FROM THE VICAR

This summer has been a very different summer for me. We have finished our Vacation Bible School and are now in the midst of school starting back up again. I am interested in how my daughter, Janie, loves school and in fact asked us many times if she could go to school instead of being homeschooled by her Mom. My son, Aaron, is the complete opposite and asked and begged us to not send him to school. They are both in a good school at Christ Lutheran and have their favorite parts. For Aaron his is sports and any kind of hands-on subject. For Janie she has a very good memory and loves spelling. How does it work when they are going to go to basically the same place, but one likes it, another is repulsed by it or rejects it.

Much in the same way us pastors see our sermons and teaching in the same way. When I say the phrase, for example, “I love you” to someone, that phrase can operate in two totally different ways. One person simply says something like, “oh well that is great, thank you.” A different person might have a thought like, “why is this person saying they love me, what do they want?”

A bible verse like: 16“For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life. 17God sent his Son into the world not to judge the world, but to save the world through him.”

This seems like it can be that God wants to condemn and judge the world, but in fact has come for the purpose to save it instead. When we all have the encounter with God in our lives we naturally want to shrink away or hide from God. But how does Jesus tell us that it is not about our reaction? God has saved you and will always be faithful.

Whether you are looking forward to life or life seems to be a mixed bag or going around every corner seems to be a scary scenario, God has you in the palm of His hands.

Amen

Vicar Jared

FROM THE COUNCIL PRESIDENT

Difficulties in our earthly lives are inevitable. The Bible tells us to expect them. John 16 tells us that in our lives we will encounter trouble but our hope is in Jesus who has overcome the world. So why are we offended when troubles arise? Romans 5 says that suffering produces perseverance and perseverance produces character. God's little challenges and our responses to them are perhaps His "entry exam" testing our fitness for His kingdom.

I will say thus far the year 2026 has been a trial for me. It began with my husband's surgery in conjunction with a steep climb up the learning curve of a leadership role here at Christ the Servant, a journey which continues. It continued through my husband's long recovery (which was a struggle) and the transition period here at church with Pastor Cindy's departure and Jared's ordination. And most recently, there are my own infirmities and dealing with them. A year ago my biggest concern was practicing the hymns on my rickety old piano for Sunday services; this summer my concerns are much more complex.

Romans 5 goes on to say that perseverance and character lead to hope. As I've had plenty of time to sit with my ice packs and anti-inflammatory pills this summer, this verse means more to me than ever before. I look around on a Sunday morning and know we are each facing our own trials. I force myself to count my blessings. First I give thanks that I DO see progress in my situation however slow it has come (God's timing, not mine.) Second, there's my helpful supportive husband who reminds me that I stress too much about vacuuming and laundry (and does them.) Third, I have good people on our church council and in our membership who are willing to pick up my slack as well as loan me a fancy-pants walker (thanks, Charlie). And lastly, God took care of my concerns about being laid up during canning and pickling season by sending a wicked hailstorm; yet much of the garden has survived so there is still HOPE.

There is always HOPE where there is faith.

Lu Carter

HEALTH MINISTRY

REVIEW OF SOME COMMON LABORATORY RESULTS

"Abnormal" test results are those that fall outside of "normal" reference range. Abnormal results do not necessarily indicate poor health, just as normal results do not always indicate good health. Always seek your healthcare provider's advice when you do not understand any laboratory results.

Today we will look at what various lab tests are checking. Some of the most common lab tests include:

LIPID PANEL

- Cholesterol- There are two main groups of fat in the blood, cholesterol and triglycerides. Increased cholesterol may lead to arteriosclerosis (hardening of the arteries), diabetes, thyroid, liver and pancreatic disease.
- Triglycerides- This blood fat is also involved in arteriosclerosis, diabetes, thyroid, liver and pancreatic disease. They may be elevated in the 200-400 range if you have eaten within 10 hours of the blood draw. If your results are in this range and you did not fast, repeat evaluation should be obtained.
- HDL (High Density Lipoprotein) Cholesterol- This is the "good" fat-protein combination. The higher the value, the lower the risk of developing heart disease. This level can be decreased with reduction in fat intake, weight control, and regular exercise. Because this value is calculated using the triglyceride result, fasting is important for an accurate LDL, as well as triglyceride, result.

COMPLETE BLOOD COUNT (CBC)

- White Blood Cell Count (WBC)- The infection fighting cells of the immune system found in the blood. Lowered or elevated levels may be associated with a disease process.
- Red Blood Cell Count (RBC)- Measures the number of oxygen-carrying cells in the blood. Lowered levels associated with anemia, elevated levels associated with smoking and several diseases.
- Hemoglobin (HGB)- Measures the amount of oxygen-carrying protein in the RBC. Significant increases or decreases can be seen in anemia or RBC disease.
- Hematocrit (HCT)- Measures the oxygen-carrying capability of the blood by measuring the percentage of blood made up of red blood cells. Significant decreases are one indicator of anemia.

- MCV, MCH, MCHC, RDW- Collectively called “indices,” these tests measure size and other characteristics of the red blood cells. They can be used to further define the causes of an anemia state. An isolated abnormal value probably has little clinical significance but can be confirmed by your healthcare provider.
- Lymphocytes, Monocytes, Neutrophils, Eosinophils- Different types of WBCs. They may be used to evaluate allergic reactions or differentiate between bacteria, viral or parasitic infections.
- Platelet Count- These are small packages of clotting materials in the blood. Too many cause problems with unnecessary clotting; too few may cause excessive bleeding. Certain conditions alter this count.
- Hemoglobin A1c (HgbA1c)- Can be used to diagnose diabetes and also indicates how well your diabetes has been controlled in the past 2-3 months prior to the test. Information gained from this test can help determine whether your diabetes medication needs to be adjusted. It can also help your healthcare professional estimate your risk of developing complications from diabetes, such as kidney failure, vision problems, and leg or foot numbness. The lower your A1c level, the lower your risk for complications.

As a final thought, I would appreciate input of topics of interest to you. I want this to be timely and of interest to you. Please let me know. Thanks.

Donna Young

Would you like to make a difference in the life of a young lady who may be experiencing an unplanned pregnancy? **Birthright of Norfolk** is hoping to expand its list of volunteers and we would love to have you join us. We ask that you volunteer in our office one day a month for about 3 hours. We will provide you with the training you need to be a well-informed volunteer. If this sounds like something you would like to try, please contact Cindy Dinkel at 402-841-1414 and we will be happy to visit with you about becoming a Birthright volunteer. We plan to hold the training sessions in September.

CONGREGATION COUNCIL MINUTES

May 21, 2026

Members present: Greg Moen, Lu Carter, Vicar Jared Weich, Al Boelman, Brenda Beaudette (via phone) Absent: Linda Shaffer

Lu opened the meeting with prayer.

Vicar Jared Report:

Jared has completed and passed his Preaching class. He will be taking a Worship class when it is next available. He will also be taking a management class when available. Jared will be out of town May 23-26 on vacation with son Aaron. Rejoicing Spirits was on May 20 and went well.

April meeting minutes were reviewed. There were a couple of grammatical errors and a discussion item was left out. Greg motioned to approve the April meeting minutes with corrections. Al seconded. The motion carried.

Financial Report:

Greg reported that the annual audit has been completed. We discussed the report and suggestions provided by Doug Witte and Megan Phillips. Need to get electronic IRS filing set up. Still need to add Lu to Fidelity accounts. April report included the last expenses for Pastor Cindy and expenses for Vicar Jared. May will be first month with expenses only for Vicar Jared. After a brief discussion about the April report, Brenda motioned to approve the report. Al seconded. Motion carried.

Grounds and Maintenance:

Al checked with city about requirements for ground cover for the playground. Main options are sand, wood chips or rubber. All options were discussed. Greg motioned that we do the sand option which should not exceed $650. Brenda seconded. Motion carried.

Dead tree: Greg will check with several individuals he knows that use firewood and see if they would be interested in cutting it down and they would keep the wood. Greg is checking with a different company for sprinkler maintenance. Warren has fixed some leaks, but some things need a professional.

Worship Committee:

Hymns have been selected through the end of Pentecost. Charlie had suggested three different power point for FaceBook Live. All options were discussed. It was decided not to include option with soliciting money, but to include information from the Visitor's card.

Missions:

Norfolk Daily News will have an article about Rejoicing Spirits worship. A couple more volunteers are needed to help at Food Pantry the first 2 weeks of June. Food & Fun Day will be Saturday, June 6. Sau Man Weich and Ann Adams are in charge. Proceeds will go to the Good Samaritan Fund.

Transition Team:

Have received two offers for Pulpit Supply through the LCMC website listing. This would be for if Jared is not able to be present due to vacation or emergency. Both offers were discussed. We decided against one of the individuals as he did not seem to be a good fit for us. Greg will see what Pastor Karst feels about the other one.

Other Business:

Fellowship Hall usage: We need to make a "To Do List" for groups that are meeting in the Fellowship Hall. This would include things like: Thermostat setting, lights turned off, tables and floors picked up/cleaned, etc. It was suggested that a charge of $25 be assessed to the group if items from this list are not done. Brenda volunteered to make and post the list in the Fellowship Hall.

Lu closed the meeting with prayer.

Respectfully submitted by

Brenda Beaudette, Council Secretary

<u>June financial report</u>

Income: $30, 684.39 (YTD $80,285.39)

Expenses: $5,588.67 (YTD $56,793.40)

Net income: $25,095.72 (YTD $23,491.99)

Sunday morning worship 10:00 a.m.
Communion second and fourth Sundays
Sunday school 9:00 a.m. during the school year

CALENDAR OF EVENTS

5th	Bible study	3:00
6th	Scouts roundtable	7:00
7th	Girl Scouts	6:30
9th	Second Sunday potluck	
12th	Rejoicing Spirits	11:00
12th	Bible study	3:00
17th	Country PieceMakers	6:00
19th	Bible study	3:00
20-23	*Rescue Mission annual book sale*	
20th	Council meeting	6:30
21st	Girl Scouts	6:30
26th	Bible study	3:00
30th	Food Pantry Sunday	

To reserve the fellowship hall for an event, contact the church office for availability.

IN OUR PRAYERS

Peace Lutheran and Bluffs Trinity Lutheran in Fremont and Pastor Sean Tyler

BIRTHDAYS

8/16	Jim Meyer
8/17	Judy Carstens
8/21	Mary Weich
8/24	Rand Petersen, 8
8/25	Roger Bailey
8/26	Isabelle Seagren, 16

ANNIVERSARIES

8/31 Linda and Jerry Shaffer, 42 years

VOLUNTEERS NEEDED

Greeters	Communion assistants
Ushers	Offering counters
Lectors	Sound booth
Altar guild	Membership care

Sign-up sheets on back table; training provided

NOTE: Our fax line has been disconnected.

Office hours: Monday--Thursday 8:00 to 12:00

Deadline for newsletter articles--third Sunday of each month

VOLUNTEER SCHEDULE

Please trade with someone if you are unable to serve when scheduled

AUGUST 2
Greeter: Donna
Usher: Al
Lector: Greg
Offerings: Charlie & Louise

*AUGUST 9
Greeter: Charlie & Louise
Usher: Warren
Lector: Lu
*Communion: Megan, Sau Man
Offerings: Doug & Pat

AUGUST 16
Greeter: Al & Sharon
Usher: Doug
Lector: Tara
Offerings: Charlie & Louise

*AUGUST 23
Greeter: Donna
Usher: Greg
Lector: Charlie
*Communion: Al, Mary
Offerings: Doug & Pat

AUGUST 30
Greeter: Doug & Pat
Usher: Warren
Lector: Brenda
Offerings: Charlie & Louise

Membership Care: Marsha Burke
Altar Guild: Lu Carter