



St. Peter's Lutheran Church
Phone Number : 651-228-1482

Worship : Sunday @ 8:30 AM

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

NEWS YOU NEED TO KNOW

COVID Preparedness Plan

David Cheesebrow, Joe Stemig and Chris Weber met near the end of October to discuss plans for St. Peter's in November. No changes will be taking place for November. We will continue to mask for any indoor activity (worship, meetings, work) at this time. As vaccines continue to be distributed and if the transmission rate continues to trend down, we hope to offer some changes soon. Thank you for your patience. We are very thankful that through all of this we have not had any known infections of COVID -19 as a result of any of our gatherings. Thank you for loving one another in this way.

Thanksgiving Service

Please join us for a Thanksgiving Day worship service, November 25, at 10:00 am. We will not be hosting a meal this year, but are happy to take the opportunity to praise the God we know in Jesus Christ for his many blessings.

Advent Services

Mark your calendar. Midweek Advent services will be taking place the first three Wednesdays of December (1st, 8th, 15th) at 6:30 pm. Join us as we remember promises fulfilled and anticipate the fulfillment of promises yet to be fulfilled as we wait for the return of Jesus, the Lord.

Christmas Services

Christmas Eve service will be at 5:00 pm on Friday, December 24th. There will be no Christmas Day service this year. Instead, we will celebrate Christmas Day (observed) on Sunday, December 26th, at our regular service time of 8:30 am. It will be a joy to celebrate this holiday together and in person.

Voter's Meeting - November 21

Mark your calendar, the annual voter's meeting is Sunday, November 21, immediately following the morning service. This is a wonderful opportunity to engage in the life of the congregation and to exercise your ability to vote if you are an official member of St. Peter's. Please make every effort to attend.



Pantry donations of non-perishable items are always accepted.

2021 November Health Newsletter article:

Diabetes Mellitus

Diabetes Mellitus (DM) or more commonly called Diabetes, is a group of diseases characterized by elevated level of glucose(sugar) in the blood stream. This is a complicated disease that is chronic, requires both medical and self-management, and affects many organs such as the brain, heart, kidneys, and extremities. There are many resources and I will place some major ones at the end of the article.

This is a disease which is most prevalent in those over age 60 years of age but it can occur in any age group. There are some terms that anyone learning needs to know to understand this disease.

Terms:

Prediabetes or was called glucose intolerance: With normal glucose metabolism, they would have an elevated glucose level follow a fasting (12 hour) of above 126 mg/dl.

Type 1: High blood glucose (180-200 mg/dl) due to destruction of the beta cell in the pancreas and the inability of the liver to store blood. It affects mostly children and young adult but can occur at any age. There is sub-type A and B. Fat breakdown can occur leading to the increase production of ketones and ketoacidosis (DKA).

Type 2: High blood glucose due to insulin resistance and impaired insulin secretion. The age of onset is generally those over age 30, often obese at the time of diagnosis. There is enough insulin present to prevent fat breakdown so ketoacidosis (DKA) does not often occur in type 2 DM.

There is also **Gestational Diabetes** which occur generally in the second or third trimester. 30-40% will develop type 2 DM within 10 years especially if obese.

Hemoglobin A1c or glycated hemoglobin: It is a measure of glucose level of a period of 2-3 months. It is not a test of in time glucose level but gives an indication of glucose control averaged over 2-3 months. Normal would be less than 6.5%.

The classic clinical presentation for DM are the “three P’s”- polyuria (frequent urination), polydipsia(increase thirst), and polyphagia (increased appetite). Along with the three P’s is dehydration, fatigue, weakness, vision changes, tingling or numbness of the hand or feet, dry skin or skin sores that are slow to heal, weight loss and recurrent infections. You do not have to all the other symptoms with the 3 P’s but many are present along with them. Your action if you notice this in yourself or others is to get medical care.

There is much more information than this and if diagnosed with DM, there are educational programs your health care provider can give you.

Here are some resources:

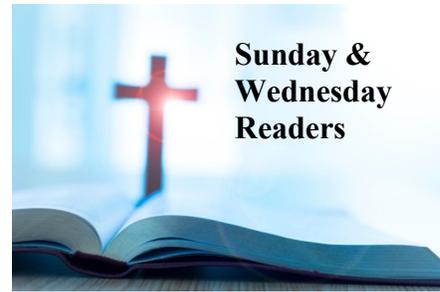
American Diabetes Association 1-800-Diabetes, <https://www.diabetes.org>

MN/ND American Diabetes Association, <https://www.ADAMN WI ND@diabetes.org>

MN Insulin Safety Net Program, <https://www.mninsulin.org>

Within these sites, there is a wealth of information.

David Cheesebrow, RN, FCN



- 6 James Greer
- 10 Kelly McColley
- 12 Marie Gonsoski
- 13 Louis Appenzeller
- 16 Shirley Nelson
- 22 Bradley Hanson
- 27 Mary Olson
- 29 Gerri Morse

3 Diane & Howard Klingbeil

- Nov 7—Becki Hamilton
- Nov 14-David Cheesebrow
- Nov 21-Ellen Eckhardt
- Nov 25 - Howard Klingbeil
- Nov 28 - Anneke van Oosterom



Nov.—Roxanne Knudsen & Rachelle Bilek
 Dec—vacant

PRAYER LIST

- Jennifer - niece of Adrian with kidney failure
- Shaun - nephew of Adrian with cancer
- Marie Sigler - heart failure and stage 4 kidney failure
- Mark Murray - son-in-law of Helen Mikle
- Liz Tonn - broken collar bone
- Jasper - son of Karen Lehner's friend with COVID
- Gerry Morse (knee replacement needed)
- Jim Morse (Gerry's cousin diagnosed with Myasthenia Gravis)
- David Huber (COPD)
- Laura Norton (cancer)
- Bob Kreitz
- Marie Gonsoski (knee problems and cataract surgery)
- John (Marie Gonsoski's husband - health concerns)
- Nancy Dement (part of lung removed due to cancer)
- Shawn Field (cancer)
- Robert (son of Rosie Peterson with inoperable cancer)
- Brenda Peterson (daughter of Sharon Mueller)
- Dean (friend of Lehnerns diagnosed with prostate cancer)
- Adam (Midge Bendix's grandson-in-law who has cancer)
- Steven Mikle
- Jackie Nowaczewski
- Rosie Peterson
- Roxanne Knudsen
- Shirley (Adrian's cousin who has cancer)
- Ron (Adrian's brother-in-law who has cancer)
- Jack Blank (husband of Linda Bataglia)
- Gary Brueggemann
- Sharon (Rochelle's relative on dialysis - awaiting a transplant)
- Katherine Fandrey

WOC – Bible Study will meet Sat, Nov 6 at 9:00 AM.
 Topic: "Bad Girls of the Bible"

You are invited to the Eagle Court of Honor for Connor Lehner on Saturday, Nov 13 , 11:00AM

Daylights Savings Time - History Note—Conserve Energy

In the United States, daylight saving time was first used in 1918 when a bill introduced the idea of a seasonal time shift. It lasted seven months before the bill was repealed.

During World War II, President Franklin Roosevelt re-established the idea of daylight saving time. It was called "War Time."

War Time began in February 1942 and lasted until the end of September 1945.

In 1966, the Uniform Time Act of 1966 established the idea of regulating a yearly time change. Daylight saving time would begin the last Sunday in April and end the last Sunday in October.

Finances

- Giving October 5-29
- Envelope Giving = \$ 3,530.00
- Electronic Giving = \$ 1,235.00
- Misc Giving = Koins for Kids \$ 1.39
- Building Fund \$ 26.00
- Other: 2400.00 Rent

November 2021

Altar Guild - Roxanne Knudsen & Rachelle Bielek

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 3:30 Deacons Mtg.	3	4	5	6 9:00 WOC Bible Study 10:00 WOC
7 8:30 am Worship 9:30 am Bible Study	8	9 6:30 Council Mtg.	10	11	12	13 11:00 Connor Lehner Eagle Court of Honor
14 8:30 am Worship 9:30 am Bible Study	15	16	17	18	19	20
21 8:30 am Worship 9:30 am Annual Church Meeting	22	23	24	25 10:00 Thanksgiving Day Worship	26	27
28 8:30 am Worship 9:30 am Bible Study	29	30				