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# Immanuel News



## From the Pastor

A few years back, one of the advice columnists got into some trouble for repeating columns and not letting the readers know what was happening. As I recall, the columnist went on vacation and a few of the favorite columns were rerun during the vacation time. It seemed like a good idea at the time, but when people found out about it, there were ethical questions raised about reusing previous columns without explicitly notifying readers.

After that, on occasion, there is a note with advice columns stating that a column is being repeated. With that air of full disclosure, I tell you right up front, my newsletter article is a repeat. In fact, I am repeating a newsletter article that includes a portion of a repeated column ("Dear Annie"- [The Sedalia Democrat](#)). It seems like a good idea. I hope you think so.

### *Thanksgiving Prayer*

*We come to this table today, O Lord, humble and thankful and glad. We thank thee first for the great miracle of life, for the exaltation of being human, for the capacity to love. We thank thee for joys both great and simple - for wonder, dreams, and hope; for the newness of each day; for laughter and song and a merry heart; for compassion waiting to be kindled; for the forbearance of friends and the smile of a stranger; for the arching of the earth and trees and heavens and the fruit of all three; for the wisdom of the old; for the courage of the young; for the promise of the child; for the strength that comes when needed; for this family united. Of those to whom much is given, much is required. May we and our children remember this. Amen.*

We live our days. As we are reminded every Sunday morning, there are prayer needs that are spoken and there are prayer needs that go unspoken. No matter what the circumstances, there is much to be thankful for. My hope is that in the days ahead, you will take this prayer (author unknown) and will find it meaningful using it as a thanksgiving prayer. And then go ahead and repeat it over and over again - no permission needed. As you do, know that I pray for you and wish you a very blessed Thanksgiving Spirit.

Pastor Brady

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## Pastor's Report – Immanuel United Church of Christ - Council Meeting – October 27, 2008

### **Worship –**

Worship is at 10:30 on Sunday mornings. Please plan to attend.

Samantha Stevenson and Jeremy Russell were united in Holy Matrimony at Immanuel UCC on Saturday October 18. Congratulations.

### **Pastoral Care –**

All pastoral care calls continue as needed. There have been three hospitalizations since our last council meeting.

### **Community Activity –**

Immanuel is hosting the Sedalia area pastor's Bible study on Wednesday October 29.

### **Committee Meetings –**

Worship, evangelism, and Christian education are scheduled to meet in November.

### **Congregational Activity Review –**

Another fantastic German Dinner on October 25. BIG THANKS to all who attended and helped.

Safe church policy training will be tomorrow night (Tuesday Oct 28) at 6:00 p.m. at the church.

Holiday food packs will be collected during November to be distributed at Open Door on Dec 8.

### **Congregational Goals for 2008 –**

Continue to prayerfully seek where God is calling us to be in the future.

Worship attendance goal is 70, but all God's people are welcome.

### **Personal –**

I will be on vacation from November 26 – December 4.

## News from the Church Council (Unapproved Minutes)

Leora Bremer, Council President, called the meeting to order at 7:00 PM. Those present were Leora Bremer, Wilma Baslee, Dee Cain, Letitia Gerlt, Gary Case, Phil Gerlt, Tim Harster, Julie Bales and Pastor Brady Abel.

Pastor Brady opened with a message about the election year, budgets, and wars. He read Matthew 5: 44-45 and then shared a devotion on loving your enemies.

The minutes of the October meeting were discussed. Gary noted the date of the German Dinner was written as October 24 and it should have read October 25. Phil moved to accept the minutes as corrected, Letitia seconded and the motion passed.

This meeting was held in place of the November meeting so the budget could be approved and provided to congregation before the congregational meeting in November.

### Financial Reports

**OCWM:** There was no updated report due to the short month

**Treasurer's report:** Gary reported a CD at Central Bank had been renewed. He also gave the benevolence report and Improvement and Maintenance. \$379.26 had been spent from Improvement and Maintenance for the water fountain in the basement. Food 4 Kids gave a donation of \$400 for the water fountain.

There was no **Memorial Fund report**. Phil moved to accept the financial reports and Dee seconded and the motion passed.

### Pastor's Report

Pastor Brady gave a BIG THANKS to all who attended and helped with the German Dinner, which was held October 25. There was a Safe Church Training on October 28. Holiday Food Packs will be collected during November.

### Committee Reports

**Fellowship:** As of October 27, \$5,918.85 had been deposited. There was approximately \$1,100 in expenses with a net of the dinner at an estimated \$4,808.88. There was discussion on the splitting up of the funds and how much to each group: IUCC General Fund, Open Door for food, and the Youth Fund. It was decided to wait until all the outstanding bills had been presented before deciding how much to each group.

**Improvement & Maintenance:** No report on parsonage improvements or a priority list of repairs/remodeling. Gary did indicate that \$106 had been spent for electrical work/equipment in the basement to prepare for the German Dinner. He also reported he had gotten a bid from the company in Lenexa, Kansas for \$29,779 for covering the stained glass windows. Gary called and talked to the company letting them know their bid was much higher than others received. The company offered a 15 % discount. The bid of \$15,190 from Willet and Hauser will be discussed more at the December meeting. There was no update on a new safe or fireproof file cabinet.

**Evangelism:** There will be a meeting on November 10 at 5:45 and Sunday December 7 will be the next friendship extravaganza in conjunction with the Children's Christmas program.

**Outreach:** No report

**Worship & Music:** Wilma reported they would be meeting the next week. **Stewardship:** Gary presented a motion from the committee: "The Stewardship committee would like to recommend to the Council we purchase 1,000 refrigerator magnets, the size of a business card, from Midland Printing at a price of \$171.00. ¾ of these magnets would be given to the Chamber of Commerce to be given out through their Welcome Wagon Baskets and the

other ¼ would be given to the congregation after the congregational meeting in November and what is left will be used in membership promotion. These magnets would give easy, quick access to the Church's phone number and address plus an inspiring message urging a contact with the church. The Stewardship Committee believes this would be the most expensive advertising that would be long lasting and handy." Gary made the motion to accept the motion from the stewardship committee, Dee seconded and the motion passed. The funds to pay for this would come from the advertising part of the budget.

**Christian Education:** Julie reported the Lock In will be November 7, the Children's Christmas program will be December 7, Craft night December 12, Caroling on December 14 and VBS 2009 will be July 20-26. The next CE meeting will be November 17.

**Health & Wellness:** Leora reported the date for the CPR class and use of the AED will early November.

**Technology:** Tim demonstrated the use of a projector during the meeting. It was noted if we had one, we could get by with less paper for the printing off of reports for the Council to look at each month. He is gathering some more information on the lumens/brightness and on screens and sizes.

**Pastoral Relations:** Gary reported no meeting.

**Executive Committee:** Leora reported the committee had met to discuss the 2009 budget. Gary reported that 34 pledges had come in. Gary made the motion to accept the 2009 proposed budget and to present it to the Congregation on November 18, 2009. Phil seconded and the motion passed.

(cont'd page 4)

**(council minutes continued from page 3)**

**Old Business:** No one attended Faith Works in October. At the Festival of Sharing where IUCC had a pancake and sausage booth, \$284 was made. Immanuel also donated 33 reading and writing packs. Gary was going to ask Minerva to send a Thank You to Don Weaver for the use of his grill. Wilma reported that a donation of \$50 had been made for the cart and a \$25 donation was given for the refrigerator.

**New Business:**

Julie reported for the nominating committee for new members to the Council. Those staying on the Council will be Dee Cain, Tim Harster, John Kritos, Leora Bremer, Phil Gerlt, and Letitia Gerlt. New ones presented were Gary Case for a second 2 year term, and Wayne Baslee, Kevin Bogert, Carol Knight, David Moore, and Carole Weese for a 2 year term. Julie moved to accept the nominations from the committee, Phil seconded and the motion passed.

There will be a holiday mailing on December 3.

December 8 will be the next Council meeting. The Council will meet on Sunday November 9 after worship to discuss the disbursement of the German Dinner funds.

Pastor Brady led the Council in the Lord's Prayer and the meeting was adjourned.

The Executive Committee met a few minutes to discuss the Eden student and scholarship for books. The committee will meet to review scholarship candidates.

Respectfully submitted,

Julie Bales

# Parish nurse news

## Diabetes

November is Diabetes Awareness Month. Type 2 diabetes is on the rise in our nation and a contributing factor is our lifestyle which results in obesity. Type 2 diabetes was once known as adult onset or noninsulin-dependent diabetes, a chronic condition that affects the way the body metabolizes sugar for fuel. Type 2 diabetes can be diagnosed in teenagers and some persons do take insulin to control their diabetes.

The starches and sugars in the food you eat are converted to glucose, which is a type of sugar easily used by your cells. Insulin is a hormone released by the pancreas to control the amount of sugar (glucose) in the blood. Without insulin, the body cannot use

Many people  
are unaware  
they have  
diabetes

or store glucose. Glucose is the main source of energy for the cells that make up your muscles and other tissues.

In healthy individuals insulin secreted by the pancreas keeps the amount of glucose in the blood under tight control. Persons with diabetes have a breakdown in this system that results in higher than normal glucose in their blood. In type 2 diabetes the body is resistant to the effects of insulin or the body doesn't produce enough insulin to keep the blood glucose levels under control.

Many Americans have diabetes and are unaware they have the condition. Being overweight is

the primary risk factor for type 2 diabetes. The more fatty tissue you have the more resistant your cells become to insulin. Those who are inactive are prone to becoming overweight. Exercise can help control weight and uses up glucose as energy instead of increasing the glucose in your blood.

There are some risk factors that you can't change; if you have a parent or sibling that has diabetes. As you age your risk also increases, especially after age 45. There is a higher incidence of type 2 diabetes in black, Hispanics, American Indians and Asian Americans.

Symptoms of diabetes include increased thirst, frequent urination, increased appetite, unexplained weight loss, fatigue, frequent skin infections, slow healing wounds, blurred vision, and tingling or numbness in hands or feet.

You need to consult your health-care professional if you are concerned about your risk for diabetes or if you notice any of the symptoms. A screening test for diabetes is a Fasting Blood Sugar Test. A blood sample is drawn following a night of no food or drink. A fasting blood sugar between 70 and 100 is considered normal. A fasting blood sugar from 100 to 125 is considered prediabetes, which indicates a risk of developing diabetes. Test results above 125 on two or more occasions is considered diabetes.

Today, even persons in the prediabetes range are given instructions in life-style changes to lower their blood sugar and either prevent or delay the diagnosis of diabetes. A

diet that includes plenty of fruit, vegetables and grains – foods high in nutrition and low in fat and calories, with limited animal products and sweets is what we should all be eating. There are many tasty recipes in diabetic cookbooks that can add variety to your meal planning. We should all be doing aerobic exercise on a regular basis. Check with your healthcare provider about appropriate exercise for you and then make this a part of your daily routine. Eating healthful foods and regular exercise can help control high blood pressure and cholesterol as well as weight reduction, if needed.

If you are diagnosed with diabetes it is important to follow the treatment plan your healthcare providers give you. Careful management of your diabetes can prevent serious, even life-threatening risks.

Although diabetes is a serious disease it can be controlled and you can enjoy an active, healthy life.

Leora Bremer, R.N.  
Parish Nurse

Sources: *Mayoclinic.com*  
*Mettler, Molly and Donald Kemper,*  
*Healthwise for Life, 1998, Healthwise Publications*

*Any information written in Parish Nurse News is not intended as a substitute for Professional medical advice. Consult your health care provider concerning your individual health care needs or in emergency situations seek medical assistance immediately.*



## UPDATE ON GERMAN DINNER

The German Dinner was a huge success!!

Thank you to all who helped cook, serve, set-up, clean-up and for the salads and desserts. Also, thanks for the wonderful theme baskets and items and baked goods for the country store.

We grossed \$6031.35; expenses were \$1110.97 with a net of \$4920.38. **GREAT JOB!**

The drawing had the following winners: Table from McLaughlin's Furniture- Loretta Langkrahr Edwards; Quilt Rack- Steve Bruner; Afghan - Carol Sprick; Kehde's Barbeque gift

certificate - Minerva Taylor; Moore's Greenhouse & Flower-shop certificates - Tom Smith, and Chester Abel; Papa Murphy's Pizza - Beth Delph; quilt - Ken Clausen; Adco Soap - Chuck Moroney, Bob Haggard, Gary Case, and Eric Weese; picture donated by Dennis & Loretta Edwards - Betty Abel; Burgers' gift certificate - Tom Smith

**AGAIN, THANKS** to all who helped make another German Dinner a success.



### Life's Recipe

1 cup good thoughts  
1 cup consideration for others  
3 cups forgiveness  
1 cup kind deeds  
1 cup sacrifice for others  
2 cups well-beaten faults

Mix these thoroughly and add tears of joy and sorrow and sympathy for others. Flavor with little gifts of love. Fold in four cups of prayer and faith to lighten other ingredients and raise the texture to great height of Christian living. After pouring all this into your daily life, bake well with the heat of human kindness. Serve with a smile.

—Anonymous  
(submitted by Leloy Bottcher)

## The view from the OPEN DOOR

The Open Door Pantry...The need for services remains high. On our workday we served 127 families. As the economy continues its downward spiral we can expect the number of clients to increase. We donated 34 hours of time this period, bringing our annual total to 551 hours.

The supply of food from the Columbia Food Bank was somewhat greater this period. Immanuel donated 506 pounds, bringing our annual to 6,009.

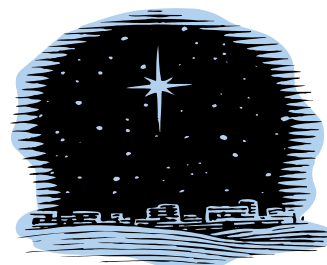
The growing number of Christmas food bags lined up in the Red Room is an encouraging sign for our December giving. If you are unable to furnish a complete food bag, that's OK. Give what you can. Anything will be a big help. Thanks for your generosity.

Dennis, the head of the Open Door Pantry, has been asked by clients if Immanuel is doing the

“Christmas bags” this year. Of course, he professes to know nothing about our plans. (Dennis can ‘dead pan’ very well.) If you could see the faces when “Santa’s Elf Abel” explains what’s in the bag, you would know it is worth our effort.

A Personal Note: This year, in lieu of Christmas cards to our Immanuel family, we are applying those \$\$ to Christmas bags. So- - - - “Merry Christmas to all and may 2009 treat you gently.”

The Guths



Jim Bremer passed away Friday, Nov. 14. Funeral services were Monday, Nov. 17 at Ewing F/H with Pastor Brady Abel officiating. Burial at Memorial Park. Our thoughts and prayers go out to Skip and the entire Bremer family.

Beatrice Arnold, who was confirmed at Immanuel, passed away on November 6, 2008. Graveside services were held at Memorial Park Cemetery on November 8 with Pastor Brady Abel officiating.

Kris Knight's oldest brother passed away in Oklahoma on Tuesday, October 28, 2008.

Several members have been in and out of the hospital this past month. George Hunter and Ralph Linhardt spent time at Bothwell Regional Health Center. Both are home recuperating. Aileen Brauer had cataract surgery recently and is doing fine. Jane Meisenheimer spent an overnight in Boone Hospital but is now home. Kendle Leiter has been in and out of Bothwell a couple of times. He is now recovering..



**CONGRATULATIONS** to Samantha Stevenson and Jeremy Russell who were united in marriage at Immanuel UCC on Saturday, October 18. Samantha is the granddaughter of Don and Betty Carpenter. Also, **CONGRATULATIONS** to Rod and Marla Abel who were married on October 16, 2008. Rod is the brother of Pastor Brady.

A heartfelt **Thank you** for remembering me in prayers, thoughts, phone calls or sending a get well card. Your thoughtfulness is deeply appreciated. God Bless! B. J. Tegtmeier



Children's Sunday School

The children will present their program during the worship service on Sunday, December 7. During Sunday School in December the children will be hearing about Advent and how to hear and be messengers of God's comfort and promise. They will celebrate the good things God has done for us and the birth of Jesus. Kathy Smith and Cindy Gerlt will be the Sunday school teachers in December.

7 and ended at 8 AM the next morning. They had the opportunity to Seek and Find items throughout the church. The children enjoyed popcorn, ice cream sundaes, played Sardines, a hide and seek type game in the dark, and movies.

Upcoming events are the Children's program on **December 7 at 10:30**. A craft night will be held **December 12 6:00-8:00** with pizza served. On **December 14** they will go Christmas Caroling to the shut-ins. Members of the congregation are invited to come to the craft night and to go caroling with the children.

Julie Bales

Immanuel was alive with excitement until about 3 AM on November 8 during the lock-in. There were 20 children in attendance for the lock-in that began on November

I would like to thank everyone for their prayers and cards for my surgery and recovery. Brady and the whole church are so nice and friendly. Thank you all and God Bless you.

this  
and  
that

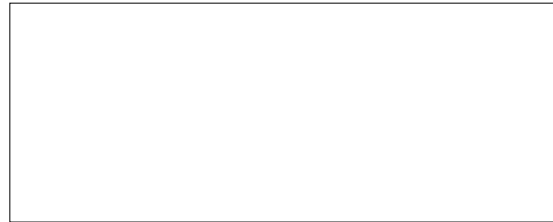
Mary Bottoms

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A thank you card was received from Taylor Chapel to Immanuel for providing sack lunches for the Food 4 Kids program held at Taylor Chapel this past summer.

Wishing  
Everyone a  
Blessed  
Thanksgiving

10:30 a.m. Sunday Worship  
and Children's Sunday School



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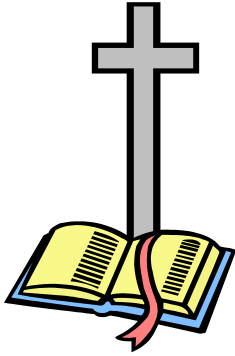
# HOLIDAY FOOD PACKS

## HOLIDAY FOOD PACKS FOR OPEN DOOR

2 CANS GREEN BEANS  
2 CANS CORN  
2 CANS YAMS  
2 CANS PIE FILLING  
1 GRAHAM CRACKER  
PIE CRUST  
1 CAN FRENCH FRIED  
ONIONS  
1 CAN CREAM OF  
MUSHROOM SOUP  
1 BOX STUFFING MIX  
1 PACKAGE MARSH-  
MALLOWS

Please leave the food in bags or boxes in Red Room. Have food packs at the church **no later than Sunday, November 30**, so we can place into holiday bags, add the \$10 gift certificates and distribute the food packs on December 8<sup>th</sup> at Open Door. Our goal is to have at least 100 food packs. Thank you for your holiday generosity.





December 7:  
Isaiah 40:1-11  
Psalm 85:1-2, 8-13  
2 Peter 3:8-15a  
Mark 1:1-8

December 14:  
Isaiah 61:1-4, 8-11  
Psalm 126  
1 Thessalonians 5:16-24  
John 1:6-8, 19-28

December 21:  
2 Samuel 7:1-11, 16  
Psalm 89:1-4, 19-26  
Romans 16:25-27  
Luke 1:26-38

December 28:  
Isaiah 61:10-62:3  
Psalm 148  
Galatians 4:4-7  
Luke 2:22-40

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**Church Women United** will celebrate with a **Silver Tea, Friday, December 5, 2008 at 1:30 p.m.** It will be held at Christ & Trinity Lutheran Church, 3201 Southwest Blvd., Sedalia. Students from the Sedalia Middle School will provide music. Everyone is invited to attend.

**IT'S CHRISTMAS TIME** and Moore's Greenhouse & Flower Shop is once again offering **poinsettias** at \$6.95 each.

There is a sign-up sheet in the Red Room for you to sign up. Please indicate the number of poinsettias you want, plus the reason for giving them. Please pay the church and we in turn will pay Moore's. We need to let Moore's know by **December 4** as to how many we need.



## SHARING OUR TALENTS FOR December 2008

### USHERS AND COMMUNION

Lynda Hartman  
December 24 - 7:00 p.m. - Durward Guth  
Gary Case  
December 24 - 11:00 p.m. - Dave & Rhode Moore

### LITURGISTS

December 7 - Karen Smith  
December 14 - Joyce Williams  
December 21 - Lynda Hartman  
December 24 - 7:00 p.m. - John Kritos  
December 28 - Carol Knight

### ACOLYTE

December 7 - Paige Staus  
December 14 - Kylie Bales

December 21 - Allie & Megan Wilbanks  
December 24 - 7:00 p.m. - Madison Knight  
11:00 p.m. - Kylie Bales  
December 28 - Madison Knight

### GREETERS

December 7 - Don & Betty Carpenter  
December 14 - Phil Gerlt Family  
December 21 - Don & Carolyn Barbour  
December 24 - 7:00 p.m. - Tom & Kathy Smith  
11:00 p.m. - Dave & Rhoda Moore  
December 28 - Roger & Alverda Hill

### FLOWERS

December 7 - Sam & Diane Mehan  
December 14 - Betty Guth  
December 21 - Ruby Christian  
December 28 - Dave & Rhoda Moore