



The Good Shepherd News

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November 2018

A Word from the Pastor

Brothers and Sisters in Christ,

As I write this two, possibly three, waves of immigrants are streaming through Mexico toward our country. As I foolishly try to predict political potentialities, I am reminded of how my grandparents entered this country.

My mother's parents were German citizens. They emigrated in the 1920's, a time when German immigrants were very unpopular. In fact, they had to secure sponsors in this country prior to being allowed to enter. They did so, made a one-way trip leaving everything behind, and struck out for America.

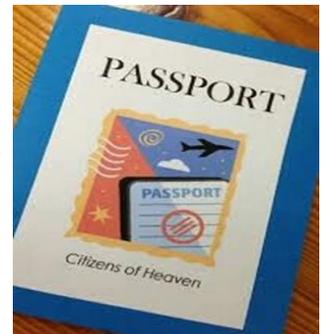


Once here, they took the time to learn the language. In fact, that's where my grandparents met; at an English class in Cleveland, Ohio. A year later they were married. Six years after that they passed their exams and formally became citizens of the United States.

I remember that they took this citizenship very seriously. I remember as a child they would take me to the polling places and I would watch them as they voted. They had no problem standing in line for, what to a young child seemed like quite a long time, in order to exercise that right.

I remember the profound moment when the last of my grandparents died and we opened their safe deposit box. Amongst their most treasured possessions we found their citizenship papers! I don't need to tell you about the emotions that filled us as we handled those precious documents!

As I got to remembering these things I began to ponder another citizenship that we all share. In Philippians 3, Paul reminds us that our "citizenship is in heaven." (NIV) We are, in fact, as Peter puts it "foreigners and exiles" in this world. (1 Peter 2:11 NIV, 2011 edition) We are not just citizens of planet Earth, or even of the United States. Because of our baptism and our faith in Christ, we are literally from another place!



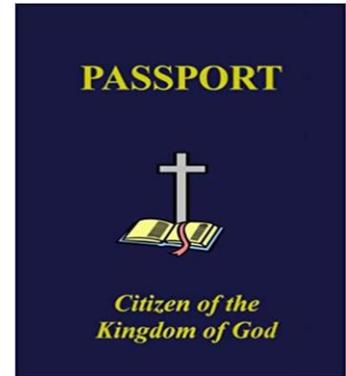
As a pastor, I'm not going to pontificate on the immigration issue. But I am going to ask you to consider very your heavenly citizenship. Do you take it seriously? Is it your most prized possession? Do you daily choose to live with the privileges and responsibility this citizenship provides? Are you willing to forsake the ways of the world, carry your cross daily, and follow Christ? Will you, with all your effort, seek first the Kingdom of God and His righteousness? Or will you take all of these things for granted and squander the opportunities afforded you by the death and resurrection of our Lord.

I pray that God gives us all grace to understand His profound love for us and the precious gift He has given us in His Son.

God's blessings!

BRUCE ALBERTS

Pastor



November 2018

From the Elders' Corner:



Because Thanksgiving is coming up, I had planned to write a long article on how we should thank God every day for our many blessings. Suddenly a thought occurred to me. We Christians many times get prayer wrong.

We feel we must pray long, eloquent prayers full of detail. But God doesn't need detail. We have an all-knowing God. He knows our thoughts before we think them. He know our words before we utter them.

The publican in the temple simply prayed, "God, be merciful to me, a sinner". The thief on the cross simply prayed, "Lord, remember me when you come into your kingdom". In view of this, let our daily prayer be this:

"Dear Lord,
Thank You for another day to experience Your many blessings. Thank You for the opportunity to worship You and work to expand Your kingdom here on earth.
In Jesus' name we pray,
Amen"



A happy and joyful Thanksgiving to you all.
God's blessings until next month.
Dick Steller





Helpful Health Hints By The Congregation Nurse

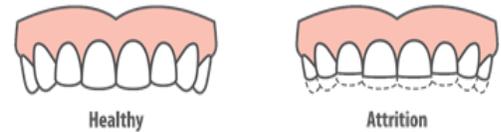


Do you ever have pain when you chew, or yawn, or does your jaw ever pop or crack? You might have a temporomandibular disorder (TMD). Your temporomandibular joints are hinges that connect your jaw to the temporal bones of your skull. They are located in front of each ear and allow your jaw to move up and down and side to side. This allows you to eat, talk and yawn.

“TMD” occurs when there are problems with the muscles of your jaw or with parts of the joint itself.. Some causes might be:

- An injury to the jaw
- Grinding or clenching your teeth
- Arthritis in the joint
- Stress, which can cause you to tighten your facial or jaw muscles.
- Poor posture,

Effects of teeth grinding (Bruxism)



Pain in or around your ear or jaw when you chew, speak or open your mouth wide is probably the most common symptom and your jaw can get “stuck” or “locked” in the open-or closed- mouth position. You might also experience clicking or popping sounds in the joint when you open or close your mouth, or chew. Sometimes your “bite” may be uncomfortable as if your teeth don’t fit together properly. You might also have swelling in the area.

Treatment includes:

- Maintaining good posture while at the computer or watching tv
- Avoid hard foods such as nuts, pretzels, raw carrots, taffy, caramels
- Take (nsaids) such as aleve or ibuprofen.
- Use ice and or heat to the area.
- Try to eliminate stressful situations

Mouth guards have been used with success. They fit over your teeth and prevent clenching and grinding, especially at night. Some appliances are worn at night others during the day. Your dentist can evaluate your specific problem and correct any dental problems which might be contributing to your pain and determine an appropriate solution. The good news is that most people find something that helps them.

Happy thanksgiving

Barbara



Thanksgiving Eve Service will be held in the Sanctuary on Wednesday, November 21st at 6:30pm. Please join us!

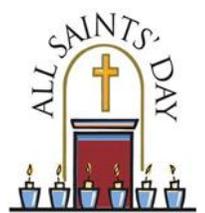
FROM YOUR HISTORIAN

Last month. BOHLMANN was the featured name, and there's a bit more information from Sharon B. whose late husband, Richard, was one of Martin Bohlmann's fourteen children, nine of whom are still living. A generous person gave the group and their families the use of a large vacation-rental house at Mt. Hood, Oregon for most of a week to which they came from all over the U.S.

Lois Bengston announces that she is leaving Lutheran Haven near Oviedo October 25 and heading to her new home in Texas where she will be close to her other daughter, the Oviedo daughter having to move elsewhere in Florida to be near her family. We expect to remain in touch with Lois who receives the monthly Newsletter via her computer.

Jean Dehne, who moved to Wisconsin earlier in the year, would feel right back home at Good Shepherd since she now uses a walker with wheels, mainly to cross the road that runs between her apartment and church (on the other side). She comments that many of the residents in her senior apartment building are using these walkers now.

You will be receiving this November issue right about the time of our annual "Saints" memorial when the names of our Saints who passed away during the church year will be read and the chime struck after each name. From that point on, their names will be included at 10-year anniversary intervals. This year's listing should include the 2018 deaths, followed by 2008, 1998, etc. going back to the beginning of our historical membership records.



Then on to December and the honoring of the ONE NAME, NAME ABOVE ALL NAMES, Whose birthday we celebrate. As we approach His special day, may you, your family and friends enjoy the blessings His Name brings every day!



Your Historian

Elizabeth Nething

November Birthdays

1 st	Betty Kogok	20 th	Paul Maurer
1 st	Brandy GW Taylor	20 th	Ruby Edlund
1 st	Barbara Allison	21 st	Donna Thomas
1 st	Sophia Alberts	22 nd	Karen Patterson
8 th	Judy Bross	23 rd	Gary Gullikson
8 th	Rich Good	23 rd	Elaine Bray
11 th	Evelyn Johnson	23 rd	Malarie Daniels
13 th	Bobi Johnston	24 th	Jim Murphy
18 th	Christine Stone	26 th	Michelle Muelke
19 th	Jeremy Good	26 th	Skye Brenneke



November Anniversaries

10 th	Bill & Gloria Makey
22 nd	Bud & Connie Van Fossan
28 th	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)

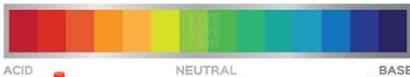
SEPTEMBER 2017

SEPTEMBER 2018

98

111

PH SCALE

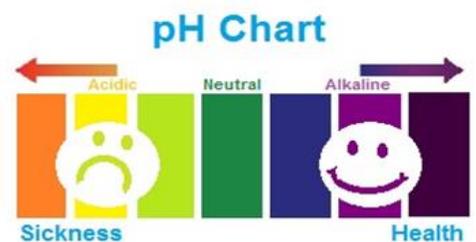


More About: 7.77

Last month I detailed how 7.77 was the secret to living to 120 like God told us was possible soon after Noah. Not that God told us about 7.77 but that it is something science is discovering just might be the hidden secret. Our bodies are literally chemical factories. Thousands of chemicals all interacting in a large number of different kinds of body fluids where the acid/alkaline level determines health. 1pH is extreme acid (battery acid), 14pH extreme alkaline (Ammonia). Your blood is slightly alkaline with a base of 7.365 pH. THAT pH is critical for health. It has been discovered that ALL disease brings your body pH below 7pH. Major deadly disease drops most people's pH to a base of 6.5 pH or lower. As it turns out most disease disappears above 7 and perfect health happens with a base of 7.77pH but virtually no one has it. Tap water is 7. A soda is 3.5. Steak, chicken pork 6.5 - 6.8. So how does one get to 7.77pH? Drink high pH water, there are some. Eat more green vegetables. Broccoli is 11 pH. Carrots, cauliflower, lettuce, celery and a good number of vegetables are high pH.

So if you are sick or know anyone ailing, raise your pH. My pH was off the chart bad. Started suffering just about every major disease. Open heart surgery convinced me ENOUGH. pH is climbing. Arthritis slowly receding. I'm going to make it to 7.77pH even if it kills me.

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!



The Food Pantry Committee.



Lunch Bunch in November and December will be suspended due to the busy holiday season. We will resume in January and look forward to seeing you all for good food, great fellowship and lots of fun! Have a blessed holiday season and we will see you next year for lunch!



November 2018
**Early Learning Center News:
VPK Homeless Veterans Project:**

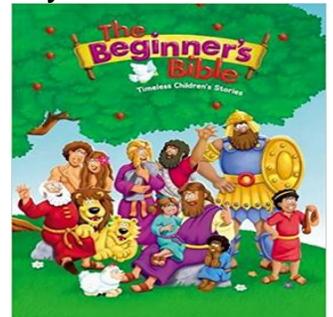
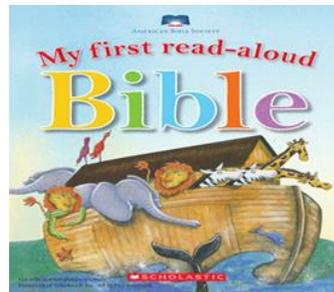


Through a **Thrivent Action Plan**, the VPK class was given Seed Money of \$250 for class projects and curriculum supplies. They chose to focus on the Homeless Veterans in our community for a class project and are putting together survival packages for them. If you would like to help out, bring in things like new socks, toiletry items, first aid items, etc., and place in the basket in the Narthex. The VPK class thanks you, and the homeless veterans of Titusville thank you! And we all thank Thrivent Financial for another example of their generosity to our school!



Bibles for Christmas:

If you would like to donate a Bible to one (or more) of our children as a Christmas gift, we would appreciate it. The project to purchase Bibles for all of our children will come to approximately \$600, and will provide three different versions: **My First Read-Aloud Bible** for the two-year-old class, **The Beginner's Bible** for the three-year-old and VPK classes, and **The Action Bible** for the Aftercare students. Our weekly Bible story can then be shared at home with age-appropriate materials, and hopefully draw in the entire family to the Word of God!



December Newsletter Articles will be due no later than Monday, November 19. A big thank you to all those that contribute to this monthly newsletter. Please email articles to office@titusvillelutherans.org or leave a hard copy on the desk in the church office.



Did You Remember to "fall back" an hour on Today, November 4th?

