

# JANUARY NEWSLETTER

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## A Christ-focused Word-centered Family

**UnitedLutheran**

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

### *The Call*

By Rev. Tom Tuura  
Pastor of United Lutheran Church

Whirlwind: noun A rapidly rotating, generally vertical column of air, such as a tornado, dust devil, or waterspout. A tumultuous, confused rush. A destructive force or thing.

That's the word I've used to describe our lives over the past few months—at least from our perspective. From God's perspective, however, we can say by faith, that He is in control. And though that was a major theme of our lives last year, it didn't dawn on me that there is another line that follows that one, ...and we're not. That's right, if God is in control, we are not. You cannot have two sets of controls in any vehicle. It's true airplanes have two sticks or control yokes, but they work together, and the pilot and co-pilot communicate the words, "my airplane" when they take the controls. The other takes his hands off the controls. Professional airline pilots have a carefully choreographed plan as to who does what during each flight. This is a procedure that has been honed for decades over the development of aviation, and is one of the reasons flying is as safe as it is.

At our Bible study the other night we talked a little about why Jesus selected the disciples he did—uneducated fishermen, and also, about those who responded and those who didn't. Why does God call the "B" squad so to speak? Why did He not choose the political leadership of the world. Today that would be the World Economic Forum, the UN or some other world renowned figure. And then what about those who declined to follow—those who said 'no'. No matter who, we are we all feel under prepared for the things God puts in our path. Why is that? Could it be because God is in control? In our text for Sunday, we are looking at those who are put forth as examples, the little children, or as he NKJV states, 'infants'. This is God's 'A' squad. Maybe you've heard the saying, God equips the called, He does not call the equipped.

Last month I accepted my sixth full-time call to serve a congregation with my precious wife by my side. What a blessing she's been! I can genuinely say that God is equipping us. We've served several other places in fill-in, or interim capacity as well. I was blessed to begin preaching and doing fill-in work even during my college days, so that in seminary, I had already been preaching for a couple of years. Our first official parish was a two point parish in Northern Minnesota in the little town of McIntosh. The churches were Trinity Lutheran and Mt Carmel Free Lutheran churches during the years of 1987-1993. Then we accepted the call to serve Grace Free Lutheran in Dekalb Illinois from 1993-1995. From there we moved back to Minnesota again, to serve Hosanna Free Lutheran from 1995-2000. After that I did interim work as I felt called to tent making ministry as I worked at Crysteel Manufacturing, in the truck equipment industry, where I sold, designed and did customer service. The main congregation I served during those years on weekends was 30 miles down the road from our home, Living Word of Windom, Minnesota. Then in 2012 we felt called again to return to full-time ministry in Missouri.

I've seen a lot of things over these decades. Where are we at today in the church at large? Well God is still in control. I've recently learned a lot about the modern pastor. Some statistics, are that the average age of pastors today is around 55. And that about 95% of pastors world-wide have no advanced educational training. One more thing, the pastoral office is a divine calling. God is in control—and we're not. So whether it's your life, or mine, you guessed it—God is saying, "My airplane." That's a great thing when the whirlwinds of life spin up.

That's my view  
Pastor Tom ###

## FEBRUARY BIRTHDAYS AND ANNIVERSARIES

- |   |   |
|---|---|
| 1. JOSH JOHNSON<br>EMILY HANGMAN                                  | 19. TIFFANY EBBERSON<br>SIDNEY GROENE   |
| 2. JOSLYN JOHNSON   | JOEL & LISA KARNES  |
| 3. JORDYNN URWILER  | 21. ELAINE LUEDERS  |
| 6. STEVE URWILER<br>RAY STANLEY<br>KIARA LAWYER<br>PIPER PETERSON | 22. STEVE & MITZI URWILER<br>JAYLLA KLAUSEN<br>COLLTON KLAUSEN<br>BRYSON URWILER<br>HALLIE ROEBER |
| 7. JERRY GROENE   | 23. HOPE SWANSON  |
| 8. AMANDA ROGERS  | 25. SELAH QUANBECK<br>EZRA QUANBECK<br>JUBILEE QUANBECK   |
| 9. DWIGHT & KAY PAULSON<br>KAYLA DETLEFSEN<br>LILLY PEHRSON       | 26. DAVE BATHKE   |
| 10. KATIE BOSE<br>FAITH URWILER                                   | 27. JILL OLESEN   |
| 16. ERICA DIEDIKER  | 28. KOBY DETLEFSEN<br>NICOLE WILLIAMS   |
| 17. SHELLEY GROENE  |   |



United Lutheran Church  
Council Meeting  
January 28, 2025

Members Present: Dustin Showen, Doug Olson, Nathan Abts, Joe Ankeny, McKenzie Roeber, Sara Pehrson, Matt Maxon, Steve Luedtke, Jon Mullen, Tom Biernbaum, Lisa Karnes, Pastor Tom and Tiffany Ebberson.

Dustin called the meeting to order. The group recited the Mission Statement and Jon opened with a reading from Phillipians.

Tiffany read the December meeting minutes. McKenzie made a motion to approve the minutes. Lisa seconded. Motion passed.

Treasurer's Report: The P&L and balance sheets were reviewed. Tiffany made a motion to approve the treasurer's report. Joe seconded. Motion passed.

Trustee's Report: Nate presented the proposed 2025 budget. Members reviewed and discussed. After a few changes were made, Lisa made a motion to approve the trustees 2025 budget report. Steve seconded. Motion passed. Jon has been in contact with someone to get new parking signs and Pat Harrington's class will be constructing a new storage shed. Need to talk to the city and see where the property lines are on the west side of the church to see if this space could accommodate the shed. Zach Spahr has repaired some of the front pews needing additional support. Jon has found someone in Beatrice who constructs pews. He is going to make contact to discuss the costs of repairing the pews or replacing all pews. Jon is also going to contact Sears flooring and make an appointment to have them measure the parsonage basement so the carpet can be replaced.

Parish Ed Report: McKenzie presented the minutes from the previous Parish Ed meeting. Parish Ed is going to host an event on 2/16 to honor our elder members of the church. All members will be invited to a meal following Sunday school. The cost of the meat is going to be covered by the church and members can bring in side dishes and desserts. McKenzie is going to talk to James and Brenda at the grocery store and arrange for them to make the meat for the event. Jon made the motion for McKenzie to organize the purchase of the meat. Nate seconded. Motion passed.

Lent will be approaching quickly. We will have Lenten suppers again this year. Look for more information on those.

Deacon's Report: Nothing to report on. Pastor Tom has begun visitations.

Council meeting went to a "closed session" at this time.

President's Report: Samantha Pehrson would like to make a presentation on January 19<sup>th</sup> during the church service. She is attending an 8-week mission trip to SE Asia this summer and is looking to raise \$6,200. This Sunday will be a Mission Sunday and the collection will go to Samantha. These funds will be matched by the church.

Pastor's Report: Pastor Tom has asked about acquiring an office computer. He has researched some options. Jon made a motion that Pastor has a \$1,000 budget and can get what computer he would like. Tom B. seconded. Motion passed. The installation service for Pastor Tom is going to be set for either the 3<sup>rd</sup> or 4<sup>th</sup> Sunday in February.

**Upcoming Events:**

January 19<sup>th</sup> – Annual Meeting

Meeting was closed with the Lord's Prayer.  
Minutes submitted by Tiffany Ebberson.

# February

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9:00 am-Worship with Communion Installation of Council 10:15 am-Sunday School/ Confirmation 5:30 pm-Reserved for Meeting	2:30 pm-Bingo at Hillcrest Care Center	5:30 pm-Young Adult Bible Study	9:30 am-Women's Bible Study 5:30 pm-Confirmation 6:30 pm-Supper 7:00 pm-Youth	9:00 am-Sarah Circle 5:00 pm-Ruth Circle	National Wear Red Day	
9	10	11	12	13	14	15
9:00 am-Worship Hayes Maxon's Baptism 10:15 am-Sunday School 2:30 pm-Service at Hillcrest Care Center		5:30 pm-Young Adult Bible Stud 7:00 pm-Parish Ed Meeting	9:30 am-Women's Bible Study 5:30 pm-Confirmation 6:30 pm-Supper 7:00 pm-Youth	7:00 pm-Church Council Meeting	Valentine's Day	
16	17	18	19	20	21	22
9:00 am-Worship Guest Speaker Pastor Tuura's Installation 10:15 am- Sunday School	Newsletter Deadline	5:30 pm-Young Adult Bible Study	9:30 am-Women's Bible Study 5:30 pm-Confirmation 6:30 pm-Supper 7:00 pm-Youth			
23	24	25	26	27	28	
9:00 am-Worship 10:15 am-Sunday School 10:15 am-Blood Pressure Checks Valentine's Luncheon		5:30 pm-Young Adult Bible Study	9:30 am-Women's Bible Study 5:30 pm-Confirmation 6:30 pm-Supper 7:00 pm-Youth			



In the spirit of giving and in celebration of love following Valentine's Day, our Sunday School students would like to honor our church members aged 75+ with a special meal on **February 23.**

Sunday School Families:  
Please bring a side dish to share.  
This meal is open to all members.

We hope to see you there.



**Wednesday,  
February 5, 2025**

6:30 pm Supper  
7:00 pm Meet & Greet  
with Pastor Tuura

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Mark your calendar to attend this Youth Event. Grades 7-12 are invited to get to know Pastor Tuura and make plans for our youth group!



**CONFIRMATION  
CLASSES**

Confirmation Classes are being moved to Wednesday evenings at 5:30 pm starting **February 5th.** Supper will be served at 6:30 pm with Youth Group to follow.

*Serve the Lord  
With Gladness*

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

### **ALTAR GUILD for February**

*Karen Thompson, Nancy Abts & Artyce 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 Biernbaum

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 Kames,  
Jon Mullen, Marlin Bose

ACOLYTE - Mason Kort

NURSERY - Teresa Granquist

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

**February 16 (Green)**

#### **Sixth Sunday after Epiphany**

GREETERS - Matthew and Kiley Maxon & Family

LECTOR - Steve Luedtke

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

ACOLYTE - Bryson Urwiler

NURSERY - Stephanie Urwiler

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

**February 23 (Green)**

#### **Seventh Sunday after Epiphany**

GREETERS - Lisa Kames & Family

LECTOR - Jon Mullen

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

ACOLYTE - Aliya Detlefsen

NURSERY - Laura Showense

COFFEE - Nick & Amy Kort, Heath & McKenzie  
Roeber, Dustin & Laura Showen

### **ALTAR GUILD for March**

*Cherry Urwiler, Shelley Groene,  
Mitzi Urwiler & Judy Williams*

**March 2 (White)**

#### **Transfiguration Sunday**

**Communion**

GREETERS - Les & Jo Owen

LECTOR - Diane Peterson

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

ACOLYTE - Treyten Lawyer

NURSERY - Katie Bose

COFFEE - Jon & Megan Mullen, Tim & Teresa  
Granquist, Don & Erica Diediker

**March 5 (Purple)**

**Communion**

#### **Ash Wednesday**

GREETERS - Scott and Diane Urwiler & Family

LECTOR - Mitzi Luedtke

COMMUNION STEWARD:

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

ACOLYTE - Jacob Kolar

**March 9 (Purple)**

#### **First Sunday in Lent**

GREETERS - Gary Schmitt & Marlene Jussel

LECTOR - Doug Olson

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

ACOLYTE - Mason Kort

NURSERY - Amy Kort

COFFEE - Diane Peterson, Matt & Kiley Maxon,  
Charley & Paige Green

# Laurel Concord Ministerial



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

*You are Invited to the PRESBYTERIAN CHURCH*

*On the following WEDNESDAYS from 7:00 -7:45 AM*

*March 5 – St. Mary's*

*March 12 – Immanuel Lutheran, LCMS*

*March 19 – United Lutheran*

*March 26 – Evangelical Free Concord*

*April 2 – Concordia Lutheran*

*April 9 – Presbyterian*

*April 16 – Faith Community*

# HISTORY OF NATIONAL WEAR RED DAY

In line with other heart and soul related themes of the month, National Wear Red Day brings awareness to women's heart health. Women have been the heartbeats of the home since the beginning, playing multiple roles as mothers, daughters, sisters, counselors, providers, and protectors. Women shoulder more responsibility now in and outside the home than ever before. In kind, they need more support in nurturing themselves as deeply as they nurture their families and communities. National Wear Red day is a beautiful first step in giving women the world over the critical heart health information and services they need and deserve.

National Wear Red Day is supported by the American Heart Association and celebrated in conjunction with national heart health month. It focuses specifically on raising awareness of women's heart disease and stroke risks. Cardiovascular disease causes 1 in 3 deaths in women every year making it the number one health related killer in women. The good news is 87% of all heart issues are believed to be preventable making awareness, education, research, and resources vital to the cause this holiday supports.

On this day every year, supporters wear their favorite red dresses, shoes, tops, and accessories in order to stand together with their affected sisters and encourage others to take preventative actions for the sake of their heart's health.



**#OurHearts**

**National  
Wear Red Day®  
February 7**

Heart disease is the leading cause of death in the U.S. Know your risk and protect your heart.

**hearttruth.gov**

 **NIH** National Heart, Lung, and Blood Institute 



# Know the Difference

Cardiovascular Disease, Heart Disease, Coronary Heart Disease



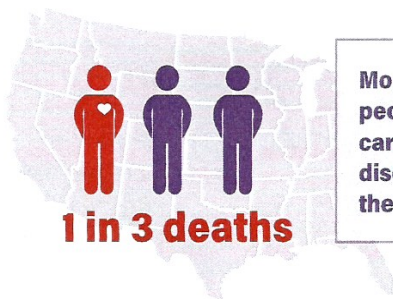
**Cardiovascular disease, heart disease, coronary heart disease – what’s the difference?**

**Because these terms sound so similar, people use them interchangeably. This fact sheet will help you understand how these conditions differ.**

## Cardiovascular Disease

The big umbrella

Cardiovascular disease is the term for all types of diseases that affect the heart or blood vessels, including **coronary heart disease** (clogged arteries), which can cause heart attacks, **stroke**, **heart failure**, and **peripheral artery disease**.



**More than 800,000 people die of cardiovascular disease every year in the United States.**

## Heart Disease

A type of cardiovascular disease

“Heart disease” is a catch-all phrase for a variety of conditions that affect the heart’s structure and function.

Keep in mind – all heart diseases are cardiovascular diseases, but not all cardiovascular diseases are heart disease.

The most common type of heart disease is coronary heart disease. In fact, when people talk about “heart disease” they often mean coronary heart disease.



**Nearly 650,000 Americans** die from heart diseases each year.

**About 11% of American adults** (that’s more than 1 of every 9) have been diagnosed with heart disease.

## Coronary Heart Disease

A type of heart disease

Coronary heart disease is often referred to simply as “heart disease,” although it’s not the only type of heart disease. Another term for it is coronary artery disease.

**About 366,000 Americans** die from coronary heart disease each year.

Coronary heart disease occurs when plaque (a combination of fat, cholesterol, calcium, and other substances found in the blood) builds up in your arteries. You may have heard this called clogged arteries or atherosclerosis.

The plaque reduces the amount of oxygen-rich blood getting to your heart, which can cause chest pain (also called angina). Plaque can also lead to blood clots, which block blood flow and are the most common cause of a heart attack.

## What you can do to protect yourself from cardiovascular diseases?

There’s a lot you can do to protect your heart.

- Ask your doctor about your **blood pressure, cholesterol, and A1C.**
- **Reduce the sodium**, and increase the fruits, vegetables, and whole grains in your diet.
- **Be physically active.**
- **Maintain a healthy weight.**
- **Don’t smoke.**
- **Manage stress.**
- **Keep your diabetes under control.**



# 28 Days Toward a Healthy Heart

Try one of these tips each day for a month, then keep up the momentum and make your favorites part of your regular routine.



**Day 1**  
Call a friend and join the #OurHearts movement.

**Day 2**  
Make a heart-healthy snack.

**Day 3**  
Schedule your annual physical. Discuss your heart health goals with your doctor.



**Day 4**  
Sport red today for National Wear Red Day.



**Day 5**  
Squat it out. Do 1 minute of squats.



**Day 6**  
Make today a salt-free day. Use herbs for flavor instead of salt.



**Day 7**  
Visit [Smokefree.gov](http://Smokefree.gov) to take the first step to quitting smoking.

**Day 8**  
Get your blood pressure checked.

**Day 9**  
Walk an extra 15 minutes today.

**Day 10**  
Aim for 30 minutes of physical activity today.

**Day 11**  
Plan your menu for the week with heart-healthy recipes.

**Day 12**  
Reduce stress using relaxation techniques.

**Day 14**  
Protect your sweetheart's heart: Plan a heart-healthy date.

**Day 15**  
Swap the sweets for a piece of fruit for dessert.



**Day 16**  
Stress less. Practice mindful meditation for 10 minutes.

**Day 17**  
Head to bed with enough time to get a full 7-8 hours of sleep.



**Day 18**  
Add a stretch break to your calendar to increase your flexibility.



**Day 19**  
Eat vegetarian for a day.



**Day 20**  
Share a funny video or joke that makes you laugh.

**Day 21**  
Dance for 15 minutes to your favorite music.



**Day 22**  
Call a relative and ask about your family health history.



**Day 23**  
March in place during commercial breaks to get your heart going.

**Day 25**  
Ask a family member or neighbor to join you for a walk.

**Day 26**  
Fill half of your lunch and dinner plates with vegetables.

**Day 27**  
See how many push-ups you can do in 1 minute.

**Day 28**  
Pay it forward and tell a friend about *The Heart Truth*.



National Heart, Lung, and Blood Institute



[nhlbi.nih.gov/heartmonth](http://nhlbi.nih.gov/heartmonth)

