



A Christ-focused Word-centered Family

305 West 3rd Street
PO Box 367
Laurel, NE 68745

Pastor's Office 402-256-8110
Pastor's Cell 402-369-7996
Church Office 402-256-3622

Email - contact@laurelulc.org

JULY NEWSLETTER

JULY 2023

VOLUME 51

NUMBER 8



Sharing Christ in Post-Christian America

By Pastor Matt Quanbeck

The theme of this year's Rekindle the Fire event was "Sharing Christ in Post-Christian America." I just want to share a few highlights along with some of my thoughts to tie them all together.

AFLC President Micah Hjermstad spoke on our opportunity in post-Christian America. We can so often bemoan where our country is heading. Indeed, Pastor Hjermstad mentioned some disturbing recent developments in the state of Minnesota. Yet, he also expressed an excitement for ministry at this time in history. The Church has great opportunities to proclaim Christ within the culture He has placed us. I think of a quote from author Carl Trueman. He says, "Every age has had its darkness and its dangers. The task of the Christian is not to whine about the moment in which he or she lives but to understand its problems and respond appropriately to them."

Pastor Jason Holt shared a quote which I think provides some insight into how to respond appropriately to our cultural moment. Walt Mueller says, "A 21st century witness must be willing to suffer with those he is sharing with." I like to people watch. I'm not quite Sherlock Holmes, but people watching provides insight into individuals and into our culture as a whole. Recently, I think I have been observing a culture of despair. It is tempting for Christians to proclaim hope from a distance. We want to tell

people how to clean up their mess without getting messy ourselves. We want to help people out of suffering without entering into their suffering. We want to lift people out of despair without taking time to understand the nature of their despair.

But Christ shows us a better way. The Son of God became flesh and experienced our broken world "to seek and to save the lost" (Luke 19:10). As Pastor Brady Arneson reminded us, Christ was condemned for receiving sinners and eating with them (Luke 15:2). In order to bring hope to the despairing, Jesus got close to the despairing.

Christ ultimately entered into our despair on the cross as He cried out, "My God, my God, why have you forsaken me?" (Matthew 27:46). Christ experienced the despair of separation from the Father because He took your sin on Himself. Because Christ suffered despair, the Gospel is a message of hope for the despairing. May this Gospel message give us joy regardless of the cultural moment in which we live. May Christ work within us a willingness to suffer with those with whom we seek to share the Gospel.

¹This is an event hosted by the AFLC Evangelism and Discipleship (AED) department the day before the AFLC Annual Conference. Pastor Matt first wrote this article for the AED newsletter.



**SUMMER VIBES
SAVING LIVES**

Limited edition, Summer 2023 donor shirt, online only, while supplies last, for 200 store points! Starting May 1, 2023

LifeServe
BLOOD CENTER

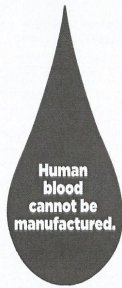
AnswersVBS

KEEPERS OF THE KINGDOM

Volunteers Needed for VBS

- ◆ Craft and/or Science Coordinator
- ◆ Kitchen Coordinator
- ◆ Music Coordinator
- ◆ Game Coordinator
- ◆ Drama Director
- ◆ Royal Trainer
- ◆ Troupe Leaders

If you would like to volunteer at VBS and would be able to help with any of these roles, please call or text Kayla Detlefsen at 402-841-3511 or there is a sign up sheet in the entryway.



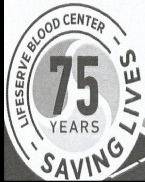
Laurel Community

Laurel Fire Hall | 502 S Highway 20

Tuesday, JULY 11

2:00pm - 6:00pm

Text: LIFESERVE to 999.777 | Call: 800.287.4903 | Visit: lifeserve.info/schedule



LifeServe
BLOOD CENTER

YOUR BLOOD. YOUR HOSPITAL. YOUR NEIGHBORS.



AnswersVBS

KEEPERS OF THE KINGDOM

Standing Strong in Today's Battle for Truth

JOIN US FOR A ROYALLY FUN TIME AT VBS!

United Lutheran Church
305 W 3rd St. - Laurel, NE

We're lowering the drawbridge and opening the gates to the castle! Grab your armor and prepare for fun as you learn to stand strong in the battle for truth!



Dear Villagers,

I am writing to warn you of a battle that has begun in the Valley of the North between Good and Evil.

An army is being assembled to fight for the Kingdom of Light.

And I need your help!

If you so choose to join in this battle, I am recruiting anyone ages preschool (age 3) through 6th grade (completed).

Please register at:

laurelulc.org/vbs

and join us for your armor fitting! You will learn how to be a knight and get equipped to fight against the Kingdom of Darkness. I hope to see you there!

Please recruit other villagers to join you too.

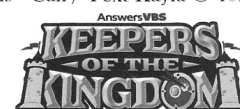
July 30 - August 3

5pm - 8pm

supper served each night

United Lutheran Church - Laurel, NE

Questions - Call / Text Kayla @ 402-841-3511





Dixon County Junior Leaders Omelet Feed

Sunday, July 9, 2023 8:00 AM to 11:00 AM

Dixon County Fairgrounds
Concord, NE

* Free Will Donation *

Proceeds go to Scholarships and
Citizen Washington Focus Trip

Jr. Leader members for 2023

Isabella Mellick
Faith Galvin
BrieAnn Mellick
Katelyn Walsh

Lilly Pehrson
Taven Ocampo
Trecyn Ocampo

Lane Fischer
Tristan Connell
Mackenzey Connell

** If you are interested in joining Jr. Leaders, please seek out these members or
Call Bridgett at 402-841-3110**



Stones Cry

SOUND
of the
TRUMPET

Luke 19:40

Finnesgards

Come for a time of worship and reflection of our Lord and Savior, Jesus Christ. Music will include worship and inspirational songs in an easy listening style. Joel, June, and their children Joy (17) and Josiah (15) will be sharing with a wide variety of instruments and singing.

United Lutheran Church Laurel, NE

July 30th @ 9 AM

(Free-will offering will be received)

Let everything that has breath praise the Lord!
Praise the Lord *Psalm 150:6 (ESV)*
Stones Cry (Sound Of The Trumpet)
www.stonescry.net

JULY 9, 2023 | 7PM

FEATURING

CONSUMED BY FIRE



Faith and FAMILY night

AT THE DIXON COUNTY FAIR

MORE ARTISTS ANNOUNCED SOON!



SUNDAY, July 2

9:00 a.m. Worship with Communion
Fellowship Coffee follows Worship
2:30 p.m. Hillcrest Worship
Youth leave for FLY

TUESDAY, July 4

Have a SAFE & HAPPY 4th of July!!

7:00 p.m. Deacon Meeting

WEDNESDAY, July 5

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

THURSDAY, July 6

9:00 am Sarah Cirelç at Church
6:30 pm Ruth Cirelç at Church

SATURDAY, July 8

Youth return from FLY

SUNDAY, July 9

9:00 a.m. Worship
Fellowship Coffee in honor of Coltin & Reba Cox
8:00 a.m. - 11:00 p.m. Dixon County
Jr. Leaders Omelet Feed
7:00 p.m. Faith & Family Night Concert
at the Dixon Co. Fair

TUESDAY, July 11

2:00 p.m.-6:00 p.m. Blood Drive at
the Laurel Fire Hall

WEDNESDAY, July 12

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

THURSDAY, July 13

7:00 p.m. Council

SUNDAY, July 17

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

TUESDAY, July 18

7:00 p.m. Parish Ed meets

WEDNESDAY, July 19

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

SUNDAY, July 23

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

MONDAY, July 24

NEWSLETTER DEADLINE!

WEDNESDAY, July 19

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

SUNDAY, July 30

9:00 a.m. Worship - Stone's Cry
Fellowship Coffee follows Worship
5:00 p.m. - 8:00 p.m. VBS

MONDAY, July 31

5:00 p.m. - 8:00 p.m. VBS

**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.





WORSHIP ASSISTANTS

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

ALTAR GUILD for July: Maureen Schuster & Mary Bose

JULY 2 (Green) Communion

Fifth Sunday after Pentecost

LECTOR - Mike Jacobsen
GREETERS - Lisa Kames & Family
COMMUNION STEWARD - Nathan Abts
USHERS - Lathan Detlefsen, Robert Patefield, Scott & Evan Urwiler, Tom Biernbaum
MUSICIAN - Anita Gade
NURSERY - Teresa Granquist & Krista Luedtke
COFFEE - Matthew & Kiley Maxon, Paige & Charley Green, Drew & Kayla Detlefsen

July 9 (Green)

Sixth Sunday after Pentecost

LECTOR - Sara Pehrson
USHERS - Verneal Gade, Les Owen, Gabe Abts, Marlin Bose, Jon Mullen
GREETERS - Coltin & Reba Cox
MUSICIAN - Sherie Lundahl
NURSERY - Stephanie Urwiler
COFFEE - Marlin & Mary Bose, Doug & Keila Olson, Joe & Mary Ankeny

July 16 (Green)

Seventh Sunday after Pentecost

LECTOR - Lisa Kames
USHERS - Steve, Jacob & Cody Luedtke, Nick Kort, Drew & Koby Detlefsen, Ron Lundahl, Jon Pehrson
GREETERS - Bill & Mina Young
MUSICIAN - Glenda Johnson
NURSERY - Mandi Swanson
COFFEE - Gary Schmitt & Marlene Jussel, Jack & Rozanne Hintz, Jerry & Glenda Johnson

July 23 (Green)

Eighth Sunday after Pentecost

LECTOR - Racquel Holloway
USHERS - Mike & Cathie Jacobsen, Kody & Bradyn Urwiler, Greg & Deb Urwiler, Don & Erica Diediker
GREETERS - Robert & Dorothy Patefield
MUSICIAN - Anita Gade
NURSERY - Samantha Pehrson & Katie Bose
COFFEE - Kody & Stephanie Urwiler, John & Nancy Abts, Sharyl Luedtke

July 30 (Green)

Ninth Sunday after Pentecost

LECTOR - Erica Diediker
USHERS - Lathan Detlefsen, Robert Patefield, Scott & Evan Urwiler, Tom Biernbaum
GREETERS - Jon & Sara Pehrson & Family
MUSICIAN - Sherie Lundahl
NURSERY - Amy Kort
COFFEE - Sharyl Luedtke, Jim & Karen Thompson, Steve & Mitzi Luedtke

Altar Guild for August: Teresa Granquist & Racquel Holloway

August 6 (Green) Communion

Tenth Sunday after Pentecost

LECTOR - Doug Olson
GREETERS - Jon & Megan Mullen
COMMUNION STEWARD - Dustin Showen
USHERS - Verneal Gade, Les Owen, Gabe Abts, Marlin Bose, Jon Mullen
MUSICIAN - Glenda Johnson
NURSERY - Kayla Detlefsen & Kalin Olson
COFFEE - Verneal & Anita Gade, Tom & Pam Bierbaum, Craig & Arlys Monson



The Altar Guild is searching for additional volunteers to join their team. If you are interested in helping, please contact Teresa Granquist at 402-375-9143. If you would like to step down from the altar guild please let Teresa know.

Understanding Tick Bites and Lyme Disease

How to prevent tick bites



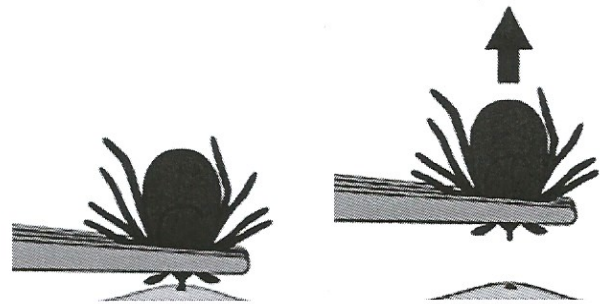
Ticks can spread disease, including Lyme disease.

Protect yourself:

- Use Environmental Protection Agency (EPA)-registered insect repellents containing DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol, or 2-undecanone. Always follow product instructions.
- Wear clothing treated with permethrin.
- Shower as soon as possible after spending time outdoors.
- Check for ticks daily. Ticks can hide under the armpits, behind the knees, in the hair, and in the groin.
- Tumble clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, additional time may be needed.

How to remove a tick

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure to remove the tick. Avoid twisting or jerking.
3. Clean the bite area and your hands with rubbing alcohol or soap and water.

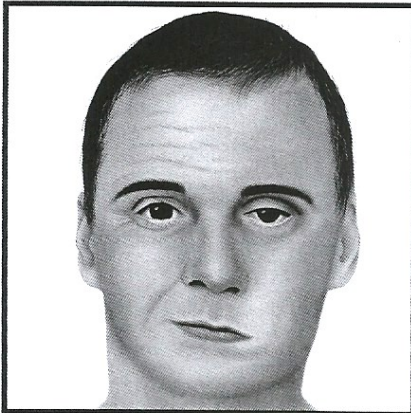


Notes:

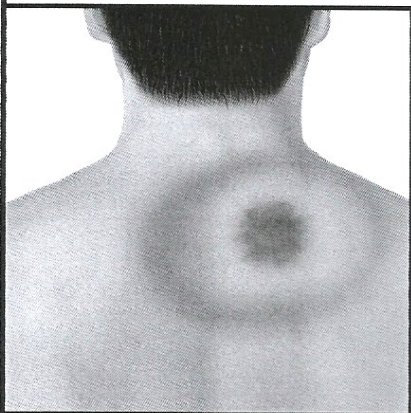
- Remove the tick as soon as possible to reduce your chances of getting an infection from the tick bite.
- Don't use nail polish, petroleum jelly, or a hot match to make the tick detach.
- If tick mouthparts remain in the skin, leave them alone. In most cases, they will fall out in a few days.



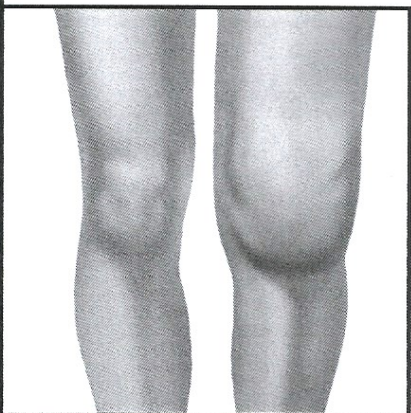
U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention



Facial paralysis.



Bull's eye rash on the back.



Arthritic knee.

When to see your healthcare provider

If you develop a rash, fever, exhaustion, or joint and muscle aches within several weeks of removing a tick or spending time in tick habitat, see your healthcare provider. Be sure to mention your recent tick bite and when it happened, or that you've spent time in places where ticks may live.

If left untreated, Lyme disease can affect the joints, heart, or nervous system.

Antibiotics treat Lyme disease

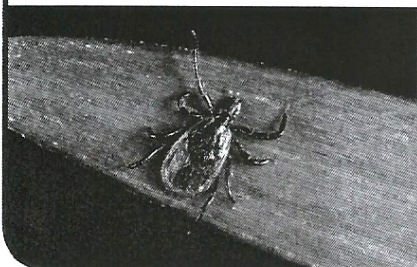
People treated with antibiotics in the early stages of Lyme disease usually recover rapidly and completely. The antibiotics most commonly used to treat Lyme disease include: doxycycline, amoxicillin, or cefuroxime axetil.

Looking ahead to recovery

Rest and take antibiotics as prescribed. Recovery may take several weeks or longer.

Some people wonder if there is a test to confirm that they are cured, but there is no such test. Retesting for Lyme disease is not recommended because blood tests might be positive for months or years after you have been treated. A positive test doesn't mean you are still infected. It simply means that your immune system remembers your infection.

You can get Lyme disease again if you are bitten by another infected tick, so protect yourself from tick bites.



**For more information see www.cdc.gov/Lyme
and www.cdc.gov/Ticks**

West Nile Virus

West Nile Virus* (WNV) is a disease/virus that is carried by birds and can make those who catch it very sick, disabled or can even cause death. When a Mosquito bites a bird that already has the virus, the virus is given to the mosquito. Humans then get the virus when they are bitten by mosquitoes that are carrying the virus.

What are signs or symptoms of WNV?

Symptoms or signs can range from mild fever (high body temperature), headache, body aches, rash and swollen glands to dangerously high fever, bad headache, stiff neck, lack of strength, and confusion or brain fog.

How can I to protect myself and my family?

Avoid outdoor activities at dusk and at dawn, when mosquitoes are most active
Wear long-sleeved shirts, long pants, socks and shoes when outside
Use an insect repellent or bug spray with DEET (choose the right repellent for your age)
Get rid of all standing water (water in tires, buckets, swimming pools) and if you cannot we suggest that you use a pesticide that will kill the eggs
Fix holes in window and door screens to keep mosquitoes outside

What is Northeast Nebraska Public Health Department (NNPHD) doing to protect our community against WNV?

Since 2006 NNPHD has provided educational resources, DEET wipes and mosquito larvicide for the prevention of West Nile Virus infection in our health district. NNPHD has also established mosquito trapping locations to collect mosquitos for WNV testing throughout the mosquito breeding season.

What should I do if I find a dead bird?

If you find a bird that has died within the past 24 hours in the counties of Cedar, Dixon, Thurston or Wayne, during the months of May – October, please call: Northeast Nebraska Public Health Department (NNPHD) at 1-800-375-2260 or 402-375-2200.

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

July is Healthy Vision Month

Keep Your Eyes Healthy

There's a lot you can do to keep your eyes healthy and protect your vision.

Get a comprehensive dilated eye exam

-Getting a dilated eye exam is simple and painless — and it's the single best thing you can do for your eye health!

-Even if your eyes feel healthy, you could have a problem and not know it. That's because many eye diseases don't have any symptoms or warning signs.

-A dilated eye exam is the only way to check for many eye diseases early on, when they're easier to treat.

Find out if you're at risk for eye diseases

Getting older increases your risk of some eye diseases. You might also have a higher risk of some eye diseases if you:

- Are overweight or obese
- Have a family history of eye disease
- Are African American, Hispanic, or Native American

Other health conditions, like diabetes or high blood pressure, can also increase your risk of some eye diseases. For example, people with diabetes are at risk for [diabetic retinopathy](#) — an eye condition that can cause vision loss and blindness.

If you're worried you might be at risk for some eye diseases, talk to your doctor. You may be able to take steps to lower your risk.

Know your family's health history. Talk with your family members to find out if they've had any eye problems. Some eye diseases and conditions run in families, like [age-related macular degeneration](#) or [glaucoma](#). Be sure to tell your eye doctor if any eye diseases run in your family.

Take care of your health

Protecting your overall health can go a long way toward keeping your eyes healthy! It's important to make healthy choices and take good care of yourself.

Keep in mind that healthy habits like eating well and being active can lower your risk for diseases and conditions that can lead to eye or vision problems, like diabetes or high blood pressure. Follow these tips for healthy vision:

Eat healthy foods. Be sure to have plenty of dark, leafy greens like spinach, kale, and collard greens. Eating fish that are high in omega-3 fatty acids — like salmon, tuna, and halibut — is good for your eyes, too.

Get active. Being physically active helps you stay healthy. It can also lower your risk of health conditions that can cause eye health or vision problems — like diabetes, high blood pressure, and high cholesterol.

Quit smoking. Smoking isn't just bad for your lungs — it can hurt your eyes, too! Smoking increases your risk of diseases like macular degeneration and cataracts — and it can harm the optic nerve. If you're ready to quit, call 1-800-QUIT-NOW (1-800-784-8669) for free support. [You can also check out the resources on Smokefree.gov](#)

Protect your eyes

Every day, you can take simple steps to keep your eyes healthy. Use these tips to protect your eyes from things that can harm them:

Wear sunglasses. Protect your eyes from the sun by wearing sunglasses — even on cloudy days! Be sure to look for sunglasses that block 99 to 100 percent of both UVA and UVB radiation.

Wear protective eyewear. Safety glasses and goggles are designed to protect your eyes during certain activities, like playing sports, doing construction work, or doing home repairs. You can buy them from most eye care providers and some sporting goods stores. [Get tips to protect your kids' eyes when they play sports](#)

Give your eyes a rest. Looking at a computer for a long time can tire out your eyes. Rest your eyes by taking a break every 20 minutes to look at something about 20 feet away for 20 seconds.

If you wear contacts, take steps to prevent eye infections. Always wash your hands before you put your contact lenses in or take them out. Be sure to disinfect your contact lenses and replace them regularly. [Learn more about caring for contact lenses](#)