St. Paul Lutheran Church P. O. Box 267 201 Veterans Drive Columbus, Texas 78934 PH: (979) 732-2423 Return Service Requested

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#### ST. PAUL LUTHERAN CHURCH

LOCATED AT: 201 Veterans Dr. P. O. Box 267 Columbus, TX 78934 PH: (979)-732-2423 FAX: (979)-733-0489 e-mail: admin@splctx.org

website: www.splctx.com Senior Pastor: Alan Kethan *Cell*: 830-708-1200 *Home*: 979-942-9060 Pastor's e-mail:

pastor.akethan@gmail.com

#### Youth & Family Specialist:

Stephanie Polasek Secretary: Elena Holub

**Parish Nurse Program Coordinator:** 

DyAnn Lauzon

Custodian: Tomasa Rosales

St. Paul Christian Learning Academy

Director: Briana Bedford PH: (979) 732-6183

#### MISSION STATEMENT:

Love God, Love Neighbor (Luke 10:27) VISION STATEMENT:

We will work to strengthen and grow closer in relationship to God and to one another.

#### Monthly Calendar at a Glance:

Traditional Worship at 7:00PM Saturdays and 9:00 AM Sundays with communion each week. Contemporary Worship every Sunday at 11:05 AM with communion. Noon Bible Study every Tuesday at 12:00 Noon in church library. Adult Bible Study every Friday at 11:00 AM in church library.

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Nov. 1	12:00 PM – Ministerial Alliance
	1:30-3:00 PM – Continuing Education

1:30 PM - Neighbor-to-Neighbor Christmas Bags (library)

Stephanie to Youth Ministry Network Nov. 2 5:30 PM - Youth & Education Team & 6:00 PM - Property Team

Nov. 4 8:00 AM - Men In Mission (Lighthouse)

Nov. 5 10:00 AM - Called Congregational Meeting (sanctuary)

12:30-2:30 PM - Communion Instruction (Lighthouse)

6:00 PM - Evangelism Team (library) Nov. 6

6:00 PM - Women of JOY Cook for BLAST (Lighthouse)

5:30 PM - Prayer Team (library) Nov. 7

5:00 PM- Meal & 5:30 PM - BLAST, Confirmation & HS Youth Nov. 8

10:00-11:30 AM - Manna for Moms (Lighthouse) Nov. 9 5:00 PM - Worship Team (library)

6:30 PM – Peru Team (library)
Office Closed! (Veterans Day Observance) Nov. 10

Nov. 12 1:00 PM - Meals to Heal Cook Session (Lighthouse)

6:00-8:00 PM - The Gathering

6:00 PM – Women of JOY Bible Study (old choir room) 4:30-6:30 PM – Baked Potato Fundraiser (Lighthouse) Nov. 13

Nov. 14

5:30 PM - Stewardship Team (library)

Nov. 15

9:00 AM – Morning Circle (library)
5:00 PM – Meal & 5:30 PM – BLAST, Confirmation & HS Youth
9:30 AM-2:00 PM – Senior Explorers to Peeka Alpaca Farm, Burton

Nov. 16

5:30 PM - Grief Support Group (old choir room)

6:00 PM - Community Thanksgiving Service (sanctuary) Nov. 19

Nov. 20 6:00 PM - Church Council

Nov. 21 5:30 PM - Prayer Team (library)

7:00 PM - Thanksgiving Eve Worship & 8:00 PM - Pie Fest Nov. 22

Nov. 23 & 24 Office Closed! (Happy Thanksgiving!)

Nov. 25 The Gathering to Top Golf, Houston

12:00 PM - God's Gals & Guys Decorate Church Nov. 26

6:00 PM - Women of JOY Bible Study (old choir room) Nov 27

6:00 PM - CLA Board Nov. 28

Dear Members and Friends of St Paul Lutheran, Columbus, Texas;

In the Apostle Paul's second letter to the Christians in Corinth, in the ninth chapter he penned these words;

"6 The point is this: he who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully. Teach one must do as he has made up his mind, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to provide you with every blessing in abundance, so that you may always have enough of everything and may provide in abundance for every good work. As it is written, He scatters abroad, he gives to the poor; his righteousness endures forever. He who supplies seed to the sower and bread for food will supply and multiply your resources and increase the harvest of your righteousness. How will be enriched in every way for great generosity, which through us will produce thanksgiving to God; for the rendering of this service not only supplies the wants of the saints but also overflows in many thanksgivings to God. Under the test of this service, you will glorify God by your obedience in acknowledging the gospel of Christ, and by the generosity of your contribution for them and for all others; the whole they long for you and pray for you, because of the surpassing grace of God in you. Thanks be to God for his inexpressible gift!"

As I reflect back over the last several years, I am amazed at your generosity and how it has led to God working not only in our community, but beyond. When we started out to build a more accessible fellowship hall and space for our Wednesday night Christian Education program named BLAST, it was phenomenal that we did not have to take out a loan for the \$1.3 million costs. Now that building hosts people of all ages and serves not only our needs but the needs of the community. Over 65% of the children that come to BLAST are not members. We even have adult volunteers from the community that are not members as well. This program has grown exponentially and now needs more space, what a positive problem.

The building is also used for the Sr. Connections, an effort to provide a safe and fun space for Sr's to gather twice a month and interact with one another. This truly is solving some of the challenges of isolation so many Sr's faces. The Garden club now uses our facility as well once a month. To see the benefits to our community because of your generosity.

This last year our Peru Team was able to raise over \$10,000 that helped finish securing the church building in Canete, Peru. A new roof, bathrooms, windows, high gated walls, a water cistern, stucco walls that have been painted with a sign of the church's name, making it now a visible reminder to the community, this is a church. They continue to teach, preach and build the kingdom of God, because of your generosity.

This is why we give to the work God is doing here at St Paul, because we see firsthand the benefits it provides for the Spiritual, Physical and Emotional wellbeing of others. May God continue to bless you to be generous as we continue to follow His lead to build the kingdom.

In His Service,

Pastor Alan D. Kethan

Sr. Pastor

#### **MEMORIALS FOR OCTOBER, 2023**

Ronnie Rogers by: JoAnn & Hal Locklin; Wayne & Virgie Williamson; Larry Uhlig; Mr. & Mrs. Ronnie L. Stancik; Dyana Booker; Frnka Corp.; Debra Sandell; Janet Wolters; Jerry & Audrey Rester; Susie Strauss; Clemons

Venghaus; Leon & Verna Nell Dittmar; St. Paul Lutheran Morning Circle

Darrell Rau, Jr. by: Janet Wolters; St. Paul Lutheran Morning Circle Trent Hagen by: Clemons Venghaus; St. Paul Lutheran Morning Circle

Verne John by: Eugene & Chris Schobel Dorothy Wicke by: Eugene & Chris Schobel John Dillion Noska by: Eddie & Debbie Hernandez

August Henry Jones, Sr. by: Gloria Ilse; Carol Mitchell; Leon & Verna Nell Dittmar

Edward Faldyn by: Lawrence & Belle Dungen

Dr. Robert "Doc" Potter by: Lawrence & Belle Dungen

George King by: Leon & Verna Nell Dittmar

Rodney "Whitey" Robb by: Leon & Verna Nell Dittmar Juanita Luedecke by: St. Paul Lutheran Morning Circle 





We extend our condolences and prayers to:

Arthur Flores and family for the loss of his brother Julian Flores III. David Wicke and family for the loss of his mother Dorothy Wicke.

Michelle Thraen & Dinah Jacobs and families for the loss of their uncle Edwin Oevermann. Marian Frank and Andy Jones and families for the loss of Marian's brother and Andy's grandfather August Henry Jones, Sr.

#### Congratulations to these families and their new additions!!

 Cody and Cassidy Zajicek Parks are pleased to announce the birth of their daughter Tiegan Mae Parks. Tiegan Mae was born Monday, October 16, 2023 in Houston, Texas. She weighed 8.1 lbs. and was 20¼ inches long. She is welcomed home by big brother Tucker (4). Proud grandparents are Neal and Kelly Zajicek, and proud great-grandmother is Lou McCabe.

 Courtney and Dylan Busselman are excited to announce the birth of their son Jackson Beau Busselman. Jackson Beau was born Wednesday, October 25, 2023. He weighed 7 lbs. 11 oz. and was 20 inches long. Welcoming him home is big sister Ellerine.

Reception of New Members: Sunday, October 15, 2023, we welcomed the following people as members of St. Paul Lutheran Church: Clint & Anela Barrett and children Sienna & Colton Carter: Ken & Jennifer Braden and daughter Lauren; Calli Guthmann; Al & Roxanne Schindler; and Garrett & Casey Schindler and children Brooks, Nash & Dawsyn. When you see them in worship, be sure to introduce yourself and give 





Change in Meeting Time!! The Adult Bible Study group that meets on Fridays in the church library will now meet at 11:00 AM. With the upcoming holidays, they will meet on the following dates from now until the end of this year: November 3, December 1, and December 8. Everyone is welcome! 

\*\* Be sure to move your clocks back one hour before going to bed on Saturday, November 4, 2023! Daylight Saving Time comes to an end. We want everyone to be on time for worship, Adult Sunday School and confirmation on Sunday morning! \*\*





\*\* <u>NOTICE – Congregational Meeting!!</u> There will be a special called congregational meeting on **Sunday,**November 5, 2023 between the two worship services at 10:00 AM in the sanctuary. The purpose of this meeting is to discuss future staffing needs and to give an update on space challenges we now have at the Lighthouse for BLAST. This is a very important meeting, so, be sure to mark your calendars! \*\*

Communion Instruction Class: Youth in the 5<sup>th</sup> grade are invited to attend the next milestone in their Christian education. Communion instruction is a formal teaching on the Sacraments of the Altar and will begin the process of getting students ready for confirmation ministry. Students will meet on Sunday, November 5, 2023 from 12:30-2:30 PM in the Lighthouse. Lunch will be served. Whether you are already taking communion or have waited for this class, all 5<sup>th</sup> graders are encouraged to attend. Parents are invited

already taking communion or have waited for this class, all 5<sup>th</sup> graders are encouraged to attend. Parents are invite to attend with their child as well so they may continue the conversations at home. <u>Please let Stephanie Polasek</u> <u>know if you plan to attend by Thursday, November 2, 2023</u> (979-732-1858 or stephaniepolasek@yahoo.com).



<u>High School Ski Trip Fundraiser</u>: The youth will be hosting a **drive-thru Pulled Pork Baked**Potato fundraiser on Tuesday, November 14, 2023 from 4:30-6:30 PM at the Lighthouse. <u>Tickets are \$10 each</u> and can be purchased from a youth before or after worship or from the church office.

<u>Deadline to purchase tickets is Sunday, November 12, 2023</u>. The youth will be going skiing

December 27-31, 2023. Thank you for your support!

ST. PAUL QUILTERS: The St. Paul Quilters will be taking a brief fall & winter break as a group to relax and rejuvenate for next year. They will be taking off all of November and December and <u>resume quilting</u> as a group <u>Tuesday, January 9, 2024</u>. The quilters meet the second and fourth Tuesdays of the month in the Lighthouse. If anyone is interested in getting fabric to cut blocks at home or to sew quilt tops at home during that time, please contact Carol Lighthill at 832-371-3308. She will be happy to meet you and get you the fabric you need.



The **Noon Bible Study group that meets on Tuesdays** in the church library will be taking a **brief fall/winter break**. Their last meeting for the year will be Tuesday, November 22, 2023. <u>They will</u> <u>resume on Tuesday, January 9, 2024</u>. Have a safe and happy holiday season!

<u>Women of JOY Bible Study</u>: The Women of JOY Bible Study group meets on Mondays to cook and have interesting Bible study and discussions. The *first Monday* of the month we **meet in the Lighthouse** *to cook* for BLAST. The **2**<sup>nd</sup> **and 4**<sup>th</sup> **Mondays** of the month we meet in the **high school room (old choir room) for Bible Study**. We are currently reading <u>The Story</u>. If you are interested or would like more information, please contact Gerri Hackfeld at 979-732-4711.

Community Thanksgiving Worship Service will be held here at St. Paul Lutheran Church at 6:00 PM on Sunday, November 19, 2023. We don't have a lot of opportunities to join in worship of our Lord and Savior Jesus Christ with other churches in Columbus, however, this event encourages us to show the community that we Christians can worship together.



**THANKSGIVING EVE & PIE FEST:** It is that time of year again. Yahoo! Thanksgiving Eve Worship and the awesome Pie Fest that follows! Our festive **worship** will begin at **7:00 PM on Wednesday, November 23**, **2023**. We will then move to the Lighthouse afterwards to enjoy fellowship around a variety of pies. Join us in fellowship and thanksgiving of our many blessings and appreciate the creativity of our members and their baking skills as we begin our Thanksgiving weekend.





Mark your calendars! *God's Gals* will decorate the church for Christmas after the 11:05 AM service on **Sunday, November 26, 2023**. We need muscles, too, so guys are invited to come help us! Thanks in advance for your help! Questions? Contact Terri Brasher at 979-732-1127.

Church records constantly need updating. Please contact the church office if your name has inadvertently been omitted from the birthday, baptism anniversary, or wedding anniversary lists. Remember to include the year as well as month and day. Also, please notify the office of any changes to your mailing address or telephone numbers. You can contact the church office by calling 979-732-2423 or by emailing admin@splctx.org. Your help in correcting and updating the church records is greatly appreciated. *Thank you!* 

#### **November Wedding Anniversaries:**



Brent & Patty Gorman, Sr.	Nov. 3	Melvin & Mary Otto	Nov. 15
Tiffany & Donald Kunschick	Nov. 4	Andy & Danielle Jones	Nov. 17
Wade & Gina Johnson	Nov. 7	Jerry & Audrey Rester	Nov. 21
Willie & Andrea Anderson	Nov. 10	Eugene & Chris Schobel	Nov. 21
Joe & Arlene Trojacek	Nov. 13	Dylan & Katie Walcik	Nov. 21
Kimberly & Cory Everett	Nov. 14	llene & Vernon Schindler	Nov. 24
Eddie & Debbie Hernandez	Nov 15		



God's Gals (and a couple of guys) enjoyed a fun outing to Brookwood in Brookshire, Texas on Saturday, October 21, 2023. The weather was beautiful, the shopping was fun, the food was delicious, and the fellowship was great! Thank you to John Brasher for being our chauffeur.

#### THANKSGIVING HUMOR

Need to lighten the mood at your holiday dinner table? Share some laughter with these Thanksgiving-themed jokes.

- Why did the turkey decline dessert? Because it was stuffed.
- Why did the turkey cross the road twice? To prove he wasn't a chicken.
- What smells the best at Thanksgiving dinner? Your nose.
- Why didn't the chef season the turkey? There wasn't enough thyme.
- •Why did the turkey leave the band? People were fighting over the drumsticks.

(Published in: The Newsletter Newsletter, November 2023)



### **BENEVOLENCE FOR MONTH OF September, 2023 OFFERINGS:**

Our offerings were \$37,367.00 and 10% of that (\$3,736.00) was used to support God's work.

5% went to the Synod for larger church work	\$1,868.00
5% went to local & other ministries which were:	
Lutherhill Camp Ministries	\$ 100.00
Central African Republic (CAR)	\$ 200.00
Dina Anton, Missionary Support	\$ 200.00
UPBRING New Life Children Center	\$ 100.00
Colorado County Mental Health Fund	\$ 100.00
Camino de Santidad	\$ 100.00
Habitat for Humanity	\$ 200.00
St. Paul Love Fund	\$ 400.00
Boys & Girls Club	\$ 268.00
Lutheran Bible Translators	\$ 200.00
	\$1,868.00
TOTAL for September 30, 2023	<u>\$3,736.00</u>

# St. Paul Lutheran Youth

### **November Newsletter**



### Communion Instruction for 5th Graders Sunday, November 5 from 12:30pm-2:30pm

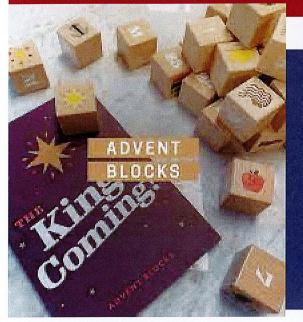
Youth in the fifth grade are invited to attend the next milestone in their Christian education. Communion instruction is a formal teaching on the Sacraments of the Altar and will begin the process of getting students ready for confirmation ministry. Students will meet on Sunday, November 5 from 12:30pm-2:30pm in the lighthouse. Lunch will be served. Whether you are already taking communion or have waited for this class, all 5th graders are encouraged to attend. Parents are invited to attend with their child as well so they may continue the conversations and teaching at home. Please let Stephanie Polasek know if you plan to attend by Nov. 2.

### "A Christmas Story" Wednesday, December 13 at 6pm

This year's Christmas Program will be narrated by a poem read by children highlighting parts of the Christmas Story. Children will dress the part and perform Christmas songs to get us into the spirit. All children are encouraged to sign up to be a part of the program. A sign up sheet will be at the sign in table in the Lighthouse. Deadline to sign up is November 15. All rehearsals will be done during BLAST.

If you are a Junior High or High School student and would like to usher, read, do sound, run the spotlight or assist please let Stephanie know.





### Advent Blocks

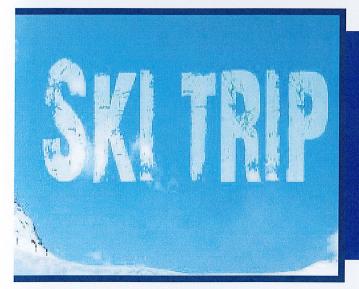
Advent Blocks are again available for purchase. These blocks are a tangible, meaningful practice to help kids and parents anticipate Jesus' presence not just presents. Advent Blocks walk you through the Season of Advent. Each day you read a story and turn the number block to reveal an image that corresponds with the day's story. Move the Star Block one step closer to the Earth Block: God is coming to earth to stay. They will be available for purchase during BLAST or from the church office. Cost is \$22 per set and make a great gift or practice for your home. Advent starts Sunday, December 3 so grab yours before then. For more info contact Stephanie @ 732-1858.

### Advent Retreat @ Lutherhill December 1 & 2 for 1st-6th Grade Students

Christmas is coming! Let's get ready. Advent is the sacred time in our church year that helps us prepare for Jesus to be born into our world, again. It's a time of holy anticipation and preparation. At this mini-retreat, campers gather for an action-packed 24 hours at the Hill. We'll get ready for Christmas as we explore the story of Jesus' birth and prepare space in our lives and our hearts for Jesus to come.

Stephanie will be taking a group and staying at this retreat. If your student would like to attend please contact Stephanie Polasek and register your child at <a href="https://linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/linear.com/





### Snow Skiing Trip High School Youth Group December 27-31

An opportunity for our HS youth to take a snow ski trip this December has been presented! Students and sponsors will drive to Pagosa Springs, CO where they will stay for 3 days. Two of the days will be spent skiing (students will attend a half day of lessons on the first day) and the other day spent exploring Pagosa Springs & checking out the hot springs. We will pack our meals for travel and will cook meals together while at the cabin. Daily we will come together for devotion and time to spend on our relationship with God. Cost is \$150 per student. Be on the lookout for a couple of fundraisers to support this trip.







## ++ Outreach Ministries - November, 2023 ++



#### \*\* Neighboring News \*\*

Neighbor-to-Neighbor will have a *workshop* to prepare *Christmas bags* on **Wednesday**, **November 1, 2023 at 1:30 PM** in the church library. Come check us out!

If you are interested in this program and would like more information, please contact Peggy Geisler at (979)-732-0350.



#### **Common Bacterial Infections**

In this month's newsletter you will find an article addressing three common bacterial infections that "may be undermining your efforts to live a healthy life". These are infections that can affect anyone at any age. Included are some home remedies that may help. However, seek the care of a doctor or dentist if symptoms persist or become more intense.

Take care and stay healthy!

— Parish Nurses ♥



#### **Grief Support Group**

The Grief Support Group is for anyone who has lost a loved one, either recently or a few years ago. We share and support each other. Come join us and get support from others walking this journey. We meet at **5:30 PM** in the youth room (formerly the choir room) the **third Thursday of the month**. *Our next meeting will be Thursday, November 16, 2023*. *NOTE:* You do not have to share or talk until you are ready! If you have questions, please contact Peggy Geisler at 979-732-0350.



#### Columbus Food Pantry:

Thank you to everyone who helped work at the Columbus Food Pantry October 19 & 20, 2023. Many families were helped. What a great way to show how we Love God, Love Neighbor! ⊙

## ++ Outreach Ministries - November, 2023 (pg. 2) ++



#### **MEALS TO HEAL:**

Meals to Heal will have a **cook session** on **Sunday, November 12, 2023 at 1:00 PM** in the Lighthouse kitchen. We will be making two main dish casseroles, bagging vegetables, and assembling meals to go in the freezer. Join us if you can! If you have any questions, please contact Terri Brasher at 979-732-1127.



Our next Peru Team meeting will be Thursday, November 9, 2023 at 6:30 PM in the church library. Join us to hear what is going on with our sister congregations in Peru and get in on the planning stages of our 2024 trip. Questions? Contact Terri Brasher at 979-732-1127.



#### Senior Explorers to Alpaca Farm

Senior Explorers are going to an Aplaca Ranch in advance of next summer's trip to Peru. On **Thursday, November 16, 2023** we will **depart** St. Paul Lutheran Church **at 9:30 AM**. We will arrive at the Peeka Alpaca Ranch near Burton, Texas for a full tour, petting and shopping. We will stop for lunch on our way home and should make it **back by 2:00 PM**. <u>Please sign up by Sunday, November 12, 2023 in the narthex</u>. Call Kevin Page at 979-732-0845 with any questions.

\*\* *Note:* Senior Explorers will be taking off the month of December due to the busyness of the holiday season. Have a blessed and safe holiday!

# Most Common Bacterial Infections That May be Undermining Your Efforts to Live a Healthy Life By Dr. Marlene Merritt

#### **Urinary Tract Infections**

Urinary tract infections (UTIs) are not just uncomfortable and annoying. They can lead to kidney infections, which can be serious health threats. The more intense the symptoms, the more reason to see a doctor. If your lower back hurts, that's definitely a sign that you need medical attention. The usual treatment is an antibiotic prescription.

For patients who experience recurring UTIs, antibiotics may also be prescribed for prevention. But this is risky because it does more damage to beneficial gut bacteria and contributes to antibiotic resistance: the evolution of bacteria that no longer respond to antibiotics. This is a huge problem that stems from overuse of antibiotics.

What about natural remedies? Cranberry juices and supplements have been proven to be an effective way to prevent recurring UITs. More than 50 studies, with nearly 9,000 people, have documented this benefit. And the American Urological Association Guidelines for doctors note that cranberry products can prevent UITs.

Cranberries contain proanthocyanidins, a unique type of nutrient that prevents harmful bacteria from sticking to the walls of the urinary tract. As a result, the bugs are flushed out instead of adhering to cells and causing an infection.

Cranberries don't kill beneficial gut bugs, so they don't disrupt the balance of microorganisms in your digestive tract. And bacteria can't become resistant to cranberries.

Both cranberry juice and supplements have been found to help prevent UTIs. Unsweetened cranberry juice is best, if you can tolerate it, or take a cranberry supplement.

Bottom line: cranberry is very helpful in preventing UITs. But for treatment of an infection that has already developed, antibiotics are the remedy.

Avoiding sugar helps your immune system to ward off or recover from urinary tract and other types of infection. You also want to drink lots of filtered water, to make it easier to flush out harmful bacteria.

#### **Sinus Infections**

The sinuses are air-filled cavities on either side of your nose, in your cheeks, and behind your forehead and eyebrows. Because the sinuses are close to the brain, an infection can be dangerous, so treatment is vital.

Sinus infections can be caused by bacteria or viruses (such as a cold virus). In all these cases, there's a simple home remedy that can help: a nasal rinse.

NeilMed is a popular one that you can buy in any drugstore. It comes with a squeeze bottle and packets of sodium that you mix with filtered or boiled water (just follow the product instructions). In addition, I suggest adding another herbal ingredient to the rinse: a tincture of goldenseal.



Goldenseal is an herb with a long history of use in Chines medicine and in Native American healing. When used in a nasal rinse, it helps to kill bacteria on contact with the mucous membranes in your nasal passages. It may also help to stop viruses from replicating and may help eliminate other irritants.

You can add one serving of a goldenseal tincture to the saline solution in the NeilMed bottle and rinse your nose every 2 or 3 hours with the mixture. I've found this to be very helpful, and it can sometimes quickly relieve a sinus infection.

Xylitol is another natural substance that fights bacteria. You can buy NeilMed packets with xylitol, which I recommend.

If the infection persists, see a doctor. If you are prone to repeated sinus infections, it could be that your immune system needs improvement – more about this in a moment. And in some cases, there could be a structural issue in your sinus area that needs to be surgically corrected to prevent recurring infections.

In some cases, a dental infection can lead to a sinus infection. The nasal rinse can still help temporarily, but the problem won't resolve without correcting the underlying dental problem.

#### **Dental Infections**

Bacterial infection can develop in your mouth for a number of reasons. Incorrect daily cleaning can lead to bacteria below the gum line, causing inflammation, gum recession, and eventually, loose teeth.

Even if you've been regularly brushing and flossing, this could still happen, because many people have never been told how to properly clean their teeth.

That said, there may be other reasons for problems. A tooth may have decayed or been damaged in the past or a filling may need repair because it has degraded over time. Sometimes, an infection may develop in the root of a tooth.



In my experience, anyone with a dental issue usually knows something is wrong but isn't eager to see a dentist. But it's essential to do so.

Controlling blood sugar with a low-carb diet is also essential. Diabetes triples the risk for gum disease. However, getting rid of harmful bacteria in the mouth helps to lower blood sugar and inflammation and reduces risk for diabetes and its complications.

Bottom line: if you have pain or sensitivity, gum recession or redness, a suspicion that all is not well in your mouth, or haven't had a dental check-up for a while, book an appointment with a dentist as soon as possible.

#### **Enhance Your Natural Defenses**

A healthy low-carb diet, adequate sleep, and regular exercise will enhance your immune system. And guard against nutrient shortfalls, which make you more susceptible to illness, with a daily multivitamin. In the Supplement Facts on labels, look for 100 percent of the Daily Value of zinc and vitamin A. Look for "vitamin A," rather than "beta-carotene," which is a precursor rather than the actual vitamin.



If you do have an infection, take extra zinc. Look for a zinc supplement with copper, as high doses of zinc can deplete copper.

#### **A Final Word**

Eating too many starchy and sugary foods is one of the worst things you can do for your immune system. Too much starch and sugar generates inflammation, which keeps your immune system occupied in trying to reduce it. And then, your immune system doesn't have enough resources to prevent infections, especially if you are susceptible to recurring ones.

To treat an infection, try the natural remedies I've described and – most important – get any needed dental or medical treatment. You'll be healthier and happier as a result.

Source: Dr. Marlene's Natural Health Connections, Volume 6, Issue 8



## **NOVEMBER, 2023**



## **USHERS, LAY** READERS, ACOLYTES, STREAMING AND **ALTAR FLOWERS**



CONTROL CONTRO		/ !- / !! ! - 0 !! - 1 !!			
DATE	USHERS	LAY READERS	ACOLYTES	STREAMING	FLOWERS
Sat., Nov. 4, 7:00 Pm	Kenny & JoAnn Venghaus; Janeen Vengahus; Emily Frank	JoAnn Venghaus	Henry Jones		
Sun., Nov. 5, 9:00 AM	Terrel & Robin Maertz; Ruth Bedford	Robert Chavez	Cambry Barten	Janel Barten	Susan Baumgart
Sun., Nov. 5, 11:05 AM	Donna & Gary Schindler; Cindy Kahlden	Wendy Page	McKayla Kahlden	Chase Brasher	
Sat., Nov. 11, 7:00 PM	Harvey Poenitzsch; Bob Poenitzsch; Audrey Rester	Pastor John Hunsicker			Eddie & Debbie Hernandez
Sun., Nov. 12, 9:00 AM	Danny Kautz; David Stancik; Emily Brod	Curtiss Schonenberg	Calleigh Barrett	Brian Lighthill	Additional
Sun., Nov. 12, 11:05 AM	Mike & Gerri Hackfeld; Sandi Roensch	Mia Post	Micah Polasek	Chase Brasher	Flowers: Joe & Arlene Trojacek
Sat., Nov. 18, 7:00 AM	JoAnn Venghaus; Emily Frank; Sammy Cox	Audrey Rester			
Sun., Nov. 19, 9:00 AM	David Johnson; Byron Marburger; Brad Hajdik; Debbie Yancey	Deacon Barten	Brooks Schindler	Janel Barten	Eugene & Chris Schobel
Sun., Nov. 19, 11:05 AM	Kevin & Wendy Page; Ryan Thomas	Lora Kuenstler	Elliot Polasek	Kay Wesson	
Sun., Nov. 19, 6:00 PM Community Thanksgiving	JoAnn Venghaus; Emily Frank; Phil Schmitt				
Wed., Nov. 22, 7:00 PM Thanksgiving Eve	Danny Kautz; David Johnson; Kevin & Wendy Page	JoAnn Venghaus			
Sat., Nov 25, 7:00 PM	Brent Gorman Family	Brent Gorman, Sr.	Gracelyn Gorman		
Sun., Nov. 26, 9:00 AM	Charleen Andrus; Darlene Ahlschlager; Brad Hajdik; Emily Brod	David Stancik	Camdin Barten	Tiffany Lauzon	Ed & Michelle Thraen
Sun., Nov. 26, 11:05 AM	John, Terri & Chase Brasher	Ashlyn Pugh	Hattie Post	Chase Brasher	



November Altar Guild: Gloria Ilse and Charleen Andrus November – 11:05 AM: Amanda Oppermann



## DECEMBER, 2023



## USHERS, LAY READERS, ACOLYTES, STREAMING AND ALTAR FLOWERS



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DATE	USHERS	LAY READERS	ACOLYTES	STREAMING	FLOWERS	
Sat., Dec. 2, 7:00 PM	Kenny & JoAnn Venghaus; Janeen Venghaus; Emily Frank	JoAnn Venghaus				
Sun., Dec. 3, 9:00 AM	Curtiss Schonenberg; DyAnn Lauzon; Marilyn Yearwood	David Johnson	Madison McRee		Arnie & Kathy Hagemann	
Sun., Dec. 3, 11:05 AM	Aaron & Amanda Oppermann; Loraine Gast; Adam Torres	Mike Hackfeld	Berkley Anderson	Mike Maas		
Sat., Dec. 9, 7:00 PM	Harvey Poenitzsch; Bob Poenitzsch; Audrey Rester	Rhanda Lattimore	Gracelyn Gorman		Laura Weido	
Sun., Dec. 10, 9:00 AM	Sonny & Tiffany Lauzon	Curtiss Schonenberg	Easton Leopold			
Sun., Dec. 10, 11:05 AM	Bethany Guthmann; Sandy Cherniss; Fay & Thomas Ulbricht	Terri Brasher	Hudson Muir	Kay Wesson	Additional Flowers: Elsie Kahlden	
Sat., Dec. 16, 7:00 PM	JoAnn Venghaus; Emily Frank; Sammy Cox	Audrey Rester	Henry Jones			
Sun., Dec. 17, 9:00 AM	Terrel & Robin Maertz; Ruth Bedford	Sharon Johnson	Callen Barten		Michael & Donna Maas	
Sun., Dec. 17, 11:05 AM	Gary & Donna Schindler; Cindy Kahlden	Courtney Busselman	Dylan Glueck	Mike Maas		
Sat., Dec. 23, 7:00 PM	No Service	No Service	No Service	No Service		
Sun., Dec. 24, 10:00 AM	Charleen Andrus; Darlene Ahlschlager; Brad Hajdik; Emily Brod	Deacon Barten			Poinsettias	
Sun., Dec. 24, 4:00 PM Christmas Eve	Brent Gorman Family	Walter Guthmann, Jr.	Ericka Pesak		า บแระแสร	
Sun., Dec. 24, 7:00 PM Christmas Eve	Kevin & Wendy Page; Ryan Thomas	Debbie Kethan	Elliot Polasek; Micah Polasek			
Mon., Dec. 25 Christmas Day	No Service	No Service	No Service	No Service		
Sat., Dec. 30, 7:00 PM	Kenny & JoAnn Venghaus; Janeen Venghaus; Emily Frank	JoAnn Venghaus			Poinsettias	
Sun., Dec. 31 10:00 AM	Mike & Gerri Hackfeld; Sandi Roensch	Ashlyn Pugh	Harlie Lewis	Kay Wesson		



<u>December Altar Guild</u>: JoAnn Venghaus, Belle Dungen and Emily Brod

<u>December – 11:05 AM</u>: Bethany Guthmann