

# THE FISH TALE

Immanuel Lutheran Church – Senior Newsletter  
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## *Matthew 2:6*

“And you, O Bethlehem, in the land of Judah, are by no means least among the rulers of Judah; for from you shall come a ruler who will shepherd My people Israel.”

The Christmas story also brings to mind Wise Men. Although our nativity sets show shepherds and Magi side by side, it is more likely the shepherds were gone long before the Magi arrived. But read the Bible verse again. There was a Shepherd who was still there when the Magi arrived. The Child, born in Bethlehem, is a ruler who shepherds Israel. By day and by night, the light of the star of Bethlehem guided the Magi to the place where Jesus was, and they found the Shepherd King.

Like David, this newborn King would be a shepherd - not a shepherd of sheep but a shepherd of people. By day, this Shepherd will lead His people "in paths of righteousness for His name's sake" (Psalm 23:3). And in the darkness of death, they will "fear no evil," for He will comfort them (Psalm 23:4). The Shepherd King is our guiding star whose light leads us to "dwell in the house of the Lord forever" (Psalm 23:6).

Helping people live life with Jesus everyday,  
Rev. Dr. Brent L Parrish



# Isaac and Rebekah

## Read Genesis 24.



### God's Word in Review

*Draw a line through the sentences that are not true.*

1. Abraham sent his servant to get a wife for Isaac.
2. The servant searched the whole city of Nahor for the right woman.
3. The servant chose Rebekah because she was the prettiest woman he saw.
4. Rebekah's father was Bethuel.
5. Laban welcomed the servant into his home.
6. Laban and Bethuel agreed that Rebekah should go with the servant.
7. Rebekah had fallen in love with Isaac.
8. Isaac and Rebekah married, and Isaac loved his wife.

### God's Word to Think About

1. Why did Abraham send his servant back to his homeland?
2. What did the servant do when he arrived in Nahor?
3. How did the servant know that Rebekah was the chosen woman?
4. What does that say about Rebekah?

5. What did Laban do when he heard about the servant?

6. Why did Laban and Bethuel agree to send Rebekah with the servant?

7. How did Rebekah show her faith in God?

### **Application of God's Word**

1. Why was it important for the servant to go to Abraham's homeland to find a wife for Isaac?

2. What did the servant do before – and after – finding Rebekah?

3. How can you follow his example?

4. Abraham, the servant, Laban, Bethuel, Rebekah, and Isaac all trusted that God had a plan for this marriage. Why was Isaac's marriage to Rebekah so important for God's great plan of salvation?



## Heart-Healthy Tips For Seniors During American Heart Month This February

February is designated as **American Heart Month** to advocate about cardiovascular health and raise awareness about heart disease. During this month of Valentine's Day and "love," American Heart Month serves as the perfect opportunity to focus our attention on ways to promote and maintain heart health.

**American Heart Month** aims to urge the public to learn more about your heart, how to take care of it, and how to detect signals of cardiovascular disease.



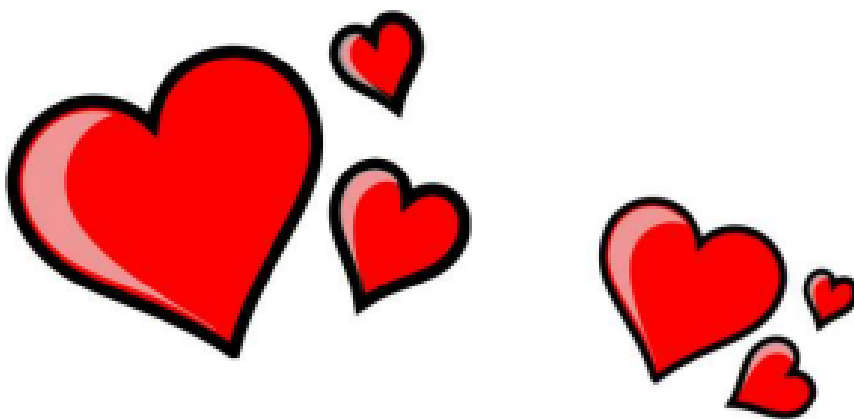
### What Is Heart Disease?

The phrases "heart disease" and "cardiovascular disease" are used interchangeably to describe the various conditions that affect your heart. Heart or cardiovascular diseases include blood vessel diseases, heart rhythm problems, and congenital heart defects.

The most common form of heart disease in the United States is coronary artery disease (CAD), which occurs when the arteries that supply blood to the heart become hardened and narrowed due to a buildup of cholesterol, known as plaque. CAD can lead to health issues such as heart attack, heart failure, angina (chest pain), stroke, and irregular heartbeat.

Every year, one in four people will die from heart disease. Heart disease can strike anyone, but certain individuals may be more at risk than others. Some of the most common risk factors for heart disease include:

- High blood pressure
- High cholesterol
- Diabetes
- Obesity
- Poor diet
- Inactive lifestyle
- Cigarette smoking
- Excessive alcohol consumption



Heart disease is still the main source of death in the United States. In fact, cardiovascular disease remains the leading cause of death in the world. And according to the Centers for Disease Control and Prevention (CDC), many of these deaths would have been preventable with proper preventative care.

### Recognizing The Symptoms Of Heart Disease

Many people believe that cardiovascular diseases (CVD) inevitably comes with old age, there are many things that seniors can do to strengthen their heart and circulatory system.

While there are several different forms of heart disease, they share common symptoms and warning signs. It's important to learn these symptoms to receive a prompt diagnosis and medical treatment. Symptoms of an emergency may include:

- Chest pain, discomfort or an uncomfortable pressure in the chest
- Shortness of breath
- Pain in the upper body, arms, back, neck, jaw or upper stomach
- Feeling nauseous or vomiting
- Sweating; or cold sweats
- Weakness, light-headedness, feeling faint or dizzy
- Feeling very full or having indigestion
- Fatigue or exhaustion
- An irregular heartbeat, palpitations, or increased heart rate



## Heart-Healthy Habits For Seniors

The American Heart Association provides Heart Healthy Tips for Seniors for improving your heart health. It's possible to reduce the risk for heart disease by making certain lifestyle changes and managing medical conditions sooner rather than later. You can keep your heart healthy no matter how old you are, by making changes in your everyday habits. Here's how to get started:

- **Get enough exercise.** Physical activity is one of the best ways to improve heart health. The American Heart Association recommends that individuals perform at least 150 minutes per week of moderate exercise.
- **Quit smoking.** If you're still smoking, it's time to quit. There are many benefits to living a smoke-free life including improved circulation, reduced risk of certain types of cancer, and feeling more energetic.
- **Eat a heart-healthy diet.** Load up on fresh fruits and vegetables while limiting saturated fats, salt, and foods containing cholesterol, like fatty meats. A Mediterranean diet focuses on eating a diet rich in fresh fruit and vegetables, whole grains, nuts, and fish and seafood instead of red and processed meats.
- **Reduce your alcohol intake.** Excess alcohol consumption can worsen health conditions that contribute to heart disease, such as high blood pressure, arrhythmias, and high cholesterol levels.
- **Watch your weight.** To help prevent heart disease, maintain a healthy body weight for your size. Too many pounds can add up to increased heart disease risk.
- **Get better sleep.** It's critical for seniors (and everyone) to have a good night's sleep. Most experts say that seniors should sleep between seven and nine hours each night. Sleep is beneficial for brain functionality, metabolism, immune functionality and emotional well-being.
- **Reduce stress factors.** According to studies, stress can compound many heart disease risks that older adults already face, like high blood pressure. Take the time to find healthy outlets to relieve stress and lower your risk of heart disease.





No one has ever  
seen God; but if we  
*love one another,*  
God lives in us  
and his love is made  
complete in us.

-1 John 4:12



### **Matthew 22:37-39**

<sup>37</sup> Jesus replied:  
“Love the Lord your  
God with all your heart  
and with all your soul  
and with all your  
mind.” <sup>38</sup> This is the first  
and greatest  
commandment. <sup>39</sup> And  
the second is like it:  
‘Love your neighbor as  
yourself.’

### **CONTACT INFO**

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Office Hours

M-Th 8:00 – 4:00

Friday Closed

**WORSHIP**  
WITH US

**Traditional Worship** – 5:30 PM Saturday (In Person)

8:00 AM Sunday (In Person & Live Stream)

**Contemporary Worship** – 10:30 AM Sunday (In Person & Live Stream)

**Christian Education Hour** – 9:15 AM Sunday (In Person)

**On-Line Bible Study** – 9:00 AM Wednesday (Live Stream)

# HUMOUR

Little Philip was spending the weekend with his grandmother after a particularly trying week in pre-school. His grandmother decided to take him to the park on Saturday morning. It had been snowing all night and everything was beautiful. His grandmother commented, 'Doesn't it look like an artist painted this scenery? Did you know God painted this just for you?'

'Yes,' replied Philip, 'God did it and he painted it with his left hand.'

This confused his grandmother, so she asked him, 'What makes you say God did this with his left hand?'

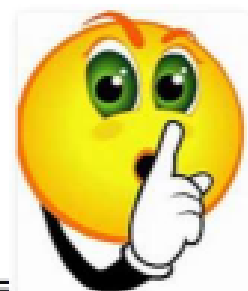
'Well,' said Philip, 'we learned at Sunday School that Jesus sits on God's right hand.'

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Six-year-old Angie and her four-year-old brother Joel were sitting together during church services. Joel giggled, sang, and talked out loud. Finally, his big sister had enough.

'You're not supposed to talk out loud in church.'

'Why? Who's going to stop me?' Joel asked.

Angie pointed to the back of the church and said, 'See those two men standing by the door? They're hushers.'



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There was a very gracious lady who was mailing an old family Bible to her brother in another part of the country.

"Is there anything breakable in here?" asked the postal clerk.

"Only the Ten Commandments", answered the lady.

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Somebody has said there are only two kinds of people in the world. There are those who wake up in the morning and say, "Good morning, Lord", and there are those who wake up in the morning and say, "Good Lord, it's morning!"

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A little boy was overheard praying: "Lord, if you can't make me a better boy, don't worry about it. I'm having a real good time like I am."

**DATES TO REMEMBER**

**HAPPY  
BIRTHDAY**

**Jan. / Feb.**

**BIRTHDAYS**

1/1 – Virginia Johnson  
1/2 – Gene Busacker  
1/4 – Allen Busse  
1/7 – Jerry Stark  
1/9 – Dave Blohm  
1/9 – Scott Marek\*  
1/16 – Eileen Hanson  
1/17 – Sharon Christianson  
1/17 – Bob Norman  
1/22 – Gene Grommesch  
1/26 – Mark Borchardt  
1/30 – Larry Mueller  
1/31 – Vonnie Walsh  
2/3 – Joanne Post  
2/3 – Warren Will  
2/7 – Roberta Miller  
2/8 – Barbara Will  
2/12 – Phyllis Bolton  
2/12 – Connie Norman  
2/17 – Betty Krueger  
2/17 – Paul Krueger\*  
2/19 – Judy Blohm  
2/21 – Steve Schultz  
2/24 – Dennis Miller  
2/26 – Sharon Rook  
2/27 – Lori Marek  
2/29 – Pat Schultz\*

\* Denotes a milestone date

**OTHER DATES**

1/1 – New Year's Day  
1/6 – Epiphany of Our Lord  
1/16 – Martin Luther King Day  
1/24 – St. Timothy, Pastor & Confessor  
1/25 – The Conversion of St. Paul  
1/26 – St. Titus, Pastor & Confessor  
2/2 – The Presentation of Our Lord  
2/2 – Groundhog Day  
2/12 – Super Bowl – LVII (57) Arizona  
2/14 – Valentine's Day  
2/15 – Immanuel's Luncheon – John Grimm  
2/18 – Martin Luther, Doctor & Confessor  
2/20 – President's Day  
2/22 – Ash Wednesday  
2/24 – St. Matthias, Apostle



*Happy Anniversary*

**ANNIVERSARIES**

1/18 – Allen & Linda Busse