

THE FISH TALE

Immanuel Lutheran Church – Senior Newsletter

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A message from Pastor...

Thanksgiving has a higher and greater meaning for us as Christians. The word *thanksgiving* text means “grateful acknowledgment for the past mercies of God.” This leads to our humble and truthful requests. We have so much for which to thank God. He gives us his Word, which is the living voice of our Lord. Through water and the Word of God, we are brought into his kingdom in Holy Baptism. The spiritual nourishment that gives us renewed strength for the daily tasks of this life comes in the Sacrament of the Altar, where we receive the true body and blood of our Lord Jesus Christ.

God cares for our earthly needs as well. He provides us, as Luther says, “with all that I need to support this body and life” (Luther’s Small Catechism, p. 15). In so many ways our Lord makes sure that we have what we need for body and soul. Prayers of thanksgiving include our personal prayer life, where we remember what God has done for us individually, beginning with Baptism and continuing with all else since we became his children.

This prayer is always connected to the Word of God, by which we are enriched and strengthened. As we gather for worship each Lord’s Day, our congregation joins together in prayer. We ask God to continue to bestow his grace on us, as we pray for our church, other people, and our nation. We hold before God’s throne of grace the needs of the people of God. This is what is meant by the invitation to pray: “Let us pray for the whole people of God and for all people according to their needs.”

Hearing the truth of God’s Word, we are confident in prayer. We know that God promises to hear and answer our prayers. Think of all the prayers that have gone forth from our sanctuary. Clearly the sanctuary is much more than beautiful and far greater than a treasure. It is God’s house, from which the prayers of the people of God go forth. This truly is a house of prayer. This is a holy place, set apart for worship and prayer, so that we are able to pray, praise, and give thanks. We are strengthened in our faith as we pray for and receive the gifts of God.

On Thanksgiving we gather at Immanuel, the house of God for a distinct purpose. As Christians, we carry our thanksgiving even further, as we confess Jesus Christ as Savior and giver of all good gifts. We give thanks in our worship, in our prayers, and in the renewed lives we have in Jesus Christ. In his name we pray, praise, and give thanks.

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



THE BOOK OF RUTH

God's Word in Review

Circle Yes or No for each statement.

- | | | |
|--|-----|----|
| 1. Naomi was from Moab. | Yes | No |
| 2. Naomi wanted Orpha and Ruth to return to Judah with her. | Yes | No |
| 3. Ruth insisted on going with Naomi. | Yes | No |
| 4. Boaz was from Bethlehem. | Yes | No |
| 5. Ruth stole from the field of Boaz. | Yes | No |
| 6. Boaz praised Ruth for the way she had taken care of Naomi. | Yes | No |
| 7. Boaz was a family redeemer who took care of Naomi and Ruth. | Yes | No |
| 8. Ruth was an ancestor of King David. | Yes | No |

God's Word to Think About

1. Why did Elimelech and his family go to Moab?
2. Whom did Elimelech's sons marry?
3. What happened to Naomi's family?
4. How does the narrative describe the end of the famine?



5. How did Ruth answer when Naomi told her daughters-in-law to return to their own homes while she went back to Naomi?
6. Why must it have been difficult for Ruth to go with Naomi?
7. How did Ruth provide for Naomi?
8. What blessing did Boaz speak to Ruth?
9. Why did Naomi send Ruth to Boaz?
10. What did Boaz do in addition to buying the land?

Application of God's Word

1. How was Boaz like Christ?
2. Every single person we meet is someone for whom Christ died. Boaz went above and beyond the law to care for and provide for Ruth and Naomi. What can we learn from His example?



Baby, It's Cold Outside!



When the temperature drops, older adults run a higher risk of health problems and injuries related to the weather, including hypothermia, frostbite, and falls in ice and snow. Like most things in life, it is better to be prepared. Here are a few precautions everyone should take, especially older adults, during the winter.

Hypothermia

Hypothermia occurs when your body temperature drops to a dangerous level. Your body temperature can drop when you are out in the cold for an extended time because it begins to lose heat quickly. Older adults are at an increased risk of hypothermia due to changes that happen to your body with aging.

Warning Signs: cold skin that is pale or ashy; feeling very tired, confused and sleepy; feeling weak; problems walking; slowed breathing or heart rate. Call 911 if you think you or someone else has hypothermia.

Note: Shivering is not a reliable warning sign because older people tend to shiver less or not at all when their body temperature drops.

Precautions to Take

- Stay indoors (or don't stay outside for very long).
- Keep indoor temperature at 65 degrees or warmer.
- Stay dry because wet clothing chills your body more quickly.
- Dress smart – protect your lungs from cold air. Layer up! Wearing 2 or 3 thinner layers of loose-fitting clothing is warmer than a single layer of thick clothing. Think about getting your thermals!
- Essential winter wear: hats, gloves (or preferably mittens), winter coat, boots, and a scarf to cover your mouth and nose.

Frostbite

Frostbite occurs when your body experiences damage to the skin that can go all the way down to the bone. Not surprisingly, extreme cold can cause frostbite. It is most likely to occur on body parts farthest away from your heart. Common places include your nose, ears, cheeks, chin, fingers, and toes. In severe cases, frostbite can result in loss of limbs. People with heart disease and other circulation problems are at a higher risk.

Cover up! All parts of your body should be covered when you go out in the cold. If your skin turns red or dark or starts hurting, go inside right away.

Know the warning signs of frostbite: skin that's white or ashy or grayish-yellow; skin that feels hard or waxy; numbness. If you think you or someone else has frostbite, call for medical help immediately.

If frostbite occurs, run the affected area under warm (not hot) water.

Injury While Shoveling Snow

It's one of the evils of winter – snow shoveling. If you choose to shovel, take some precautions. Remember, when it's cold outside, your heart works double time to keep you warm. Strenuous activities like shoveling snow may put too much strain on your heart, especially if you have heart disease. Shoveling can also be dangerous if you have problems with balance or have “thin bones” (osteoporosis).

Ask your healthcare provider whether shoveling or other work in the snow is safe for you.

Falls

It is easy to slip and fall in the winter, especially in icy and snowy conditions.

Precautions to Take

- Make sure steps and walkways are clear before you walk. Be especially careful if you see wet pavements that could be iced over.
- Clear away snow and salt your walkways at home or hire someone to do it.
- Wear boots with non-skid soles – this will prevent you from slipping.
- If you use a cane, replace the rubber tip before it is worn smooth.
- Consider an ice pick-like attachment that fits onto the end of the cane for additional traction.

Fires and Carbon Monoxide Poisoning

During the winter months, it is common to use the fireplace or other heating sources, such as natural gas, kerosene, and other fuels. Unless fireplaces, wood and gas stoves and gas appliances are properly vented, cleaned, and used, they can leak dangerous amounts of carbon monoxide—a deadly gas that you cannot see or smell. These and other appliances, such as space heaters, can also be fire hazards.

Warning Signs

- Headache
- Weakness
- Nausea or vomiting
- Dizziness
- Confusion
- Blurred vision
- Loss of consciousness

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If you think you may have carbon monoxide poisoning, get into fresh air and get medical care immediately.



Set me as a seal upon your heart, as a seal upon your arm, for love is strong as death, jealousy is fierce as the grave. Its flashes are flashes of fire, the very flame of the LORD. Many waters cannot quench love, neither can floods drown it. If a man offered for love all the wealth of his house, he would be utterly despised.

- Song of Solomon 8:6-7

*For by
grace
you have
been
saved
through faith*
John 1:12



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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



Two guys are walking through a game park and they come across a lion that has not eaten for days. The lion starts chasing the two men. They run as fast as they can and the one guy starts getting tired and decides to say a prayer, "Please turn this lion into a Christian, Lord." He looks to see if the lion is still chasing, and he sees the lion on its knees. Happy to see his prayer answered, he turns around and heads towards the lion. As he comes closer to the lion, he hears it saying a prayer: "Thank you Lord for the food I am about to receive."

Q. How does Moses make coffee?

A. He brews it!



A girl asks her father, "Why does it rain? Is it God sweating or crying?" "No," says her father, "it rains to make the plants grow. Do you understand?" "Not exactly," says the girl. "Why does it rain on the sidewalk?"

Megan, our 4-year old granddaughter, attends Our Savior Lutheran Church preschool in Livermore, California. Holy Week she came home from school and announced, "Jesus died on the cross. But he's getting better now, and he'll be all right by Sunday."

Our pastor at Christ Lutheran Church, Long Beach, California, was telling the story of the wedding at Cana. After he told how Jesus turned water into wine, he asked if anyone knew what that was called. Without hesitation, one little charmer blurted out: "Recycling!"

In a children's sermon focusing on the call of Jesus' first disciples, I asked: If you were fishing for people, what kind of bait would you use?" I believe young Cole was onto something when he suggested, "Chocolate'.

DATES TO REMEMBER

**HAPPY
BIRTHDAY**

Nov. / Dec.

BIRTHDAYS

11/2 - Herb Tessmer
11/4 - June Wegener
11/7 - Janet Leifgren
11/12 - Cyndi Will *
11/13 - Mary Borchardt *
11/14 - Diane Ziemann
11/15 - Karen Fergus
11/19 - Ken Schumann
11/21 - Donna Busacker
11/23 - Rose Krueger
11/29 - Alice Busacker
12/7 - Inez Madson
12/7 - Gene Thomas
12/8 - Virginia Ringgenberg *
12/9 - Loran Tschaekofske
12/9 - Jerry Will *
12/13 - Cindy Hoppe
12/18 - Gerald Koehn
12/18 - Joanne Koehn
12/18 - Sandy Kreuger
12/19 - Dru Moeding
12/21 - Martha Dorn
12/23 - Linda Busse
12/30 - Bonnie Schmoll

* Denotes a milestone date

OTHER DATES

11/1 - All Saint's Day
11/1 - 11/5 - Church Directory
 Pictures Scheduled
11/6 - Daylight Saving Time Ends
11/8 - Election Day
11/11 - Veterans Day
11/11 - Turkey Dinner at Immanuel
11/24 - Nat'l Day of Thanksgiving
11/30 - St. Andrew, Apostle
12/7 - Remembrance Day
12/14 - Immanuel's Luncheon
12/21 - First day of Winter
12/21 - St. Thomas, Apostle
12/24 - Christmas Eve
12/25 - Christmas Day
12/26 - St. Stephen, Martyr
12/26 - St. John, Apostle & Evangelist
12/31 - New Year's Eve

Happy Anniversary

ANNIVERSARIES

11/13 - Steve and Pat Schultz
11/20 - Dave and Bev Blohm
12/12 - Lynn and Linda Arvidson
12/18 - Gerald and Joanne Koehn
12/27 - Lon and Jane Morsching