



Fredsville Lutheran Church

November 2023 Newsletter

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Please Remember Them in Your Prayers

Dan Petersen - Undergoing treatment for lymphoma.

Leona Pruisner - For health concerns.

Tim Morgan - Meridith Sandlin's brother who is battling cancer.

Carol Watson - Has on-going health concerns.

Marcia Andersen - Undergoing cancer treatment.

Scott Willert - (Stone mason who worked on Time Capsule) - Diagnosed with cancer of the esophagus.

Paul Weiss - Sue Green's father who is recuperating at Parkview.

These names were received by the church from the individual or their family and have consented to have their names released to the Fredsville congregation.

Please do not hesitate to contact the church office (319-989-2065) to be included in our weekly prayers or contact Pastor Lee.

Birthdays

Matthew Swinton- 1

Duane Hamilton- 3

Olivia Verhulst- 3

Josey Syhlman- 4

Karly Yearous- 6

Dylan Ohrt- 7

Dennis Koch- 8

Shayden Loger- 10

Sandra Christensen- 16

Linda Kuhn- 20

Jarrood Bakker- 21

Justin Brekke- 21

Izabella Adams- 23

Dustin Heide- 23

Donna Bruhn- 24

Jim Marx- 24

Richard Juhl- 26

James Boike- 27

Mike Cain- 28

Anniversaries

Pastor Lee & Pastor Dena Gable- 1

Keene & LuAnn Petersen- 13

Jeremy & Christa Lotts- 23

Jeffrey & Meridith Sandlin- 29

Thank You Note

Hi I would like to convey my appreciation for the donations that we enjoy, thank you for your kindness and generosity.

-Gina

(I love the winter coat it is warm.)

Thanks for the soup mixes and sweatshirts.

-Jan and Donnitta

ALL OF THE DONATIONS TO THE ONGOING MINISTRIES WE PROVIDE HAVE BEEN GREATLY APPRECIATED THIS FALL SEASON. THANK YOU SO MUCH FOR YOUR CONTINUED LOVE AND SUPPORT TO OUR NEIGHBORS.



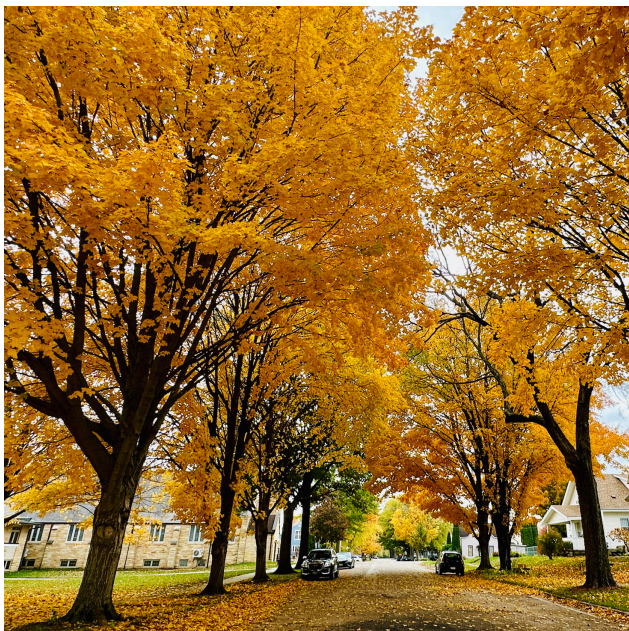
Pastoral Pondering ... Remembering

Recently I took a trip down memory lane. I was stopped in my tracks by a game. There on a store shelf was Classic Yatzee. The blue and yellow box I knew well because I played that game so much with my Grandmother. That box with the well-worn corners that was in the hall closet. I remember years of fun. I can even remember the last game we played with that box. Grandma and I sat at the table together, as I re-taught her how to play the game, she taught me years before. Seeing that game box transported my heart to fun memories decades ago, bringing it all to the present moment.

That is what Remembering does for us, it draws together past and present. Memories are powerful, gateways to the heart. Remembering pulls together things and people that we feel separated from and draws us together in the moment. Memories can be triggered by our senses. The smell of fresh cut grass transports us to summers past or glory days on the sports fields of youth. The taste of a recipe that has been handed down for generations. The sound of music that brings with it notes of people and places. The leaves of fall carry my heart places I want to hold on to that are dear to me.

Remembering is a spiritual practice. Each time we gather we are part of a communal remembering. Liturgy, scriptures, songs, prayers, communion, all of these have been passed down generation to generation in faithful remembering. Jesus tells us, "Do this in Remembrance of me" The Holy Spirit draws us together with the past, present, and future. This is the last supper, the true presence of Christ here and now. This is the Resurrection feast of the Kingdom for which we pray, All Together in one place.

The month of November gives us multiple opportunities to practice Remembrance. Our Thanksgiving gatherings offer time to share stories and make memories together around food and family. On All Saints Sunday, we name aloud those who have died, we light candles and bring pictures to remember we are surrounded in a great cloud of witnesses. We remember the promises of Baptism and Resurrection, that draw together heaven and earth. We also have November 11, Veterans Day, that is known worldwide as Armistice Day or



Remembrance Day. A time set aside to remember the end of world war and to call for world peace. On the 11th Day of the 11th month, at the 11th hour, many around the world ring bells to call for peace.

I hope that you will have opportunities to travel down memory lane, to remember the life and love that has been shared with you in the past, while you make memories today that will be held close in the future. Thy Kingdom Come.

May the Peace of Christ be with you always...

Pastor Lee

Photo taken by Pastor Lee in Clarksville.

A request was made to rerun the Q & A on the Sterilaser machine that kills the COVID germs that Custodian Angie Wibben uses every week.

STERILASER - THE COVID GERM KILLER MACHINE

by Sue Green

updated by Whitney Howe October 2023

While the COVID Pandemic is over, our caution for COVID and other airborne germs continues.

Q: What is a Sterilaser?

A: A Sterilaser is a machine that uses germicidal ultraviolet UVC rays that kill over 99% of all harmful bacteria, fungi and viruses (including influenza and the Covid-19). It kills these germs both in the air or on surfaces.

Q: Is using a Sterilaser safe?

A: Yes! The Sterilaser units are very safe to use if you follow the instructions. If you were to remain in the room, the direct exposure of skin and eyes to UVC radiation may cause eye injury and burn-like skin reaction. However, the directions specifically state: "For use in UNOCCUPIED AREAS only. Under no circumstances should this unit be permitted to operate with humans, plants or animals present in the operation area."



Q: Does the Sterilaser cause cancer? Does it cause female reproductive problems?

A: I called the headquarters for the Sterilaser company and visited with Mark Bunting, VP of Sales, to get the answers to these two questions. Mr. Bunting has never heard of anyone having getting cancer or having female reproductive problems from the Sterilaser machine being used.

Q: How does UV work?

A: The light is absorbed by the DNA of microorganisms, causing changes in their structure, rendering the microorganisms incapable of replicating. A cell that can't reproduce is considered dead; since it is unable to multiply to infectious numbers with a host.

Cities use UV light to disinfect the water that their citizens drink. Meat packing plants use UV light to disinfect the meat. Dentist offices use UV light to disinfect the tools that they use. UV light is also used when people have their nails done. Using UV light to disinfect is a widely accepted technology.

Q: What are the instructions for using the Sterilaser?

- A:
- 1) Post signs at all access points of the area to be treated to ensure that all persons in the facility are made aware that the Sterilaser machine is going to be in use.
 - 2) Determine the required treatment time by using the Treatment Time Chart. The treatment time for most spaces will be less than 5 minutes.

- 3) Plug the Sterilaser machine in.
- 4) Program the timer for the time needed to leave the room and then for the amount of time to treat the room.
- 5) Take the remote control and leave the room.
- 6) Once the programmed time has elapsed, it is safe to re-enter the room.

continued on next page

Q: Who will be using the Sterilaser? Who taught them how to use the machine?

A: Custodian Angie Wibben, Secretary Whitney Howe and Pastor Lee R. Gable are the only three that have permission to use this machine. The directions that came with the machine are very clear and easy to understand.

Q: What is the "safety protocol" for making sure that no one else has access to using the machine?

A: The machine will only work if it is programmed using the remote control. The remote control will be kept in a locked area. We absolutely do not want anyone trying to use this machine on their own.

Q: How do you know that the Sterilaser machine worked?

A: You have to trust the science. Just like you have to trust that the soap you use to wash your hands is killing the germs, you need to trust that the Sterilaser is killing the germs. Sterilaser machines have been made and used since 2008.

Q: How did the Church Council hear about the Sterilaser machine?

A: The Dike - New Hartford School District uses one in their buildings. Also, every school building in the Cedar Falls School District has a Sterilaser that is used every night in all of their classrooms.

Q: What other types of places use a Sterilaser machine?

A: Besides school districts all over the United States, the NCAA used Sterilaser machines at their Finals in St. Louis last Spring. The West Point Academy and the Navy Seals Training Centers use Sterilaser machines. Also, many health and fitness facilities use Sterilasers.

Q: What was the cost of the Sterilaser machine? Where did the money come from?

A: The cost was \$2645 plus shipping and the cost of 4 replacement bulbs. Half of the money came from the Endowment Fund and half came from the general fund.

Q: Why did the Church Council decide to spend this much money for a Sterilaser machine?

A: The COVID is not disappearing like we all hoped that it would. With using a Sterilaser, we can use the church more often with the assurance that the air and the surfaces are free from the COVID germs. Scientists found that SARS-CoV-2, the virus that causes COVID-19, can be detected in aerosols for up to three hours and on plastic and stainless steel surfaces for up to three days. By using the Sterilaser machine between events, a funeral luncheon can be held in the fellowship hall on a Wednesday, confirmation classes could be held in that same space that night and then the next morning, the quilting ladies could meet there too.

Q: What does the Sterilaser look like?

A: It is a machine that is 4'4" tall and 14" in diameter. There are 8 vertical bulbs. It is white and has a "clean look" to it. The machine is on rollers, making it easy to move from room to room.

Q: The Sterilaser looks somewhat like a mosquito/fly zapping machine. Do they use the same technology?

A: They use completely different technology. Do not compare the Sterilaser machine to a mosquito/fly zapping machine.

Worship Readings, Prayers, and Introductions from SundayandSeasons.com

Sunday, November 5- All Saints Sunday

White

All Saints celebrates the baptized people of God, living and dead, who are the body of Christ. As November heralds the dying of the landscape in many northern regions, the readings and liturgy call us to remember all who have died in Christ and whose baptism is complete. At the Lord's table we gather with the faithful of every time and place, trusting that the promises of God will be fulfilled and that all tears will be wiped away in the new Jerusalem.

Prayer of the Day

Almighty God, you have knit your people together in one communion in the mystical body of your Son, Jesus Christ our Lord. Grant us grace to follow your blessed saints in lives of faith and commitment, and to know the inexpressible joys you have prepared for those who love you, through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

- **Revelation 7:9-17-** The multitudes of heaven worship the Lamb
- **Psalms 34:1-10, 22-** Fear the Lord, you saints of the Lord; for those who fear the Lord lack nothing. (Ps. 34:9)
- **1 John 3:1-3-** We are God's children
- **Matthew 5:1-12-** Blessed are the poor in spirit

Sunday, November 12- Season After Pentecost

Green

Today the prophet Amos calls for justice to roll down like waters. Paul urges us to encourage one another with the promised coming of the Lord. Jesus tells the parable of the wise and foolish bridesmaids. Surrounded by the faithful of every time and place, we celebrate Christ's coming in our midst in the word of life and the feast of victory—the marriage feast of the lamb.

Prayer of the Day

O God of justice and love, you illumine our way through life with the words of your Son. Give us the light we need, and awaken us to the needs of others, through Jesus Christ, our Savior and Lord.

Amen.

- **Amos 5:18-24-** Let justice roll down like waters
- **Psalms 70-** You are my helper and my deliverer; O Lord, do not tarry.
(Ps. 70:5)
- **1 Thessalonians 4:13-18-** The promise of the resurrection
- **Matthew 25:1-13-** The story of the wise and foolish bridesmaids

Sunday, November 19- Season After Pentecost

Green

Our readings during November speak of the end times. Zephaniah proclaims that the coming day of the Lord will be filled with wrath and distress. Paul says it will come like a thief in the night and urges us to be awake and sober. Jesus tells the parable of the talents, calling us to use our gifts, while we still have time, for the greater and common good. In a world filled with violence and despair, we gather around signs of hope—word, water, bread, and wine—eager to welcome the good news of Christ’s coming among us.

Prayer of the Day

Righteous God, our merciful master, you own the earth and all its peoples, and you give us all that we have. Inspire us to serve you with justice and wisdom, and prepare us for the joy of the day of your coming, through Jesus Christ, our Savior and Lord.
Amen.

- **Zephaniah-** The day of the Lord
- **Psalms 90:1-8, 12-** So teach us to number our days that we may apply our hearts to wisdom. (Ps. 90:12)
- **1 Thessalonians 5:1-11-** Be alert for the day of the Lord
- **Matthew 25:14- 30-** The story of the slaves entrusted with talents

Sunday, November 26- Christ the King

White

On this final Sunday of the church year our gospel is Jesus’ great story of judgment. In the end, the faithful are those who served Christ by ministering to those who are poor, hungry, naked, sick, or estranged. In the first reading God is the shepherd who seeks the lost, weak, and injured and feeds them with justice. We gather this day to celebrate the reign of Christ and his victory over death, yet we await the consummation of all things yet to come. Acknowledging Christ as our merciful ruler, we go forth that his reign may be known in our loving words and deeds.

Prayer of the Day

O God of power and might, your Son shows us the way of service, and in him we inherit the riches of your grace. Give us the wisdom to know what is right and the strength to serve the world you have made, through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

- **Ezekiel- 34:11-16, 20-24-** God will shepherd Israel
- **Psalms 95:1-7a-** We are the people of God's pasture and the sheep of God's hand. (Ps. 95:7)
- **Ephesians 1:15-23-** The reign of Christ
- **Matthew 25:31-46-** The coming of the Son of Man; the separation of sheep and goats

Thank You Note

Dear Pastor Lee and Fredsville Congregation,

I would just like to extend a big THANK YOU for members of your congregation providing meals for our teachers during our recent parent-teacher conferences. Through thoughtful gestures such as this, our staff feels the care and support from our community at DNH. We appreciate this tremendously!

#RollBlue

-Travis Druvenga
(DNH HS Principal)





November 2023, LSI Bulletin/Newsletter Article and Story

National Adoption Month

November is National Adoption Month, a time to honor families who have opened their hearts and homes to children and teens. This month at LSI, we celebrate the families we support through Foster Care and Adoption and raise awareness for the hundreds of Iowa children needing a safe, healthy home.

Iowa foster families, like the Smiths*, raise the bar by opening their loving households to children and teens in need of a place to call home.

At LSI, we understand the importance of keeping youth in their communities to help maintain connections and stability during times of transition. So, when our staff received a referral for a teenage girl needing foster care placement, they looked inward toward the community.

At the time, homes in the area were either full or not open to accepting teenage placements. Coincidentally, the Smiths were present at a meeting the same night the referral came in. When they heard about Rebecca's* situation, they immediately knew who the child was and wanted to help in any way they could.

The Smiths were already over their licensing capacity, having been granted a variance to accept a sibling group. To be able to bring Rebecca into their home, they would need to be given another variance, which was almost unheard of.

"It was by chance, or the grace of God, that the Smiths were able to accept another child, and give Rebecca a stable placement with a family in her community," said Dawn Luetje, LSI Director of Resource Family Licensing and Support, working in conjunction with Four Oaks Family Connections.

Thanks to the combined support of the Smiths, LSI staff, and the community, Rebecca was placed in the foster home, where she could maintain her daily activities with the teachers, coaches, and friends she was comfortable with. Rebecca continues to thrive in a stable, loving foster home environment and a caring community.

Stories like these are possible through our many community partners and generous donors. To learn more about supporting Iowa children in foster care, visit LSIowa.org/Foster, or contact Deb Whitford, LSI's Senior Director of Philanthropy and Church Relations, at 563-676-2065 or Deborah.Whitford@LSIowa.org.

***Names have been changed to protect client privacy.**

Our Mission: Lutheran Services in Iowa responds to the love of Jesus Christ through compassionate service. LSI is an affiliated social ministry partner of the Iowa congregations of the ELCA (Evangelical Lutheran Church in America) and a member of LSA (Lutheran Services in America). We proudly serve people of all ages, abilities, religions, sexes, gender identities, national origins, ethnicities, races, and sexual orientations. Learn more at LSIowa.org and Facebook.com/LSI.Iowa.