

Grace Evangelical Lutheran Church
1326 South 26 Street
Omaha, NE 68105-2380

Return Service Requested
Dated Material

Email: graceluth@graceluth.com
Web Site: www.graceluth.com

REGULAR SUNDAY EVENTS

9:00 A.M. Christian Education

10:30 A.M. Worship Service

Pastor - Rev. Dr. Damon D. Laaker
Vicar/Intern—Angela Khabeb
Editor/Church Secretary – Pam Reents
Youth Ministries - Brenda Spahr
Organist - Cody Talarico
Sexton - Ambros Lado/Brian Sutej
Interfaith Health Ministries - Virginia McGill
Fait in Action - Julie Chytil

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*Inspired By Christ, it is our mission
to share God's Word and Love in
care and in service to all.*



THE GRACE MESSENGER



The regular meeting of the Council was held August 12th. The Council members shared their prayer concerns: Care for those in need of healing Bonnie Lund, Bobby Heesacker, Teri Briley, Ron Andersen, Jr., Julie Hovey, Bob Fread, care for those within the Grace family that they continue to heal; we pray for children going back to school; we pray for an end to all of the unrest and conflict in the world, especially the Georgia Province. Pastor led devotions from Psalm 57:1, when we feel we cannot hide anywhere safe in life, we are reminded that at all times we can seek safety in God's word; and 1 John 4:16; we are reminded once more that God is love above all else.

Visions for Ministry: The Council is reading "*Effective Small Churches in the Twenty-first Century*" by Carl S. Dudley. Please read Chapter 7 "Events Worth Remembering" and work on the exercises in the book by the next meeting.

Reports were received from the Financial Secretary and the Treasurer. Please continue to give generously since this is the first month that the General Fund has had a negative balance. Your gifts are truly important to this ministry.

Christian Education: Wednesday Faith Quest will begin on August 20th from 5:30 to 7:30 p.m. The next planning meeting is scheduled on August 13th at 7:00 p.m.; please plan to attend if interested.

Evangelism/Outreach: Kids At Work Awards Ceremony was held during the August 10th worship service.

Finance: Council ratified submissions from the Disney Endowment Report.

Property: Church Mutual will be here on August 19th to conduct a "Risk Control Safety Survey". Youth Group from Emerson, NE removed and replaced siding on the shed due to the windstorm damage.

Service/Social Ministry: The Visiting Nurses Association will be here on November 4th to administer Flu Shots from 4:00 – 6:00 p.m., this will coincide with Election Day. Titus and Tereza will be taking their son Jadin to Rochester, MN on September 11th for exam and scheduling of repair surgery to his shoulder. To help assist with travel and lodging costs, we would like to have a fundraiser. A brainstorming meeting will be held on Sunday the 17th to finalize any decisions.

Support/Stewardship: The congregation heard the second monthly reading from the year round stewardship program on August 3rd and speakers have been planned for the next couple of months. The Fall Stewardship materials are here, the theme this year is "Blessed by God to be a Blessing".

Worship: Discussed Sunday's worship service with the Clown Ministry, very entertaining with a message. Responses all around the congregation were well received. The picnic following encouraged good conversations. The Lutheran Men in Mission worship downtown felt like a big pep rally and also had very good responses.

Unfinished Business: No new report.

New Business: Angela is in need of a bookcase and a book on how to get a child to sleep through the night.

Announcements: June will bring treats for our September meeting.



FROM THE PASTOR

I have been amazed at the cool nights that have been a part of the last week. It is beginning to feel like Fall. I guess I should check the calendar, it is almost Fall.

Soon all of our regular activities will begin in earnest. Groups will gather once again for Bible Study and fellowship. Willing hands will assemble quilts for those in need. Thoughts will turn to special holidays and the celebrations that accompany these special days.

Fall is also our time to reemphasize our responsibility to be stewards of all the blessings that God has showered upon us. You will note elsewhere that we have had a negative balance in the General Fund for the first time in many years. You will note elsewhere that we have begun a regular monthly emphasis on our shared stewardship.

I was reading a story in monthly Stewardship newsletter that I receive. The story went like this. Hollis Tingy was complaining for the hundredth time to Old Sam, "It's about time, you did something about this church. All they do is ask for money; if not for one thing, then another."

"Hollis, I hope you won't be too offended if I answer you with a story," said, Sam: "There was a fellow on the highway crew, named Stewer. Good worker, but he got on everybody's nerves complaining about his wife; about how she was always asking him for money. Day after day, Stewer groaned that same lament. Finally, the entire crew became fed up with his complaining and they backed him against a truck and demanded to know exactly what his wife did with all that money."

"Well, I don't find that a strange story," said Hollis. "Reminds me pretty much of my own wife. So what's the point? What did Stewer say?"

So Sam told him. "Hollis, Stewer said, 'I don't know. I've never given her any money.'"

"I take exception to that!," snarled Hollis, "Are you saying that I am stingy?"

"In your attitude, Yes," began Sam. "For you must accept that it is the duty of the church to ask for money, because the church sees so much suffering and work that needs to be done. Church members, like you and I, are thus given an opportunity to share in the blessed work of the church. It is a privilege to be asked to share in such work. We each must respond as God enables us. Hollis, it's about time that you learned to appreciate that privilege."

All of us have a wonderful privilege. The privilege of life given by a God that loves us deeply; the privilege of a place where we can gather to worship this God of love; the privilege of supporting a ministry that extends God's love and care to all. I for one count these as tremendous blessings. I am grateful that God has placed me in such a wonderful place, with wonderful people, so that I can respond in generosity.

My prayer is that all of the people gathered at Grace Church are so motivated to respond in generosity.

Pastor Laaker

*From the
Vicar*



Grace Lutheran- Living the Prophet's Challenge

*"...Nations that do not know you shall run to you
because God has glorified you."*

Isaiah 55:5b

Dear Sister's and Brothers of Grace Lutheran,

I am so proud of you! As I reflect on recent events, I am impressed by Grace's prophetic generosity. On Sunday August 10, 2008, we celebrated with the Kids At Work graduation and All Church Picnic. As I participated in the festivities, it was easy to recognize Grace's thoughtful and kind spirit that is obviously a gift from God. My whole family enjoyed the excitement of the clown ministry and the welcoming fellowship that followed. After the service, (as I sat in the fellowship hall stuffing my face) it dawned on me. We are living the prophet Isaiah's words-

*"Everyone who thirsts, come to the waters; and you that have no money, come, buy and eat!
Come, buy wine and milk without money and without price...delight yourselves in rich food...
See, you shall call nations that you do not know, and nations that do not know you shall run to you be-
cause of the Lord your God, the Holy One of Israel, for God has glorified you."*

Isaiah 55:1-2, 5

At that moment I was proud to be associated with a congregation that gives abundantly...and cooks deliciously!

But it doesn't stop there.

On August 20th, our first Faith Quest night, Grace did it again. People came and gave of their time, talent, and treasure to cook, clean, and care for God's people. The volunteers (and even the participants) did not know exactly what to expect. Yet they ventured into the 'unknown' with humble hearts and an attitude of gratitude. We enjoyed a good turn out with adults, children and you guessed it, food. The evening was successful because people were willing to allow God to work through them. Grace was focused on what Grace could give—not on what Grace would receive.

Oh! But it doesn't stop there!

Now Grace will host a benefit dinner for Titus Duli's son, Jadin. I had the pleasure of attending the planning meeting about this fundraiser. Everyone who attended the meeting expressed committed concern for the Duli family and were obviously dedicated to serve in whatever way needed. It is so refreshing to be part of a congregation who is quick to bless others, even at a moments notice. You know that old saying "Give until it hurts"? Well I heard a pastor say once, "Give until it *doesn't*."

Sisters and Brothers, thank you for modeling God's generosity. Thank you for sharing your blessings with the Body of Christ. You are living proof, Grace Lutheran, that the church really is God's hand at work in the lives of others.

Vicar Angela Khabeb



*Women of the Evangelical
Lutheran Church in America*

**Women of the ELCA
Board Meeting
&
Circle Meeting**

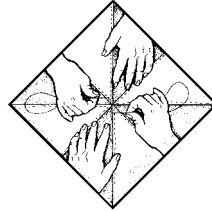
Tuesday, September 16, 2008
1:00 p.m.
Leader & Hostess: LaVonne Moss

New Study for 2008-2009

**The Hidden Hand of God:
Wisdom Stories from
Ruth, Daniel and Esther**

Details of each lesson posted in the
Upper Fellowship Hall

**Quilting for
Lutheran World Relief
resumes on
Monday,
September 8th
at 9:00 a.m.**



The Grace Quilters will begin creating quilts for Lutheran World Relief on Monday, September 8, 2008 from 9:00 a.m. to noon. If you have the morning free, drop by and help cut squares and tie quilt tops on to the backs. Coffee break is at 10:00 a.m.

**W/ELCA Autumn Renewal
“Answering God’s Call
Sister to Sister”**

September 20, 2008
First Lutheran Church
3200 E. Military in Fremont, NE.
9:00 a.m.—3:30 p.m.
Cost: \$18.00 (lunch incl.)
Registration Due by September 15.
More info. on the bulletin board.

**Younkers Community Day
Saturday, November 15, 2008
6:00 a.m. - Continues All Day**

Coupons good at any Younkers!

Buy a \$5.00 Booklet and get a \$10.00 Coupon!
Your \$5.00 will go to the Lutheran Pantry.

Each booklet contains a \$10 coupon good on almost any merchandise item priced at \$10 or more (customers spend \$5 for the booklet and get \$10 back on their first purchase!), plus eight 20% off coupons and offers for great bonus items, available on Community Day only. All coupons are valid on top of our already low One Day Sale prices.

Contact the Church office or Pastor Laaker
for Coupon Booklets



SATURDAY, NOVEMBER 15, 2008

STARTS AT 6 AM

Furniture Galleries open at 9 am; Carson's Gateway (IL)
is closed. Event not at our New Jersey locations.

COUPON BOOKLET

Community Day has raised over \$53 million for nonprofit organizations!

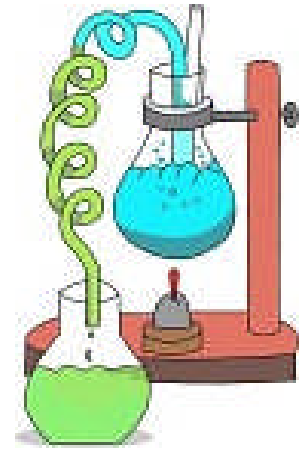
Sweet Treat Social

Awards for Summer Reading Club
Formula for Fun!"

"Discovering New Adventures"

Ice Cream Banana Splits with all the toppings.

September 21, 2008
After Morning Worship



*Cost - 50 cents for youth age 12 and younger
\$1.00 for 12 and up.**

**Free for all in the reading club who completed the required pages .*

Stop by after worship and have an Ice Cream Treat in celebration of the accomplishments of our Summer Reading Club Members. Everyone who completed the required number of pages for their age group will receive free ice cream, a certificate and a prize. Awards will be given to the readers with the most pages read in each category. Look in next month's Grace Messenger for a list of the participants and the winners in each category.

Free

Here at Grace Church

Monday - Thursday
4:00 p.m. - 5:30 p.m.

Fun
Crafts
Snacks

Safe place to hang out

Ages Kindergarten through 6th grade welcome!

Brenda Spahr, Director of Youth and Fun

**** Remember:**

If OPS is closed for the day,
so is the Afterschool Program.



JOIN US
AFTER
SCHOOL

Free Afterschool Program

Grace Lutheran Church
1326 South 27 Street

Omaha, NE

For more info call
(402) 341-7730



Stewardship Minute

*Monthly reflections on our role
as managers of God's blessing.*

"Effective Stewardship" by Kenneth L. Williams.

Money is a neutral commodity, a means of exchange. It is neither inherently good nor evil. But a wrong view of money can become a problem to us.

In First Timothy 6:9-10, Scripture warns about the dangers of a determination to get rich: "But those who want to be rich fall into temptation and are trapped by many senseless and harmful desires that plunge people into ruin and destruction. For the love of money is a root of all kinds of evil; and in their eagerness to be rich some have wandered away from the faith and pierced themselves with many pains."

When we have a consuming desire to get rich, when we are obsessed with money so that it becomes the focus of our time and attention, then we have made it the number one priority in our lives. In that spot, it replaces everything, including God. We begin to find our security in money, not in God and in God alone.

However, when our view of God is right and our view of money is right, we will realize that money cannot buy security; money cannot purchase happiness; money cannot guarantee peace or joy or contentment. God alone can provide these essentials as we ". . . strive first for the kingdom of God and his righteousness."

In his book, *The Gift of Giving*, Wayne Watts said this: "God always lovingly instructs us in the path that is in our best interest and which will bring us the greatest happiness in life. Therefore, for our good, He instructs us to put Him first in all things, and this includes how we use our money."

How do you view money? Is it at the center of your life, thereby perhaps replacing God's rightful role? And equally important, are you using the money God has given to you to advance His kingdom and His righteousness?

September 2008 Stewardship Principle

Money is a neutral commodity, a means of exchange.
It is neither inherently good nor evil.

"But strive first for the kingdom of God and his righteousness,
and all these things will be given to you as well" (Matt. 6:33).



It's a Wrap!
Thanks for a great summer!



Kids At Work 2008



Maclayne, Eric, Tarah, and Kyle from Emerson Nebraska help remove wind and hail damaged siding on the shed.



Kids At Work Awards Ceremony during Worship on August 10, 2008

Front Row: Julie, Bradley, Jake, Sonia, Abby, Bianca, Victoria, Taylor, Alex, Danaka, Patrick, Andrea, Angela, Konami, Last Row: Eva, Nick, Pastor Laaker, Liz, Urbano, Regina and Brenda.

Brenda Spahr, Director of Kids at Work!



Prayer Concerns from Family and Friends

Ask and it will be given you...

- Elna Burns - Suffered a stroke. (Sister of Don Olson, member)
- ◆ Andrew Edwards - Doing dialysis a couple times a week until a kidney can be found. (member)
- ◆ Rex Olson - For healing as he deals with cancer. (relative of members, Don and Norma Olson)
- ◆ Ernie Olson - On-going therapy after his stroke. (member)
- ◆ Teri Briley - Cancer treatments. (daughter of Gloria and Richard Moore)
- ◆ Ron Anderson Jr.—Preparation for cancer treatment. (son of Ron Sr. & Mickey Anderson)
- ◆ London Colstan - tiny infant struggling with liver problems. (Friend of Morlan/Olson family)
- David Nange - Healing for regulation of blood pressure and headaches. (Council Member)
- The family of Claudia Rohm. Claudia went home to be with the Lord in mid-August.
- Julie Chytil's step father, Larry. Hospitalized. (Julie is the Director of the Faith in Action Program)

Pray for our Shut - ins and Nursing Home residents:

Harlan Morter

Mae Lane

Richard Moore

Thelma Harrahill - (In Kansas with her children)

Pray for wisdom for your Church Council here at Grace Church.

Pray for our new Vicar, Angela and her family, husband, Benhi and son, Konami, as they settle in here at Grace.

Pray for strength and spiritual wisdom for the leaders in the local church and the Nebraska Synod:

Pastor Laaker

Bishop David deFreese, Nebraska Synod

Bishop Mark Hanson, ELCA Bishop, United States

- ◆ Pray for the Sudanese community in general. Titus Duli, David Nange and Charles Tuw are the elders for the Sudanese Worshiping Community.
- Pray for Jadin Kora. Jadin Kora was born with a disabling birth injury to his arm and shoulder. In the last year and a half, several local doctors and specialists have tried to help Jadin gain use of his arm. The next step in the treatment of this young child is to see specialists at the Mayo Clinic in Rochester, Minnesota. Jadin has been accepted as a patient and will need to be at the clinic in mid-September. Funds will be needed to help the family with travel, lodging, food, and other expenses. A fundraiser is planned for September 6th here at Grace. More details are published in this newsletter.
- ◆ Remember John Ivo Mouto. John is working in several very dangerous locations in Africa.

Let's encourage each other as we see
God's hand in answering our prayers.

Do not pray for easy lives; pray to be stronger men. Do not pray for tasks equal to your powers; pray for powers equal to your tasks. Then the doing of your work shall be no miracle, but you shall be a miracle. Every day you shall wonder at yourself, at the richness of life which has come to you by the grace of God.

- Phillips Brooks



"Helping Hands"

Working Together in God's service

Pantry Needs



Project Hope

The Theme for September is
Toilet Paper, Paper Towels and Diapers

Project Hope always needs boxes of zip lock bags in quart or gallon size, soup, peanut butter, macaroni, pasta, rice, diapers, bathroom tissue and feminine hygiene items.

Please bring in your paper and plastic sacks.

Bring all items to the Church and place them on the pantry shelves in the Upper Fellowship Hall.

26th Annual Crop Walk 2008



October 12, 2008

1:30 p.m.

Starting from First Christian Church
6630 Dodge Street
Omaha, NE

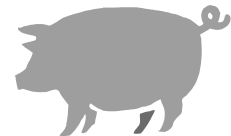
As a walker - The CROP walk is for the entire family from baby to grandparents. There are routes of 1, 2, and 5 miles. You choose how far to walk. Parents can push strollers or pull wagons. There are rest and water stops along the way and transportation back to the start if you need it.

As a Sponsor - Even if you cannot walk you can participate by sponsoring someone who can. Offer to sponsor a walker with a pledge per mile of a donation and make a real difference in meeting hunger needs at home and abroad. Crop Walk Sponsor Sheets will be available in the church office and at the back table in the sanctuary.

First Lutheran Church (31st and Jackson)

Pork and Sauerkraut Dinner

September 20, 2008



Bake Sale from 2:30 p.m.—6:30 p.m.

Quilt Raffle \$ 1.00 - Tickets available until 5:30 p.m. (Drawing at 6:00 p.m.)

Dinner from 4:00 p.m. – 6:00 p.m.

Adults—\$10.00 Children (4-12) \$4.00 Children under age 3 Free

Live music featuring First Lutheran Musicians

Proceeds will support First Lutheran Confirmation Camp and Memorabilia Display Cases.

Reservation Required—call 345-7606

Matching Thrivent Funds will apply.



Benefit Dinner Fundraiser for Jadin Kora

Saturday, September 6, 2008

5:00 p.m.—7:00 p.m.

Grace Lutheran Church

1326 South 26 Street

Omaha, NE 68105

Thrivent Matching Funds Will Apply

Games and silent auction for four handmade quilts from the quilters of Grace Lutheran Church and other items.

There is a rumor going around that Director of Kids At Work, Brenda Spahr, Sunday School Teacher, David Hufford and Council Vice President, Greg Hula might be sitting in the hot seat for the "Pie in the Face" game. Come and throw a plate of whipped cream at them! For a little more donation, you may be able to pass on the throw and go for a "smoosh" right in the kisser!

Jadin Kora is a one and a half year old child born with a debilitating birth injury to his arm and shoulder. Jadin's parents, Titus and Teresa, are Sudanese refugees. Titus is an elder and lay leader among the Mabaan tribe worshipping at Grace Lutheran Church.

After consulting with local specialists, Jadin will need to go to the Mayo Clinic in Rochester, Minnesota for surgery and therapy. The Duli family will need funds for travel, lodging and other expenses.

The Church will provide:
The Main Entrée - Fried Chicken or Hot Ham
Drinks
Paper Products.

The people of Grace Church are asked to bring potato salad and/or baked beans and a dessert to share with the guests being invited from other congregations. A sign up sheet is posted on the bulletin board to help volunteers to organize the food plans as well as who is willing to help set up, serve, lead games, and cleanup.

Wednesday Night Faith Quest Come Explore God's Word Free Activities for All Ages!



Grace Lutheran Church
1326 South 26 Street
341-7730

Each Wednesday Night
5:30 p.m. - 7:30 p.m.

(Free Light Supper at 5:30 p.m.)

First Story: Sibling Rivalry
"When Brothers Can't Get Along"

Bible Stories, Games,
Crafts, Drama, Music
Lots of fun for everyone

Confirmation Class

Calling All Youth Entering the
6th, 7th & 8th Grade!

Confirmation Orientation Class
With Pastor Laaker

September 7, 2008 During
Sunday School at 9:00 a.m. in the
Library.

Do you want

- ☼ to have a deeper, stronger faith?
- ☼ to know more about the Bible and what it teaches?
- ☼ to understand why we worship the way we do and what it means?
- ☼ to be connected to God and to your church in a closer meaningful way?

Youth 6th grade and older are invited to an orientation class to learn more about the Joint Confirmation Class with First Lutheran, Grace Lutheran & Cristo Rey each month.

Fall Family Festival

Camp Carol Joy Holling,
Ashland, NE



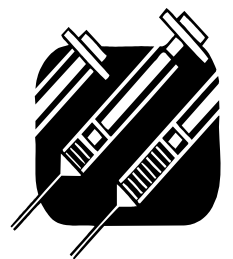
Sunday, September 21 2-6 p.m.
Free Fun for the Whole Family

Activities Include:

- ♥ Moon Walk
 - ♥ Hiking
 - ♥ Lake Front Activities (paddle boats, canoeing & fishing)
 - ♥ Face Painting
 - ♥ Hayrack Rides
 - ♥ And so much more!
- Sponsor—Thrivent Financial for Lutherans

Get Your Flu Shots!

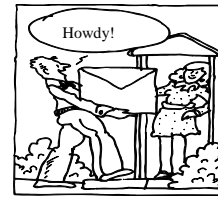
Grace Lutheran Church
1326 S. 26 St.



Election Day
November 4, 2008
4:00 p.m.—6:00 p.m.

Details on Cost
In the Next
Grace Messenger Newsletter

Community News



Columbus Park Neighborhood Association

September 18
7:00 p.m.
Grace Lutheran Church
1326 S 26 St.

**Membership dues are only
\$5.00 a year per household!**

CPNA
1326 S 26 Street
Omaha, NE 68105

Call 345-1700 for more information.



See You at the Pole

Wednesday Morning, September 24, 2008
7:00 a.m at your school's flagpole

See You at the Pole™ is all about prayer. It's about you coming together and laying aside all the labels and groups for one day, to simply connect with God in prayer and connect with fellow Christians in unity around the flag pole. Call your neighborhood school for more information.

Benson Plant Rescue

The Benson Plant Rescue will be conducting their annual sale of roses, perennials, trees, shrubs and house plants. In addition, *low* cost plants, free seeds and helpful advise is available from Dr. David Hibler Sr., Field Operations Director. All proceeds benefit the Children's Section of the Benson Branch Library.



Fall Sale Dates

Saturday—9:00 to Noon
September, 20, 27 and October 4
3103 North 50th

*East of Benson High,
Two Blocks north of Maple*



SUN Program

"Seniors Understanding Nature"
for ages 55+

Fontenelle Forest
111 N Bellevue Blvd.
Bellevue, NE 68005
September 2008 program
Tuesday, September 9

9:45 a.m.—11:00 a.m. in the Nature Center

Cost: \$4.00 per person
Topic: Ecohuts Revealed

*What's all this talk about "green living" and
having an "eco-Friendly house?"*

Speaker: Cammy Watkins
Omaha Sierra Club

Healthfair 2008

The Art of Caring for Your Health
Alegent Health Immanuel Med Center

6901 North 72 Street
Saturday, September 20

7:30 a.m.—11:30 a.m.

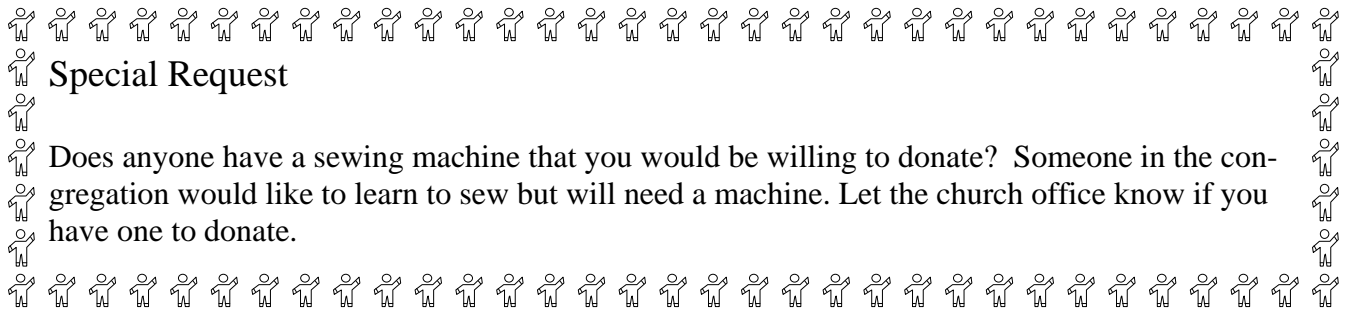
Various free or discounted screenings
will be offered.

*A list of screenings is posted
on the bulletin board or
call 1-800-253-4368.*

Pre-registration for
certain screenings encouraged.

News from the Families of Grace Lutheran Church

- ◇ Our sympathy is extended to the family of Claudia Rohm who passed away in early August. A memorial service is planned for a later date.
- ◇ Thanks to the folks who made the All-Church and Neighborhood Picnic with the Sudanese Church and Cristo Rey Church on August 10th such a success. Thanks to those who set up, served, provided food and helped with the cleanup. Over 100 people attended.
- ◇ The new Wednesday Night Faith Quest began on August 20th. Thanks to Greg and Janet Hula, and Mary Laaker for providing the food for the light supper during August. More volunteers will be needed in the coming months. If you would like to help, a sign-up sheet has been posted on the bulletin board.
- ◇ Thanks to Brenda Spahr and all the volunteers who participated in the Kids At Work program this summer. Your diligent work made the experience for the youth involved a positive impression on their young lives.
- ◇ Thanks to the men who faithfully did the yard work this summer: Jerry Van Ormer, Bob Moss and Ken Hilmer.



Special Request

Does anyone have a sewing machine that you would be willing to donate? Someone in the congregation would like to learn to sew but will need a machine. Let the church office know if you have one to donate.



**Annual Calendar Sale
Back By Popular Demand!
Supplies are limited!**

**Order your Calendars
\$5.00 Each**

**These make great
Christmas Gifts**

Once again, the Church Library Board will be selling calendars to raise funds for library events and supplies. The calendars will be available for sale starting in early October. If you would like to pre-order a 2009 calendar, an order sheet is posted on the bulletin board.



"When we build the new classrooms, let's install a less sensitive sprinkler system."

Living Well Classes from the Douglas County Health Department

Anyone is welcome to attend! (Hurry, Class Size Limited)

This is your special invitation to participate in the new Living Well workshop to be held this September. This workshop is for anyone with a heart condition, lung condition, diabetes, arthritis, any other ongoing chronic health problem or if you care for someone who has one or more of these conditions. If you can say **YES** to any of the following questions, then Living Well is really for you.

- Would you like to feel better and healthier?
- Do you have pain or feel tired and frustrated?
- Would you like to learn how to better manage the symptoms that trouble you most?
- Would you like to be able to do more of the things you enjoy?
- Would you like to be able to communicate better with your doctor?
- Would you like to learn from others who also have on-going health problems?

If you responded **YES** to any of the above ... please contact the Health Department at the number listed below. All 6 sessions are **FREE!!!**

What is the Living Well workshop? **Living Well**, developed by Stanford University, is funded by a grant received by the Nebraska Cardiovascular Health Program of the Nebraska Department of Health & Human Services. It is a 6-session, weekly interactive workshop that helps people who have on-going health problems learn how to take control of their health. You learn how to take small steps towards positive changes and healthier living. You build your confidence and your ability to manage your day-to-day life.

Living Well is powerful medicine. It is a prescription that is proven to work. In a recent study, people who took the workshop experienced ...

Less fatigue and more

A more active

Better communication with their doctors

Better health

Less time in the hospital

More confidence in their ability to take care of their health

The workshop deals with the issues that everyone living with an on-going health problem faces. **You learn how to:**

1. **Manage your medications**
2. **Deal with depression**
3. **Eat well**
4. **Control pain**
5. **Accomplish your goals**
6. **Fight fatigue and frustration**
7. **Start an exercise program**
8. **Manage stress and relax**
9. **Solve problems**
10. **Communicate better with your doctor, family and friends**

In the workshop, you learn from people who also have on-going health problems. The workshop leaders are people just like you who have been specially trained to lead the group. They understand the challenges of living with a long-term health problem and the issues you face. They have experience managing their health and using the skills you will learn.

The next workshop starts Thursday, September 18th and runs for 6 weeks ending on October 23rd. Sessions will be from 1:30 – 4:00 p.m. (location to be announced).

To find out more about Living Well and sign-up for the next workshop, please contact the Health Department Health Promotion section at 444-7475. If you have questions, please feel free to contact Julie or Patty at 444-7221 or 444-7146 or e-mail:

Julie.Chytil@douglascounty-ne.gov or Patty.Falcone@douglascounty-ne.gov



Contact Information

Virginia McGill
Director, (402) 660-6689
Gema Wolde
Gabriela Ortiz
Douglas County Health Department
Se habla español.

A Special Thank you to a Wonderful Interfaith Colleague

At the end of this month, one chapter in Interfaith's working relationship with Julie Chytil will come to a close since Julie will no longer be serving as Interfaith's Faith in Action Director. Julie has helped me with Interfaith's ministry and Latinas in Action program in ways to numerous to mention. Not only did she nominate our program for the National Award it received, she pioneered our Latinas in Action ministry, helping it get off the ground when it began four years ago. Were it not for Julie's organizational skills, level-headedness, and commitment to health promotion, I don't think the Latinas in Action or Interfaith's ministry would exist in the same fashion it does today.

While I could try to list Julie's many professional accomplishments and attributes, I hope that writing one story about her would be a more fitting thank you than all the adjectives in the world
And so....

A few months ago, Julie sat with me inside Grace Church during one of our regular meetings. Ostensibly, Julie wanted to ask my advice on the Faith in Action Program. While we were talking, as was always the case in our meetings, I also gathered some ideas for Latinas in Action from her. Julie went as far as suggesting that we have our first ever comprehensive Family Day to celebrate our Latinas in Action success and national recognition. She offered to organize the day for our participants and offered to fund-raise for its entire cost within the Junior League--tasks requiring a great deal of time, clout and energy!!! I asked Julie why she would go out on a limb in promoting something technically outside of her program responsibilities, knowing that her Faith in Action work kept her very busy as it was. Her response was simple. "I really like the ladies and families who take part in Latinas in Action. I am very passionate about the program. I want to help and it's the right thing to do."

For years, Julie has repeatedly done the "right thing" with enthusiasm and an attention to detail that is truly remarkable and almost non-existent in today's world. I have worked with hundreds of folks over the years and Julie stands out as the best colleague I have had the pleasure of "supervising". She has helped our participants, Gaby, Gema and me in many, many ways. Please join Interfaith in wishing Julie well and praying for her continued success and happiness. Please also pray that God will bless us with ways to continue working with her in the future. Mil Gracias, Julie. You will be deeply missed.

Virginia McGill, Director

**Leadership is the special quality which enables people
to stand up and pull the rest of us over the horizon.
James L. Fisher**



**FAITH
IN ACTION**

Faith In Action Program Ending August 31

Greetings and welcome fall! As summer is coming to a close so too is the *Faith in Action* of Interfaith Health Service program. We officially closed our office on August 31st, 2008. Seasons change and so do programs. Although the *Faith in Action* program served many seniors in our community over the past 2 ½ years and made many meaningful connections, sometimes programs must change. In these times in which prices for many daily living needs have increased the pool of funding is also shrinking for running some programs in our communities.

I feel something special drew me to this program and it has forever changed my life. My eyes were opened to the needs of older adults in our community and I am now an advocate for senior issues. Someday in the future I hope to work with seniors again.

I must thank all of you who have helped me with this program through your advice, input, and passion for helping those in need. I also appreciate how hard Blanca and Olga worked to help bring this program to the Hispanic community.

I hope we can all continue to help our neighbors. I know I am still going to continue to help with some of our seniors...I would miss them too much if I didn't! The mission of *Faith in Action* lives on in what we all do in our own churches and neighborhoods.

Thanks and Bless You!

Julie Chytil

**If you would like some resources to help you or members of your congregation continue the mission of *Faith in Action* in your own church, there is a packet of information available. You can contact Virginia McGill at 660-6689 to receive a copy.

Remember, A neighbor's independence depends on you!!

Several health issue flyers have been made available to the church. Copies of information from a series called Living Safely have been placed on the back table in the sanctuary.

Another organization, "Little Brothers: Friends of the Elderly" also offer some similar services that Faith In Action provided. For more information, pick up a brochure at the table or call (402) 884-6641. www.littlebrothers.org/omaha



The Seventh Dwarf

Sleepy, Sneezzy, Dopey, Doc, Happy, Bashful and...Grumpy

You may recognize these as the names of the Seven Dwarfs from the Disney Movie, "Snow White and the Seven Dwarfs." The funny little men became part of Snow White's life after she fled into the woods when her wicked stepmother, the Queen, attempted to have her killed.

Did you ever notice that the dwarfs have positive names...except one? Grumpy! (Sneezy is not negative. He's just got allergies!) Grumpy's never happy with anything and rarely misses a chance to complain about something. His face is always unpleasantly shaped in a grimace, lips turned down, arms crossed, with furrowed wrinkle across his forehead. Gloom and despair are his favorite subjects.

I was reading through several Psalms today. Guess what? I was feeling like the seventh dwarf...Grumpy. I was skeptical that I would find any Bible character that had the courage to write about being grumpy but I should have known better. My old pal, David. Whenever you find yourself in an emotional state, Psalms is an excellent place to turn to. David wrote down his honest thoughts, no matter how happy or angry he was!. I came across this passage:

"I said to myself, I'm going to quit complaining! I'll keep quiet, especially when the ungodly are around me. But as I stood there silently the turmoil within me grew to a bursting point. The more I mused, the hotter the fires inside. Then at last I spoke, and pled with God: Lord help me to realize how brief my time on earth will be. Help me to know that I am here for but a moment more....And so, Lord, my only hope is in you."
(Psalm 39:1-4, 7 - The Living Bible Paraphrase)

First, I loved the idea that David was grumpy too. Who wants to pout all alone?

Second, I liked David's response after his grumpy rage. "I'm gonna shut my mouth." What a great idea! I have told myself more than once when I begin to "vent" to just "zip it." It doesn't always work but it's nice to know that even several thousand years ago, another human, one who is revered in scripture had the same feelings.

Third, I liked his desire to keep the ungodly from seeing his anger. I don't know if David meant to "suffer in silence" or if his desire was to try to discipline himself so that his reputation and his testimony before his people wasn't damaged by his BIG mouth. I can relate to that, too!

Fourth, I liked that even when David tried to control his grumpy raging thoughts, they grew hotter. They got that way because it says he "mused" on them. Like a baby sucking on a bottle, the "milk of anger" just kept on coming. Why? Because David was trying to control those thoughts alone. Sheer will-power evidently won't fix this "stinkin thinkin."

Fifth and this is the best one, I liked that David found a solution to his grumpy complaining. He pled with God. He asked God to help him put it into perspective. "Hey, I'm only here on earth for a while so...why am I wasting precious time on the anger?" God is the only hope of quenching the fury, rectifying the situation and filling me with happiness again."

Being "Grumpy" is going to happen often but if I stop and turn it over to God, a victory over it is sure!

Pam Reents, Editor



In the midst of a society in which parents attack umpires at Little League baseball games while those in the stands cheer, I am inspired by and thankful for church people who model and encourage servanthood.

Our Nebraska Synod Youth Mission Trip to the Mississippi coast was a profound act of Christ's people responding to need and walking the way of the Cross. Foregoing comfort and convenience, they gave of themselves so that other lives might be better. They worked hard; sweated in the heat; and relished the community that was built. They were a strong example of God's people being God's people.

It is not just on mission trips, however. Daily, throughout our Nebraska Synod congregations and institutions, youth and adults strive to make a difference in the name of Jesus. By serving a funeral luncheon, responding to neighbors' needs, people seeing beyond their own interests for the good of others, and in countless other ways. After the media spotlight has dimmed ... after others have moved on to more recent attractions ... the church continues to care.

A special word of gratitude needs to be made to all the adult sponsors who gave of themselves, took vacation time, and rearranged schedules so that our youth could serve. To those on our synod-wide mission trip, I continue to be impressed by how they give of themselves so joyfully. Please make sure you thank those in your own congregations that helped these Christ-like endeavors happen.

I was taught at an early age that Christianity is more than taught. It is caught. Thank you to all who encourage following Jesus in self-less giving. Some of our young people on the synod trip were sent off with letters of encouragement that articulate the depth of purpose in our Christian serving. Let me simply share a couple of samples:

*When you read this note, you should be in Mississippi. How awesome it is that you have this opportunity to go down there and help others in need. God has blessed each of you with special gifts, and I know he has plans for your gifts to help on this trip in some special way yet to be revealed. Perhaps he'll use your sense of humor to help keep the mood light at the end of a long, hard day of work when many are tired and getting grouchy? Time will tell. You'll likely see some sights that remind you how lucky most of us are, living the life styles we do. We have a lot to be thankful for. Hanging out with fellow Christians is always fun, but even more rewarding when you joined a cause such as this to serve others. We live in a selfish society, and I'm proud of you and our other youth there that are spending part of their summer break "being the church", helping those less fortunate. "It is better to give than receive" and "The hours are long, and the work is hard, but the benefits are out of this world" are a couple quotes that come to mind. Work hard, and enjoy building and developing relationships as you serve God by serving others. I will be praying for you! God Bless You.

*It is God's mission to reach out to everyone in need. God is doing that through you and your friends in Mississippi. You are God's hands and feet. It's a big responsibility you have chosen to do and a privilege to participate with God in helping those less fortunate than you. I know you're looking forward to having fun this week and there will be lots of fun, but there will also be lots of hard work. You will be hot and tired. But stay encouraged knowing you are fulfilling God's mission to serve others! I'm proud of you! Stay connected with God.

In the midst of this selfish society, we need to model a difference. We need to inspire a difference. It is truly life-giving! Please be encouraged!

Blessings!
David L. deFreese, a child of God and Bishop

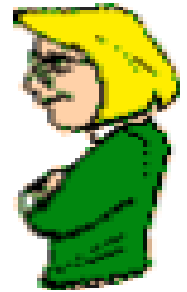


September Trivia

- ☼ has 30 days.
- ☼ 9th month of the year.
- ☼ named after the Latin word "Septi" or "Septem" which means "seven" because originally the calendar year started in March making September the 7th month. This was changed in the Roman calendar in 153 BC.
- ☼ Flower - Aster or Morning Glory.
- ☼ Birthstone - sapphire.

The Top 10 Signs That Its Time To Do The Laundry

- ◇ You're wearing your last pair of underwear in the shower consistently.
- ◇ You've worn your sheets to school because you can't get them off of you.
- ◇ Your socks act like a shirt does when its heavily starched and emit a serious funk.
- ◇ Your roommate walks around wearing a full body medical suit like they did in the movie "Outbreak" to avoid catching the Ebola virus.
- ◇ The Snuggle Bear on the softener bottle officially died last week.
- ◇ The DEA's drug sniffing dog is always coming by to sniff your laundry because the strong stench makes him think you have 28 tons of pot in your closet.
- ◇ Even after sewing 28 spring scented dryer sheets to the inside of your shirt, your friends still say you reek.
- ◇ The phrase "Wash Me" is visibly written in your jeans.
- ◇ Your red T-shirt is now green.
- ◇ The boss pulls you aside to remind you that your company's casual days does not include your college graduation gown and scuba diving fins.



"Why does Sea World have a seafood restaurant ? I'm halfway through my fish burger and I realize, Oh my God... I could be eating a slow learner."

Lynda Montgomery.

Sign on baby's bib:

SPIT HAPPENS.



Famous Last Words

- ◇ Don't worry it has airbags.
- ◇ Hey what's that buzzing noise?
- ◇ Don't worry its not that deep.
- ◇ Are you sure the power is off?
- ◇ I can pass this guy.
- ◇ My brakes are fine.
- ◇ Nice doggy.
- ◇ Pull the pin and count to what?

<http://www.goodquotes.com/>



Matthew, Chapter 16

WORD LIST

angel
bind
death
deny
done
exchange
fair
find
five
follow
forfeit
gate
glory
good
keys
kingdom
lake
red
reward
rock
save
sign
sky
soul

taste
test
truth

d t v a h l f d y r p q u
e x f t a k t c z p d p z
r x a o t q b s t v x r b
l e c o h k z f i n d b t
d e w h s b a s n s q e c
j y g a a i e k e y s k e
c x b s r n g y v t h g x
j o m m o d g n i k s p d
r v z d o p d e f b a a b
a r j o p t f d l r v u t
t a g k y r o l g o e o u
c m g s o u l n a c r l b
q u q f a t l z t k q b v
y e g y i h o y e b e x e
p r f b t d w b b u v p x

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A father was trying to teach his young son the evils of alcohol.

He put one worm in a glass of water and another worm in a glass of whiskey. The worm in the water lived, while the one in the whiskey curled up and died.

"All right, son," asked the father, "what does that show you?"

"Well, Dad, it shows that if you drink alcohol, you will not have worms."

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