

GREETERS SCHEDULE

Nov. 3	7:45	Gordon & Justine Port
	10:30	Jerry & Diane Fricken
Nov. 10	7:45	Guy & Sue Repp
	10:30	Al & Sue Cederholm
Nov. 17	7:45	Travis & Brindah Birkholz
	10:30	DuWayne & Marilyn Zamzow
Nov. 24	7:45	Travis & Brindah Birkholz
	10:30	Jerry & Diane Fricken

Nov. 1-15		Nov. 16-30
Sue Repp		Deb Deere
Mary Scheidt		Lara Birkholz



Nov. 27	Thanksgiving	6:30pm
Nov. 28	Thanksgiving	9:00am
Dec. 11	Christ Child Concert	6:30pm
Dec. 19	WLA Christmas Concert	7:00pm
Dec. 20	WLA Christmas Concert	1:00pm
Dec. 22	4th Sunday of Advent	7:45am
	Sunday School Christmas	10:30am
Dec. 22	SPLS Christmas Concert	4:30 & 6:30pm
Dec. 24	Christmas Eve	3:30 & 6:30pm
Dec. 25	Christmas Festival	9:00am
Dec. 31	New Year's Eve	3:30 & 6:30pm

Cleaning Schedule

Week of:	
Nov. 3	Jane Fell
Nov. 10	Rick Beekman
Nov. 17	Lynn Vermeulen
Nov. 24	Terry Reynolds



Please call Gregg at
923 - 1583
to become a member of
the "cleaning team".

October Membership Matters

Requests for Transfer Out:

- Margaret Schwark to Divine Word, Plover
- David, Karissa, & Kameron* Richardson to Trinity, Dundee
- Ryan Orvis to St. Mark, Green Bay
- Brian, Alysa, Ada*, June* Balfour to Mount Calvary, Waukesha
- Jake, Becky, Reed*, and Reese* Gellings to Redeemer, Fond du Lac
- Talia Aird to Grace in Falls Church, Virginia

Funerals:

Sharon Treptow Marian Jeffers

Affirmations of Faith:

William, Sarah, Grace*, Evelyn*, and Coulson* Atchison

Removed (Unable to Serve):

Eric Loudon
Michael Schumacher
Angela Dreher

Request for Release:

Marjorie Anheuser



ST. PETER'S

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November
2019

The Day of Great Thanksgiving

Abraham Lincoln's Thanksgiving Proclamation of 1863 begins with the words, *"It is the duty of nations as well as of men to own their dependence upon the overruling power of God; to confess their sins and transgressions in humble sorrow, yet with assured hope that genuine repentance will lead to mercy and pardon; and to recognize the sublime truth, announced in the Holy Scriptures and proven by all history, that those nations are blessed whose God is the Lord."*

The two things Abraham Lincoln acknowledged in this opening was; 1) Man is totally dependent upon God for life and salvation, and 2) God is the continual provider of all blessings to mankind.

As Christians we are daily humbled by the Lord's goodness to us. Our God is the continual provider of house and home, food and drink, clothing and shoes, spouse and children, our life and health. He blesses us with the ability to work and provide a means of income. He blesses us with emotions to love and feel joy. He blesses us with friends for support and companionship. He blesses us with medical advancements, new technologies, and higher learning. He blesses us with freedom in our country, and a government to keep peace and order in our communities. He blesses us with the beauty of creation; the warmth of Summer, the beauty of the Fall colors, the wonder of snowy Winter, and the budding life of Spring.

Who are we, that we should deserve all these blessings from the Lord? Who are we, that we should deserve any blessing from the Lord? It's

not that we have earned or deserved any of them, but rather our God freely gives them to us because he is our good and merciful Father in heaven. And the purpose for which God gives them to us is that we might recognize from whom all these blessings flow and lead us to a life of thanksgiving and praise. *"Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name."* (Psalm 100:4)



It is a thanksgiving that comes from knowing who our God is. He is the God of our salvation. A God who reveals himself to us in the Scriptures as the Savior God, whose majesty and love was displayed in Jesus Christ his Son. The greatest blessings we have are not the earthly ones but the spiritual

ones. We have the forgiveness of sins through the shedding of Jesus' blood. We have peace with God as Jesus gave his life as the ransom for our soul. We have the certainty of eternal life as Jesus arose from the dead and conquered death. We are God's children washed in the saving waters of baptism, and held in faith by the power of his Word and promises. *"Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe."* (Hebrews 12:28)

This Thanksgiving as we are reminded of all the blessings we have in life, let us be reminded from whom all these blessings flow, and the greater spiritual blessings of salvation that he has given us in Christ. Let us this thanksgiving, to be thankful, and may we be lead to a life of forever praise.

NURSES POINT OF INTEREST

SLEEP APNEA

Here is some quick info on sleep apnea. This is a serious problem. It is **Not** an easy problem to deal with but with persistence and patience it can be handled.

Sleep Apnea Is Just Snoring—Myth. Snoring can be a symptom of the sleep disorder, but there's a big difference between the two. People with the condition stop breathing up to 400 times throughout the night. These pauses last 10 to 30 seconds, and they're usually followed by a snort when breathing starts again. This breaks your sleep cycle and can leave you tired during the day.

Sleep Apnea Is No Big Deal—Myth. All those breaks in sleep take a toll on your body and mind. When the condition goes untreated, it's been linked to job-related injuries, car accidents, heart attacks, and strokes.

It Blocks Your Breathing—Fact. The most common type of the disorder is obstructive sleep apnea, or OSA. It happens when your tongue, tonsils, or other tissues in the back of the throat block your airway. When you try to breathe in, the air can't get through. Central sleep apnea is less common than OSA. It means the brain doesn't always signal the body to breathe when it should.

Only Older People Get It—Myth. Doctors estimate that more than 18 million Americans have sleep apnea. It's more common after age 40, but it can affect people of all ages. You're more likely to have the condition if you're overweight, a man, African-American, or Latino. The disorder also tends to run in families.

Alcohol Will Help You Sleep—Myth. A nightcap may make you drowsy, but it won't help you get the quality rest you need. Alcohol relaxes the muscles in the back of your throat. That makes it easier for the airway to become blocked in people with sleep apnea. Sleeping pills have the same effect.

Sleep Apnea Is Rare in Kids—Myth. OSA is common in children, affecting as many as 1 in 10. In most cases, the symptoms are mild, and the child eventually out-

grows it. But some may start to have behavior troubles or serious medical problems because of it.

Losing Weight Can Help—Fact. You can make sleep apnea symptoms better when you shed even a small percentage of your body weight. If you're carrying around extra pounds, talk to your doctor about starting a weight loss program. It also helps to quit smoking, so ask about treatments that can help.

Lying on Your Side Can Help—Fact. If you sleep on your back, gravity can pull the tissues in the throat down, where they're more likely to block your airway. Sleep on your side instead to open your throat. Certain pillows can help keep you on your side. Some people even go to bed in shirts with tennis balls sewn onto the back.

A Mouthpiece Might Work, Too—Fact. A dentist or orthodontist can fit you with a mouthpiece or oral appliance to ease mild sleep apnea. The device is custom-made for you, and it adjusts the position of your lower jaw and tongue. You put it in at bedtime to help keep your airway open while you sleep.

CPAP Is an Effective Treatment—Fact. It stands for continuous positive airway pressure. A CPAP machine blows a steady stream of air into your airway. You can adjust the flow until it's strong enough to keep your airway open while you sleep. It's the most common treatment for adults with moderate to severe OSA.

Surgery Is the Surest Way to Fix Apnea—Myth. For some people, an operation may be able to cure OSA. A good example is a child with large tonsils that block her airway. Doctors can remove the tonsils to solve the problem. Some adults can improve their symptoms with surgery to shrink or stiffen floppy tissues. But that's not a good choice for everyone. Talk to your doctor about the pros and cons of an operation before you go that route.

Above information obtained from [WEBMD](#) Reviewed by [Melinda Ratini, DO, MS](#) on May 08, 2018

