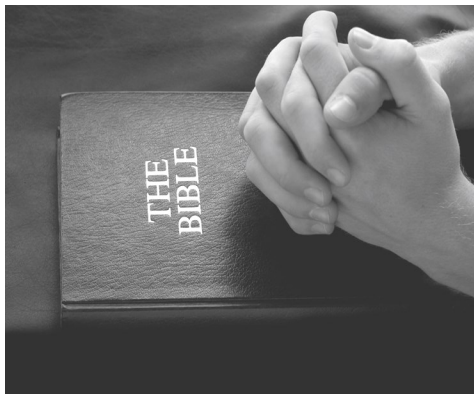
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SEPTEMBER NEWSLETTER

SEPTEMBER 2023

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Standing on the Word of God

*And we have the prophetic word more fully confirmed, to which you will do well to pay attention as to a lamp shining in a dark place, until the day dawns and the morning star rises in your hearts,
²⁰ knowing this first of all, that no prophecy of Scripture comes from someone's own interpretation.
²¹ For no prophecy was ever produced by the will of man, but men spoke from God as they were carried along by the Holy Spirit.*

[The Holy Bible: English Standard Version (Wheaton, IL: Crossway Bibles, 2016), 2 Pe 1:19-21.]

You must be just as sure and certain about the Word of God as you are sure and certain that you live, and even more so. For on this Word alone your conscience must take its stand.

No matter how many men come along, or even angels and the whole world, with some sort of conclusion, if you cannot make such a judgement or reach such a conclusion, you are lost. You cannot simply accept the judgement of the pope or of anyone else. You must be so constituted that you can say, "This is what God says; God does not say this. This is correct; that is not correct." Otherwise, you cannot stand your ground.

If you are on your deathbed and take up your stand on the pope and the councils, saying, “The pope says this; the councils have decided that; the holy fathers like Augustine and Ambrose have concluded this,” the devil will immediately shoot holes in your claims with the question, “What if these statements were incorrect? What if they erred?” If such temptation comes upon you, you have already succumbed. Here you must be quite sure and say, “This is God’s Word. On this I will surrender body and life and a hundred thousand necks if I had them.”

St. Paul says to the Corinthians, “I was with you in weakness and in much fear and trembling; and my speech and my message were not in plausible words of wisdom, but in demonstration of the Spirit and power, that your faith might not rest in the wisdom of men but in the power of God” (1 Corinthians 2:3-5).

PRAYER: Lord, You have given us a sure and certain Word to establish us in the faith and to remove far from us all uncertainty and doubt. Enable us at all times to live up to our convictions and to confess Your holy name without fear or favor, in Jesus’ name. Amen.

Note: This devotional is taken from *Luther for the Busy Man*, republished by AFLC Ambassador Publications. It is for Trinity, week 8, Tuesday.



Youth attendance has been growing steadily over the past month. We did a service project at the nursing home a few weeks ago, where we had some students and adults pulling weeds, filling bird feeders and washing windows.

We have a couple events coming up, with a back-to-school night on August 26th and a 5th quarter event planned for October 6th . We are always looking for volunteers to make meals for youth group, and if anyone has a game or testimony/lesson they would want to share with the students, we would love to have you!

Kalin Olson

ULC,

Thank you so much! We have been truly blessed by your generous donation to our Youth Group. FLV has been fantastic and you were a huge part in making it happen for all of us! Thank you!

God bless you,

ULC Youth

Thank You!

Bless the LORD, O my soul, and forget not all his benefits.

Psalms 103:2 KJV

You are a blessing.

Willa

Hannah

Mason

Faith U

Craig K

Samantha + Gilly
Rahman

Kalin Olson

Payton Swanson

Rebecca + Colon Col

SEPTEMBER AT UNITED LUTHERAN

SUNDAY, September 3

9:00 a.m. Worship with Communion
Fellowship Coffee follows Worship

MONDAY, September 4

Happy Labor Day!

TUESDAY, September 5

2:00 p.m. - 6:00 p.m. Laurel Community
Blood Drive at Laurel Fire & Rescue Hall

7:00 p.m. Deacon Meeting

WEDNESDAY, September 6

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

THURSDAY, September 7

9:00 Sarah Cirele
6:30 Ruth Cirele

SUNDAY, September 10

9:00 a.m. Worship
10:15 a.m. Rally Sunday
Fellowship Coffee follows Worship
2:30 p.m. Hillcrest Nursing Home Service

WEDNESDAY, September 13

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

THURSDAY, September 14

7:00 p.m. Church Council Meeting

SUNDAY, September 17

9:00 a.m. Worship
Fellowship Coffee follows Worship
Blood Pressure Checks

TUESDAY, September 19

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

WEDNESDAY, September 20

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

SUNDAY, September 24

9:00 a.m. Worship
Fellowship Coffee follows Worship
2:30 p.m. Hillcrest Nursing Home Service

WEDNESDAY, September 27

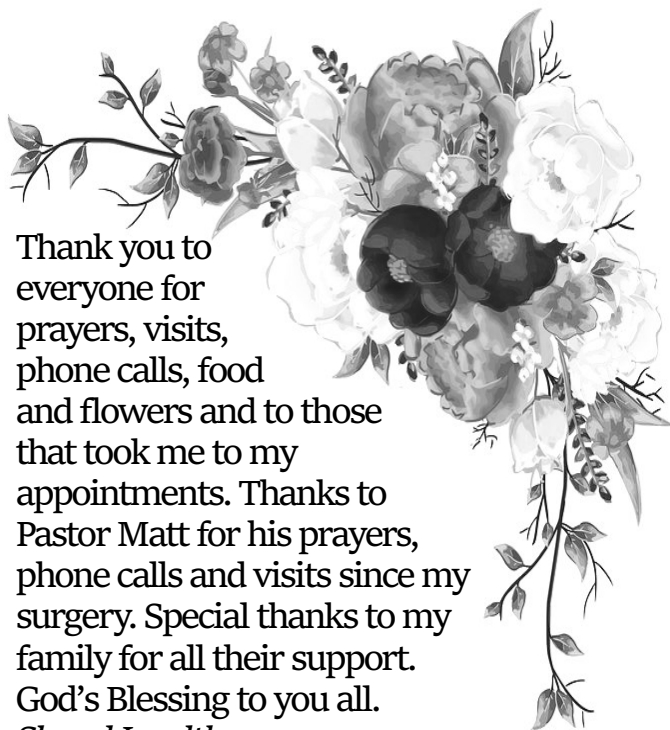
9:30 a.m. Women's Bible Study
5:30 p.m. Confirmation
6:30 p.m. Jr. & Sr. High Youth Group

Get well wishes can be sent to

Joel Johnson at:
Madonna Rehabilitation
Hospital
17500 Burke St., Rm L27
Omaha, Ne 68118



Thank you to everyone for prayers, visits, phone calls, food and flowers and to those that took me to my appointments. Thanks to Pastor Matt for his prayers, phone calls and visits since my surgery. Special thanks to my family for all their support. God's Blessing to you all.
Sharyl Luedtke





WORSHIP ASSISTANTS

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

Altar Guild for September : Sharyl Luedtke & Rozanne Hintz

September 3 (Green) Communion Fourteenth Sunday after Pentecost

LECTOR - Cathie Jacobsen
USHERS - Verneal Gade, Les Owen, Gabe Abts,
Marlin Bose, Craig Karnes, Jon Mullen
GREETERS - Joe & Mary Ankeny
COMMUNION STEWARD - Nathan Abts
MUSICIAN - Anita Gade
NURSERY - Katie Bose
COFFEE - Drew & Kayla Detlefsen, Dustin & Laura
Showen, Diane Peterson

September 10 (Green) Fifteenth Sunday after Pentecost

LECTOR - Stephanie Urwiler
USHERS - Steve, Jacob & Cody Luedtke, Nick Kort,
Ron Lundahl, Jon Pehrson, Drew & Koby
Detlefsen
GREETERS - Brian and Tiffany Ebberson & Family
MUSICIAN - Sherie Lundahl
NURSERY - Amy Kort
COFFEE - Mitzi Luedtke, Karen Thompson, Anita Gade

September 17 (Green) Sixteenth Sunday after Pentecost

LECTOR - Scott Urwiler
USHERS - Mike & Cathie Jacobsen, Kody & Brayden
Urwiler, Greg & Deb Urwiler, Don & Erica
Diedeker
GREETERS - Heath and McKenzie Roeber & Family
MUSICIAN - Glenda Johnson
NURSERY - Kayla Detlefsen & Kalin Olson
COFFEE - Matthew & Kiley Maxon, Don & Erica
Diediker, Charley & Paige Green

September 24 (Green) Seventeenth Sunday after Pentecost

LECTOR - Anita Gade
USHERS - Lathan Detlefsen, Robert Patefield, Scott
& Evan Urwiler, Tom Biernbaum
GREETERS - Charley & Paige Green & Family
MUSICIAN - Anita Gade
NURSERY - Teresa Granquist & Krista Luedtke
COFFEE - Gary Schmitt 7 Marlene Jussel, Jack &
Rozanne Hintz, Jerry & Glenda Hohnson

Altar Guild for October: Arlyls Monson & Marlene Jussel

October 1 (Green) Communion Eighteenth Sunday after Pentecost

LECTOR - Sherie Lundahl
USHERS - Verneal Gade, Les Owen, Gabe Abts,
Marlin Bose, Craig Karnes, Jon Mullen
GREETERS - Dustin and Laura Showen & Family
COMMUNION STEWARD - Dustin Showen
MUSICIAN - Sherie Lundahl
NURSERY - Stephanie Urwiler
COFFEE - Kody & Stephanie Urwiler, John & Nancy
Abts, Sharyl Luedtke

October 8 (Green) Nineteenth Sunday after Pentecost

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

**SERVING
OPPORTUNITIES**
EVERYONE HAS A PLACE

ALL UNITED LUTHERAN MEMBERS - If you would like your name added or removed from any of the Worship Assistant duties please notify the Church office. We strive to include everyone in all aspects of service throughout the Church. Please don't hesitate to have your name added any place if you so desire and we will gladly refrain from asking you to serve if you don't care to serve. Thank you for all that you do.



SUNDAY,
September 10, 2023

Confirmation Classes
begin Wednesday,
September 13, 2023
at 5:30 p.m.



ULC Youth Group

Meets Wednesday evenings.
Supper will be served for all youth at
6:30 p.m.
Youth Group will begin
at 7:00 p.m.



*Confirmation and Youth Group
meet every Wednesday.*



It is time to start Sunday School! If you would be interested in helping our children or youth by teaching a class, please contact Amy Kort at (402) 841-9190

THIS SEPTEMBER, TAKE THE TIME TO KNOW THE SIGNS

More than 80% of sepsis patients are 50 years of age or older.

T

TEMPERATURE that's abnormal

I

Signs of an INFECTION

M

MENTAL DECLINE

ETM

Feeling EXTREME ILL

For every hour treatment is delayed, the risk of death increases by as much as 8%. If you suspect sepsis, seek urgent medical care.

SEPSIS » SAY SEPSIS
SEPTEMBER SAVE LIVES
SepsisAwarenessMonth.org



High heart rate or weak pulse



Fever, shivering, or feeling very cold



Confusion or disorientation



Shortness of breath



Extreme pain or discomfort



Clammy or sweaty skin

GET AHEAD
OF **SEPSIS**

KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.

Learn more at [cdc.gov/sepsis](https://www.cdc.gov/sepsis)





THIS SEPTEMBER, TAKE THE TIME TO KNOW THE SIGNS

More children die of sepsis **than pediatric cancers.**

Any Child Who:

- Feels abnormally cold to the touch
- Looks mottled, bluish, or has very pale skin
- Has a rash that does not fade when pressed
- Is breathing very fast
- Has a convulsion (seizure)
- Is very lethargic or difficult to wake up

A Child Under 5 Who:

- Is not eating
- Is vomiting repeatedly
- Has not urinated in 12 hours

**For every hour treatment is delayed,
the risk of death increases by as
much as 8%. If you suspect sepsis,
seek urgent medical care.**

SEPSIS » SAY SEPSIS
SAVE LIVES
SEPTEMBER
SepsisAwarenessMonth.org

Bone health: Tips to keep your bones healthy

Protecting your bone health is easier than you think. Understand how diet, physical activity and other lifestyle factors can affect your bone mass.

[By Mayo Clinic Staff](#)

Bones play many roles in the body — providing structure, protecting organs, anchoring muscles and storing calcium. While it's important to build strong and healthy bones during childhood and adolescence, you can take steps during adulthood to protect bone health, too.

Why is bone health important?

Your bones are continuously changing — new bone is made and old bone is broken down. When you're young, your body makes new bone faster than it breaks down old bone, and your bone mass increases. Most people reach their peak bone mass around age 30. After that, bone remodeling continues, but you lose slightly more bone mass than you gain.

How likely you are to develop osteoporosis — a condition that causes bones to become weak and brittle — depends on how much bone mass you attain by the time you reach age 30 and how rapidly you lose it after that. The higher your peak bone mass, the more bone you have "in the bank" and the less likely you are to develop osteoporosis as you age.

What affects bone health

A number of factors can affect bone health. For example:

- The amount of calcium in your diet.** A diet low in calcium contributes to diminished bone density, early bone loss and an increased risk of fractures.
- Physical activity.** People who are physically inactive have a higher risk of osteoporosis than do their more-active counterparts.
- Tobacco and alcohol use.** Research suggests that tobacco use contributes to weak bones. Similarly, regularly having more than one alcoholic drink a day for women or two alcoholic drinks a day for men may increase the risk of osteoporosis.
- Sex.** You're at greater risk of osteoporosis if you're a woman, because women have less bone tissue than do men.
- Size.** You're at risk if you are extremely thin (with a body mass index of 19 or less) or have a small body frame because you might have less bone mass to draw from as you age.
- Age.** Your bones become thinner and weaker as you age.
- Race and family history.** You're at greatest risk of osteoporosis if you're white or of Asian descent. In addition, having a parent or sibling who has osteoporosis puts you at greater risk — especially if you also have a family history of fractures.
- Hormone levels.** Too much thyroid hormone can cause bone loss. In women, bone loss increases dramatically at menopause due to dropping estrogen levels. Prolonged absence of menstruation (amenorrhea) before menopause also increases the risk of osteoporosis. In men, low testosterone levels can cause a loss of bone mass.
- Eating disorders and other conditions.** Severely restricting food intake and being underweight weakens bone in both men and women. In addition, weight-loss surgery and conditions such as celiac disease can affect your body's ability to absorb calcium.
- Certain medications.** Long-term use of corticosteroid medications, such as prednisone, cortisone, prednisolone and dexamethasone, is damaging to bone. Other drugs that might increase the risk of osteoporosis include aromatase inhibitors to treat breast cancer, selective serotonin reuptake inhibitors, methotrexate, some anti-seizure medications, such as phenytoin (Dilantin) and phenobarbital, and proton pump inhibitors.

What can I do to keep my bones healthy?

You can take a few simple steps to prevent or slow bone loss. For example:

Include plenty of calcium in your diet. For adults ages 19 to 50 and men ages 51 to 70, the Recommended Dietary Allowance (RDA) is 1,000 milligrams (mg) of calcium a day. The recommendation increases to 1,200 mg a day for women age 51 and older and for men age 71 and older. Good sources of calcium include dairy products, almonds, broccoli, kale, canned salmon with bones, sardines and soy products, such as tofu. If you find it difficult to get enough calcium from your diet, ask your doctor about supplements.

Pay attention to vitamin D. Your body needs vitamin D to absorb calcium. For adults ages 19 to 70, the RDA of vitamin D is 600 international units (IUs) a day. The recommendation increases to 800 IUs a day for adults age 71 and older. Good sources of vitamin D include oily fish, such as salmon, trout, whitefish and tuna. Additionally, mushrooms, eggs and fortified foods, such as milk and cereals, are good sources of vitamin D. Sunlight also contributes to the body's production of vitamin D. If you're worried about getting enough vitamin D, ask your doctor about supplements.

Include physical activity in your daily routine. Weight-bearing exercises, such as walking, jogging, and climbing stairs, can help you build strong bones and slow bone loss.

Avoid substance abuse. Don't smoke. If you are a woman, avoid drinking more than one alcoholic drink each day. If you are a man, avoid drinking more than two alcoholic drinks a day.

Enlist your doctor's help

If you're concerned about your bone health or your risk factors for osteoporosis, including a recent bone fracture, consult your doctor. He or she might recommend a bone density test. The results will help your doctor gauge your bone density and determine your rate of bone loss. By evaluating this information and your risk factors, your doctor can assess whether you might be a candidate for medication to help slow bone loss.



LAUREL COMMUNITY BLOOD DRIVE

Laurel Fire & Rescue Hall

Tuesday, September 5
2:00 PM - 6:00 PM

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



APPOINTMENTS ARE ENCOURAGED



LifeServe

YOUR BLOOD. YOUR HOSPITAL. YOUR NEIGHBORS.

BACK TO SCHOOL

10 VERSES TO PRAY OVER YOUR KIDS AS THEY HEAD BACK TO SCHOOL

1. EPHESIANS 4:32 - ASK GOD TO HELP THEM BE KIND.
2. JOSHUA 1:9 - PRAISE GOD FOR ALWAYS BEING WITH THEM.
3. PROVERBS 10:9 - ASK GOD TO HELP THEM WALK IN INTEGRITY THIS YEAR.
4. PSALM 56:3 - ASK GOD TO HELP THEM PUT THEIR TRUST IN HIM.
5. PHILIPPIANS 4:6-7 - ASK GOD TO HELP THEM NOT WORRY.
6. LUKE 2:52 - ASK GOD TO HELP THEM GROW THIS YEAR.
7. PROVERBS 17:17 - PRAY FOR THEIR FRIENDS.
8. COLOSSIANS 3:23 - ASK GOD TO HELP THEM WORK HARD.
9. JAMES 1:5 - ASK GOD TO GIVE THEM WISDOM.
10. PHILIPPIANS 4:12 - PRAY FOR THEIR CONTENTMENT IN ALL CIRCUMSTANCES.

