



A Christ-focused Word-centered Family

UnitedLutheran

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MARCH NEWSLETTER

MARCH 202

VOLUME 53

NUMBER 3

For
God
so
loved
the world, that he gave his
only begotten Son, that
whosoever
believeth
in him
should not
perish,
but have
everlasting
life.

John 3:16 (KJV)

The Seven Sayings of Christ on The Cross



- 3/6 - Matthew 27:45-47, Psalm 22:1, Mark 15:34
 - *Why Have You Forsaken Me*
- 3/13 - John 19:28-30
 - *I Am Thirsty*
- 3/20 - John 19:30
 - *It Is Finished*
- 3/28 - Maundy Thursday

Lenten Supper will be served each
Wednesday evening at 6:30 p.m.
followed by the Lenten Service at 7:30 p.m.
No suppers on Maundy Thursday or Good Friday.

Laurel Concord Ministerial

7th - 12th Grades



*Arise, shine, for your light has come,
and the glory of the LORD rises upon you. Isaiah 60:1*

WHERE: PRESBYTERIAN CHURCH

WEDNESDAY'S from 7:00 -7:45 AM

February 21 – Concordia Lutheran Church

February 28 – Faith Community Church

March 6 – United Lutheran Church

March 13 – Presbyterian Church

March 20 – Evangelical Free Church of Concord



Thank You

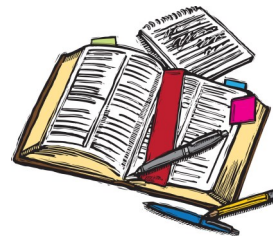
To all who helped with the 36 quilts this year! They are being displayed in the front entry and middle Sunday School room for a couple weeks.

Parents of Graduates: Please use the name tags in the front entry to pin your choice on a quilt that will be given on Senior Reception Sunday, May 5th.

The rest of the quilts will be delivered to missions. May each one that receives a quilt feel wrapped in the warmth of God's love.



ANYONE wishing to share an Easter Lily with the congregation may order one by contacting Sharyl Luedtke or bringing in one on your own. Please have any notes regarding "in honor" or "in memory" of someone to Lisa's office by Monday, March 25th.
Thank You



Bible Study Opportunity

Pastor Marquardt will be hosting an 8 week study on the book of Revelation via Zoom. This will be on Sundays at 4:00 p.m. in the Fellowship Hall. Everyone is invited to attend.

Please contact Lee Dahl if you have any questions.

**COMING
FEB. 23!**

**MAJESTIC
THEATRE**
310 MAIN ST
WAYNE, NE
402-833-1833



SHOWING FOR 2 WEEKS

TICKETS
ALWAYS
\$5

FEB 23 @ 7PM	FEB 29 @ 7PM
FEB 24 @ 2PM	MAR 1 @ 7PM
FEB 24 @ 7PM	MAR 2 @ 2PM
FEB 25 @ 2PM	MAR 2 @ 7PM
	MAR 3 @ 2PM

*TICKETS GO ON SALE & DOORS OPEN
1 HOUR BEFORE SHOW TIME

FROM THE STUDIO WHO BROUGHT YOU *WONDER*
AND THE CREATORS OF *JESUS REVOLUTION*

BASED ON AN EXTRAORDINARY TRUE STORY

FIND YOUR PURPOSE.
MAKE A DIFFERENCE.



ANNUAL SUPPER & AUCTION

**SATURDAY MARCH 23, 2024
5:00 PM - 8:00 PM**

**WAYNE CITY AUDITORIUM
220 NORTH PEARL ST. | WAYNE, NE**

MEAL - FREE WILL DONATION

PROCEEDS GO TOWARDS
PHASE I CAMP DINING HALL REMODEL

AUCTION OF GOURMET PIES | ARTISAN GOODS | GIFT BASKETS
TESTIMONIES FROM CAMP STAFF & CAMPERS!

For More Information: Shannon Arduser 712.301.1268



**Dixon Fire & Rescue
Annual Pancake Breakfast
Sunday, March 3
8:00-1:00**

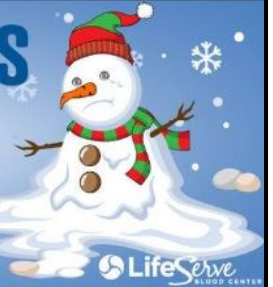
Dixon Community Center
Free Will Donation

Serving Pancakes, French Toast, Sausage, Eggs,
Coffee & Juice

Bake Sale & Raffle Items
4 Quarters of Beef & a 50 Inch TV



**BLOOD DONORS
ARE WORTH
MELTING FOR**



**LAUREL COMMUNITY
BLOOD DRIVE**

Laurel Fire & Rescue Hall

**Tuesday, March 19
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



YOUR BLOOD. YOUR HOSPITAL. YOUR NEIGHBORS.

Belden Volunteer Fire Department Pancake Breakfast

Sunday, March 24, 2024
8:00 a.m. to 1:00 p.m.

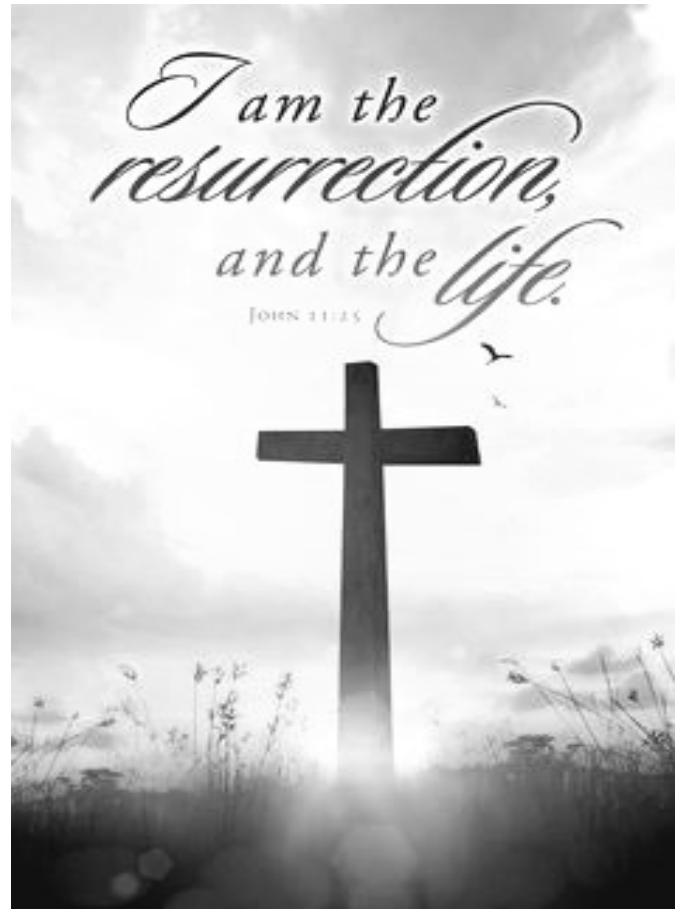
We will be serving pancakes,
french toast, eggs and sausage

Proceeds from this free will donation
event will go towards training expenses
and equipment



If you are unable to attend,
donations can be sent to:
Belden Volunteer Fire Dept.
PO Box 84
Belden NE 68717

The Belden Community
Club will also be hosting
a bake sale



United Lutheran Church
Council Meeting
February 8, 2024

Members Present: Dustin Showen, Steve Luedtke, Jon Mullen, Sara Pehrson, Tiffany Ebberson, Lisa Karnes, Tom Biernbaum, Nathan Abts, Joe Ankeny, Jill Petersen, Matt Maxon & Doug Olsen.

Members Absent: McKenzie Roeber

Dustin called the meeting to order. The group recited the Mission Statement and Dustin opened with the reading of a devotion and prayer.

Tiffany Ebberson read the minutes from the last meeting. Lisa Karnes noted one correction to be made. The youth group will not meet during Lent. Joe Ankeny made a motion to accept the minutes with the correction. Nathan seconded. Motion passed.

Treasurer's Report: Lisa presented the P&L and balance sheets. Lisa noted that she had received the money from Pastor Matt for the computer he took with him. She also shared that the offering from Mission Sunday with Ali Thompson was \$2,187.52. Thank you to everyone who shared in this offering. The church's taxes have also been completed and paid for. Tiffany Ebberson made a motion to approve the treasurer report. Sara Pehrson seconded. Motion passed.

Trustee's Report: Jon spoke with Zach Spahr about updating the Sanctuary lighting to LED lights. Zach will put together an estimate. The trustees have made a walk through at the parsonage and it is planned to get a professional cleaning team to come clean the carpets.

Parish Ed Report: Sara provided various updates. The youth group is still in the search for a leader and they are looking for volunteers to help. Youth group will not meet on Wednesdays during Lent. Doug Olson shared the idea of having some of the "younger generation" church members help out. The curriculum for VBS has been ordered. Confirmation class has been moved to Sundays beginning February 11th. Doug Olson is leading Confirmation and Steve Luedtke and Amy Kort will help as needed. Parish Ed is looking into doing a church wide or youth-based mission trip possibly in 2024. Have any suggestions? Please talk with Sara Pehrson or any Parish Ed members!

Lenten Dinners – Wednesdays during Lent. Dinner is served at 6:30 and Service following at 7:30

Feb 14th – Senior High Youth

Feb 21st – Sunday School Kids

Feb 28th – Ladies of the Church

Mar 6th – Junior High Youth

Mar 13th – Ladies of the Church

Mar 20th – Men of the Church

Deacon's Report: Joe reported that the Walk Through the New Testament event went well. Approximately 25 people attended. Steve Luedtke, Doug Olson and Lee Dahl have been taking turns at leading Sunday services. Anyone who would like to help with services please talk to one of the Deacons. Steve Luedtke will lead the Lenten services on Wednesday evenings.

President's Report: Dustin did not have much to report this month. Pastor Matt had provided a list of possible pastor candidates before he left. The Call Committee has been working through this list.

Meeting was closed with the Lord's Prayer.
Tiffany Ebberson, Council Secretary

United Lutheran Calendar

MARCH

SUNDAY, March 3

9:00 a.m. Worship with Communion
Fellowship Coffee follows Worship
10:15 a.m. Sunday School/Confirmation
4:00 p.m. Bible Study with Pastor Marquardt

TUESDAY, March 5

7:00 p.m. Deacon Meeting

WEDNESDAY, March 6

9:30 a.m. Women's Bible Study
6:30 p.m. Lenten Supper
7:30 p.m. Mid-week Lenten Service

THURSDAY, March 7

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

SUNDAY, March 10

DAYLIGHT SAVINGS TIME BEGINS

9:00 a.m. Worship
Fellowship Coffee follows Worship
Blood Pressure Checks
10:15 a.m. Sunday School/Confirmation
2:30 p.m. Hillcrest Service
4:00 p.m. Bible Study with Pastor Marquardt

WEDNESDAY, March 13

9:30 a.m. Women's Bible Study
6:30 p.m. Lenten Supper
7:30 p.m. Midweek Lenten Service

THURSDAY, March 14

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

SUNDAY, March 17

9:00 a.m. Worship with Communion
Fellowship Coffee follows Worship
10:15 a.m. Sunday School/Confirmation
4:00 p.m. Bible Study with Pastor Marquardt

MONDAY, March 18

NEWSLETTER DEADLINE!!!

TUESDAY, March 19

2:00 p.m. - 6:00 p.m. LifeServe Blood Drive
6:00 Youth Ministry Team Meeting
7:00 p.m. Parish Education Meeting

THURSDAY, March 21

6:00 p.m. Young Adult Bible Study

SUNDAY, March 24

9:00 a.m. Worship with Communion— Palm Sunday
Fellowship Coffee follows Worship
10:15 a.m. Sunday School/Confirmation
4:00 p.m. Bible Study with Pastor Marquardt

WEDNESDAY, March 27

9:30 a.m. Women's Bible Study

THURSDAY, March 28

6:00 p.m. Young Adult Bible Study
7:30 p.m. Maundy Thursday Service

FRIDAY, March 29

7:30 p.m. Good Friday Service

SUNDAY, March 31 - EASTER SUNDAY

6:30 a.m. Easter Sunrise Service with Communion
Easter Breakfast
9:00 a.m. Easter Worship with Communion
*No Fellowship Coffee, Sunday School
or Small Group*

APRIL

WEDNESDAY, April 3

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

THURSDAY, April 4

9:00 p.m. Sarah Cirelz
6:00 p.m. Young Adult Bible Study
6:30 p.m. Ruth Cirelz

SUNDAY, April 7

9:00 a.m. Worship with Communion
Fellowship Coffee follows Worship
10:15 a.m. Sunday School/Confirmation
4:00 p.m. Bible Study with Pastor Marquardt

TUESDAY, April 9

7:00 p.m. Deacon Meeting

WEDNESDAY, April 10

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

THURSDAY, April 10

6:00 p.m. Young Adult Bible Study



ALTAR GUILD for March

Anita Gade, Cherry Urwiler, Mitzi Urwiler & Shelley Groene

March 3 (Purple) Third Week of Lent Communion

LECTOR - Megan Mullen
GREETERS - Jacob and Mandi Swanson & Family
COMMUNION STEWARD -
USHERS - Verneal Gade, Craig Karnes, Gabe Abts,
Jon Mullen, Marlin Bose
MUSICIAN - Anita Gade
ACOLYTE - Mason Kort
NURSERY - Kayla Detlefsen
COFFEE - Sharyl Luedtke, Tom & Pam Bierbaum,
Jon & Sara Pehrson

March 6 (Purple) Mid-Week Lenten Service

LECTOR - Scott Urwiler
GREETERS - Don & Erica Diediker
USHERS - Steve, Jacob & Cody Luedtke, Nick Kort,
Drew & Koby Detlefsen, Ron Lundahl,
Jon Pehrson
MUSICIAN - Sherie Lundahl
ACOLYTE - Treytan Lawyer

March 10 (Purple) Fourth Week of Lent

LECTOR - Sherie Lundahl
GREETERS - Doug & Keila Olson
USHERS - Mike & Cathie Jacobsen, Kody & Bradyn
Urwiler, Don & Erica Diediker
MUSICIAN - Glenda Johnson
ACOLYTE - Aliya Detlefsen
NURSERY - Teresa Granquist
COFFEE - Jerry & Shelley Groene, Scott & Diane
Urwiler, Lisa Karnes

March 13 (Purple) Mid-Week Lenten Service

LECTOR - Stephanie Urwiler
GREETERS - Dustin and Laura Showen & Family
USHERS - Lathan Detlefsen, Robert Patefield, Scott &
Evan Urwiler, Tom Biernbaum
MUSICIAN - Anita Gade
ACOLYTE - Bryson Urwiler

March 17 (Purple) Fifth Sunday in Lent

LECTOR - Anita Gade
GREETERS - Charley and Paige Green & Family
USHERS - Verneal Gade, Craig Karnes, Gabe Abts,
Jon Mullen, Marlin Bose
MUSICIAN - Sherie Lundahl
ACOLYTE - Carlee Stanley
NURSERY - Stephanie Urwiler
COFFEE - Mike & Cathie Jacobsen, Nick & Amy Kort,
Heath & Mckenzie Roeber

March 20 (Purple) Mid-week Lenten

LECTOR - Cathie Jacobsen
GREETERS - Heath and Mckenzie Roeber & Family
USHERS - Steve, Jacob & Cody Luedtke, Nick Kort,
Drew & Koby Detlefsen, Ron Lundahl,
Jon Pehrson
MUSICIAN - Glenda Johnson
ACOLYTE - Payton Swanson

March 24 (Purple) Palm Sunday

LECTOR - Sara Pehrson
GREETERS - Brian and Tiffany Ebberson & Family
USHERS - Mike & Cathie Jacobsen, Kody & Bradyn
Urwiler, Don & Erica Diediker
MUSICIAN - Anita Gade
ACOLYTE - Jacob Kolar
NURSERY - Laura Showen
COFFEE - Dustin & Laura Showen, Jon & Megan
Mullen, Tim & Teresa Granquist

March 28 (White) Maundy Thursday

LECTOR - Mitzi Luedtke
GREETERS - Joe & Mary Ankeny
USHERS - Lathan Detlefsen, Robert Patefield, Scott &
Evan Urwiler, Tom Biernbaum
MUSICIAN - Sherie Lundahl
ACOLYTE - Mason Kort

March 29 (Black) Good Friday

LECTOR - Jacob Luedtke
GREETERS - Katie & Henry Bose
USHERS - Verneal Gade, Craig Karnes, Gabe Abts,
Jon Mullen, Marlin Bose
MUSICIAN - Glenda Johnson
ACOLYTE - Treytan Lawyer

March 31 (White) Easter Sunday

LECTOR - Mindy Christensen
GREETERS - Diane Peterson
USHERS - Steve, Jacob & Cody Luedtke, Nick Kort,
Drew & Koby Detlefsen, Ron Lundahl,
Jon Pehrson
MUSICIAN - Anita Gade
ACOLYTE - Aliya Detlefsen

Radon Basics

What is radon?

Radon is a radioactive gas. It is colorless, odorless, tasteless, and chemically inert. Unless you test for it, there is no way of telling how much is present.

Radon is formed by the natural radioactive decay of uranium in rock, soil, and water. Naturally existing, low levels of uranium occur widely in Earth's crust. It can be found in all 50 states. Once produced, radon moves through the ground to the air above. Some remains below the surface and dissolves in water that collects and flows under the ground's surface.

Radon has a half-life of about four days—half of a given quantity of it breaks down every four days. When radon undergoes radioactive decay, it emits ionizing radiation in the form of alpha particles. It also produces short-lived decay products, often called progeny or daughters, some of which are also radioactive.

Unlike radon, the progeny are not gases and can easily attach to dust and other particles. Those particles can be transported by air and can also be breathed.

The decay of progeny continues until stable, non-radioactive progeny are formed. At each step in the decay process, radiation is released.

Sometimes, the term radon is used in a broad sense, referring to radon and its radioactive progeny all at once. When testing measures radiation from the progeny, rather than radon itself, the measurements are usually expressed in working level (WL) units. When radiation from radon is measured directly, the amount is usually expressed in picocuries per liter of air (pCi/L).

Why is 4 pCi/L the recommended action level for Radon?

EPA recommended this mitigation action level in 1986 for several reasons. First, at lower levels (2 pCi/L) measurement devices' false negative errors increase threefold, and false positive errors increase twofold. Secondly, mitigation research indicates that elevated levels can be reduced to 4 pCi/L or less 95% of the time. Research shows that 2 pCi/L can be achieved 70% of the time. Further, today's mitigation technology can reduce radon levels to between 2 and 4 pCi/L most of the time. Finally, cost benefit analysis performed in 1986 indicate that an action level of 4 pCi/L results in a cost of about \$700,000 per lung cancer death saved. If the action level was set at 3 pCi/L, the cost would be \$1.7 million, and if set at 2 pCi/L, the cost would be \$2.4 million per lung cancer death saved. EPA states that 4 pCi/L is a recommended action level, yet homeowners can further reduce their potential lung cancer risk by mitigating homes that are below 4 pCi/L.

Radon Entry

How often is indoor radon a problem?

Nearly one out of every 15 homes has a radon level the EPA considers to be elevated—4 pCi/L or greater. The U.S. average radon-in-air level in single family homes is 1.3 pCi/L. Because most people spend as much as 90 percent of their time indoors, indoor exposure to radon is an important concern.

How does radon get into a building?

Most indoor radon comes into the building from the soil or rock beneath it. Radon and other gases rise through the soil and get trapped under the building. The trapped gases build up pressure. Air pressure inside homes is usually lower than the pressure in the soil. Therefore, the higher pressure under the building forces gases through floors and walls and into the building. Most of the gas moves through cracks and other openings. Once inside, the radon can become trapped and concentrated.

Openings which commonly allow easy flow of the gases in include the following:

- Cracks in floors and walls
- Gaps in suspended floors
- Openings around sump pumps and drains
- Cavities in walls
- Joints in construction materials
- Gaps around utility penetrations (pipes and wires)
- Crawl spaces that open directly into the building

Radon may also be dissolved in water, particularly well water. After coming from a faucet, about one ten thousandth of the radon in water is typically released into the air. The more radon there is in the water, the more it can contribute to the indoor radon level.

Trace amounts of uranium are sometimes incorporated into materials used in construction. These include, but are not limited to concrete, brick, granite, and drywall. Though these materials have the potential to produce radon, they are rarely the main cause of an elevated radon level in a building.

Outdoor air that is drawn into a building can also contribute to the indoor radon level. The average outdoor air level is about 0.4 pCi/L, but it can be higher in some areas.

While radon problems may be more common in some geographic areas, any home may have an elevated radon level. New and old homes, well-sealed and drafty homes, and homes with or without basements can have a problem. Homes below the third floor of a multi-family building are particularly at risk.

Can the radon level in a building's air be predicted?

No, it is not possible to make a reliable prediction.

The only way to determine the level is to test. The EPA and the Surgeon General recommend testing all homes below the third floor for radon.

[A map of radon zones](#) (link is external) has been created to help national, state, and local organizations to target their resources and to implement radon-resistant building codes. However, the map is not intended to be used for determining if a home in a given zone should be tested for radon. Homes with elevated levels of radon have been found in all three zones.

In addition, indoor radon levels vary from building to building. Do not rely on radon test results taken in other buildings in the neighborhood—even ones next door—to estimate the radon level in your building.

Contact Northeast Public Health Department in Wayne, Nebraska for information about radon in your local area. Phone number: 402-375-2200 The Internet is also a source of information about radon levels in some states.

Do radon levels increase with the age of a home?

No. The only way to know the radon level in any home, regardless of its age, foundation type, heating system, air tightness, or building materials, is to conduct a test. Elevated radon has been found in brand new homes and homes over 150 years old.

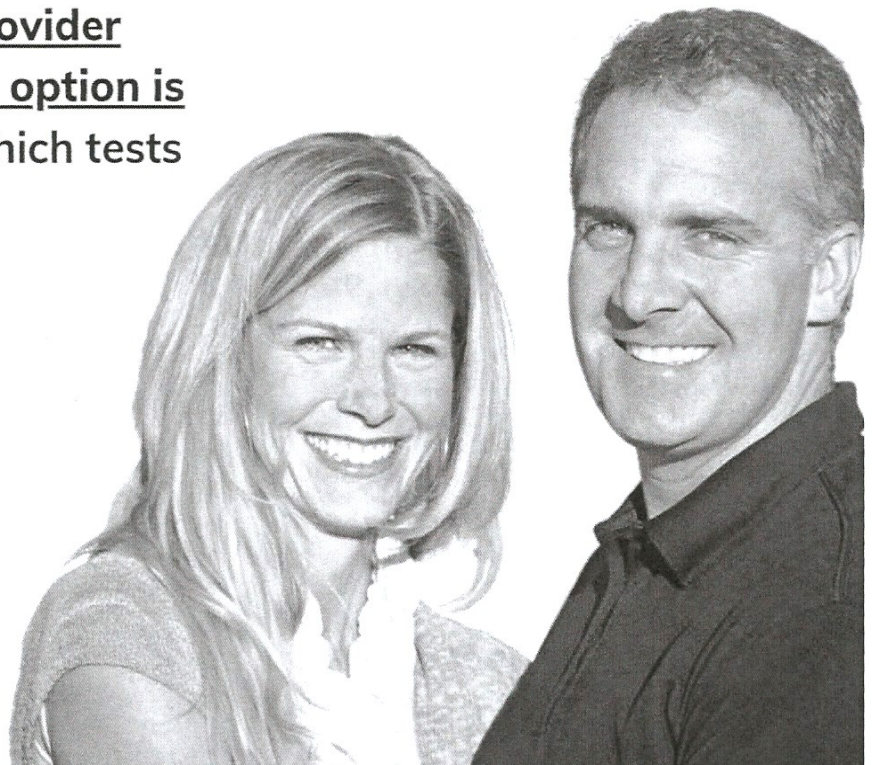
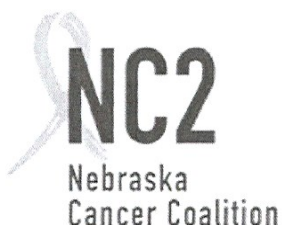
Did you know that colorectal cancer is the second-leading cause of cancer death in both men and women in Nebraska? Colorectal cancer can be caught early or even prevented through regular screening. Most people should begin screening at age 45.

There are simple, affordable screening options that can be done at home.

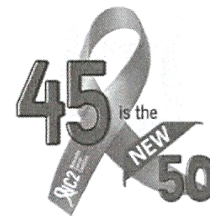
Talk to your healthcare provider about your risk and which option is right for you — and ask which tests are covered by your health insurance.




Learn more at
[www.necancer.org/
Colorectal-Cancer](http://www.necancer.org/Colorectal-Cancer)
or use the QR code



Review the below information and talk to your healthcare provider about your risk and which screening option is right for you.



For those with average risk:

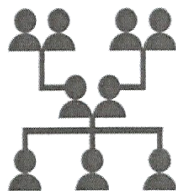
	FIT/FOBT	FIT DNA	Colonoscopy
What is it?	Checks for blood in your stool	Checks your stool for blood DNA that is not normal (commonly called Cologuard)	Checks for small growths in your colon (polyps) that can become cancer
How is it completed?	<ul style="list-style-type: none"> • At home • No prep needed • Collect a stool sample 	<ul style="list-style-type: none"> • At home • No prep needed • Collect a stool sample 	<ul style="list-style-type: none"> • Performed in medical setting by specialist • Prep needed before test is done
How often?	Every 1 year	Every 3 years	Every 10 years
Things to consider	A colonoscopy is required if test is not normal	A colonoscopy is required if test is not normal	<ul style="list-style-type: none"> • Specialist removes any small growths found and sends for more testing • Will need ride to and from test

Individuals that are at a higher risk of colorectal cancer may need to get screened at an earlier age, more often, or may require a specific test.

Those that are at a high risk include:



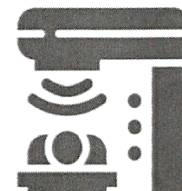
Personal history of colorectal cancer



Family history of colorectal cancer



Personal history of inflammatory bowel disease



Personal history of radiation to the pelvis or abdomen