



A Christ-focused Word-centered Family

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NOVEMBER NEWSLETTER

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A Parting Prayer

By Pastor Matt Quanbeck

I have struggled to know what to write for an article as I prepare to start in a new ministry setting and as you begin to seek a new pastor. I'm not sure how to put into words everything I want to express, so I'm going to borrow some of Paul's words to the church at Ephesus. Then I'll just highlight a few things from the passage.

Ephesians 3:14-21



Lord,
Hear Our
Prayer

¹⁴ For this reason I bow my knees before the Father, ¹⁵ from whom every family in heaven and on earth is named, ¹⁶ that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, ¹⁷ so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, ¹⁸ may have strength to comprehend with all the saints what is the breadth and length and height and depth, ¹⁹ and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.

²⁰ Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, ²¹ to him be glory in the church and in Christ Jesus throughout all generations, forever and ever.


Amen.

In this passage, Paul shares a prayer for these believers whom he loves so much. This is also my prayer for you, a church I have grown to love so much. I pray that as Christ dwells in your hearts through faith, you would grow in love for Him and for one another (vs. 17). I pray that you would know Christ's love for you more and more deeply (18-19). One way to sum up the Christian life would be to know Christ and then grow to know Him more. Everything else about the Christian life follows that. I pray that you would grow in excitement to not just know information about Jesus but to know Him more and more.

I praise God that as I leave, His power will continue to be at work within you (vs. 20). Remember that this church, and your very life, is ultimately for the glory of our great God and Savior!

The Holy Bible: English Standard Version (Wheaton, IL: Crossway Bibles, 2016), Eph 3:14-21.
This is similar to lyrics from the song *I Want to Know You* which we occasionally sing in church. [2016 CityAlight Music (Admin. by Integrity Music), Farren Love And War Publishing (Admin. by Integrity Music), Integrity's Alleluia! Music (Admin. by Integrity Music)]

Oh my gourd,
we love our blood donors!


 LifeServe
BLOOD CENTER

**LAUREL COMMUNITY
BLOOD DRIVE**


Laurel Fire & Rescue Hall


**Tuesday, November 7
2:00 PM - 6:00 PM**

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




SCAN CODE TO SCHEDULE

 **APPOINTMENTS ARE ENCOURAGED**

 LifeServe
BLOOD CENTER

YOUR BLOOD. YOUR HOSPITAL. YOUR NEIGHBORS.

 LIFESERVE BLOOD CENTER
75
YEARS
SAVING LIVES



**Sunday School
Christmas Program**
Sunday,
December 17, 2023
During the Regular
Worship Hour

United Lutheran Calendar

WEDNESDAY, November 1

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

5:30 p.m. Confirmation

6:30 p.m. Supper & Youth Group

THURSDAY, November 2

9:00 a.m. Sarah Circle at the Assisted living

6:00 p.m. *Small Group Bible Study*

6:30 p.m. Ruth Circle at Church

SUNDAY, November 5 - Daylight Savings Time Ends

9:00 a.m. Worship with Communion

Fellowship Coffee follows Worship

10:15 a.m. Sunday School

6:00 p.m. *Small Group Bible Study*

TUESDAY, November 7

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

7:00 p.m. Deacons Meeting

WEDNESDAY, November 8

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

5:30 p.m. Confirmation

6:30 p.m. Supper & Youth Group

THURSDAY, November 9

6:00 p.m. *Small Group Bible Study*

7:00 p.m. Church Council Meeting

FRIDAY, November 10

7:30 a.m.-8:30 a.m. Veteran's Day Breakfast
Laurel Veteran's Post

9:00 a.m. Veteran's Day Program at LCC

SUNDAY, November 12

9:00 a.m. Worship

Mission Sunday-Christian Student Fellowship Director
from Wayne State College

Fellowship Coffee follows Worship

10:15 a.m. Sunday School

Blood Pressure Checks!!

6:00 p.m. *Small Group Bible Study*

TUESDAY, November 14

6:00 p.m. Youth Ministry Team Meeting

7:00 p.m. Parish Ed Meeting

WEDNESDAY, November 15

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

5:30 p.m. Confirmation

6:30 p.m. Supper & Youth Group

THURSDAY, November 16

6:00 p.m. *Small Group Bible Study*

SUNDAY, November 19

9:00 a.m. Worship

WMF Thank Offering

Fellowship Coffee follows Worship

10:15 a.m. Sunday School

6:00 p.m. *Small Group Bible Study*

WEDNESDAY, November 22

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

6:30 p.m. *Thanksgiving Service with Communion*
Pie Social to Follow Service

THURSDAY, November 23



SUNDAY, November 26

9:00 a.m. Worship

Fellowship Coffee follows Worship

10:15 a.m. Sunday School

6:00 p.m. *Small Group Bible Study*

WEDNESDAY, November 29

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

5:30 p.m. Confirmation

6:30 p.m. Supper & Youth Group

THURSDAY, November 30

6:00 p.m. *Small Group Bible Study*

SUNDAY, December 3

9:00 a.m. Worship with Communion

Fellowship Coffee follows Worship

10:15 a.m. Sunday School

6:00 p.m. *Small Group Bible Study*

WMF Thank Offering
Sunday, November 19th
during Worship

This is not just for the women of the church, but for all who are thankful for the many blessings we receive daily. We encourage all to participate.



*Serve the Lord
With Gladness*

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

ALTAR GUILD for November:
Teresa Granquist & Kayleen Dahl

November 5 (Green) Communion

Twenty-third Sunday after Pentecost

LECTOR - Mike Jacobsen

COMMUNION STEWARD - Drew Detlefsen

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

GREETERS-Tim & Teresa Granquist

MUSICIAN - Anita Gade

ACOLYTE - Mason Kort

NURSERY - Teresa Granquist

COFFEE - Lisa Karnes, Tim & Teresa Granquist, Jon &
Megan Mullen

November 12 (Green)

Twenty-fourth Sunday after Pentecost

LECTOR - Sara Pehrson

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

GREETERS-Gary Schmitt & Marlene Jussel

MUSICIAN - Sherie Lundahl

ACOLYTE - Treyten Lawyer

NURSERY - Stephanie Urwiler

COFFEE - Drew & Kayla Detlefsen, Dustin & Laura
Showen, Diane Peterson

November 19 (Green)

Twenty-fifth Sunday after Pentecost

LECTOR - Lisa Karnes

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

GREETERS-Scott and Diane Urwiler & Family

MUSICIAN - Glenda Johnson

ACOLYTE - Aliya Detlefsen

NURSERY - Mandi Swanson

COFFEE - Matthew & Kiley Maxon, Don & Erica
Diediker, Charley & Paige Green

November 22 (White)

Communion

THANKSGIVING EVE SERVICE

LECTOR - Racquel Holloway

COMMUNION STEWARD - Drew Detlefsen

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

GREETERS-Lisa Karnes & Family

MUSICIAN - Anita Gade

ACOLYTE - Bryson Urwiler

November 26 (White)

Christ the King Sunday

LECTOR - Erica Diediker

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

GREETERS-Matthew and Kiley Maxon & Family

MUSICIAN - Sherie Lundahl

ACOLYTE - Carlee Stanley

NURSERY - Katie Bose

COFFEE - Jim & Karen Thompson, Steve & Mitzi
Luedtke, Marlin & Mary Bose

**Volunteer
Opportunities**



**THE NOMINATING
COMMITTEE** will
soon begin the
prayerful search to
fill positions for the
Council and other
areas for 2024 and
beyond. Please be
in prayer as to

where God is calling you to serve and
answer with a hearty "YES" when the
Nominating Committee contacts you. It
takes everyone together to continue the
work of the Lord.

Coltin and Reba are having a Baby!



Help them celebrate!
Coltin and Reba are
registered at
Target:
[https://
www.target.com/gift-
registry/gift/313c0410-
713b-11ee-a506-
a3a45718](https://www.target.com/gift-registry/gift/313c0410-713b-11ee-a506-a3a45718)

If you would like to send them diapers
or wipes; you can mail them here:
1663 Route 2023
Monongahela, PA
15063

Know Your Church Report

As we seek to lead our church well, the deacons and Pastor Matt thought it would be valuable to use the "Know Your Church Report." This report will give feedback regarding the health of our congregation in various areas. Would you please take 15 minutes to take the survey for this report? You can access the survey here <https://churchhealthreport.com/survey/?s=XBKMZAA> or by using this QR code:



THANKSGIVING SERVICE

6:30 p.m. Wednesday, November 22



Please attend the pie social after the Thanksgiving Eve church service on Wednesday, November 22 at 6:30. Bring a pie to share!



This past month has been busy for our youth group! Attendance has been great during our weekly meetings. An average of 10 student have been attending. One week we had a guest speaker lead a lesson, Lee Dahl! During the 5th quarter event, 21 students attended. The youth also decorated a trunk for the church's Trunk or Treat event. The Youth Ministry Team is also planning special events and speakers for November and December. If you would like to help with our youth group, please contact one of the members to learn how you can help. Thank you to all the members who have provided supper during our weekly meetings and thank you to Lee Dahl for leading a lesson.
Lisa Karnes



PARISH NURSES' NOTES

NOVEMBER IS NATIONAL DIABETES AWARENESS MONTH

Consider that while almost 30 million people in the U.S. have some form of diabetes, one in four don't even realize they're walking around with the disease. National Diabetes Month is an annual event each November to boost awareness about the risk factors, symptoms, and types of diabetes. If you've been recently diagnosed with either Type 1 or Type 2, or if you are considered pre-diabetic, hear the stories, check out the latest research, and connect with others who can help you on your journey to live a healthier life.

Diabetes is one of the leading causes of disability and death in the United States. One in 10 Americans have diabetes — that's more than 30 million people. And another 84 million adults in the United States are at high risk of developing type 2 diabetes.

Depending on your age, weight, and other factors, you may be at higher risk of developing type 2 diabetes. The good news is that making healthy changes can greatly lower your risk. To help prevent type 2 diabetes:

- Watch your weight
- Eat healthy
- Get more physical activity

SUN LIFE

MIND & BODY

Did you know...

Being overweight puts you at risk for diabetes. Especially if you carry most of your weight around your waist.

What is diabetes?

November is National Diabetes Awareness Month, focusing on raising awareness of diabetes, its signs and symptoms, and gaining support for researching treating and curing the disease.

An estimated 285 million people worldwide are affected by diabetes. With a further 7 million people developing diabetes each year, this number is expected to hit 438 million by 2030.

More than 9 million Canadians live with diabetes or prediabetes.

Health effects

If left untreated or improperly managed, diabetes can lead to:

- Heart disease
- Kidney disease
- Eye disease
- Impotence
- Nerve damage

The reality

Life expectancy for people with Type 1 diabetes may be shortened by as much as 15 years.

Life expectancy for people with Type 2 diabetes may be shortened by five to 10 years.

Diabetes is a contributing factor in the deaths of approximately 41,500 Canadians each year.

By 2020, it's estimated that diabetes will cost the Canadian health care system \$16.9 billion a year.

There are three main types of diabetes:

Type 1

- Occurs when the pancreas is unable to produce insulin. Insulin is a hormone that controls the amount of glucose in the blood.
- Cause remains unknown.
- Not preventable, and not caused by eating too much sugar.
- Usually diagnosed in children and adolescents.

10% of people with diabetes have Type 1

Type 2

- Occurs when the pancreas does not produce enough insulin or when the body does not effectively use it.
- Glucose builds up in your blood instead of being used for energy.
- Usually develops in adulthood.
- A progressive, life-long condition.

90% of people with diabetes have Type 2

Gestational

- Temporary condition that occurs during pregnancy.
- Affects 2–4% of all pregnancies (in the non-Aboriginal population).
- Increased risk for both mother and child of developing diabetes.

Signs & symptoms

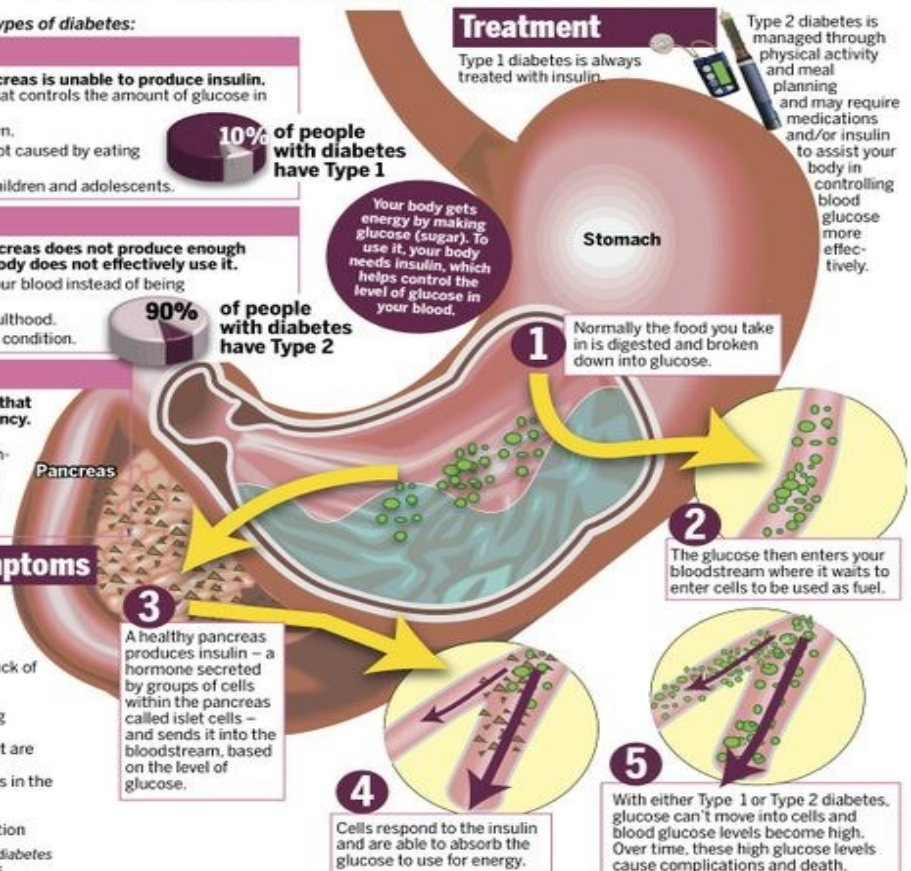
- Unusual thirst
- Frequent urination
- Weight change (gain or loss)
- Extreme fatigue or lack of energy
- Blurred vision
- Frequent or recurring infections
- Cuts and bruises that are slow to heal
- Tingling or numbness in the hands or feet
- Trouble getting or maintaining an erection

Many people with Type 2 diabetes may display no symptoms.

Treatment

Type 1 diabetes is always treated with insulin.

Type 2 diabetes is managed through physical activity and meal planning and may require medications and/or insulin to assist your body in controlling blood glucose more effectively.



DIABETES and your HEART



2 out of **3** people with diabetes die of heart disease or stroke.¹

According to the CDC, up to

20%

of deaths from heart attack



and

13%

of deaths from stroke are related to diabetes or prediabetes.



If you have diabetes, you are **2–4 times** more likely to have heart disease or a stroke than if you do not have diabetes.¹

Smoking doubles the risk of heart disease in people with diabetes.²

ABCs of Diabetes

A for the A1C test.

The **A1C test** shows you what your blood sugar (glucose) has been over the last three months. High blood sugar levels can harm your heart and blood vessels, kidneys, feet, and eyes.



B for blood pressure.

High blood pressure makes your heart work too hard. It can cause heart attack, stroke, and kidney disease.

C for cholesterol.

One kind of **cholesterol**, called LDL, can build up and clog your blood vessels. It can cause heart attack or stroke. Ask what your cholesterol numbers should be.

Ask your health care team:

What your A1C, blood pressure, and cholesterol numbers are;

What your ABC numbers should be; and

What you can do to reach your ABC goals.

Tips to reduce your risk for heart disease.



Maintain a Healthy Weight



Make Healthy Food Choices

Stay Active



Quit Smoking



Know Your ABCs of Diabetes

Talk to your health care team about how to manage your A1C, blood pressure, and cholesterol. This will help lower your chances of having a heart attack, a stroke, or other diabetes problems.

To learn more, visit www.YourDiabetesInfo.org or call 1-888-693-NDEP (1-888-693-6337).

¹Centers for Disease Control and Prevention. *National Diabetes Fact Sheet: National Estimates and General Information on Diabetes and Prediabetes in the United States, 2011*. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2011.

²National Diabetes Information Clearinghouse, National Institute of Diabetes and Digestive and Kidney Diseases. *Diabetes, Heart Disease, and Stroke*. Bethesda, MD: U.S. Department of Health and Human Services, National Institutes of Health, 2012.

