

JULY NEWSLETTER

JULY 2024

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A Christ-focused Word-centered Family

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Church Office 402-256-3622 - Email - contact@laurelulc.org



6 Ways to Pray on the 4th of July by Bob Hostetler

For most of us, the 4th of July will be a day of food, fireworks and maybe a parade or concert. But it can also include prayer.

But, I suggest, not just any prayer.

Try praying this way on Independence Day:

1. Give thanks for your freedom and favor.

What a blessing it is to enjoy the freedoms we too often take for granted and the blessings that attend us in this country.

2. Pray for those who protect our freedom.

Remember those who fought and died for our freedom in the past and those soldiers, sailors, police and others whose service protects us today.

3. Pray for our nation's leaders.

Paul, the early church leader, wrote, "I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior" (1 Timothy 2:1-3, NIV). If he were writing today, Paul would probably include not only the president and other national officials but also members of Congress, governors, judges and others in positions of authority.

4. Pray for the safety of those who gather to celebrate the holiday.

In this day and age, any large gathering presents security challenges large and small. Ask God to grant wisdom and watchfulness to planners and hosts of events—as well as the usual need for caution in handling fireworks and other seasonal hazards.

5. Remember those in oppressive or disadvantaged circumstances.

As we express gratitude for our freedoms, we should also remember those who live in different circumstances where war, oppression, discrimination and injustice divide and dominate. Even as you rejoice in your blessings, cry out to God for those who suffer.

6. Find new freedom in forgiveness.

There is no bad time to forgive someone but there are few better times than on a day when we celebrate freedom. Take a moment to consider whether there is someone you can forgive or something in your life that you can let go. Why not include in this year's celebration a new level of freedom by shaking off the shackles of unforgiveness or regret—perhaps even seeking God's forgiveness or forgiving yourself, and experiencing the truth of Romans 8:1-2: "There is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death" (Romans 8:1-2 NIV).





United Lutheran Church Council Meeting June 13, 2024

Members Present: Dustin Showen, Doug Olson, Tiffany Ebberson, Lisa Karnes, Tom Biernbaum, Sarah Pehrson, Joe Ankeny, Steve Luedtke & Matt Maxon.

Members Absent: Nathan Abts, Jon Mullen & McKenzie Roeber.

Dustin called the meeting to order. The group recited the Mission Statement and Matt opened with the reading of a devotion from Psalm 5:11.

Tiffany Ebberson read the minutes from the last meeting. Lisa Karnes made a motion to accept the minutes. Joe Ankeny seconded. Motion passed.

Treasurer's Report: Lisa presented the P&L and balance sheets. Dustin was able to deliver a check in the amount of \$781 to the Johnson family. There have continued to be great offerings. Lisa shared a thank you from the Senior Center for the old AED that was donated. Joe Ankeny made a motion to approve the treasurer's report. Tom Biernbaum seconded. Motion passed.

Trustee's Report: Matt shared that the trustees need to take a closer look at the sheetrock at the parsonage. They have found black mold after the water issue and need to investigate the extent of the mold. Can they clean it or will the sheetrock need to be replaced? Jon is looking into storage shed options.

Parish Ed Report: Sara shared that FLY fundraisers will be set up. As of now a car wash and silent auction are in the works. VBS is set for July 28 – August 1 from 5:30 – 7:30pm. Volunteers are needed. Please check the sign-up sheet at church.

Other Business

Doug shared that the Family Faith Night event is nearing its fundraising goal but is still looking for donations. Sara mentioned how we have money budgeted for a pastor and youth leader that is not being utilized currently. Steve Luedtke made a motion to donate \$5,000 to the event. Sara seconded. Motion passed.

Deacon's Report: The Deacons continue to make visits to the nursing home and they have made visits to the prison in Yankton. He said that various inmates have voiced wanting to attend church service with us. The chaplain at the prison has arranged for them to come with him to the service on July 21st. Joe brought up that we need to pay Pastor Marquardt for leading the Bible study on Romans as well as a pulpit fee. Joe suggested paying him \$250. Mission Sunday is set up for June 23rd with Reaching the Unreached. The Semi-Annual meeting was initially set up for this same day. It is now changed to June 30th.

President's Report: Dustin has been asked by Yvonne Hansen to present a petition in regards to supporting the state's decision on abortion ruling. This ruling supports the pro-life law.

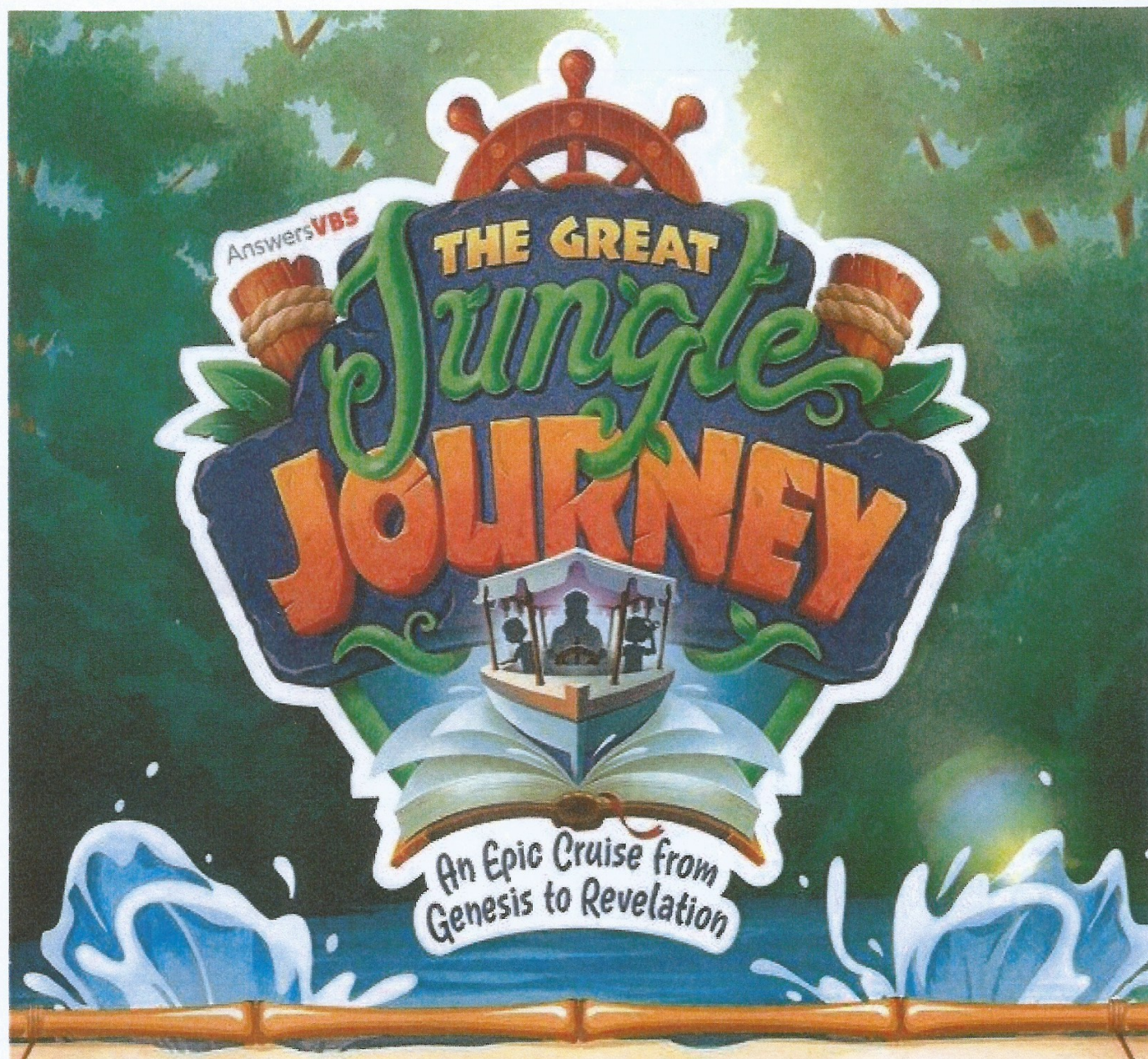
Important Dates

- ☐ June 23rd – Mission Sunday, Reaching the Unreached
- ☐ June 30th – Semi-Annual Meeting

Communion Stewards

* July – Nathan Abts

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



**JOIN US
ON THIS**

**AMAZING
ADVENTURE!**

VBS 2024

**United Lutheran Church
July 28 – August 1**

5:30pm – 7:30pm (Supper will be provided)

Preschool through 6th Grade Welcome!

Scan the QR code to register!



UnitedLutheran
A Christ-Focused, Word-Centered Family



Dixon County Fair Sunday, July 7, 2024



Faith and FAMILY Night
AT THE DIXON COUNTY FAIR
JULY 7
6:30PM*
CONCORD, NE
*ACTIVITIES ALL DAY, CONCERTS BEGIN @ 6:30PM

Free concert with admission to fair*
*\$15 GATE - 12 & UNDER FREE

Zellmer Family Ministry
RYAN STEVENSON
RHETT WALKER

FAITHANDFAMILYDIXONCOUNTY
WWW.DIXONCOUNTYFAIR.COM

GRANT FROM THE DIXON COUNTY CONVENTION AND VISITORS BUREAU
EVENT FUNDED



Dixon County Junior Leaders Omelet Feed

Sunday, July 7, 2024
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 2024

Lilly Pehrson
Taven Ocampo
Trecyn Ocampo
Hunter Connell

Lane Fischer
Tristan Connell
Mackenzey Connell
Claire Walsh

Faith Galvin
BrieAnn Mellick
Katelyn Walsh

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



Join us

for
Worship
at the
FAIR

Sunday, July 7, 2024 | 8am
at the Dixon County Fairgrounds

Music by the
Zellmer Family

Hosted by
Concordia Lutheran Church, Concord
& First Lutheran Church, Allen

DIXON COUNTY FAIR
EST. 1952
MUSIC - FAMILY - FUN

Join Us for Family, Friendly Events!



FREE ORAL HEALTH CLINIC

EVERYONE IS WELCOME

SERVICES PROVIDED:

- DENTAL SCREENING**
- CLEANING OFF PLAQUE
- EDUCATION
- FLUORIDE TREATMENT
- SEALANTS

** No dentist at the clinic,
not a replacement for regular dental visits



SPACE LIMITED, PLEASE CONTACT US TO SIGN UP TO
RECEIVE SERVICES
402-375-2200



NORTHEAST NEBRASKA
PUBLIC HEALTH
DEPARTMENT

JULY 9 LAUREL, NE
UNITED LUTHERAN CHURCH
1-6 PM BY APPOINTMENT
305 W 3RD STREET
LAUREL, NE 68745

**You can take the blood donor
out of the Midwest,
but you can't take the Midwest
out of the blood donor.**

LifeServe
BLOOD CENTER

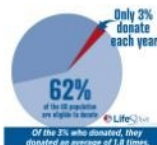
Midwestern Blood Donor shirt available in the online
store for 200 donor points while supplies last,
starting May 27th, 2024.



LAUREL COMMUNITY BLOOD DRIVE

Laurel Fire & Rescue Hall

**Tuesday, July 9
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.

GOOD
BLESS
AMERICA

UNITED LUTHERAN

JULY

CALENDAR

WEDNESDAY, July 3

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

THURSDAY, July 4

Have a SAFE & HAPPY 4th of July!

SUNDAY, July 7

9:00 a.m. Worship

Fellowship Coffee Follows Service

8:00 a.m. 8:00 a.m. - 11:00 p.m. Dixon County

Jr. Leaders Omelet Feed

6:30 p.m. Faith & Family Night Concert
at the Dixon Co. Fair

TUESDAY, July 9

1:00 p.m. - 6:00 p.m. NNPHD

Free Oral Health Clinic

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

WEDNESDAY, July 10

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

THURSDAY, July 11

9:00 a.m. Sarah Circle

5:00 p.m. Ruth Circle at Church

7:00 p.m. Church Council Meeting

SUNDAY, July 14

9:00 a.m. Worship

Fellowship Coffee Follows Worship

2:30 p.m. Hillcrest Worship Service

WEDNESDAY, July 17

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

SUNDAY, July 21

9:00 a.m. Worship

Fellowship Coffee Follows Worship

MONDAY, July 22

NEWSLETTER DEADLINE

WEDNESDAY, July 19

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

6:30 p.m. Youth Group & Supper

TUESDAY, July 23

7:00 p.m. Parish Education Meeting

WEDNESDAY, July 24

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

SUNDAY, July 28

9:00 a.m. Worship

Fellowship Coffee Follows Worship

5:30 p.m. - 7:30 p.m. VBS

MONDAY, July 29

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

TUESDAY, July 30

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

WEDNESDAY, July 31

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

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 7 (Green) Communion

Seventh Sunday after Pentecost

LECTOR - Cathie Jacobsen
 GREETERS - Dennis and Lisa Christensen & Family
 COMMUNION STEWARD - Nathan Abts
 USHERS - Lathan Detlefsen, Robert Patefield, Scott & Evan Urwiler
 MUSICIAN -
 NURSERY - Stephanie Urwiler
 COFFEE - Kody & Stephanie Urwiler, Marlin & Mary Bose, Jerry & Glenda Johnson

July 14 (Green)

Eighth Sunday after Pentecost

LECTOR - Jacob Luedtke
 GREETERS - Bill & Elaine Luedders
 USHERS - Verneal Gade, Craig Karnes, Gabe Abts, Marlin Bose, Jon Mullen
 MUSICIAN -
 NURSERY - Mandi Swanson
 COFFEE - Jon & Megan Mullen, John & Nancy Abts, Jack & Rozanne Hintz

July 21 (Green)

Ninth Sunday after Pentecost

LECTOR - Mindy Christensen
 GREETERS - Scott and Daine Urwiler & Family
 USHERS - Steve, Jacob & Cody Luedtke, Nick Kort, Drew & Koby Detlefsen, Ron Lundahl, Jon Pehrson
 MUSICIAN -
 NURSERY - Katie Bose
 COFFEE - Doug & Keila Olson, Jacob & Mandi Swanson, Joe & Mary Ankeny

July 28 (Green)

Tenth Sunday after Pentecost

LECTOR - Steve Luedtke
 GREETERS - Tom & Pam Biernbaum
 USHERS - Mike & Cathie Jacobsen, Kody & Bradyn Urwiler, Greg & Deb Urwiler, Don & Erica Diediker
 MUSICIAN -
 NURSERY - Amy Kort
 COFFEE - Jon & Sara Pehrson, Tom & Pam Biernbaum, Sharyl Luedtke

Altar Guild for August : Teresa Granquist & Racquel Holloway

August 4 (Green) Communion

Eleventh Sunday after Pentecost

LECTOR - Jon Mullen
 GREETERS - Robert & Dorothy Patefield
 COMMUNION STEWARD - Jon Mullen
 USHERS - Lathan Detlefsen, Robert Patefield, Scott & Evan Urwiler, Tom Biernbaum
 MUSICIAN -
 NURSERY - Kayla Detlefsen
 COFFEE - Jerry & Shelley Groene, Scott & Diane Urwiler, Craig & Arlys Monson

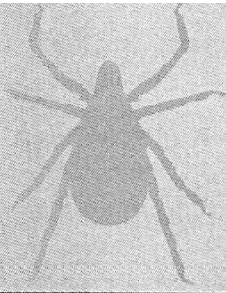
August 11 (Green)

Twelveth Sunday after Pentecost

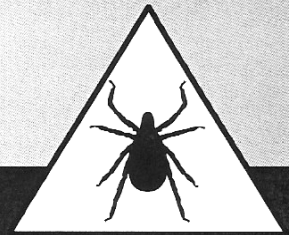
LECTOR - Diane Peterson
 GREETERS - Jon & Sara Pehrson
 USHERS - Verneal Gade, Craig Karnes, Gabe Abts, Marlin Bose, Jon Mullen
 MUSICIAN -
 NURSERY - Teresa Granquist
 COFFEE - Mike & Cathie Jacobsen, Nick & Amy Kort, Heath & Mckenzie Roeber



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



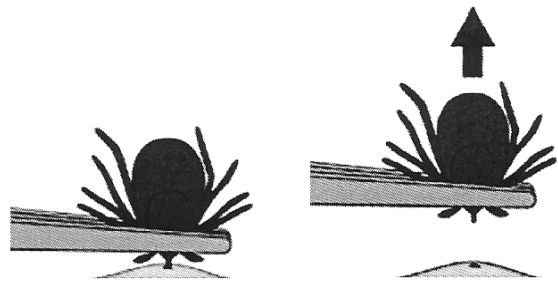
Ticks can spread disease, including Lyme disease.

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.

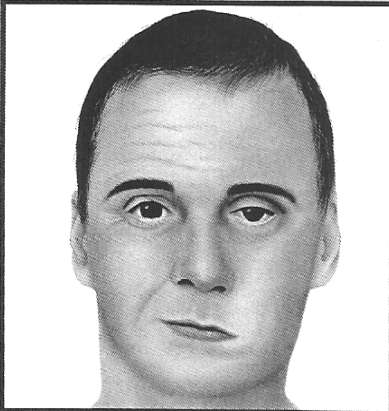


Notes:

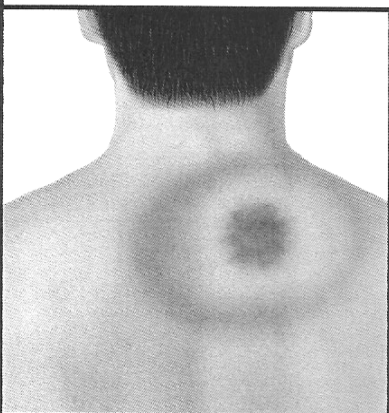
- Remove the tick as soon as possible to reduce your chances of getting an infection from the tick bite.
- Don't use nail polish, petroleum jelly, or a hot match to make the tick detach.
- If tick mouthparts remain in the skin, leave them alone. In most cases, they will fall out in a few days.



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](#)