



# THE LIGHT

The monthly newsletter of Christ Lutheran Church, Lake Elmo, Minnesota  
December 2011

## *Under the Bethlehem Star Advent at Christ Lutheran 2011*

During this Advent Season we will be reading the entire book of Ruth. Each Sunday during Advent a different chapter will help shape our journey to Christmas Eve, to the manger, to the Christ Child.

Why Ruth? Well the entire book of Ruth takes place in Bethlehem and just as Boaz redeems Ruth so Christ redeems us and it takes place under the Bethlehem Star. Stay connected by picking up a CLC text message with your bulletin or on our website at [christlutheranlakeelmo.org](http://christlutheranlakeelmo.org).



- Advent 1 – Sunday, November 27 – Ruth 1 – Hope
- Advent 2 – Sunday, December 4 – Ruth 2 – Peace (lead by the Jamaica mission trip youth)
- Advent 3 – Sunday, December 11 – Ruth 3 – Joy (Children's Christmas Program at 10:30)
- Advent 4 – Sunday, December 18 – Ruth 4 – Love (Advent Cantata)

### **The One-Star Night**

Into an extremely dark and bitterly cold December  
came a one-star night.

Those who had compassion  
found room and  
were filled with wonder

at the brightness of the star above them.

Those who saw  
fell to their knees in fear,  
but listened to the angels' song  
and ran to see.

Those who heard the baby's cry  
believed,  
and fell to their knees,  
this time in worship.

Those who followed the star  
already believed,  
and knew the time was now.

They persisted in their journey  
through the dark and cold,  
bringing gifts to this One  
born to us all  
in a one-star night.

*-from "Advent's Alleluia to Easter's Morning Light" by Ann Weems  
copyright 2010 Ann Weems Westminster John Knox Press*

**Our Christ Lutheran Family:**

***In our thoughts & prayers:*** Jackie Kristensen, Arlene Malak, Vicki Meister; and Matt Mazzara—serving our country in Iraq.

***December Birthdates:***

Noel Lohmann	12/1	Diane Morgan	12/10	Gunnar Moore	12/21
Tanessa Roth	12/1	Jessica Olds	12/11	Carol Houck	12/22
Alexandra Hein	12/2	Betty Krongard	12/14	Thomas O'Donnell	12/22
Pat O'Donnell	12/3	John Michel	12/14	Jeff Ubl	12/23
Toni Ziton	12/3	Robert Wier	12/14	Joseph Scherbel	12/23
Addisyn DeMars	12/4	Grace Jara	12/16	Del Fankhauser	12/24
David DuFresne	12/4	Owen Fure	12/17	Susan Nilson	12/24
Kenneth Hauck	12/4	Donald Meyer	12/17	Merry Schuldt	12/25
Mark O'Shea	12/4	Toni Crowe	12/18	Joe Moore	12/28
Theresa Klover	12/5	James Lohmann	12/18	Tyler Hein	12/29
Shirley Munn	12/5	Adeline Foote	12/19	Jim Klover	12/31
Jordan Olds	12/5	William Hagberg	12/19	Jessica Lande	12/31
Jonathan Reynolds	12/7	Christine Hehr	12/19	Darlene Sitko	12/31
James Kelly	12/8	Rachael Erickson	12/20	Sara Tonsager	12/31
Mason Braun	12/9	Carter Smith	12/20	Lester VanScyoc	12/31
Donna Hruska	12/9	TJ Wagner	12/20		
Mark Wendorf	12/9	Diana Merkl	12/21		

***Thank you*** to everyone who helped and contributed, brought cards and gifts and greetings to Nelda's 90th birthday celebration from the Wieland family. Thank you for coming and making Nelda's celebration memory and love filled!

***Thanks to the generous people of Christ Lutheran.*** With your donations and support, we were able to put together 69 gift boxes for children around the world as part of Operation Christmas Child. Thank you to Bev Nelson, Toni Ziton, Ann Wieland and Joyce Kisch who came in helped pack the boxes and to Bev for delivering the boxes to the drop off site.

***We welcomed into the family of Christ Lutheran,*** Mason Brent Harvey Farah, son of Andy Farah and Catlin Markgraf, through the Sacrament of Holy Baptism on Sunday, Nov. 20. Mason's sponsors are Scotlin Grove and David Petrich.



### Adult Forums:

- Dec. 4: Michael and some CLC youth will share their different youth camp/mission experiences this summer.
- Dec. 11: Pastor Julie will give us perspectives of different religions and how they celebrate the holidays.
- Dec. 18: Come and sing your favorite Christmas Carols, or if you prefer, sit and enjoy!
- Dec. 25: No Forum



### Christmas Bake Sale:

Our annual bake sale is Sunday, December 11. Be a baker and /or a buyer. Gather your recipes and your skills to make goodies for the CLC Bake Sale. Please bring you baked donations for the sale to the CLC library on either Saturday, December 10 or before 8:00 a.m. on Sunday, December 11. Happy Baking!

### Ring Out The Bells!

Sunday School Children's Christmas Service is Sunday, December 11 at the 10:30 a.m. service. Rehearsals are on Saturday, December 3 from 9-10:15 a.m. and Saturday, December 10, 9-11:00 a.m. Don't miss the fun and celebration!

**Poinsettia Pick-Up:** The plants will be ready for pick up on Saturday, December 17 in the afternoon and on Sunday, December 18.

**Women's Book Club:** We will meet at the home of Joan Johnson to discuss "Still Alice" by Lisa Genova on Monday, Dec. 26 at 6:30 p.m. All are welcome!

### King James Bible "400<sup>th</sup>"

**Anniversary Exhibit:** Here is a wonderful opportunity to learn more about the ground-breaking printing achievement this Bible translation was. The U of M Libraries T.R. Anderson Gallery will host an exhibit for this momentous anniversary. Included will be medieval manuscripts and facsimiles, 2 leaves from a Gutenberg Bible, and the Original New Testament portion of the King James Bible. Many other early Bibles and related Reformation publications will also be on display. The exhibit will run from Nov. 28 - Feb. 24.

In addition, a traveling exhibit prepared by the Folger Shakespeare Library and the ALA called "Manifold Greatness: the Creation and Afterlife of the King James Bible" will be featured Jan. 18 - Feb. 17, 2011. Take advantage of this great exhibit opportunity.

### Iringa/Lulanzi Travel Plans and

**Meeting:** If you're interested in traveling to Tanzania July 11 - August 1, 2012, please plan to attend the next planning meeting on **Sunday, January 8, 2012**. Time to get serious about the details. If you have not attended a meeting but are interested, feel free to drop in following the 10:30 a.m. worship service. It will be an exciting year to visit and celebrate a blessing of the dispensary.

### Christ Lutheran Church Annual

**Meeting:** Mark your calendars for Sunday, **January 22, 2012**. Lunch will be served prior to the 11:50 a.m. meeting. This year we will address our annual budget, the mission endowment by-laws and the continuing progress of our building projects.

**Save the Date:** February 25, 2012—Wellness Ministry will sponsor "Spa Day"

## **It Evidently Takes a Village**

On October 18, you helped serve 1079 very hungry people at our annual Sauerkraut Supper. While I like to think that I can do it all, today's Stewardship Sunday services claim otherwise. It turns out that not even Annie McNaughton can do it all alone. While I fashion myself the Sauerkraut Czar, the reality is that only with the help of more than 160 of my best friends can I succeed in feeding that many people. With your help Christ Lutheran took in \$15,519, with expenses of \$5,120 for a net profit of \$10,399 (I needed help doing the math there). The Church Council will decide to which mission that money will be directed. I want to thank everyone who helped make this year's supper the most successful ever, and remind everyone that next year's supper is scheduled for October 16. You've got your work cut out for you if you want to make me look as good as you did this year.

Thanks again. *Bill Michel*



## **2012 Altar Guild Sign Up:**

It's hard to believe but January is not so far away. The altar guild sign up sheet is now available in the sacristy. Please consider volunteering to cover the altar guild tasks for a few weeks, a month, or several months during 2012. Altar guild is a ministry which is responsible for preparing the altar area and communion for the Sunday services. No special skills are required and training will be provided if needed. Contact Diana Erickson at [dmeric63@gmail.com](mailto:dmeric63@gmail.com) or 651/303-661 with questions.

## **Lulanzi Students**

Christ Lutheran is currently sponsoring 16 students in secondary education from our partner congregation of Lulanzi, Tanzania. We are in need of sponsorships for these students for 2012. The cost of sponsoring a student for one year is \$360, but any donation will help as we pool smaller donations together to provide another scholarship. Your tax deductible check can be made out to Christ Lutheran, mark it "Lulanzi student" and leave with the church office.

There are currently about 1500 students sponsored by the Lutheran church in the Tanzanian Diocese. When I traveled to the area in 2005 most of the students were male. Today these 1500 students are approximately half young women and half young men. For our protection the money goes directly to the Lutheran church offices, then to Bega Kwa Bega (Swahili for shoulder to shoulder) account in Tanzania and from there directly to the school.

Our students are chosen by a task force from the Lulanzi Parish. They are usually students who are first of all orphans, secondly exceptionally poor or from one parent family and lastly the students much have high academic ability. For every student chosen, there are approximately 100 young people standing behind them who will not be sent to secondary school. Primary school is provided by the Tanzanian Government, but secondary school requires financial aid.

There are pictures and more information on all Lulanzi projects on the bulletin board in the halls of church. Please feel free to call me with any questions. I am always happy to talk about the students of Lulanzi.

Diana Merkl 763-427-2811

## Calendar of Events:

Dec. 1 – Youth Band  
Dec. 2 – Friday Fellowship  
Dec. 4 – Jamaica team leads worship – both services  
Dec. 7 – Confirmation  
Dec. 8 – Youth Band  
Dec. 14– Confirmation  
Dec. 15 – Youth Band  
Dec. 21 – Confirmation  
Dec. 22 – Youth Band  
Dec. 28 – NO Confirmation  
Dec. 29 – NO Youth Band



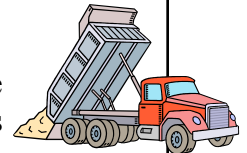
## Christ Lutheran Church Youth



### From our Youth Director:

1...2...3...Do Some Good...3...2....1...Have Some Fun!! This is what would become our ‘war cry’ while the youth were in Jamaica! Anytime we were faced with a tough task that needed to be completed, a difficult situation or were just too tired to go play tag with the kids on the playground; sure enough someone would utter this phrase and the whole team would be up and ready to go. By the end of our time at Robin’s Nest we would hear all of the kids telling this same phrase to each other and it would have the same effect on them as it did us! What a blessed time we had had while at Robin’s Nest that week!

On October 15, Michele Hein, myself and 9 youth boarded a plane and headed to Montego Bay, Jamaica. We landed and headed straight up to Robin’s Nest Orphanage where we got to work right away playing with the kids, folding the laundry, doing dishes and so much more! We spent the week working on various projects but our one main project was working on the road that leads up to ‘the nest’ from Montego Bay. If you are not familiar with Jamaica or third world countries, the roads are some of the last things that ever get repaired or replaced and the same is true with ‘the Nest’. They are actually a little worse off since they are located at the very top of mountain. Every time it happens to rain there, which is actually quite often, the water would run down the hill, and because there is very little erosion control, much of the road would end up being washed down the mountain leaving huge potholes and worn out channels that the water just runs down digging them deeper and deeper. I wish everyone could have taken a trip up the mountain prior to us doing anything to the road. Just to give you an idea, it is about 10 miles from Montego Bay to the Nest but it takes about 45 minutes to complete the journey. So our BIG project for the week was to fill in and patch the road with a material that they call ‘mal’, which hardens once dried to almost be like cement. So that’s what we did. We moved dump truck loads and dump truck loads by any means possible, shovels, wheel barrows, buckets and anything else that we could get our hands on that proved to be useful. What a blast the entire week was! One that I hope not only helped to open the eyes of the young people in our congregation to the world around us, but one that I hope and pray helped to further deepen their commitment to the kingdom of God. I encourage you to stop of the youth who came on the trip and ask them what their experience was, how they saw God move in their lives.





**Mission Trip to  
Montego Bay, Jamaica,  
October 2011**

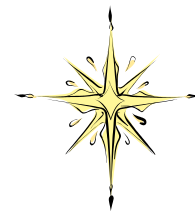




## **December Worship Opportunities**

Holy Communion is shared at each Sunday Worship service.

Pastor Julie Rogness, Presiding Minister



### **Advent Worship: *Under the Bethlehem Star***

#### ***Sunday, December 4 – Second Sunday of Advent***

Youth Sunday-led by youth missionaries to Robin's Nest in Jamaica

8:00 a.m. Traditional Worship and 10:30 a.m. Contemporary Worship with CLC Youth Band

*Scripture reading: Ruth, chapter 2*

#### ***Sunday, December 11 – Third Sunday of Advent***

8:00 a.m. Traditional Worship

10:30 a.m. Sunday School Christmas Program

*Scripture reading: Ruth, chapter 3*

#### ***Sunday, December 18 – Fourth Sunday of Advent***

*Advent Festival Worship* led by CLC choirs and instrumentalists

8:00 a.m. Traditional Worship and 10:30 a.m. Contemporary Worship, with Servant Song

*Scripture readings from Ruth 4, the Gospels and the Prophets*

### ***Christmas Festival Worship***

Holy Communion is shared at all Christmas worship services.

#### ***Christmas Eve: Name Above All Names - Saturday, December 24***

*Scripture readings from The Prophet Isaiah, the Gospel of John and the Book of Revelation*

##### **3:30 p.m. – Family Worship**

with music by Sunday School children, KidSing Choir and Youth Handbell Choir

##### **5:00 p.m. – Candlelight Worship**

with music by the Bingea Family, Youth Choir and Servant Song

##### **11:00 p.m. – Candlelight Worship**

with music by the Chancel Choir and Bells of Joy Handbell Choir; Pre-service music beginning at 10:45 p.m.

#### ***Christmas Day: Under the Bethlehem Star – Rejoice! – Sunday December 25***

*Scripture readings: Luke 2:1-20 and Ruth 4:18-22*

10:00 a.m. – Family Worship with music by the Drevlow-Gilbertson family

***Please remember: New Year's Day Worship,***

***Sunday, January 1, 2012, will also be at 10:00 a.m.***

***We will return to our 8:00 and 10:30 a.m. schedule on Sunday, January 8.***

***Join us as we celebrate God's great gift!  
Bring your friends and neighbors to worship with us.***

***May God bless you and yours during this holiday season and throughout the new year!***

**End of 2011 Giving – Consider this.....**

As the Salvation Army begins to ring bells and collect money it reminds us that we have many places that are interested in our support. Colleges, seminaries, camps, medical facilities, Red Cross, United Way and more....

At no other time in the year are more people looking to make donations than during the month of December. And since there are about 1.2 million registered nonprofits to about 360,000 churches, there are four times as many organizations competing for our dollars and minds.



**Consider additional gifts to Christ Lutheran!**

It could be the general fund, Christ Lutheran Endowment, Youth, Lutheran World Relief, Capital Campaign (Stepping Forward in Faith) to name a few.

Why? Because! As a congregation we are making a difference in each other's lives and the lives of people around the world. The Gospel of Jesus birth among us touches our hearts and we *get to be* generous in all things.

On Stewardship Sunday we were thinking about our gifts to share. When KidSing stood up to sing, little three year old Heidi joined them. Vivian noticed that Heidi didn't have the paper with the words on it so Vivian moved closer to Heidi and pointed out on the paper where they were and which words to sing. Heidi doesn't read yet but Vivian cared enough to look past Heidi's reading abilities to make sure Heidi felt welcome. Thanks be to God for Vivian's gift of hospitality in sharing the Good News made flesh in Jesus Christ and our interactions with one another.

Thank you for your financial gifts that make ministry alive at CLC.

**The Thankoffering Service** held on November 13, was planned and led by CLC's community of women to emphasize the important role played by this remarkable group. All parts of the service were led by women, including setup and preparation, greeting, ushering, preaching, music, coffee time, and more.

One of the special details for this day was the display of beautiful quilts on the pews. Information compiled by Ellen Wier of the quilting group tells us more about what this group does and where the quilts go when they leave CLC. For example, the CLC quilters donated 53 twin and 10 baby quilts in 2009. In 2010, they donated 79 twin and 10 baby quilts. In 2011 they have been making quilts for babies at St. John's and St. Joseph's Hospitals for Spanish and SE Asian babies, mostly for the poor. Pat Anderson's granddaughter is a doctor there and asked if they could make some for those babies.

In years past they have given quilts to baptisms, graduates, Lutheran World Relief, Red Cross, First Lutheran Church, Cancer Rally, Valley Outreach, Tanzania, Common Health Clinic, Tubman Family Violence, and lap robes to Stillwater nursing homes. They even took quilts to tornado and flood victims in several places in Minnesota and Wisconsin. Also, we can't forget the Washington County Fair, where the raffle money for the quilts comes back for purchasing supplies.

This detail is about one small group of volunteers at CLC. We can only imagine the stories that other volunteer groups have to tell. Opportunities are always open for new and returning volunteers to share their talents and expertise.

Thank you to all who participated in the Thankoffering service, and thank you for the years of faithful service given by Christ Lutheran Church Women of the ELCA in all areas of service.

Women members of CLC, this page is for **YOU**. Take advantage of your membership in our unit by exploring the coming month's activities, deciding which speak to your gifts and interests, and then joining us in that service or fellowship.

But first, many **THANK YOU'S** for your participation in our November activities. Your support of the Christmas Child Boxes will brighten many children's hearts this Christmas season. Your purchase of Lucinda pins sent assistance to projects our Synod's women's organization works with across the Twin Cities and in the Lutheran Church of Guatemala. Your special Thankoffering donation was given to the churchwide women's office so that we can provide scholarships, new programs, Bible Study materials, and much more. Thank you to Gloria VanDemmeltraadt and Diana Merkl for organizing our annual Thankoffering Service and to all the women who helped them lead this worship.

Now, the opportunities for December...

1. It's **MITTEN TREE** time again. Watch as your donations of scarves, hats, gloves, mittens & socks decorate the narthex tree and know that soon they will be bring warmth and beauty to needy individuals in our area.
2. **SUNSHINE VISITS** to our elderly and shut-in members will be made during this month. If you have signed on as a visitor, poinsettias and cards will be available in the Fireside Room on **Tuesday, December 6**. Please pick them up, keep them watered until you can make your visit, and then enjoy a special time with these dear friends of CLC. Each of us could also send a card or make a holiday phone call. See page 35 in the yearbook for a list of these members. If you would like to be a visitor next year, speak to a board member.
3. **CHRISTMAS BAKE SALE**, this annual sharing of our holiday favorites will be on December 11. Bring one of your family's delicacies and purchase a sample of someone's else's favorite. Proceeds from this effort support Charles and Sigrid LePage in their work in Birmingham, England, and also provide funds for local projects our Unit works with.
4. **WOMEN'S RENEWAL RETREAT** doesn't happen until January 28th, but this is the time to put it on your calendar and send in your registration. Forms are on our bulletin board by the church office. This year's presenter is the Rev. Ann Tiemeyer, program director for women's ministries with National Council of the Churches of Christ in the USA. She will be speaking on the topic, "Words Matter, the Power of Language." This annual event, held at Our Savior's in Stillwater, is a wonderful energizer and respite after the hectic holiday season. The day is usually three presentation sessions separated by great food and fellowship time.
5. Of course, **BIBLE STUDY** sessions will start this month. Three groups meet on Tuesday, December 6th at 9:00 a.m. 12:30 p.m. and 7:00 p.m. in the Coffee Room. We are working our way through the gospel of Mark. As we reach the middle of the book, Jackie Boorman, Gloria Van Demmeltraadt, and Naomi Bagley will lead Lesson 4, "Beyond the Boundaries", and help us understand how more of Jesus' identity and mission is revealed. Hostesses Pat O'Donnell, Pat Urtel, and Barb Erickson invite you to join them at the session that best fits your schedule. Materials are complete in each lesson, so come even if you have missed earlier sessions.

More information and details are provided in our yearbook. If you do not have a copy, please check the pamphlet display rack in the narthex and pick one up. If you have any questions, please contact a board member: Diana Merkl, Sharon Dornfeld, Cleone Pritchard, or Pat DuFresne.

## **Highlights from the Church Council Minutes from the November 8 meeting:**

### **Bylaws and Constitution**

Bill Michel joined to discuss the procedure and time line for updating our Constitution and Bylaws. The goal is to bring our constitution in alignment with the model constitution of the ELCA. The timeline is to have the changes ready by the July 10, 2012 church council meeting. The documents then go to the Synod office in August of 2012. The Synod Council would approve at their September 2012 meeting. Congregation will have the documents to review November 2012.

A congregational meeting would be held in December 2012 to vote on the new documents. A majority vote would be needed to pass the changes. A second vote will be needed at the January 2013 Annual Meeting which will need a 2/3 vote to pass. The Bylaws and Constitution would be sent back to the Synod office for final review and adoption. The documents would go into effect April 2013.

**PASTOR'S REPORT**- Pastoral Duties, Sauerkraut Supper, Iringa Fall Festival, Pastor Msigwa-preaching and hospitality from Tanzania travelers. Constitution and Bylaw work. Upcoming events: New Member class Nov. 29, Stewardship Sunday Nov. 20, Advent-Under the Bethlehem Star- November 27, December 4-Youth lead worship by Jamaica travelers, Dec. 11<sup>th</sup> Children's Christmas program.

Discussion was held on whether or not our church would like to be a teaching church by having a Pastoral intern. There are 2 year and 1 year terms and full-time and part-time positions. Decision would need to be made by the end of January 2012, for 2012 year.

### **NEW MINISTRY**

**Sauerkraut Supper**- Members were asked to think about where we could share our money from the Sauerkraut Supper. We will discuss next month when final numbers will be available.

**M/M/S- \$500 from Sauerkraut Supper to go to Tanzania to help purchase a new vehicle for coordinators.**

**Nominating Committee**-Continues to work on nominations.

**Annual Meeting**- January 22, 2012 following a lunch after 2<sup>nd</sup> service.

### **OLD MINISTRY**

**3549 Building**-Continue to receive interest from interested buyers and tenants.

**3549 Parking lot**-has been completed.

**Church Building Update**-Facility Task Force (FTF) has been meeting to discuss furnishings. The City Planning Commission has a meeting on Monday, November 14. FTF will attend.

### **Board Action Items**

**Evangelism:** Boards are to return web updates and welcome packets.

**Administration:** We will be ordering new envelopes for giving this year to try.

***December Food Shelf Item of the Month:***

***Baby supplies—food, formula, wipes and diapers***

***Thank you for your donations in November.***



## **Stress Less for Heart Health** by *Cathy Smith, Parish Nurse*

Stress is an inevitable part of life and not all stress is bad. In fact, sometimes stress is helpful – it can encourage you to meet a deadline or get things done. But prolonged stress, if left unchecked, is a serious threat to your heart and blood vessels. Many people experience an increase in their level of stress around the holidays. So with Christmas quickly approaching, it seems like a good time to look at the role stress plays in heart disease and what we can do to increase emotional wellbeing to deal with stress in more healthy ways.

Medical researchers aren't sure exactly how stress increases the risk of heart disease. Stress itself might be a risk factor, or it could be that high levels of stress make other risk factors (such as high cholesterol or high blood pressure) worse. For example, if you are under stress, your blood pressure goes up, you may overeat, you may exercise less, and you may be more likely to smoke.

If stress itself is a risk factor for heart disease, it could be because chronic stress exposes your body to unhealthy, persistently elevated levels of stress hormones like adrenaline and cortisol. Studies also link stress to changes in the way blood clots, which increases the risk of heart attack.

When you are exposed to long periods of stress, your body gives warning signals that something is wrong. These physical, cognitive, emotional, and behavioral warning signs should not be ignored. They tell you that you need to slow down and take care of yourself. If you continue to be stressed and you don't give your body a break, you are likely to develop health problems like heart disease. You could also worsen an existing illness (which can add even more stress)!

Below are some common warning signs and symptoms of stress.

<b>Physical signs</b>	Dizziness, general aches and pains, grinding teeth, clenched jaws, headaches, indigestion, muscle tension, difficulty sleeping, racing heart, ringing in the ears, stooped posture, sweaty palms, tiredness, exhaustion, trembling, weight gain or loss, upset stomach
<b>Mental signs</b>	Constant worry, difficulty making decisions, forgetfulness, inability to concentrate, lack of creativity, loss of sense of humor, poor memory
<b>Emotional signs</b>	Anger, anxiety, crying, depression, feeling powerless, frequent mood swings, irritability, loneliness, negative thinking, nervousness, sadness
<b>Behavioral signs</b>	Bossiness, compulsive eating, critical attitude of others, explosive actions, frequent job changes, impulsive actions, increased use of alcohol or drugs, withdrawal from relationships or social situations

(article continues on page 12)

## Stress Less for Heart Health (continued from page 11)

When you notice these signs of excessive stress, the next step is to learn techniques that can help you cope. There are many techniques you can use to manage stress. Some common techniques for coping with stress include:

**Eat and drink sensibly.** Abusing alcohol and food may seem to reduce stress, but it actually adds to it.

**Assert yourself.** You do not have to meet others' expectations or demands. It's OK to say "no." Remember, being assertive allows you to stand up for your rights and beliefs while respecting those of others.

**Stop Smoking.** Aside from the obvious health risks of cigarettes, nicotine acts as a stimulant and brings on more stress symptoms.

**Exercise regularly .** Choose non-competitive exercise and set reasonable goals. Aerobic exercise has been shown to release endorphins (natural substances that help you feel better and maintain a positive attitude.)



**Relax every day.** Choose from a variety of different techniques.

**Reduce causes of stress.** Many people find life is filled with too many demands and too little time. For the most part, these demands are ones we have chosen. Effective time-management skills involve asking for help when appropriate, setting priorities, pacing yourself, and taking time out for yourself.

**Examine your values and live by them.** The more your actions reflect your beliefs, the better you will feel, no matter how busy your life is.

**Set realistic goals and expectations.** It's OK, and healthy, to realize you cannot be 100% successful at everything all at once.

**Get enough rest.** Even with proper diet and exercise, you can't fight stress effectively without rest. You need time to recover from exercise and stressful events. The time you spend resting should be long enough to relax your mind as well as your body. Some people find that taking a nap in the middle of the day helps them reduce stress.

**Pray.** Know that God will help you cope with whatever life throws your way.



**Ask for help.** Not only is it a good idea to ask for professional help from your doctor, therapist or counselor, most people find that just having someone to share their burdens with helps relieve stress. If you need someone to listen, Pastor Julie and I are available. Just call the church office or stop by.

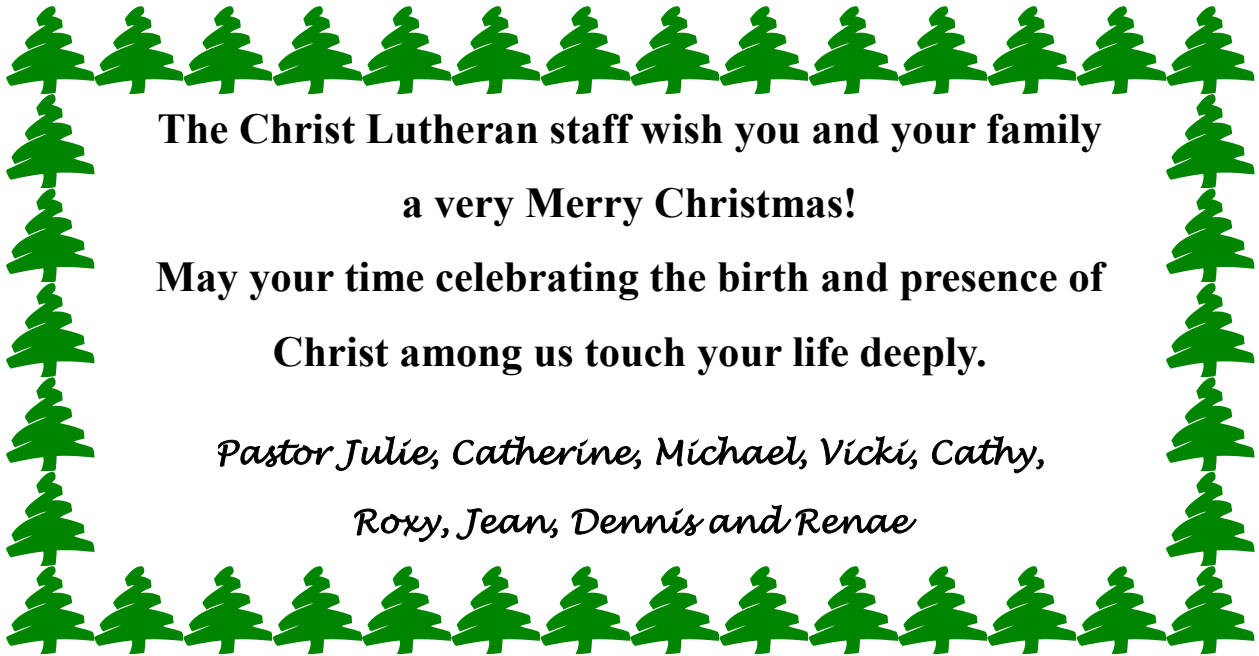
*Wishing you a blessed and stress-free Christmas!*

## Wellness Ministry

**Prayer Chain** – If you, or someone you know, are in need of prayers please contact the church office, or the church website, to add your concerns to the prayer chain at 777-2881 or [www.christlutheranlakeelmo.org](http://www.christlutheranlakeelmo.org)

**Stephen Ministers**—Also, at CLC we offer ministries to help if this is a difficult time of year for you. Stephen Ministers are available to meet with you on a one-to-one basis. They are trained lay caregivers who provide one-to-one Christian care to hurting people. Please contact the church office to set-up a meeting with a Stephen's Minister at 777-2881.

**Healing Touch Spiritual Ministry** is also a source of healing. A Healing Touch session provides the restoration of harmony and balance to a person enabling them to heal on all levels-physical, emotional, mental and spiritual. To schedule a Healing Touch session contact Terry Laidig at 651-270-3751.



**The Christ Lutheran staff wish you and your family  
a very Merry Christmas!**

**May your time celebrating the birth and presence of  
Christ among us touch your life deeply.**

*Pastor Julie, Catherine, Michael, Vicki, Cathy,  
Roxy, Jean, Dennis and Renae*

## Christ Lutheran Church

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**Pastor Julie Rogness**

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**Director of Worship & Music, Catherine Langord Wall**

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**Youth Director, Michael Carmack**

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**Organists, Roxanne Rosell and Jean Birkholz**

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## **ADVENT 2011**

*Under the Bethlehem Star*



<b>Sunday, November 27</b>	<b>Advent 1, Services at 8:00 &amp; 10:30 a.m.</b>
<b>Sunday, December 4</b>	<b>Advent 2, Services at 8:00 &amp; 10:30 a.m.</b>
<b>Sunday, December 11</b>	<b>Advent 3, 8:00 a.m. Service 10:30 a.m. Sunday School Christmas Program</b>
<b>Sunday, December 18</b>	<b>Advent 4 and Advent Festival Worship, Services at 8:00 &amp; 10:30 a.m.</b>
<b>Sunday, December 24</b>	<b>Christmas Eve Services at 3:30 p.m., 5:00 p.m. and 11:00 p.m.</b>
<b>Monday, December 25</b>	<b>Christmas Day, One service only at 10:00 a.m.</b>
<b>Sunday, January 1, 2012</b>	<b>One service only at 10:00 a.m.</b>