



St. Peters Post—News & Notes September 2021

St. Peters 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."

Masking in September

Dave, Joe and I met mid-August to discuss our COVID Preparedness plan as a congregation. Starting in September, please wear a mask, regardless of vaccination status. We will provide masks at the door if you do not have one, or if you forgot to bring one. This is for a number of reasons, the biggest of which are the continued increase of the Delta variant, the increased prevalence amongst children (including increased pediatric hospitalization rates), as well as the evidence that both vaccinated and unvaccinated can spread the disease through aerosolization. Vaccination was intended to keep people from getting seriously ill, and it has been doing so immensely well as the vast majority of people in the hospital due to COVID are those who are unvaccinated. However, vaccination does not create immunity to COVID, and a vaccinated individual is still able to spread the disease (just like an unvaccinated person) though for fewer days. Please remember, if we have a transmission of a case of COVID because of one of our gatherings, the congregation will not meet for two weeks in order to help ensure no further spread. We want to continue to meet. We want to protect others, including children. At this time we will not be changing anything regarding seating, singing or length of service. Everything else will remain the same, except for wearing a mask while indoors. Outdoors, please feel free to remove your mask if you wish. Dave, Joe and I will be meeting again in September for further discussion. We hope at that time to have a better view of how school openings may be affecting spread in the community and how we may function in October.

Worship Discussion

Starting in September, the Bible Study time following worship will be endeavoring into matters of worship. What was worship for you like growing up? Why do we gather together? What are things that people are frustrated about or do not understand regarding church today? What are things you find helpful regarding our services? Whether you want to share, or just listen in, anyone is welcome to join us for this time on Sunday mornings.

Mike and Judy McGinn (Kristen as well)
112 Sandpiper Circle
Hastings, MN 55033
Phone: 651-319-0452



Pantry donations of non-perishable items are always accepted.

2021 September Health Newsletter article:
Cholesterol Awareness Month

In the 1970's, when I started in Intensive Coronary Care, if you left a red top tube of blood just stand upright for a short time, you would see the fat in the blood rise to a yellow top.

In the 1970's, awareness of high cholesterol and ways to drop cholesterol level contributed to a drop in a high death rate from the consequences of cardiovascular disease (CVD). It is not enough now just to know your cholesterol level but may components of cholesterol that are now measured as a "lipoprotein profile". This blood test should begin at age 20 and be done every 5 years. If you cannot get the full profile, you should get a total cholesterol and HDL (High Density Lipid) "good" cholesterol profile.

Information from a lipoprotein profile: **Total Cholesterol**

LDL Low-density lipoprotein (bad) cholesterol. The main source of cholesterol buildup and arterial blockage. It makes up 60-70% of total cholesterol.

VLDL Very-Low-density lipoprotein (bad) cholesterol. A precursor of LDL. It makes up 10-15% of total cholesterol.

HDL High-density lipoprotein (good) cholesterol. It makes up 20-30% of total cholesterol and moves cholesterol from arteries to the liver.

Triglycerides. Another form of fat in your blood. High triglycerides may contribute to hardening of the arteries or thickening of the artery walls (arteriosclerosis) — which increases the risk of stroke, heart attack and heart disease.

What optimal levels of these studies?

Total cholesterol- 200mg/dL and 240+ is defined as high

LDL cholesterol- less than 100mg/dL and 160+ is defined as high

HDL cholesterol- over 60-100 mg/dl and the lower the better.

Triglycerides- should be under 150mg/dL You need to fast 10 hours and no alcohol 24 hours before testing to get an accurate test result.

Things that can help:

A low saturated fat and cholesterol diet (TLC diet) and this is defined as less than 7 calories from saturated fats and less than 200mg of dietary cholesterol per day.

Normal weight and waist measurement 40 inches for men and 35 inches for women.

Physical activity of daily 30 minutes

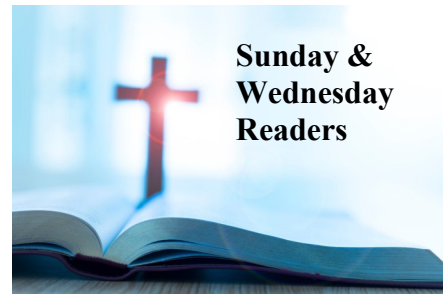
The take home message is monitoring these level starting in young adult age (age 20) and continue though out a life time.

References:

Making Sense of Cholesterol tests. Harvard Health Publishing. <https://www.health.harvard.edu/heart-health/making-sense-of-cholest...>(2021)

U.S. Department of Health and Human Services. NIH Publication # 05-3290 (2005) " High Blood Cholesterol: What you need to know"

David Cheesebrow, RN, FCN



- 11 Vernon Tischler
- 17 Chris Weber
- 19 Janet Crittenden
- 21 Midge Bendiz
- 27 Tom Morrison
- 30 Georgia Todd

- 12 Kelly & John McColley
- 25 Adrian & Jackie
Nowaczewski
- 27 Mark & Karen Lehner
- 29 Tim & Lisa Keitz

- Sept 5—Becki H.
- Sept 12—David C.
- Sept 19—Ellen Eckhardt
- Sept 26—Anneke van Oosterom



- September—Mary Fryer
- October—Karen Weber &
Joanne Johnson

PRAYER LIST

Gerry Morse (knee replacement in September)
 Jim Morse (Gerry's cousin diagnosed with Myas-
 thenia Gravis)

-
- Neal (Xiang) Zhang
 - David Huber (COPD)
 - Laura Norton (cancer)
 - Bob Kreitz
 - Marie Gonsoski (knee problems)
 - 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 Lehnrs diagnosed with prostate
 cancer)
 - Karyl (pronounced "carol") friend of Linda
 Bataglia
 - Adam (Midge Bendix's grandson-in-law who has
 cancer)
 - Trish Cunningham (oldest daughter of Midge
 Bendix with stage 4 liver cancer)
 - Steven Mikle
 - Mike and Judy McGinn
 - Jackie Nowaczewski
 - Rosie Peterson
 - Roxanne Knudsen

Prayer list continued...

- Jordyn (acquaintance of Cheesebrows with
 cancer)
- Shirley (Adrian's cousin who has cancer)
- Ron (Adrian's brother-in-law who has cancer)
- Jack Blank (husband of Linda Bataglia)
- Henny (Alex van Oosterom's dad who fell)
- Gary Brueggemann
- Sharon (Rochelle's relative on dialysis - awaiting
 a transplant)
- Katherine Fandrey

Finances

Giving July 28-Aug 24
 Envelope Giving = \$ 4,286.00
 Electronic Giving = \$ 1,980.00
 Misc Giving = Coins for Kids \$15.75
 Building Fund \$50.00

September 2021

Altar Guild - Mary Fryer

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5 8:30 am Worship 9:30 am Bible Study	6	7 3:30 Deacons Mtg.	8	9	10	11
12 8:30 am Worship 9:30 am Bible Study	13	14 6:30 Council Mtg.	15	16	17	18
19 8:30 am Worship 9:30 am Bible Study	20	21	22	23	24	25
26 8:30 am Worship 9:30 am Bible Study	27	28	29	30		