



St. Peters Post—News & Notes August 2022

St. Peters Lutheran Church
Phone Number : 651-228-1482

Worship : Sunday @ 8:30 AM
Wednesdays @ 6:30 PM

Mission: "To welcome all people into the kingdom of God by fostering

Acts 4 Fund

The first Sunday of each month we will be taking a door offering for our Acts 4 fund. This money will be designated for the support of people in our congregation. If anyone finds themselves in a time of need and that some funds may be of support, they can speak to the pastor about the possibility of receiving some of the money.

Memorial Service for Inez Mohr

One of our members, Inez Mohr, has died. We will be having her memorial service at St. Peters on Saturday, August 20th.

Renters

We are planning on moving forward to offering our space to another church. We currently rent to a group called Bethesda; that will continue. This new group will be using the building after 2 pm on Sundays. The council will be finalizing the renter agreement in hopes of granting them access starting in September. Please continue to pray for this process.

Music Opportunities

If you would like to play an instrument or provide music on a Sunday, we will have approximately one Sunday a month to fill. For the near future, we are looking for music for August 28, October 23, November 20, and December 18. If you do not wish to do a whole Sunday, we are also happy to have special music in addition to the regular music at a service.

Organ Operators

If you can use a computer mouse, you can most likely run the recordings on our organ. If you are interested in being trained to work the organ recordings, please let pastor know. This is not a commitment to a specific Sunday, just training and the possibility of filling in for a service in the future if interested.

FROZEN TREATS coming soon to this neighborhood.

Join us on the front lawn of the Church, Wednesday, August 3 from 7-8 PM for a frozen treat. Worship is at 6:30 PM. Invite your friends and neighbors.

CHURCH OFFICE NEWS

Lori, our Secretary, will be out of the Office: July 18-28



Pantry donations of non-perishable items are always accepted.

2022 August Newsletter article:

Ophthalmologists Anticipate a School Year Marked by Complaints of Eye Strain

When COVID-19 first shut classrooms, we got a glimpse into different digital challenges. Among them, kids aren't immune to developing tired, dry eyes from concentrating on laptops and tablets for extended periods of time. The discomfort drove some of them to their ophthalmologist, looking for relief. To prepare students and their families for the new school year, **[INSERT ORGANIZATION NAME]** and the American Academy of Ophthalmology is sharing tips to help prevent digital eye strain.

"I was a digital eye strain naysayer prior to recent events," said Stephen Lipsky, MD, pediatric ophthalmologist and clinical spokesperson for the American Academy of Ophthalmology. "But in my practice, I really have seen a marked increase in kids suffering from eye strain because of increased screen time. Good news is most symptoms can be avoided by taking a few simple steps."

The simple fact behind the headaches, blurry vision, and tired, dry eyes is that we don't blink as often while using computers and other digital devices, leaving eyes dry and irritated. And when we focus at the same distance for a long time, it can cause our vision to blur temporarily, and the muscles around the eye to tire, which can cause headaches. Extended reading, writing or other intensive near work can also cause eye strain.

To fix this problem, ophthalmologists — physicians specializing in medical and surgical eye care — recommend taking a 20 second break from near work every 20 minutes. Here are some tips to help parents remind kids to follow this vital rule:

- Set a timer. Whether a kitchen timer or a smart device, use it to remind your child to take a break every 20 minutes.
- Alternate reading an e-book with a real book. Encourage children to look up and out the window every two chapters or simply shut their eyes for 20 seconds.
- Pre-mark books with paperclips every few chapters. When they reach a paper clip, it will remind them look up. On an e-book, use the "bookmark" function for the same effect.

Good ergonomics is as important as resting the eyes periodically. We tend to use digital devices at less than ideal distances and angles, which leads to eyestrain. To encourage good posture and better habits, set up a "home office" for your kids. Follow these tips to optimize their workspace:

- Make sure they view laptops at arm's length, about 18 to 24 inches from where they are sitting. Ideally, they should have a monitor positioned at eye level, directly in front of the body. Tablets should also be held at arm's length.
- To reduce glare, position the light source behind the back, not behind the computer screen.
- Adjust the brightness and contrast on the screen so that it feels comfortable for them.
- Don't use a device outside or in brightly lit areas; the glare on the screen can cause eye strain.
- Avoid using a device in a dark room. As the pupil expands to accommodate the darkness, the brightness of the screen can aggravate after-images and cause discomfort.
- Put down the device 30 to 60 minutes before bedtime. Blue light may disrupt sleep. For your procrastinating teens, switch to "night mode" or a similar mode to reduce blue light exposure.

Lastly, make sure they spend some time outdoors. Computer use and other near work activities may be driving a worldwide epidemic of nearsightedness in children, although this is not yet proven. However, several studies suggest that spending time outdoors, especially in early childhood, can slow the progression of nearsightedness.

For more information on eye health, visit www.eyesmart.org

David Cheesebrow, RN, FCN



8 Tim Kreitz
 9 Norma Cheesebrow
 9 David Huber
 15 Roxanne Knudsen
 16 Grant Oldre
 25 Valerie Peterson
 26 Connor Lehner



Wed, Aug 3
 Sunday, Aug 7
 Wed, Aug 10
 Sunday, Aug 14
 Wed, Aug 17
 Sunday, Aug 21
 Wed, Aug 24
 Sunday, Aug 28
 Wed, Aug 31

Elizabeth Montgomery
 Andrew Eckhardt
 Howard Klingbeil
 Becki Hamilton
 Gerri Morse
 Anneke van Oosterom
 Elizabeth Montgomery
 Ellen Eckhardt
 Howard Klingbeil



29 Gary & Jackie Brueggemann



August: Mary Fryer
 September: Gerri Morse

PRAYER LIST

Family and friends of Inez Mohr
 Family and friends of Jim Crittenden
 Family and friends of Jennifer Smith
 Julie Dickey (Jim Greer's daughter)
 Darrell - strokes (Helen Mikle's brother)
 Rita (friend of Al and Trish)
 David Huber - COPD and possible cancer
 Sue and Jim Wren (Don's daughter and husband)
 Katherine Fandrey
 Joe Sandstrom - craniotomy
 Gerry Morse - knee replacement
 Eric (Helen Mikle's grandson) - pancreatic inflammation
 Bev Hamilton - in memory care
 Sarah McGuiness (friend of Hamiltons)
 Dottie Paulson (Sonja's grandmother)
 Brittney (granddaughter of Sharon Mueller)
 Toivo - health concerns (Grandson of the Cheesebrows)
 Wanda Boger (Tim's grandmother)
 Renee Kreitz
 Deb Richardson and Tim Meyer (friends of Malcolms)
 Linda Bataglia and Jack Blank
 Jack Bataglia (Linda's brother)
 Al and Trish Malcolm
 Jennifer (niece of Adrian with kidney failure)
 Shaun (nephew of Adrian with cancer)
 Ron (brother-in-law of Adrian with cancer)
 Shirley (Adrian's cousin who has cancer)
 Noel and family
 Marie Sigler - heart failure and stage 4 kidney failure
 Jim Morse (Gerry's cousin diagnosed with Myasthenia Gravis)
 John and Marie Gonsoski
 Art and Nancy Dement
 Robert (son of Rosie Peterson with inoperable cancer)
 Dean (friend of Lehnners diagnosed with prostate cancer)
 Steven Mikle

Helen Mikle
 Mark Murray (son-in-law of Helen Mikle)
 Jackie Nowaczewski
 Sharon Melby

Finances

Giving June 24-July 14

Envelope Giving = \$ 3,242.00
 Electronic Giving = \$ 1,190.00
 Misc Giving = Koins for Kids \$ 10.00
 Building Fund \$ 81.00
 Acts 4 \$ 29.00
 Bethesda July Rent \$700.00

Annual Final Budget for 2022- \$194,223.00
 divided by 12 = \$16,185 estimated per month

August 2022

Altar Guild - Mary Fryer

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
			6:30 Worship			
			7-8 PM Frozen Treats			
						6 9:00 W/OC Bible Study 10:00 W/OC
7	8	9	10	11	12	13
8:30 am Worship			6:30 Worship			
14	15	16	17	18	19	20
8:30 am Worship			6:30 Worship			Inez Mohr Memorial
21	22	23	24	25	26	27
8:30 am Worship			6:30 Worship			
28	29	30	31			
8:30 am Worship			6:30 Worship			