



The Good Shepherd News

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A Word from the Pastor

"A prudent person foresees danger and takes precautions. The simpleton goes blindly on and suffers the consequences." (Proverbs 27:12 NLT)



Brothers and Sisters in Christ,

Recently the President's National Infrastructure Advisory Council published a report entitled *Surviving a Catastrophic Power Outage*. The report speculates that the United States, after being attacked with an EMP device, could potentially be without power for up to six months, if not longer. The report offers suggestions for federal, state, and local leaders to improve the capabilities of the nation to survive such a catastrophe.

The belief is that transportation infrastructure, the ability to get food and medicine from distribution centers to local stores, as well as banking, telecommunications, waste disposal, and all necessary things for modern life, would be disrupted for a lengthy period of time. I cannot remember if it is in this particular report or not, but so-called leading experts from military and civilian agencies have estimated that upwards of 90% of the population of the United States could perish under such circumstances.



One suggestion was that local leaders encourage citizens to have a minimum of two weeks worth of food and water on hand. That seems a curious suggestion, considering the power might be out for months! Needless to say, prepper and survival groups have taken this report, which is available from the DHS website, as a call to arms, or at least a call to store a minimum of six months worth of food and other supplies.

What's a Christian to do with this kind of info? Well, first of all, relax! If you are truly seeking first the Kingdom of God, then you don't really care if you starve to death or not. God is in control. At least your death won't be boring.



Next, I would go ahead and have some preparations laid aside for this or any other unforeseen calamity. Proverbs 27:12 seems to indicate that we would be wise to anticipate problems in this life and plan appropriately. While six months worth of food might seem out of the question for some of us, we've all got our three weeks worth of food laid up for hurricane season, right? By virtue of the fact that you live in Florida, you should already be well ahead of the curve if you are prepping for hurricanes properly.

Finally, when thinking of preparing to survive such an encounter, understand why you are doing it. You are not trying to survive a catastrophe because you fear death. Death for you, dear disciple, is simply a doorway to everlasting life. If God permits you to survive such an event it is because he has a deeper purpose for you: To help other people!



I don't know how many "preppers" we have in the congregation, but if you identify with the label, please plan not only for your own and your family's survival, but for the people around you as well. You will not likely be able to help all the people around you all of the time. But if you listen to God's guidance, you will have everything you need to help those people for planned your survival.



As Christians we don't live for ourselves. We live for Christ. That means we live to help other people. Let's plan accordingly.

God's blessings!

BRUCE ALBERTS



FROM YOUR HISTORIAN



Here we are at not only another month but a totally new year. I hope and pray that it will bring blessings to all of us, not only as members of Good Shepherd but as God's redeemed children, His representatives in the world. What can we say in the Newsletter to bring this about as we enjoy communicating with you in accordance with His Will! Christ's news is the reason for our continuing existence of communicating with joy and faith in our Savior!

We'll start with the announcement (if you didn't already know) of the departure of four of our members who have gone to live with the Lord in eternity since the last issue was printed. I'm speaking of Sue Dillingham, Sharon Coleman, Robert Kilburn and Rusty Shields.

Also learned that Anita Klepps (just turned 94) is still in Bristol, Connecticut, where her sister and brother reside and attends Immanuel Lutheran Church, of which their grandparents were among the charter members. Immanuel also sends members (Don and Mary Ann Kalwat and Janet Bailey) to us in the winter season where they do a lot to help us out, and the Kalwats were already on our serving list before Christmas. Anita lives in a small assisted-living facility where some of her schoolmates from very early days also reside. Her address is: c/o Shady Oaks Assisted Living, 344 Stevens Street, Bristol, CT 06010. Miriam Rauhas' down at Rockledge/ Viera is: 3454 Spencer Lane, Melbourne, FL 32940. More about other long remembered members next month.



Elizabeth Nething
beenething@cfl.rr.com



Helpful Health Hints By The Congregation Nurse

HAPPY NEW YEAR!! I hope this is a healthy and happy year for all of you. I would like to give you some of the facts about MRSA, a staph infection that is resistant to many of the antibiotics used to treat it.

Symptoms depend on where your infection is located. Usually it is a mild skin infection such as a sore or boil, but it can be more serious infecting surgical wounds, the lungs, bloodstream, or urinary tract. What can make this life threatening is the fact that MRSA is so difficult to treat. Over the years antibiotics have been used to treat many illnesses such as colds and flu that are viral in nature and do not respond to them. This has caused the "superbug" to immerge.

There are two categories of MRSA:

1. Hospital Associated MRSA includes those in hospitals, nursing homes, and other healthcare centers. Infections can occur in surgical wounds, IV sites, or the site of any indwelling medical device.

2. Community Associated MRSA involves healthy individuals who have not been hospitalized. They are identified as those sharing close quarters such as sports teams, childcare centers, jails, or IV drug users.

Preventing the spread of Community MRSA:

- Wash your hands and have hand sanitizer with you when out
- Don't share razors, towels, or clothing. If you are on a sports team don't share equipment
- Cover any cuts or abrasions until healed. If you have a cut, wash your towels and sheets with hot water.
- Don't do drugs, especially IV drugs.



A small percentage of the population are carriers of Staph. They are healthy but can spread the Staph to others. This can be problematic if they are in contact with someone who has a weakened immune system, or the elderly. So washing hands is for everyone.



The American Medical Association reports that the average age of people with MRSA in a hospital or healthcare setting is 68. The average age of a person with community MRSA is only 23.

Treatment depends on the area affected and the severity. If you have a wound with pus and redness and are running a fever, or if you are concerned it might be MRSA, contact your doctor.

Again, HAPPY NEW YEAR.

Barbara
(adapted from WebMD and Mayo)



STEWARDSHIP CORNER

ATTENDANCE INFORMATION

NOVEMBER 2017

NOVEMBER 2018

WORSHIP SERVICE TOTALS (AVERAGE)

111

111



January Birthdays



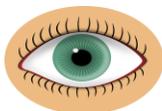
9 th	Jacob Tuck	16 th	Carl Threlkeld II
9 th	Jennie Russell	17 th	Sandy Hoffmann
10 th	Rev. Bruce Alberts	18 th	Debra Hall
11 th	Larry Johnston	22 nd	Tim Larson
14 th	Brad McCain	30 th	Al Eichin
14 th	Riva McCain	30 th	Carilyn Tuck
14 th	Bill German	31 st	Olivia Stokely
16 th	Sharon Bohlmann		

January Anniversaries

16 th	Ben & Brittney Brenneke
19 th	Mike & Barbara Corey
20 th	Mike & Kelly Fredericks

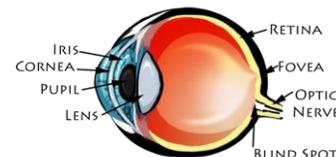


We join in thanking God for His blessings in the past. We ask Him to keep you in His Grace and love in the future. If your birthday or anniversary was not listed correctly, please contact the office.



Creation/Evolution

Having recently had eye surgery I got into some very interesting talks about eye structure with my eye surgeon, Dr. Neeley. Very young and very smart. Being an avid eye researcher, he taught me things about the human eye that unless you are a student of the eye you will never find on line. The minute structures in it that make evolution impossible. Your retinas, a paper thin layer of cells that allow you to see, are held in place at the back of your eye, by a small batch of cells, whose only function is to pump away fluids from behind the retinas. Without them, your retinas would simply peel away from the back of your eye and you would be 100% blind. How would Evolution even know that was needed? How many cells would be needed? What level of pumping would be needed? If not there at the very first moment and for as long as you live you would be blind. There is no evolutionist that has any clue how evolution could do it. If not designed right from the moment you were conceived they would not exist. The order in which they are introduced is critical. If not there at the first moment needed, blind for life! Stunningly amazing design. Amazing design by THE Designer that thought of every last detail to create us all.



Joseph Laberge

February Newsletter Articles will be due no later than Thursday, January 17. 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

January Lunch Bunch



Check the Bulletins for the next date and time for lunch bunch in January Please Sign Up On The Sign Up Sheets on the bulletin board in the Sanctuary when it is announced.

7.77

I have explained how the number 7.77 has found itself in with our general health. It has been known by many health officials that proper pH of your body fluids is a marker for health. I have discovered the perfect number for perfect health is 7.77. God's favorite number. A pH of 7.0 has been considered the balancing point where above 7.0 is good health and below leads to poor health. Dozens of books proclaim the benefits of a high pH diet but I believe I have also found the opposite of good health and discovered it's pH number and it's ramifications. That pH level is 6.66 pH! My research is showing ALL major diseases occur when your body pH hits 6.66 or below. Cancer, diabetes, heart disease, arthritis and gout all thrive below a pH of 6.66. Battery acid is 1.0. Soda has a pH of 3.5. Beer and wine 4.0. Most processed foods are 5 and 6. Most meats are 6.0- 6.5. Many plants have a pH of 10.0 to 12.0 so switch to a higher pH diet. Make it to 7.77 (hard for me to get to) and the hope is that all disease will imply disappear. I intend to find out.

Joseph Laberge

pH Scale

Acid	0	Battery Acid
	1	Concentrated Sulfuric Acid
	2	Lemon Juice, Vinegar
	3	Orange Juice, Soda
	4	Tomato Juice, Acid Rain
	5	Black Coffee, Bananas
	6	Urine, milk
Neutral	7	Pure water
	8	Sea Water, Eggs
	9	Baking Soda
	10	Milk of Magnesia, Great Salt Lake
	11	Ammonia Solution
	12	Soapy Water
	13	Bleach, Oven Cleaner
Alkaline	14	Liquid Drain Cleaner



Trustee

As anyone might guess work around the church property never ends. Almost 12 acres. Three major buildings and a few sheds.



Work needing to be done and a schedule to be made. Not in any order of importance. Parking lot lights - 6 are out. Parking lot lines. All very faded. Trees trimmed along with the bushes. Sprinkler system checked out with all zones. Repairing damaged gutter on Shepherd's Hall. Replacing burned out light bulbs in the Sanctuary. Damage to the sanctuary bathrooms. A bid has been submitted and it should be fixed in January. List of all go to Contractors. Plumbing, electrical etc. With all your guidance and prayers we should be in good shape for 2019. Any and all help will be appreciated. Every Monday from 9-12 we do something. This month we are working on the parking lot and clearing the brush along the edges. Please let me know of things needing attention and I will put them on our list.



Joseph Laberge

Another Scam



Fake phone calls pretending to be from social Security saying they are suspending your social security, or you can let a biller check each month or they say the computers are down and they need some information.

Social Security Does **NOT** make calls. Report the call to 800-269-0271. Also Medicare will be sending out new cards. They will not call you for information or money either.

Jackie Elmore

