



# The Good Shepherd News

07 2073 Garden Street — Titusville, Florida 32796 [321-267-4323]

Rev. Bruce Alberts, Pastor

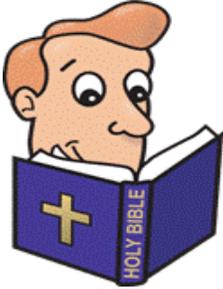
Anne Dobbins, Early Learning Center Director

Website: [titusvillelutherans.org](http://titusvillelutherans.org)

e-mail: [office@titusvillelutherans.org](mailto:office@titusvillelutherans.org)

November 2017

## A Word from the Pastor



Brothers and Sisters in Christ,

Is Christianity “working” for you? Is your life changing for the better? If the answer is no, there might be something you can do about it.

Not long ago, an organization called the Center for Biblical Engagement concluded an \$1,000,000 eight year study of over 100,000 Christians. The goal was to discover what habits could be linked to the biggest change in a believer’s life. Of all the things examined, it was discovered that reading the Bible four or more times a week correlated with significant life changes. In fact, no difference was detected for those who did not read the Bible at all or read it very little and the rest of the general non-Christian population.

In terms of actual numbers, people who read their Bible four or more times a week were 228% more likely to share their faith with others, 407% more likely to memorize Scripture, 59% less likely to view pornography, and 30% less likely to struggle with loneliness.

This past month we celebrated the 500<sup>th</sup> anniversary of the Lutheran Reformation. One of the reasons Luther changed the world was because he had the habit of reading Holy Scripture. You have that same opportunity. Over 90% of Christians surveyed indicated that they had at least one Bible in their house. Do not overlook this tremendous resource for your life.

God’s richest blessings,

**BRUCE ALBERTS**

*Pastor*

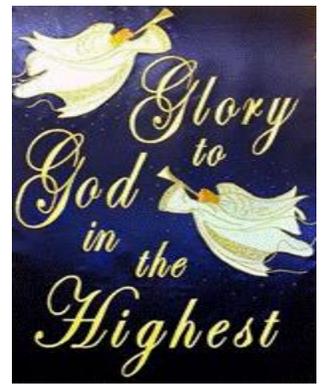


**Don’t forget to “fall back” an hour on Sunday, November 5<sup>th</sup>.**

## Church Leadership

### From the Elder's Corner:

This month we continue our study of church liturgy with the HYMN OF PRAISE:



## Hymn of Praise

On the night of Jesus' birth, the angels let loose their earth-shattering song of praise: "Glory be to God on high, and on earth peace, goodwill toward men."

On that specific occasion, their praise gave utterance to the good news that the Son of God had come in the flesh. Heaven had come down to earth! And ever since, the Church has continued to rejoice in this miracle of our salvation.

The opening words of the Gloria in Excelsis are followed by a hymn of praise to the Triune God. One can imagine the faithful singing these words in heaven: "We praise you, we bless you, we worship you, we glorify you, we give you thanks for your great glory."

Our focus is on the incarnate Son of God, the only-begotten Son, the Lamb of God, and only Son of the Father. And if that isn't enough to name this One who is the object of our worship and praise, twice we sing, "you take away the sin of the world."

There it is, the heart and substance of the Christian faith. In heaven we will be gathered around the throne and the Lamb, confessing that he alone is holy, he alone is the Lord.

In more recent times, the Lutheran Church in North America has made a significant contribution to the church's liturgy through the alternate Hymn of Praise, "This is the Feast."

Drawing directly from the description of heaven in the Revelation to St. John, our voices are joined to that heavenly throng as we sing with them:

"Worthy is the Lamb who was slain, to receive power and wealth and wisdom and might and honor and glory and blessing!" (Rev. 5:12)

This month we celebrate Thanksgiving. It is a day to remember how richly God has blessed us, both as a nation and as individuals.

As Christians, we should thank God for his blessings every day. We are quick to ask for help with the challenges in our lives, but oftentimes forget to thank him for the blessings he sends us.

Let our prayer be, "God, grant me a thankful heart, that I remember to count my blessings every day. Amen"

God's blessings to you until next month.  
Dick Steller



1 out of every 11  
people in the US  
has diabetes.



## Helpful Health Hints By The Congregation Nurse



The month of November is Diabetes Awareness Month and there are many aspects of Diabetes that I could write about. This month I would like to give you some information about Diabetic Ketoacidosis.

Diabetic ketoacidosis (DKA) is a buildup of acids in your blood. It occurs when your blood sugar is too high for a long period of time, it could be life-threatening. DKA occurs in people with Type 1 diabetes and rarely in those with Type 2 diabetes.

It usually happens because your body doesn't have enough insulin, and it begins to use fat for "fuel". This causes acids called ketones to build up in your blood and if this continues it changes the chemical balance of your blood and throws off your entire system. Type 1 diabetics are at risk because their bodies do not make insulin.

You should test your ketones whenever your blood sugar is over 240mg/dl or if you have symptoms of high blood sugar such as excessive thirst or urinating a lot. Check your ketones with a urine test strip and then try to bring your blood sugar down with insulin, check ketones again in 30 minutes.

If you can't get your ketones down call your doctor or go to the emergency room right away. Other symptoms that require immediate attention would be throwing up for more than 2 hours or stomach pain.

Treatment is usually in the hospital, with insulin given IV to get your ketones down, and fluids to hydrate you. If you don't treat ketoacidosis you could pass out, go into a coma, and possibly die.

Your doctor may have to change your insulin (dosage or type), to prevent it from happening again. Good blood sugar control will help you avoid ketoacidosis.



In general you should take medications as prescribed, make sure your insulin hasn't expired, or that it doesn't have clumps in it, and check for leaks in tubing if you have an insulin pump.

If your blood sugar levels are often out of range it's time to talk to your doctor.

Happy Thanksgiving  
Barbara

(adapted from [medicinenet.org/diabetes](http://medicinenet.org/diabetes))



## FROM YOUR HISTORIAN

With the 500th anniversary of the Lutheran Reformation (glad it was called "Lutheran"! ) taking place just as this newsletter is going to print, we want to choose our related information carefully and allow our readers the greatest appreciation and enjoyment of this once-in-a-lifetime event (meaning we won't be on Earth for the 600th!). Last Sunday, October 15, was very special at Good Shepherd with a 13-white-sheet (actually 26 pages) in the large print issue of the Sunday Bulletin, followed by a 3-sheet (6 pages) attached event addition in green—much too large to mail to our shut-ins and special out-of-town friends. I'm keeping my copy forever and, in fact, have started a "Reformation-dedicated" file folder in red, of course. This service was part of Good Shepherd's celebration, and was organized as follows: A Luther-composed hymn (he wrote around 90!) and preparation for worship, based on several Psalms and was followed by prayer. Special readers then presented Luther's information in sequences, starting with Fostering Education, followed by another Luther hymn. The Old Testament reading of the day was followed by a sequence on Luther's preaching. Then came the Epistle lesson, followed by another well-known hymn. The Gospel lesson was read, and another hymn "Preserve your Word, O Savior" (certainly the theme of the day!) was sung. We heard Pastor Bruce's super sermon and recited the Second Article of the Apostles' Creed, continuing with the Prayer of the Church and offering. Then came the Reformation-Era Hymn Introduction which included hymns by other writers of that time. The service continued in the usual way, heading towards the Holy Communion portion, including more appropriate hymns. Beyond that we were led into Sequence 3, Reformation Journey Destinations, the locations, events and people, most remembered in Reformation history. It was a most inspiring, memorable worship service, and ended with the singing of "Now Thank We All Our God." Need we say more!

Let's fly back to the beginning of October when we were invited to see the Luther DVD at church, a most accurate portrayal of Reformation events as we have heard them through the years. There was one quick scene without comment, showing a farm wagon (horse pulled) rattling through the darkness and carrying a load of fair-sized kegs. This represented the nuns who escaped by careful plan from their convent by hiding in the kegs and were destined to marry various Reformation-era preachers, Dr. Martin Luther being one of them, having been chosen by Katharina von Bora (Katy) who would not settle for any other. They eventually had six children, two of whom died at young ages. She was a real super woman, busy 28 hours a day and even ran a small household brewery on the premises! More Lutheran information next month. This could go on for a while!

Thank you for your interest! Your Historian

Lunch Bunch is going again, full force. Look for the signup sheet for the November lunch bunch time and place meeting. The signup sheet will be made available on the bulletin board in the Sanctuary and in the gathering room of Shepherd's Hall. Make your plans to join us for good food, good fun and fellowship! See you there!



**Thanksgiving Eve Service will be held in the Sanctuary on Wednesday, November 22<sup>nd</sup> at 7:00pm. Please join us!**

# Thanksgiving



Blink, blink, blink. Year, year, year! No decade, decade, decade! I still love this time of year and I am so fortunate to have most of my family getting together each year. It truly is a special time of year. I hope and pray everyone enjoys the day. This church is so blessed to have so many awesome members that go out of their way to help others. We are just a little church with a big and giving heart and I am so proud to be a member here and I hope you are also. Have a blessed Thanksgiving,



Joseph Laberge

## Thrivent News:

As we approach the end of the year, think about forming a **Thrivent Action Team** to take advantage of the opportunities that Thrivent gives us. Each **Action Team** receives a gift card of \$250 to spend on a fund-raiser or service project. The applications are easy to fill out on-line, and the money comes from Thrivent's pocket, not yours! Some ideas for Good Shepherd include – Food Bank, Thanksgiving or Christmas baskets, landscaping funds for the church or the school, curriculum funds for the Early Learning Center teachers, funds for Oktoberfest, Children's Church, LWML, the 500 Year Celebration of the church, or any others ideas you might have. Those who have Thrivent accounts are eligible to have one or two Action Plans per calendar year, so don't let 2017 go by without receiving yours! Call Jackie Elmore at 321.269.4551 or Carol Steller at 321.225.4242 for information and/or help in applying.



## November Birthdays



1 <sup>st</sup>	Betty Kogok	19 <sup>th</sup>	Jeremy Good
1 <sup>st</sup>	Brandy GW Taylor	20 <sup>th</sup>	Paul Maurer
1 <sup>st</sup>	Barbara Allison	20 <sup>th</sup>	Ruby Edlund
1 <sup>st</sup>	Sophia Alberts	21 <sup>st</sup>	Donna Thomas
6 <sup>th</sup>	Muriel Schwartz	23 <sup>rd</sup>	Gary Gullikson
8 <sup>th</sup>	Judy Bross	23 <sup>rd</sup>	Elaine Bray
8 <sup>th</sup>	Rich Good	23 <sup>rd</sup>	Malarie Daniels
11 <sup>th</sup>	Evelyn Johnson	24 <sup>th</sup>	Jim Murphy
13 <sup>th</sup>	Bobi Johnston	26 <sup>th</sup>	Michelle Muelke

## November Anniversaries

10 <sup>th</sup>	Bill & Gloria Makey
22 <sup>nd</sup>	Bud & Connie Van Fossan
28 <sup>th</sup>	Wayne & Lesley Lundberg



We join in thanking God for His blessings in the past. We ask Him to keep you in His Grace and love in the future. If your birthday or anniversary was not listed correctly, please contact the office.

## STEWARDSHIP CORNER



### ATTENDANCE INFORMATION

WORSHIP SERVICE TOTALS (AVERAGE)

SEPTEMBER 2016

SEPTEMBER 2017

101

98



DNA

### **Creation/Evolution**



DNA is the basic building block for life. The premise that one's DNA came by way of evolution has absolutely no merit. There is no research where DNA has even successfully begun never mind growing to billions of very precise chains of very specific molecules. DNA is our best evidence that only by design would it even be possible and that designer would have to be the genius of geniuses. Evolutionists bragged at how they found "junk DNA" taking up vast areas of our DNA. As it turns out they could not be more wrong as the parts they thought were junk, turns out they are the little switches that determine where a particular hair follicle will grow. What color your eyes will be and millions of little traits that make up you! To suggest that evolution was the cause defies logic and the laws of probability and has no basis in all the evidence to date. They have no evidence for the origin of DNA with them claiming they will but with every passing day their proof eludes them more and gets further away but we know how we got here. By Jesus Christ our Creator!



Joseph Laberge

### **Food Pantry Thanksgiving Bags**

We will be making special Thanksgiving bags for our food pantry patron's. If you can help by donating items that you would have on Thanksgiving, it would be greatly appreciated. Suggestions would be canned sweet potatoes, boxed dressing, boxed potatoes mix, cornbread, canned hams, gravy mix cranberry sauce, etc. anything you would serve to complete a Thanksgiving meal. Donations can be brought into the meeting room in the Sanctuary and left on the long table. Thank You for your continued support!



**December Newsletter Articles will be due no later than Monday, November 20. A big thank you to all those that contribute to this monthly newsletter. Please email articles to [office@titusvillelutherans.org](mailto:office@titusvillelutherans.org) or leave a hard copy on the desk in the church office.**