August has been much busier than ever for me. School and football seasons started. It is exciting to see the people whom we missed over the summer at the different school events. Also my seminary class over the summer has been very hard but also full of much wisdom. My next classes are staggered and have not started all at the same time. Now it is mission class. That is a well-used word in Church. We are composed of many small to medium and even large missions in our life. Whatever they may be. Perhaps it is finding and moving to a different house. Or the house needs to be decluttered. What about finding a major in university for a recent graduate? Whatever they may be, God has His mission and He will accomplish it.

When those missions are just us getting something done or making a plan and executing it, we say that is good. We need to do this in our lives. It is like a bird making its nest in spring for the purpose of raising the chicks. Life has been a gift from the beginning and we have a God who brings the summer and winter in due time. God's mission is very different when we read verses in the Bible that don't make sense on the surface. The verse in Luke 19:10 is clear: "For the Son of Man came to seek and to save the lost."

When I feel like I am lost, does it mean that I am? Jesus has given us his Spirit. I will call on the name of the Lord in every trouble, including my feelings. Even if it takes me a while to recognize my need. I am often thinking about myself and forgetting that God's great mission was to save and seek me and all souls and He is still doing it today and will continue to the end.

Amen

Vicar Jared

"Be shepherds of God's flock that is under your care, serving as overseers—not because you must but because you are willing, as God wants you to be; not greedy for money but eager to serve, not lording it over those entrusted to you but being examples to the flock." 1 Peter 5: 2-3

Last fall when I was nominated and elected to our congregation council, I came in as an infant in church leadership. I was so very intimidated but rested on the belief that there must be some reason the congregation trusted me with the responsibility. And I trusted God would guide my path. When the presidency fell into my lap in January, I tasked myself to learn as much as I could about church leadership and about Christ the Servant church, our constitution and our operations. It was a busy winter spent reading and many hours spent with Pastor Cindy and Kathy Rogers. I was shown resources and websites and file cabinets filled with old records; I attended community meetings with Pastor Cindy. I was exhausted by Easter. The verse above was gleaned from my reading and stuck with me.

I bring it up now because we will be electing new council members at our November congregational meeting. A few months into my term, I'll go on record as saying it hasn't been such a bad gig. Prior job experience had led me to believe I was more of a worker bee and collaborator than leader and I still don't feel like the president (except that Al gave me a gavel and I learned to use it quite quickly.) The current council members acknowledged my fears and promised they would help me learn my role. I actively sought the counsel of friends who had proven themselves good leaders. And overall, I have thus far found our council meetings to be comfortable and productive. Many of the issues we've faced have been areas of necessity with pretty clear action needed, and there is monthly ongoing discussion about membership satisfaction as well as attracting new faces and possible new ministries.

Because the council is such a small group now, meeting attendance is of the essence, and active participation in and contribution to discussion of agenda items is expected. And it is helpful if council members have ears that are bigger than their mouths. Keeping the pulse of the congregation is one of our tasks. We will be approaching some of you about joining us and, of course, would place any willing volunteers on the November ballot. Just let a council member know of your interest.

Lu Carter, congregation council president

HEALTH MINISTRY

EXPLANATION OF COMMON LABORATORY RESULTS

Thyroid Function Tests

· TSH (Thyroid Stimulating Hormone)- This is a hormone secreted by the pituitary gland in the brain that tells your thyroid how much thyroid hormone (thyroxine or T4, and triiodothyroxine or T3) to produce. Used to detect underactive (hypo) or overactive (hyper) thyroid diseases. Often used in conjunction with Free or Total T4.

· Free T4- this is the thyroxine that is circulating freely in the blood, available for uptake by cells.

· Total T4- measures both the free T4 and that which is already bound to specific proteins.

PSA (Prostate Specific Antigen) test- PSA is secreted by the prostate, normally in small amounts in healthy males. The amount of PSA secreted generally increases as a man's prostate enlarges with age. Factors such as injury, sexual activity, or inflammation of the prostate gland may increase the PSA level, as does prostate cancer. However, this is not always the case. Some men with normal PSA levels will have prostate cancer, and some men with high PSA levels can be perfectly healthy.

Comprehensive Metabolic Profile (CMP)- this includes both Hepatic Function (liver panel) and a Basic Metabolic Profile (BMP or kidney panel).

Hepatic Function (Liver Panel)

· ALT/SGPT and AST/SGOT- injury to cells releases these enzymes into the blood. Liver disease and heart attacks, as well as serious physical injury, can cause elevation of these values. Low values are probably not significant but can only be confirmed by your healthcare provider.

· Alkaline Phosphatase- this is an enzyme found in the liver, biliary tract, bone, intestine and placenta. It is primarily used for assessment of liver and bone diseases. High values are associated with liver and gallbladder disease. Higher values are expected in adolescents and pregnant or breast-feeding women.

· Total Bilirubin- primary pigment in bile. It is derived from hemoglobin and processed by the liver and builds up when the liver is functioning poorly or when some other disorder reduces the normal flow of bile. It is increased also when there has been destruction of red blood cells.

· Total Protein and Albumin- measures the amount of type of protein in your blood. They are a useful index of overall health and nutrition. Abnormal results are an indicator of under-nutrition, liver or kidney disease, cirrhosis or other infections. If one of these values is high but the other is within expected range, the result is probably not significant but only your healthcare provider can confirm this.

(continued)

Basic Metabolic Profile (BMP or Kidney Panel)

· Calcium- screens for a range of conditions relating to the bones, heart, nerves, kidneys and teeth. Blood calcium levels do not directly tell how much calcium is in the bones but rather how much total calcium or ionized calcium is circulating in the blood.

· Glucose (blood sugar)- this may be elevated if you are not fasting. It is used in diagnosis of diabetes. Certain drugs such as thyroid, diuretic, birth control pills, and steroids can elevate glucose levels.

· BUN- a waste product of the liver excreted by the kidneys. High values may indicate kidney malfunction and/or dehydration.

· Creatinine- this is a waste product of muscle metabolism that is discarded by the kidney. It is elevated in kidney disease, muscle wasting disease, and sometimes the day after strenuous physical activity.

· GFR (Glomerular Filtration Rate)- gives us an indication of how well your kidneys are filtering waste products from your blood. Kidney disease or "renal insufficiency" is indicated by values less than 60 ml/min. Often, individuals will have no symptoms indicating that their kidneys are not working at an optimal level.

· BUN/Creatinine- both BUN and creatinine are elevated in kidney disease, but they are elevated differently depending on the cause of the disease. This ratio helps determine the type of kidney disease.

· Sodium, Potassium, and Chloride- these are the "electrolytes" that help make up the "salt balance" and acid/base balance in the body. They can be affected by diuretics or "water pills," high blood pressure, heart failure, kidney and lung disease. The balance among these elements is important for proper functioning of the heart and brain.

· CO2- part of the electrolyte panel used to detect, evaluate, and monitor electrolyte imbalances.

Donna Young

CONGREGATION COUNCIL MINUTES
June 24, 2026

Present: Jared Weich, Lu Carter, Greg Moen, Al Boelman, Brenda Beaudette; absent: Linda Shaffer

Al opened the meeting with prayer. May meeting minutes were discussed. One correction was noted. Greg motioned to approve the minutes with the correction. Al seconded. Motion carried.

Financial Report

$2840 has been paid back to the LCMC Men's group for the donation received for the furnace replaced last fall. $5454 remains to be donated back to them over time. Greg will be working with Megan Phillips to have her learn about the financials to possibly assist with more of it in the future. Al questioned the amount listed for printer. Greg clarified that this is not just printer expenses but also computer expenses such as website domain, website developer and software for programs. Al motioned to approve the financial report. Brenda seconded. Motion carried.

Grounds and Maintenance

Greg found someone to mow the hill. Al indicated that Warren has been cutting down the dead tree. It was suggested to have the wood taken to the dump. Firepit needs to be cleaned out and the picnic shelter needs to be painted. Al will provide the paint for whomever would like to do the painting. It had been suggested to concrete the picnic shelter. This was discussed and tabled for the next meeting after Greg gets more information on how this can be done at a minimal cost. Lu indicated that a letter has been sent to our insurance company with plans to put sand around the playground equipment per insurance requirement. Al went around to all the HVAC units and cleared grass, weeds, debris. This should help keep them running better. It was also suggested to make sure the window shades for the west windows be closed during the summer months to help with cooling.

New/Old Business

We had a good turnout of volunteers for the Food Pantry in June. Community Gathering had several people attending. Several monetary donations were received during the gathering. LCMC District meeting is in July. Lu plans to attend one day and Jared will attend both days. Greg motioned to reimburse milage and hotel expenses for those that attend. Brenda seconded. Motion carried.

Brenda noted that she received a call from the LCMC District Women's pastoral advisor. There has been discussion of disbanding the district women's group due to lack of participation. A decision will be made at the LCMC District meeting in July,

It has been suggested that we host Health Screening. Greg motioned to have Donna Young look into this, and to allow use of the church at no charge. Al seconded. Motion carried.

There was discussion about the fax and phone system. There have been people using the fax machine for personal reasons, however, the fax is generally not operational outside of office hours. We discussed if there is an actual need for the fax line any longer. Jared will get with Kathy and determine if we can drop it from the Sparklight account.

Brenda asked about providing a church key to the president of the Country Piecemakers Quilt Guild that has been meeting here monthly. Brenda will contact Kathy to see how many keys we have and how many are issued, etc. We can then decide if we need to change the locks.

Greg closed the meeting with prayer. Next meeting will be July 16, 2026.

Respectfully submitted,
Brenda Beaudette, Council Secretary

==========

CONGREGATION COUNCIL MINUTES
July 13, 2026

Present: Brenda Beaudette, Jared Weich, Greg Moen, Lu Carter, Al Boelman; absent: Linda Shaffer

Brenda opened the meeting with prayer. June meeting minutes were discussed. Al motioned to approve the minutes with a slight correction. Greg seconded. Motion carried.

Financial Report

Expenses were down in June and there was an increase in giving. Greg moved some money to the Fidelity account so that we can continue to increase church funds for normal and unexpected expenses. Brenda motioned to approve the Financial Report. Al seconded. Motion carried.

Vicar Jared's report

VBS went very well. There were 4 children in attendance each day. Summer seminary classes are continuing and going well. Jared continues to check in with Pastor Karst. District LCMC meeting is in Fremont July 17-18. Greg suggested that we continue with giving $300 to the District LCMC and $300 to the District's Men's Group that provided funds to replace the furnace last fall.

Grounds and Maintenance

We have not received a response from the insurance company about the playground. Greg painted the shelter. Warren and Al have been working on cutting down the dead tree. Discussed hiring a tree removal service to finish the one that has been started and another one that needs to be cut down. Al noted that the driveway to the church property is sinking. He will see about getting an estimate to repair it. Olsen's Pest Removal treated the hill for rodents. There is a brown spot in the front lawn. Al will look into whether the sprinklers need to be adjusted or what the problem is.

Old/New Business

We have discussed in the past the possibility of having a community garden. At one time the land was a dump, and we had been told we could not plant garden items unless they were in a raised bed. Al will check with a city official to see if there was a time frame on this or not. We can then discuss if we would like to do a community garden next year.

Concrete for picnic shelter: This was researched and found that in 2016 the estimate was $5000. The price has more than doubled. It was mentioned that maybe we could do some fundraisers to pay for this project.

Donna Young found out there are several other places doing health screenings this summer. It would be best to wait until fall to host one.

Food vouchers for emergency requests: Al found out that Hy-Vee will no longer designate what the funds can or cannot be used for. Lou's Thriftyway does not sell alcohol, therefore it was discussed to only use gift cards or vouchers from Lou's when requests are received for emergency food assistance.

Brenda is working on the 'To Do List' for groups that meet in the fellowship hall.

Jared found some bugs in the church kitchen. Al purchased some bug killer that should take care of them.

The fax line has been disconnected.

Kathy informed Brenda and Al how many door keys there are. According to her list there are about 25 that are unaccounted for. Most are ones that were given to members who are deceased or are no longer members of our church. It was decided to get a quote to see what it would cost to replace the locks or rekey them.

Greg suggested that we start the Monthly Benevolence giving. We will discuss who/what organizations to give to at the August meeting.

Jared closed the meeting with prayer. Next meeting will be August 20, 2026, at 6:30 p.m.

Respectfully submitted,
Brenda Beaudette, Council Secretary

==========

JULY FINANCIAL REPORT:

Income: $8,571.76	YTD income: $88,857.15
Expenses: $7,259.25	Expenses: $64,052.65
Net income: $1,312.51	Net income: $24,804.50

CELEBRATIONS

BIRTHDAYS

9/1 Arlis Lind
9/2 Linda Shaffer
9/7 Dean Hoffart
9/13 Doris Hoffart
9/14 Al Boelman
9/15 Wendell Hahne
9/29 Ann Adams

ANNIVERSARIES

9/18 Jared and Sau Man Weich, 15 years

CALENDAR

Bible study Wednesdays at 6 p.m.

9/3 7:00 Scouts roundtable
9/4 6:30 Girl Scouts
9/7 LABOR DAY HOLIDAY
9/9 11:00 Rejoicing Spirits
9/13 SUNDAY SCHOOL BEGINS
9/15 6:00 MOPS
9/17 6:30 Council meeting
9/18 6:30 Girl Scouts
9/21 6:00 Country Piecemakers

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

VOLUNTEER SCHEDULE

GREETER

9/6 Doug & Pat
9/13 Charlie & Louise
9/20 Al & Sharon
9/27 Donna

USHER

9/6 Al
9/13 Warren
9/20 Doug
9/27 Greg

COMMUNION

9/13 Mary, Sau Man
9/27 Brenda, Megan

LECTOR

9/6 Greg
9/13 Brenda
9/20 Tara
9/27 Charlie

OFFERINGS

9/6 Charlie & Louise
9/13 Doug & Pat
9/20 Charlie & Louise
9/27 Doug & Pat

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

VOLUNTEERS NEEDED IN ALL AREAS