

# GREETERS SCHEDULE

Nov. 4	7:45	Ken & Jo Wendorff
	10:30	Jim & Marcia Pflum
Nov. 11	7:45	Bonnie Baerwald
	10:30	Jerry & Diane Fricken
Nov. 18	7:45	Ken & Jo Wendorff
	10:30	Al & Sue Cederholm
Nov. 25	7:45	Lorin & Joan Voss
	10:30	Jim & Marcia Pflum

## Cleaning Schedule

Week of:	
Nov. 4	Jane Fell
Nov. 11	Rick Beekman
Nov. 18	Lynn Vermeulen
Nov. 25	Terry Reynolds



Please call Gregg at  
923 - 1583  
to become a member of  
the "cleaning team".

November 1-15



November 16-30

Rosie Klatt

Mary Demmon

Vicki Brandau

Joan Voss

## Membership Matters

The matters of membership listed below were acted upon or recognized by the Coordinating Council at its October meeting.

### Transfers In

Brian, Alys, and Ada\* Balfour from St. Luke's, Oakfield

### Transfer Out

Jeremy and Amber Falck to Bethany Lutheran, Manitowoc

### Baptism

Kason Wagner

### Funerals

JoAnne Ahrens

Donald Habeck

### Marriages

Victoria Erdmann and Dr. Marvin Mortensen

Kasey Muentner and Nick Wustrack

### Adult Confirmation

Erik Schultz

### Affirmations of Faith

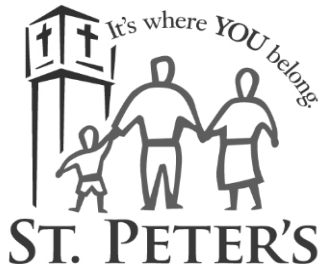
Sierra Schultz

Brandy and Brianna\* Wals

### Removal (Unable to Serve)

Rochus Voeller\*

Serena Hartman



Evangelical Lutheran Congregation

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# NOVEMBER

2018



***“Be joyful always; pray continually; give thanks in all circumstances, for this is God’s will for you in Christ Jesus.”***

*1 Thessalonians 5:16*

## **A Continual Thanksgiving**

Thankfulness seems to be a lost art today. Warren Wiersby, a professor, illustrated this problem as he told about a former student, named Edward Spencer, in Evanston, Illinois. This student had formerly been part of a life-saving squad. In 1860, a ship went aground on the shore of Lake Michigan near Evanston, and Edward Spencer waded again and again into the frigid waters to rescue 17 passengers. In the process, his health was permanently damaged. Some years later at his funeral, it was noted that not one of the people he rescued ever thanked him.

At first, we might think, *how sad* or *how ungrateful*, that nobody cared enough to thank the man who not only saved their lives but who permanently damaged his own life to do it! Doesn't anybody know how to be thankful anymore?

In reading this passage from 1 Thessalonians, it was the Apostle Paul who wrote these words with a heart full of thanksgiving. When the Apostle Paul first came to Thessalonica with the Gospel of Christ, many believed and formed a group of believers, a church. But the jealousy of the unbelieving Jews started a riot in the city and many of the believers were thrown into prison. Yet, the faith of the believers remained. They continued in their faith despite the opposition. Paul's letter to the Thessalonians was one of encouragement and thanksgiving. Despite their hardships, the believ-

ers continued to live and proclaim their faith with joy and thanksgiving in their hearts to God.

The life of a Christian is one of continual thanksgiving. Even though this world is filled with financial burdens, loss of friendships, attacks on morality, selfish motives, and greedy choices – It does not take away from the Christian's ability to give thanks. *“Be joyful always; pray continually; give thanks in all circumstances, for this is God’s will for you in Christ Jesus.”*



Like the Thessalonians, no matter what circumstances we face, we too can continue to live and proclaim our faith with joy and thanksgiving in our hearts to God. We have a Savior, whose blood made payment for our sins. We have a Savior, whose death redeemed us from hell. We have a Savior, who through his resurrection sealed to us the certainty of eternal life. We have a God and Lord who

will one day deliver us unto his eternal kingdom and there to reign with him forever! We have reason to be thankful every day.

May our lives be filled with thanksgiving to our God. May we thank him in prayer. May we praise him in worship. May we live for him as witnesses of his grace. May we use our mouths to share of his salvation. May we, this month of Thanksgiving, give thanks to our God for his many and varied gifts to us. And may the knowledge of Christ's mercy, peace, and forgiveness to us, keep us always in a life of continual thanksgiving.

## NURSING POINTS OF INTEREST

# ***HOW YOUR GUT HEALTH AFFECTS YOUR WHOLE BODY***

### **Helpful Germs**

You have many bacteria in your body. In fact, you have more of them than you have cells. Most are good for you. The ones found in your gut not only help you digest foods, they work all over your body and can be good for your physical and mental health.

### **Gut Microbiome**

This is home base for the bacteria in your digestive tract. Here, they help you break down food and turn nutrients into things your body can use. They stop growing when they run out of food, so you'll only have what you need.

### **Fighting the Good Fight**

In the gut microbiome, the "good" bacteria do more than just help with digestion. They help keep your "bad" bacteria in check. They multiply so often that the unhealthy kind don't have space to grow. When you have a healthy balance of bacteria in your gut, it's called equilibrium.

### **Unhealthy Balance**

Studies have found that if you have too much of a certain kind of bad bacteria in your gut microbiome, you're more likely to have: Crohn's disease, Ulcerative colitis or Irritable bowel syndrome (IBS) Researchers are looking into new treatments for them that target the bacteria in the gut microbiome.

### **Gut Bacteria and Obesity**

An unhealthy balance in your gut microbiome may cause crossed signals from your brain when it comes to feeling hungry or full. Researchers think there may be a link to the pituitary gland, which makes hormones that help set your appetite. That gland can affect the balance of bacteria in your gut, too. Some studies on treating obesity are exploring this link.

### **Can You Change Your Gut Bacteria?**

You get your gut microbiome from your mother at birth, and the world around you affects it as you grow up. It's also influenced by what you eat. That's why it can be different depending on where you live -- and why you may be able to tilt the balance a bit.

### **Probiotics**

Found in some foods, these are "good" bacteria like the ones already in your gut. They can add to the bacteria in your intestinal tract and help keep everything in balance. But they're not all the same. Each type works in its own way and can have different effects on your body. You can find them in dairy products like yogurt and cheese.

They can make your immune system stronger. They may boost gastrointestinal health, too, especially if you have something like irritable bowel syndrome. Some probiotics also may help ease allergy symptoms and help with lactose intolerance. But, because our gut microbiomes are unique, if and how they work can be different for everyone.

### **Prebiotics**

Think of these as a food source for probiotics. They may help your body take in calcium better and boost the growth of helpful bacteria in your gut. They're found in fruits and vegetables, like: Bananas, Onions, Garlic, Leeks, Asparagus, Artichokes & Soybeans. You can also get them in foods with whole wheat.

