

Friedens Ev. Lutheran Church
540 D Street
Lincoln, Nebraska 68502-1054

Office Phone: 402-476-3888
Fax Number: 402-438-5669

Website:

Friedens.org

Church email:

office@friedens.org

Forwarding Service Requested

Pastor Katherine (Kate) Woolf
pastorkate@friedens.org.

Billie Hansen, Secretary

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PASTOR’S PAGE...

In the past week or two it feels like fall has finally arrived! Cooler weather has greeted us, leaves are changing colors and falling off the trees, and an abundance of pumpkin decorations have sprung up everywhere. The crisp weather always makes me think of warm sweaters and blankets, apple cider, and time spent with family and friends. It ushers in a time busy with holiday activities and gatherings; a season of abundant (or overabundant!) food; a time when advertising does its best to convince you of all the gifts you need to buy; and, hopefully, a time set aside to give thanks.

Gratitude is an important practice, and one that is very good for us!

When we practice gratitude, our brains and attitudes change. We become more aware of the abundance around us and of all that is going well, even if much seems to be going badly. Our perspective undergoes a transformation.

Practicing gratitude means taking a moment (or several minutes) to focus solely on the things for which we give thanks in our lives. This pause, especially in the midst of a busy season, helps us to be mindful of what’s happening around us. It gives us a chance to really notice life as it is happening and to become aware of the positive things that we’re experiencing. By default, our brains are wired to focus on the negative things more than positive ones. These negative things stick out more in our memories and our thoughts so that we can avoid those experiences the next time. However, if we’re not careful, that can put a rather negative slant on everything. Practices of gratitude are like a reset. Over time they become habit and we notice the positive things more easily and more often.

A couple of good ways to practice gratitude are journaling and writing letters. Journaling can be as simple as making a list of three things that you’re thankful for at the end of each day. Try to be specific rather than listing the same general things day after day (e.g. “I’m grateful that my children helped clean up today.” Rather than, “I’m thankful for my family”). If you prefer, you can write more extensively in your journal about the things for which you are grateful.

An alternative (or additional) practice is writing letters of gratitude to others, once a week or so. These letters may be sent or not, as seems appropriate. However, the practice of writing them allows us to notice and express all the little things we experience from another person for which we are thankful.

We can also try to speak our gratitude and choosing to highlight the positive aspects of a situation.

You can even tweet or post things that you’re grateful for on social media. Some people find the accountability of this method helpful, choosing to write one thing each day in November, for example.

Whatever form you choose, a practice of gratitude accompanied by a prayer of thanksgiving to God, helps to transform our perspective. We are able to see the abundance and blessing of God in our lives and the world around us. It helps us to move beyond feelings of scarcity and loss. They help us to envision a future with possibility and promise, even if in the present moment, those things seem far off. So, this holiday season, I invite you to adopt a practice of gratitude. Choose method, or come up with your own, and set aside a little time each day to pause, notice, and give thanks! As we go, we can encourage one another to be faithful in our practice. At the end of season we can share how our practices have shaped us and our relationship with God.

ORDER FORM

POINSETTIAS

\$8.00 each

Please order _____ Poinsettias for me. I am giving it/them:

_____ In memory of _____

_____ In honor of _____

_____ In celebration of _____

Ordered by: _____ Phone: _____

_____I will take the plant(s) with me. _____Please deliver the plant(s) to shut-ins.

Orders are to be into the church office by Dec 4th.
Please attach/enclose a check or cash for each Poinsettia ordered.
Or call church office @ 402-476-3888

PRAYER CHAIN...



The Prayer Chain at Friedens a vital part of the ministry we do. Caring for others in general, but especially for those in our church family, is what we are called to do. You are needed. Please call Maxine Pfrimmer (402-464-3024) and tell her you would love to be part of the prayer chain.

Thank you to all...

for the cards, calls and prayers for Greg and I. I went back to work in Oct. Greg continues to be non weight bearing on his left foot for at least 8 more weeks. Thanks again, Fran & Greg Zessin

Second Sunday Jazz

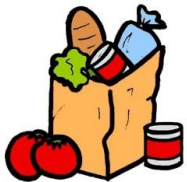
Join us on November 12th at 9:30 am to enjoy coffee, cookies, fellowship and jazz piano; played by our very own Anne Melang-Thoren. It'll be a great way to ease into your morning! Then stick around for meaningful worship afterward and re-energize for the week ahead!



Pantry Needs...

Lutheran Food Pantry's "wish list" include:

- Breakfast cereals
- Instant oatmeal packets
- Breakfast bars, Canned chicken
- Canned peas, Macaroni and cheese
- Jelly, Peanut butter
- Fruit juice, Saltine crackers
- Any shelf stable food items
- Personal care items (toilet paper, shampoo, bath/bar soap, lotion - even the sample size items)
- Money donations are always appreciated.



DECEMBER WORSHIP

LEADERS

Altar Guild

Kathy Holland & Jodi Urban

Head Usher

Gary Hardt

Communion Assistant

3 — Fran Zessin

17 — Carolyn Hogg

31 — Karen S cribner

Lectors

3 — Joyce Boerger

10 — Linda Dreith

17 — Sue Busker

24 — Maxine Pfrimmer

31 — Carolyn Hogg

Greeters

3 — JoAnne Ninneman & Jimmy Oltmer

6 — Rempe Family

10 — Deb Marr & Neoma Jones

13 — Linda Dreith & Carol Boellstorff

17 — Bob & Carolyn Hogg

24 — Maxine Pfrimmer & Deb Marr

31 — Linda Dreith & Carol Boellstorff



Has your Email changed? If so, please let the office know by sending an email to ...
Office@friedens.org



NOVEMBER Birthdays
and Anniversaries

- (01) Bonnie Zweerink
- (02) Rick Holland
- (03) Brad & Elizabeth King (38 Yrs)
- (04) Marian Ripenburg
- (06) Charlotte Hogg
- (07) Frances Zessin
- (14) Scott & Linda Dreith (32 Yrs)
- (16) Dorothy Petersen
- (19) Sharon Trout
- (19) Greg & Kim Neemann (41 Yrs)
- (21) Jeremy Erickson
- (21) Adam Vollenweider
- (23) Gisela Niebuhr

Celebrate!
Celebrate!

NOVEMBER WORSHIP

2017 LEADERS

Altar Guild

Nancy Borrell & Jane Cosier

Head Usher

Gary Hardt

Communion Assistant

- 5 — Karen Scribner
- 19 — Becky Roberts
- 22 — Peggy Russell
- 26 — Maxine Pfrimmer

Lectors

- 5 — Sue Busker
- 12 — Carolyn Hogg
- 19 — Linda Dreith
- 22 — Kathy Holland
- 26 — Maxine Pfrimmer

Greeters

- 5 — James & Kris Plucknett
- 12 — Steve & Peggy Russell
- 19 — Amy Rezny & Joyce Boerger
- 22 — Irene Newhouse & Maria Kildua
- 26 — Nancy Borrell & Jane Cosier



In Our Thoughts and Prayers...Please let the church office know if there has been a birth, baptism, marriage or death in your family that you would like to share. Let us know if someone is hospitalized or needs our prayers. With your permission, this request will be added to the list of Prayer Concerns in the Sunday bulletin. If you would like immediate prayers for the individual, the office will initiate the Prayer Chain.

HIPPA regulations do not allow a hospital to notify the church if someone in our congregation is hospitalized. Please call the church office with this information at 402-476-3888 or email at office@friedens.org. You can also call the Pastor @ (316)371-0803, in case of an emergency.



Prayers....

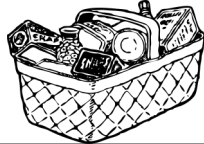
Dorothy Petersen
Brad Magnuson
Jane Swann
Gary Overfiled
Mary Everett
Megan McNamara
Dwayne Greenwalt
Verlene Owens

Joyce Boerger
Larrie Schmidt
Nick Busker (grandson of Sue & Dick Busker)
Bill Kammerer (Uncle of KC Melang-Thoren)
Zach Miller (friend of Pastor Kate's)
Greg Zessin
Dean & Angie (Scott Dreith's Brother)
Don Byers (Lori Schwan's Dad)



Thanksgiving Food Baskets

A special door offering will be taken at Sunday Worship November 19th to help purchase food baskets for Friedens members in need. You may help with this project any time in November by sending your donation to the Church Office, designated for "Thanksgiving Food Baskets."



Hanging of the Greens

Come join us as we decorate the sanctuary and fellowship hall for the Advent/Christmas season. Many hands make light work and there's something that people of most ages and abilities can help with. So, come hang out, get in "the Christmas spirit", and listen to some Christmas music (the only time you'll hear it in church until the end of Advent ;)) **December 2nd at 10:00 am.**

Thanksgiving Service

Per our tradition at Friedens we will gather on Wednesday evening before Thanksgiving to pray, give thanks to God for our many blessings, and break bread together in the Lord's Supper. This service will be a bit more interactive than our Sunday morning worship and will include an interactive offering. You are encouraged to bring your Time and Talent sheets. You are also encouraged to bring one or more perishable food items to donate to the Food Pantry. Following the service we will have our customary Pie Social. For this each person is invited to bring two pies. Some of the pies are put out for folks to enjoy with coffee and conversation. The remaining pies will be taken to the People's City Mission for them to enjoy with their Thanksgiving Meal. These donated pies are always greatly appreciated. **We look forward to seeing you on the 22rd of November at 7pm.**

NOVEMBER Opportunities to Grow in Faith

Thursday morning Bible Study — 10:00 — 11:00 at Friedens (Annex)

Women of the ELCA Bible Study — 4:30 — 5:30 at Van Dorn Villa, the first Tue. of each month

The adult forum Sunday @ 9:30 continues to have lively discussion around Luther's small catechism. **Come join us!**



An Open Letter To All Members of Friedens Lutheran Church:

On July 9th, 2017, we celebrated the 110 year anniversary of Friedens Lutheran Church. As a 3rd generation member of this congregation, and with grandchildren who are 5th generation member of Friedens, I am very interested in doing what I can to insure that Friedens Lutheran Church will be around for generations to come. Having grown up in this church, and watching my grandson in the Youth Choir, I would like to see all of our current members help Friedens get through this particular point in our history. There are a lot of challenges for us, but I believe that if all of you want Friedens Lutheran Church to continue in its ministry, it will. To do that will require help from all of you, every member, to get Friedens through the difficulties that we are facing right now. Here are a few ideas of how you can help:

- (1) Come to Worship Service. Come regularly.
- (2) Invite a friend or co-worker to come. Most people join because of personal invitation.
- (3) Invite a former member back to Worship Service.
- (4) If you do come regularly, call a member that you haven't seen in church for a while and invite them to start coming again.
- (5) Call an older member of Friedens that you haven't seen in church for a while and ask them if they need a ride.
- (6) Give more, if you are able to.
- (7) Offer to volunteer where needed. The more volunteers we have, the more we can get done and the easier it is for everyone.
- (8) Be active in the church.
- (9) Come to Worship Service. Come regularly.

There are things that we can all do, to help Friedens Lutheran Church through this time of challenge. If you want Friedens Lutheran Church to be around for future generations, it will take your help. But with your help, with everyone's help, Friedens Lutheran Church can make it through these challenges and continue in ministry for generations to come. Please help.

Gary Hardt



When we give freely.....

We are able to be a part of God’s Kingdom work at Friedens, in Lincoln and around the world. We serve an incredibly generous God and count it a privilege to give back to God what has been generously given to us.

Year To Date Report: September 30, 2017

Receipts \$ 84,269.18
Disbursements \$ 102,826.33

Friedens 110th ANNIVERSARY FUNDRAISING

Friedens celebrated its 110th Year Anniversary on July 9th, We had a special service that day, followed by a lunch.

As part of our anniversary, we’re doing several things to help raise funds and to celebrate! As you may be aware, Friedens is in the midst of financial challenges and any money we can raise will help to meet those challenges.

We will continue these efforts for the rest of 2017.

- (1) 110 Year Anniversary Commemorative items (order sheet is attached).
- (2) Confirmation class pictures going back to 1907 are available to order, at just \$7.50 per picture. If you would like a picture of your confirmation class, your parents class, your grandparents’ class or any other class photo they are available to order. Contact the church office. (see below)
- (3) Donate toward our anniversary goal of retiring the debt from the 100th Year renovation loan. Progress has been good. The building renovation was nearly \$300,000 and 10 years later we have it paid down to a little under \$20,000. If we can get that paid off, it would eliminate \$400 a month in bills. If you donate \$100 towards the pay off of the renovation fund debt, we will have a plaque made with the name of your choice, in memory or honor of a person or family. All plaques will be erected together, depending upon the number, somewhere inside or outside of the church building.(see enclosed order form to donate)

Thanks to all who have contributed so far!

If you have any questions please contact the church office at 402-476-3888 or office@friedens.org, or e-mail Gary Hardt at ghardt7@yahoo.com.

The Scrip program’s motto is “turn everyday shopping into fundraising”.

Purchasing gift cards is a painless way to raise dollars that come back to Friedens! This is how it works, you purchase gift cards for use when you buy groceries, eat out, or shop at department or “big box” stores. You pay face value for the card, just as you would if you were buying the card at the store, but with Scrip, the business donates 3 – 18% back to the purchasing organization (Friedens). Currently, funds raised through this program are designated to debt retirement of our renovation loan. The most popular cards that are purchased regularly by Friedens members are cards for Super Saver, HyVee, Don & Millies, Amigos, Runza and Amazon.com.

As you make plans for Christmas gifts, consider buying your gift cards through the Scrip program. In November, orders will be taken the second Sunday (Nov. 12th) and delivered the following Sunday. During December Scrip orders will be taken the first and second Sundays and the cards delivered to you December 10th and 17th.

If you are not familiar with the Scrip program talk to Kathy Holland, Maxine Pfrimmer, Kathy Rempe or Fran Zessin. Pick up an order form, found in the entry way of the church, to see the long list of cards available.