



## St. Peters Post—News & Notes November 2022

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

Worship : Sunday @ 8:30 AM  
Bible Study @ 9:30 AM

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

### **Council Positions Needed**

Mark Lehner will be stepping out of the President position in our congregation. We thank him for his service these last number of years. This means we are looking for individuals who are interested in stepping into this position, or for nominations. If you are interested in being considered for the position of president of our congregation, please speak to pastor Weber prior to the voter's meeting.

### **Thanksgiving Day and Meal**

Please join us, if you are able, for a Thanksgiving Day worship service at 9:30 am. We will also be hosting a meal after the service. If you do not have plans that day already, please consider joining us, your family in Christ. There will be a sign up sheet in the days ahead so we can plan accordingly. Please feel free to bring others to the service and/or the meal.

### **Midweek Advent**

What are the most exciting parts of the Bible? Genealogies?? Well genealogies are probably not on your list but I believe there are some fascinating and important things in genealogies, especially the genealogy at the beginning of Matthew's account of Jesus. Starting Wednesday, November 30, at 6:30 pm and each week following to December 14, we will be engaging this genealogy as we remember the first advent of Jesus and look to his next advent, his final return. Please join us. (And if you are concerned the genealogy will still be unexciting, we plan to brighten it up with some Christmas lights and dessert as we share time together).

### **Christmas Eve and Day**

Please mark your calendars. Our candlelight Christmas Eve service will be at 5:30 pm on Saturday, December 24. Christmas Day service is currently set for 8:30 am on Sunday, December 25.

### **Thrivent Choice Dollars**

Do you have any accounts with Thrivent? If so, as a member of Thrivent you are able to designate some of Thrivents charitable donations. This is not giving of your own money, but you have a say in directing a portion of Thrivent's dollars. There is a large list of organizations to designate, and if you are interested, St. Peter's Lutheran is one of those organizations. Reach out to Thrivent to learn more about how to designate Thrivent Choice Dollars.

**Women's Bible Study** meets monthly on the first Saturday, meeting at 8:30 AM for fellowship before beginning the study at 9:00 AM. **Women of the Church** meet directly after. Join us on November 5 for fellowship and to learn more about this year's study! We will be continuing Slightly Bad Girls of the Bible by Liz Curtis Higgs. No need to have participated previously. Please contact Elizabeth Montgomery, [elizabeth.e.92@gmail.com](mailto:elizabeth.e.92@gmail.com); 612-388-7728, for further information about either the Bible study or Women of the Church.

**Do you enjoy planning or assisting with events?** Come join the Christian growth, stewardship, and education team as we begin looking for ways to connect as a community! Past events include the fall festival, bowling, and bingo. Anyone is welcome to join! Please contact Elizabeth Montgomery for further information

**Calling all bakers, treat lovers, and coffee connoisseurs!** Please contact Elizabeth Montgomery ([elizabeth.e.92@gmail.com](mailto:elizabeth.e.92@gmail.com); 612-388-7728) if you have interest in providing treats for fellowship! You may sign up using the embedded [link](#) or on the form in the narthex. Please reach out with any questions or concerns. A reminder will be sent 4 days before your scheduled Sunday and Elizabeth will be in touch with further details at that time.

I will discuss four terms in this newsletter. They are Pre-Diabetes, Insulin Resistance, Type 1 diabetes, and Type 2 diabetes. . Statistics on pre-diabetes show this affects 96 million people 18 and older (11.3%), but for those age 65 +, it affects 26.4 million (48.8%) of this population. This is a lot of people and shows how common this is in the U.S. population. The organ in the body that produces the hormone insulin is the pancreas. There are specialized cells called beta cells that produced insulin in the pancreas.

**Pre Diabetes:**

This occurs when the amount of sugar in the blood (serum blood glucose level) is higher than normal but not high enough to be diagnosed as diabetes. It usually occurs in those who already have some insulin resistance or beta cells that do not produce enough insulin to keep the serum blood glucose in a normal range. When your muscle, fat, and liver does not respond well to insulin. Your pancreas does increase the production of insulin, but the cells have a weak response to the insulin. Therefore, you produce more to keep your blood glucose in a normal range. Several risk factors are common for all the topics, such as being overweight or obese and lacking physical activity. Certain medications may contribute, such as glucocorticoids, some antipsychotics, and some HIV medication. A blood tests is used to determine prediabetes-

A1C 5.7-6.4%, fasting blood sugar 100-125 mg/dl, and glucose tolerance test 144-199 mg/dl.

Type 1 diabetes is when the pancreas is no longer able to produce insulin. Symptoms can be abrupt in children, and the incidence increases in age, reaching a peak at puberty. There is no single cause, but it can be impacted by seasons (midwinter and spring), emotional stress, and history of an illness. 85% to 90% of newly diagnosed children have autoantibodies that destroy beta cells. Lifestyle habits do not cause type 1 diabetes.

The triad of symptoms is polyuria (frequent urination) and polydipsia(great thirst), and polyphagia(excessive hunger). The child can lose 30% to 30% of their original weight. A blood test of the glucose level(over 200 mg/dl), ketones present in urine, and the presence of antibodies. Often type 1 diabetes is diagnosed after the child first develops diabetic ketoacidosis or DKA. This is a life-threatening emergency in which the child has high blood glucose (> 300 mg/dl), high blood ketone levels, and other chemical disturbances. DKA is treated first, and then a team of professional are needed to plan and manage type 1 diabetes with the daily injection of insulin, diets, and many other components of a plan going forward with type 1 diabetes.

**Type 2 Diabetes:**

Type 2 diabetes is when there is a decreased sensitivity to insulin (insulin resistance), resulting in a decrease in insulin production from the beta cells in the pancreas. It occurs in those over age 30 and who are obese. The blood tests are the same as above in the prediabetic section. The plan usually begins with diet and exercise, then oral antidiabetic agents, and lastly to insulin injections. It is important to know that there is no "borderline" diabetes and that the person has diabetes and a problem with sugar metabolism.

Type 2 diabetes is a complex diagnosis that needs a team of professionals to plan and manage this disease. There are serious consequences not only from mismanaged diabetes but also from complications from the disease.

**Resources:**

[www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)

American Diabetes Association [www.diabetes.org](http://www.diabetes.org)

Diabetic Assistance Programs and local community resources.

David Cheesebrow, MPA, MA.N, PHN, RN, FCN.

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**Finances Giving Sept 21—Oct 27**

Envelope Giving = \$ 6,504.00

Electronic Giving = \$ 1,210.00

Misc Giving = Koins for Kids \$ 10.00

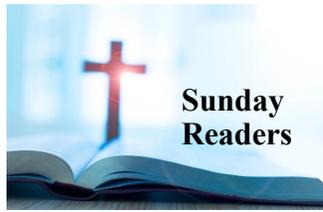
Building Fund \$ 100.00

Acts 4 \$ 140.00

Bethesda Rent \$700.00

Every Tribe and Tongue Rent = \$500.00

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



Nov 6 Becki & Jackie  
 Nov 13 Linda & Val  
 Nov 20 Becki & Jackie  
 Nov 27 Linda & Val

6 James Greer  
 10 Kelly McColley  
 12 Mari Gonsoski  
 13 Louis Appenzeller  
 16 Shirley Nelson  
 22 Brad Hanson  
 27 Mary Olson  
 29 Gerry Morse

Sunday, Nov 6 David Cheesebrow  
 Sunday, Nov 13 Gary Brueggemann  
 Sunday, Nov 20 Becki Hamilton  
 Sunday, Nov 27 Ellen Eckhardt



11 Howard & Diane Klingbeil

November: Roxanne Knudsen & Rachelle Bilek

December: Elizabeth M & Sonja Weber

**PRAYER LIST**

Nina - cancer (mom of Michael, a friend of the Webers)  
 Pastor Schoenfeld (connection to Bill Crittenden)  
 Liz Tonn  
 Owen - four year old brother has brain issues  
 Al - cancer (friend of Norma)  
 Randy Stahn (Trish Malcolm's brother)  
 Carolyn Mars  
 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)  
 Joe Sandstrom - craniotomy  
 Bev Hamilton - in memory care  
 Sarah McGuinness (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 Lehnrs diagnosed with prostate cancer)  
 Steven Mikle  
 Helen Mikle  
 Mark Murray (son-in-law of Helen Mikle)  
 Jackie Nowaczewski  
 Sharon Melby

# November 2022

Altar Guild - Roxanne Knudsen and Rachelle Biele

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 3:30 Deacons Meeting	2	3	4	5 8:30 W'OC Fellowship 9:00 W'OC Bible Study 10:00 W'OC
6 8:30 am Worship 9:30 am Bible Study 10:00—12:30 Bethesda 2:00—6:00 Tribe & Tongue	7	8	9	10	11	12
13 8:30 am Worship 9:30 am Voters Mtg 10:00—12:30 Bethesda 2:00—6:00 Tribe & Tongue	14	15	16	17	18	19
20 8:30 am Worship 9:30 am Bible Study 10:00—12:30 Bethesda 2:00—6:00 Tribe & Tongue	21 Newsletter Deadline	22	23	24 9:30 Thanksgiving Day Worship	25	26
27 8:30 am Worship 9:30 am Bible Study 10:00—12:30 Bethesda 2:00—6:00 Tribe & Tongue	28	29	30 6:30 Midweek Advent Worship			