

Emmanuel Lutheran Church

One church...multiple communities

www.naplesemmanuel.org

November 2019 Newsletter



Mooring Line Drive Campus

777 Mooring Line Dr. Naples, FL 34102 239-261-0894

Sunday Services with Holy Communion

7:45, 9:30 & 11:00 a.m. in the Sanctuary

Alive Contemporary Service

at 10:00 a.m. in the Family Life Center

Sunday Bilingual Service with Holy Communion

11:15 a.m. In the Family Life Center

⊕Email: elc@naplesemmanuel.org ⊕

Church Office Hours:

Monday - Thursday: 9:00 a.m. - 5:00 p.m. Friday: 9:00 a.m. - 12:00 p.m.



Our Mission:

Staff and Church Council

Our Staff:

Rev. Steven E Wigdahl, Senior Pastor - pastorsteve@naplesemmanuel.org

Rev. Dr. Rick Bliese, Associate Pastor - pastorrick@naplesemmanuel.org

Rev. José Lebrón, Associate Pastor for Mission Development - pastorjose@naplesemmanuel.org

Rev. William Kittinger, Associate Pastor for Mission Development - pastorwill@naplesemmanuel.org

Karole Langset, Resident Pastor - Karole@naplesemmanuel.org

Lois Sorensen, Resident Pastor - Lois@naplesemmanuel.org

Jim Cooper, ELCA Deacon, Youth & Family - jim@naplesemmanuel.org

Frine Donadelli, Administrative Assistant at Pebblebrooke - frine@naplesemmanuel.org

Gina Fidler, Office Manager - gina@naplesemmanuel.org

Joyce Finlay, ELCA Deacon, Music & Worship; organist - joyce@naplesemmanuel.org

Carol Hartman, Parish Nurse - carol@naplesemmanuel.org

Dee Schleutker, ELCA Deacon, Service & Outreach - dee@naplesemmanuel.org

Theresa Shaw, Executive Director - theresa@naplesemmanuel.org

Vivian Shea, Chief Operations Officer - vivian@naplesemmanuel.org

Alex Tovar, Maintenance Manager - JABCleaning3@aol.com

Deborah Vacca, Bookkeeper - deborah@naplesemmanuel.org

Jennifer Ziegelmaier, Publication Coordinator - jennifer@naplesemmanuel.org

Church Council:

The Church Council is made up of nine dedicated people who act on behalf of the church membership. According to Emmanuel Lutheran's Constitution, "The Congregation Council shall have general oversight of the life and activities of this congregation, and in particular its worship life, to the end that everything be done in accordance with the Word of God and the faith and practice of the Evangelical Lutheran Church in America."

Please do not hesitate to contact a council member if you have any questions or concerns. They are here to involve all members of the congregation in worship, learning, witness, service, and support. If you would like to communicate with the members of the Emmanuel Church Council, you will find their names and e-mail addresses below:

Here is your Council for 2019-2020:

Executive Board:

Michael Puchalla (President) - michael@collierhousing.com

Tom Jackson (Vice-President) - tom@tomjacksonresources.com

Ann Jones (Treasurer) - annjonesinfl@aol.com

Carlos Dominguez (Secretary) - joshuaandjacobsmom@yahoo.com

The other board members are:

Nancy Dick - nancyjdd@aol.com

Nelson Gonzalez - nelhandyman@outlook.com

Zetty Rivera - zettyrivera@gmail.com

Steve Esala - steve.esala@thrivent.com

Sylvia Boynton - sboynton@coe.ufl.edu

HIGHLIGHTS OF THE COUNCIL MEETING IN OCTOBER:

- 1. Worshipping at MLD is working out well for ECC. The first Sunday 83 people including children attended, second Sunday 67 and third Sunday 58 people.
- 2. The Stewardship Committee has been formed. There are 11 people on the committee. The committee has a representative from MLD, ECC, Alive and EPC.
- 3. The staff participated in an Intercultural Development Assessment and Training. The assessment is designed to focus on specific patterns of human and/or organizational behavior in order to assist in better understanding the dynamics of interactions.
- 4. There will be a ribbon cutting event at Grace Place on Nov. 12 at 1:00 p.m. to celebrate the completion of the Grace Place Campus expansion. Everyone is welcome to attend.

December Newsletter deadline is December 20th.



DAYLIGHT SAVINGS TIME ENDS NOVEMBER 3rd: REMEMBER TO FALL BACK ONE HOUR!

NOVEMBER 3, 2019 - CHANGE IN SERVICE TIMES:

Sanctuary Services: 7:45 a.m., 9:30 a.m., 11:00 a.m.

Alive Service: 10:00 a.m., Family Life Center

Emmanuel Community Church Bilingual Service: 11:15 a.m., Family Life Center



Learn, Listen, Loan - 1K Micro Lending Shark Tank

November 2: 8:30 a.m. - 3:00 p.m.

This event is open to everyone! Please come partake in this meaningful, fun event. Learn about some new businesses and help decide who will receive a 1K loan. How will you be involved in this project? Contact Pastor Rick Bliese, Howard Isaacson or Gina at 239-261-0894.

New Member Class

Wednesday, November 6 at 5:30 p.m.

Come find out about the different programs and groups we have here at Emmanuel.

Call the church office (239-261-0894) to sign up



The Ultimate Tribute Show with Johnny T.

Thursday, November 7, 2019 at 6:00 pm

National recording artist, Johnny Tarangelo, sings your favorites from the 50's, 60's, Motown and the The Great American Song Book.

Come enjoy a fun, social event that gives us the opportunity to connect with our congregation outside worship.



SHINE Medicare Open Enrollment Event

When: Friday, Nov. 8

Hours: 9:30 am - 2:30 pm

Where: Emmanuel Lutheran Church - Family Life Center

SHINE counselors are available to help you look at your Medicare plans to make sure you have the best plan to meet your changing health and financial needs.

No appointment, walk-in only on event date. Bring your Medicare ID card and a list of medications with dosage. If you are unable to attend this event, please call the Helpline at 866-413-5337



For many years we have helped raise money to support the *Boys and Girls Club*. Once again we have an Emmanuel Golf Team (Jim Cooper, Ray Schrader, Dennis Reustle and Michael Puchalla) playing on November 9, that needs your support. You can also pick up a donation card and envelope in the Narthex or the table in the back of the FLC.

Please make checks out to the Boys & Girls Club with ELCA as the memo.

Upcoming Events

Celebrating our Veterans: Thank you to all our veterans for

their service! Warren Heideman Air Force: 1952 – 1956

Robert Andrews

Navy: 1968 John Korbel

Rick Bethem

Army: 1967 – 1970

Ruth "Betty" Bethem

Army: 1979 - 1982

George Chorvat

Navy: 1967 - 1971

George Dumouchel

Army: 1968 - 1970

Richard Faust

Air Force: 1958 - 1962

David Feretti

Navy: 1969 - 1973

Don Hannemann

Army: 1953 - 1955

Wayne Hebert

Air Force: 1965 - 1969

Army: 1960 - 1968

Maggie Lehr

Army: 1970 - 1976

Mike Maslowski

Army: 1967 - 1970

Evala Nevers

Navy: 1941 - 1945

Suzanna Nevers

Marines: 1984 - 1988

Gary Pipponen

Army: 1964 - 1966

Jeffrey Pipponen Air Force: 1989 – 1992

George Reinhardt

Army: 1969-1971

Peter Shaulis Army: 1965-1968





Thanksgiving Eve Service

Emmanuel's yearly Thanksgiving Eve Service will be Wednesday, November 27 at 5:30 p.m. in the sanctuary. We invite you to join us as we give thanks to God for all of our blessings. There will be Thanksgiving music by the Emmanuel Choir.

(There will be no meal served prior to the service).

SIGN UP FOR THE GOBBLE-GOBBLE RACE!



Every year on Thanksgiving Day, the Gobble Gobble Race takes place in Naples (starting at Venetian Village and continuing on Gulfshore Boulevard). It is a familyfriendly annual event—and as a cup-free "Green Event" it helps to promote sustainability and environmental impact awareness.

100% of the race's proceeds go to benefit the following charities:

Saint Matthew's House:

The mission of St. Matthew's House (SMH) is to change lives in a spiritual environment that is both compassionate and disciplined, as well as providing housing for the homeless and food for the needy. A 501(c)(3) non-profit entity, SMH, along with Immokalee Friendship House, has been serving the homeless, hungry and hopeless in Collier County since 1987.

95201 Kids on the Go:

95201 Kids on the Go, is a program to combat childhood obesity by running 26.2 miles over a 12-week period.

You can sign up online at www.gobblegobblefourmiler.com.

On Sunday, November 24, Matt Sonneborn, Race Director and Principal Trumpet for the Naples Philharmonic, will be playing at the sanctuary services to lift up this wonderful event.

You will be able to donate to these charities at that time.

Meanwhile, don't forget to sign up for the race!

Angel Tree

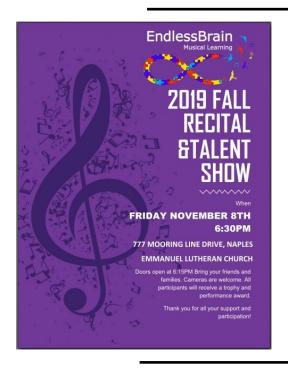
For the past 10 years we have partnered with the Student Government at Palmetto Ridge High School to provide Christmas gifts to families in need who reside in Golden Gate Estates. In addition to this partnership, we have also provided Christmas gifts, over the last 5 years, to the children who attend the New Horizons of SWFL program that meets at our Pebblebrooke location. Beginning November 24th our Angel Trees will be set up in the Narthex and Family Life Center adorned with angel ornaments listing a child's

Christmas wish. Please place all wrapped gifts under the tree no later than December 8th. Thank You! For questions or more information please contact: Deacon Dee Schleutker at dee@naplesemmanuel.org

Stephen Ministry News

Is God calling you to become a Stephen Minister for Emmanuel Lutheran Church? Listen to His call.

A new Stephen Ministry class will begin here at Emmanuel on Monday, January 6, 2020. The classes will continue for 10 weeks. I will offer two choices for the time of our next class: One class will meet from 2:00 - 4:30 pm. If there are those who would like to become a Stephen Minister and are working, I would offer a second class from 5:30 - 8:00 pm. Please prayerfully consider becoming a part of this vital ministry at our church. There will be a sign-up board in the Narthex and in the Family Life Center beginning in mid-November. We would love to have you join us. For more information, or to sign up through the office please call 239-261-0894 and leave your information for Carol Hartman. I will need your name, your contact phone number an your email.



EndlessBrain Musical Learning

2019 Fall Recital and Talent Show

Friday, November 8, 2019 at Emmanuel Lutheran Church *Please come and watch these children show off their talents.*

WEDNESDAY ADVENT SERVICES: HOLDEN EVENING PRAYER

We will hold three Wednesday evening Advent services on December 4, 11, and 18. On December 4 and December 11, we will be singing "Holden Evening Prayer," which is one of the congregation's favorites.

On December 18 Emmanuel will hold its first *BLUE CHRISTMAS* service. This is for anyone who has suffered a loss of a loved one, or any type of significant loss within the last year. This also applies to anyone who has experienced disappointment, depression, or a dread of the upcoming Christmas season.

Come join us in the sanctuary at 5:30 p.m.

"HOME FOR THE HOLIDAYS" CONCERT

PRESENTED BY THE VOICES OF NAPLES

Tuesday, December 3, 2019, in the Sanctuary 7:00 p.m. No admission fee; free-will offering will be taken.





The what & the why?

Dinners for 6, or 8 (or 7, 9, 10) is an opportunity to gather with a group of adults from Emmanuel and share a meal while getting to know one another. Our goal, is that this same group would meet for dinner one time in January, one time in February, one time in March and one time in April. Often, we can only meet in fellowship on Sundays. Dinners for 6, or 8 is a program offering a break to this cycle by intentionally placing members together, who do not know each other well, in fellowship over a meal, centered on a brief prayer, scripture, and blessing. Getting to know our sisters and brothers in Christ at Emmanuel is essential for us in our growth in faith together. 2019 was our kickoff year and we had more than 20 dinner groups participating. This season we hope to have even more people involved. One of our new goals this year is to invite individuals and preexisting groups to look for "creative ways" to grow and expand their experience. This could mean inviting new people into your group, or becoming a facilitator, or maybe joining another group. The main thing is that you are involved. Please pray about it and let the Holy Spirit be your guide.

What's involved?

Dinners for 6, or 8 will begin in January. So the only thing to do during the months of November and December is to sign up. If you're up north until January, no problem, just sign up by going to the church's website, or by calling, or sending an email. On Friday, January 3, everyone who signed up will receive an email telling them who is in their group. In the email, you will be given the simple instructions to organize a group email and make a few simple decisions as a group. **Decision #1:** What date will the group have its first dinner together in January? **Decision #2:** Who from the group will host the dinner in January? **Decision #3:** What's for dinner? **Decision #4:** What should each person\couple bring for the first dinner? **Decision #5:** Who will be the "group facilitator" for the first dinner? After that, get ready for a wonderful evening together!

How to sign up?

There are three easy ways you can sign up.

- 1. Go to Emmanuel's website: www.NaplesEmmanuel.org and click on the button DINNERS for 6 & 8.
- 2. You can call the Church Office 239-261-0894, or email: **Gina@naplesEmmanuel.org.** Please include your name and phone number.
- 3. You can sign up on Sunday morning in the breezeway at the Information Table, or at the Alive service.





12th Annual Family Retreat Weekend February 21 - 23, 2020

Toin us for a wonderful time of getting away and reenergizing your faith.

Cedarkirk Camp & Conference Center, Lithia, FL (www.CedarKirk.org)



One church - three communities - getting away to a beautiful outdoor setting.



Mooring Line Emmanuel Community Church Emmanuel Community Park

We hope the Spirit leads you to join us!

Don't wait - space is limited.

Once registered, detailed information will be emailed to you.





This wonderful weekend is open to the entire Emmanuel Family... families, couples, singles, seniors and single parents.

Everyone's invited.

Cedarkirk is a year-round camping conference center owned by the Presbyterians of Tampa Bay and Peace River. It is located on the Alafia River within 170 acres of woodlands, wetlands, and uplands. Cedarkirk is dedicated to providing a place for individuals and groups to have the opportunity for spiritual renewal and growth in a natural environment. More information is available at their website: www.CedarKirk.org.

Our Schedule:

<u>Friday Evening</u> – Settle into your room and gather around at the Pavilion for campfire singing and s'mores.

<u>Saturday</u> – A day of "faith-filled-fun" activities with plenty of free time.

<u>Sunday</u> – We conclude our time together with a delicious breakfast and wonderful outdoor worship service.

Registration:

The cost is \$50 for a single person and \$110 for a family. This includes lodging, four meals and all program activities.

You can register on the church website.

www.NaplesEmmanuel.org, or directly to

Jim Cooper with your name and number of
family members attending.

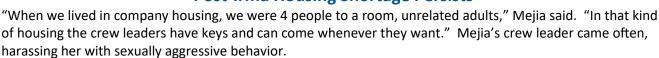
Jim@naplesemmanuel.org.

Please register by January 15, 2020



HABITAT FOR HUMANITY OF COLLIER COUNTY







Irma destroyed a significant amount of sub-standard housing, leaving families even more desperate for a decent, safe place to live. Families living in substandard housing are the ones most at-risk the next time we find ourselves on the brink of hurricane-force winds, rain, and flooding.

By opening up the pathway to affordable homeownership, we can offer those families a chance....

With your partnership, Habitat Collier is building affordable homes that provide families both a strong foundation for the future and the security of knowing that they have a solid roof overhead. Join us as part of a fresh start for a local family in need. **Make your gift today!** To donate by credit card, please phone Habitat at 239-775-0036 (be sure to mention Emmanuel). Or use the envelope in your pew, make your check out to *Emmanuel*, and designate *Habitat*. Thank you.



Village of Hope (VOH) is a Christian fund raising organization committed to supporting programs and ministries that promote excellence in education, spiritual growth and primary health care of Haitians in need in Ganthier community. They believe the value of

education, the impact of primary health care and the power of spiritual growth will result in the empowerment of Haitians.

Our women at Emmanuel help this community with their paper beading project. Come help them make beads on Wednesdays from 1:00 - 3:00 pm. You can also help by purchasing the jewelry they make when they have their jewelry sale in December. Proceeds from the sale go to help the Village of Hope Haiti.

As many of you know, our **Good Samaritan Fund** assists in helping people in need, whether they are members, friends or acquaintances. If anyone has a desire to give toward that fund, *please make your checks payable to Emmanuel Lutheran Church and put Good Samaritan Fund in the memo line*.



Casseroles for St. Matthew's House

C'mon! You can do it! Can you prepare a casserole? Emmanuel provides casseroles for the emergency feeding mission at St. Matthew's House. All you need to do is: 1.) Pick up an aluminum pan or two at the welcome table outside the narthex after church. 2.) Follow the instructions that come with the pans, and 3.) Bring the casseroles to the welcome table at church. We'll take care of the rest! And, Thank You to everyone who participates in this ministry program!



Please put all casseroles for St. Matthew's House in the designated freezer chest located in the kitchen. (It's across from the coffee makers.)

These meals make a huge difference to the people receiving them. They get excited to see our casseroles arrive at St. Matthew's. You can really make a difference in someone's day by making a casserole.

Food for the Needy



Unlike many cities and counties in other parts of the country, **Collier County has no welfare department.** Thus, many of the hungry and homeless among us have nowhere to turn except to local charities. Nearly 1,000 children in the Collier County School District are currently confirmed to be homeless, and officials believe the actual number is much higher

Your donations make a difference! Please make checks payable to Emmanuel and designate Food for the Needy.

Serving Others Ministry

November 12 - Campus Ribbon Cutting Join Our Celebration!



Join us on November 12 at 1 pm for our Golden Gate Campus Wide Ribbon Cutting. With the support of generous donors, volunteers and the community our campus is complete! Please join us as we celebrate this milestone together.

For more information, please call Arlene Mendez, Human Resource and Talent Manager, at 239.255.7214 or email arlene@graceplacenaples.org.

Grace Place



Volunteer in our Bright Beginnings Early Childhood Education classrooms with our one-, two-, three-, and four-year-olds. Assist in the classroom alongside a teacher and other volunteers. Volunteers are needed in the morning and are welcomed once-a-week or several times a week.

We are looking for volunteers to teach English to our adult English Language Learning students. Classes are held in the evening. We are looking for volunteers to commit once-a-week. The program

runs year-round and volunteers both full-time and part-time are welcomed throughout the year. You do not need to speak Spanish to volunteer, nor do you need experience teaching English. Training is provided throughout the year, in addition to lots of resources and support.

The Academy of Leaders K–12 afterschool program needs tutors for all grade levels and subjects. Share your knowledge with a small group of our students in a classroom setting. Tutors are needed Monday–Thursday. Times vary depending on grade level.

Food Pantry and Receptionist Volunteer Opportunities

Grace Place can use your help on Saturdays throughout the day in our Food Pantry. Our Food Pantry needs volunteers to unpack and sort food, and to greet families and provide customer service. This is a great opportunity to come with a friend or a group and volunteer together! We have two shifts, 8:00 am to 10:30 am and 10:30 am to 1:00 pm.

Become a Grace Place receptionist! Receptionists are needed Monday–Friday, 9am – 12pm.

As a receptionist at Grace Place, you will welcome families, volunteers, and visitors; answer incoming calls; and respond to inquiries by providing information and directing visitors to appropriate staff.

The receptionist will also be responsible for ensuring that all volunteers and visitors are properly signed in, and will help with office projects.

For more information, please call Arlene Mendez, Human Resource and Talent Manager, at 239.234.2467 or email arlene@graceplacenaples.org.

Grace Place Volunteer Opportunity

Our congregation has long been a supporter of the mission and ministry of Grace Place in Golden Gate City. One of their growing programs is the **AP Leaders Program for high school students**, many of whom have been involved in Grace Place programs since their pre-school and elementary years.

Tom Gemmer is now the Grace Place College Access Counselor, working with juniors and seniors in high school to make their way through the tricky path of college searches, applications and more. In many cases these students are the first in their family to pursue the goal of higher education.

Grace Place is **seeking adults of all ages and backgrounds to serve as mentors** to be paired with one of these college-bound students. Mentors are asked to get to know their mentee through monthly dinner meetings, as well as communication via phone, text, etc. Mentors serve as a role model, provide support and encouragement, and offer help with questions as the process moves along.

If this volunteer role as a mentor sounds appealing to you, would you reach out to Tom to learn more? His email is tomg@graceplacenaples.org, and his phone number is 239-255-7212.

Emmanuel Park Community

Dear Emmanuel Family,

Well, we planned and prepared for weeks. We gathered community partners and volunteers. We saturated our area, spreading the word about our upcoming Fall Festival, a gift to the community of Golden Gate Estates, on behalf of you, the people of Emmanuel. As we approached Saturday, October 19, Tropical Storm Nestor also came ashore at the Panhandle, and we received the effects of its path. The weather was too severe to be able to hold the event, and so we had to cancel the Fall Festival.



But as I said during the announcements the Sunday, we are a people of the Resurrection. Our time and efforts, they have not gone to waste.

We have met many new people in the Golden Gate Estates community as well as engaged with many new community partners. We took our hundreds of pumpkins and quickly turned them into a pumpkin patch where we could further engage our neighbors. And most of all, we continue to tell the story of Emmanuel Park and its fruition, "trusting in the Holy Spirit," as John says, "to lead us into all the truth."

This November, we will be offering our first "preview" worship service, under the tent, at the park. It will be on November 24, Christ the King Sunday, at 9:30 a.m. This day is also the Sunday before Thanksgiving. You are invited to join us at the park for worship, food, and fun! We will have a food truck with lunch available for purchase and a bounce house for the children. As I write this message to you, we stand at 31 individuals who have committed in some form or fashion to walk with us as a launch team in developing a new faith community at Emmanuel Park. Our goal for August and September was 25 launch team members, and we did it! Our new goal for October and November is 40 people. We're up to 31, but we need nine more individuals.

Might God be moving you, through to Spirit, to join us as a launch team member? If you feel drawn to the mission of the Emmanuel Park Community and would like to have a further conversation, please reach out to us at the office, 239-261-0894, or by email to pastorwill@naplesemmanuel.org or dee@naplesemmanuel.org. Thanks be to God, for you.

Gratefully,

+ Pastor Will & Deacon Dee

Fall Fest 2019

All of us here at Emmanuel were full of disappointment when we had to cancel our first Annual Fall Fest at the Park due to severe weather and a high likelihood of lightning in the area. The safety of attendees was foremost in our minds, and we sincerely apologize for any inconvenience this may have caused.

For all the volunteers who signed up to help, thank you for all your support and especially your kinds words of encouragement!







Music and Worship

EMMANUEL CHOIR:

The Emmanuel Choir meets at 7:00 p.m. in the Choir Room. (Rehearsal are from 7:00-8:15/8:30 p.m.).

If you enjoy music and like to sing, then you are welcome to join us! We will be welcoming our new Choir Director, Ken Wistrom, in mid-October.

Contact Ken Wistrom at <u>k.wistrom@comcast.net</u> or Joyce Finlay at <u>joyce@naplesemmanuel.org</u> if you have any questions. You can also contact Gina in the front office (239-261-0894) and she will spread the word.

Now here are some more good reasons for you to consider joining the Choir:

- MUSIC STIMULATES ACTIVITY THROUGHOUT THE BRAIN.
- MUSIC ACTIVATES EXISTING CONNECTIONS AND RESTORES MANY LOST CONNECTIONS.
- DUE TO THE CALMING EFFECTS OF MUSIC, LESS CORTISOL (MEANING LESS STRESS) IS DETECTED BY RECEPTORS ON WHITE BLOOD CELLS.
- MUSIC ACTIVATES THE WHOLE BRAIN.

(So why wouldn't EVERYBODY want to join the Choir?)



Finance

FINANCIAL UPDATE (as of September 30, 2019)

TOTAL INCOME FROM ALL SOURCES	Budget Year to Date \$1,381,039	Actual Year to Date \$1,333,745	
TOTAL OVERALL EXPENSES	Budget Year to Date \$1,500,121	Actual Year to Date \$1,420,809	
AVERAGE ATTENDANCE	September 2018 246	September 2019 310	

A Thanksgiving Message:

Demonstrate your thankfulness:

Emmanuel anticipates and relies on a seasonal increase in contributions each year starting around Thanksgiving. These contributions help support the work of the church now and throughout the year. During this season, please consider demonstrating appreciation for your own good fortune or good health by making an additional contribution, or, if you haven't done so already, by committing to a consistent giving plan. Emmanuel offers congregation members a convenient electronic giving option for making donations. **Online Giving** lets you go to www.naplesemmanuel.org at any time to set up an automatic donation plan, change your donation plan, make a one-time donation or view your online donation history.



Do you purchase things on Amazon? If so, you can get the same items with Amazonsmile. By purchasing items through Amazonesmile a very small percentage of the sale goes to Emmanuel. On your first visit to AmazonSmile (smile.amazon.com), you are prompted to select a charitable organization. Emmanuel Lutheran Evangelical Church is one of those organizations. **So, if you**

shop with Amazon, remember to go through AmazonSmile and select Emmanuel Lutheran Evangelical Church. (Tell your family and friends to do the same.) The direct link is https://smile.amazon.com/ch/59-1377616

Parish Nurse



Carol Calling:

Let's continue discussing the Blue Zone Power of 9 principles. I had presented them in my last newsletter. The first principle is MOVE NATURALLY – this means we all need to find ways to move more. You will burn calories without thinking about it if you just keep moving and staying active. If you would like to join a walking group, please call 239-624-2312 for more information on where you can meet a group (MOAI) so you won't have to walk alone. The purpose of these groups is to support each other and share your activity goals. They meet at several of our local parks. Staying active is always easier if you belong to a group with common goals - it gives you motivation.

The AARP Bulletin reports that recent studies have shown that the more fruit and vegetables you eat, the less likely you are to lose muscle and bone density which can lead to frailty and a loss of mobility. And yet...only about 1 adult in 10 eats 1.5 to 2 cups of fruit and 2 to 3 cups of veggies a day- the current daily recommendations!! Are you ready to start trying harder? Here are the 7 food groups which you should try to include in your diet every day. Try to have at least one representative food from each group daily. 1. Berries. – these are particularly important for heart and bone health. 2. Red, yellow and orange produce. – (either fruit or vegetable)...Pick what you like. These support immunity and decrease the risk of cancer and cardiovascular disease. 3. Citrus. - fiber rich citrus is an anti-inflammatory agent. 4. Grapes and Tree fruit. – eat your classic favorites and know they are a source of fiber. Best if eaten with the skin on to maximize nutrition. 5. Starches. – these are rich in fiber plus Vitamin C and potassium. 6. Flavorful Roots. – garlic, leeks, scallions and onions – linked to overall heart health, anti-inflammatory qualities and decreased cancer risk. 7. Cruciferous vegetables. – broccoli, brussels sprouts, cauliflower, red and green cabbage, collard greens and kale.....contain compounds which may reduce the risk of cancer and may lower the risk of Alzheimer's disease. Try roasting and grilling these veggies for a delicious flavor.

Consumer Reports ON HEALTH November 2019 reports that people who had a warm shower, bath or foot soak before bed fell asleep 7 minutes faster and rated their sleep quality better than it was on nights without warming up this way. The result is increased blood circulation at the surface of the skin which promotes sleep because it helps lower the body's core temperature. Happy Sleeping!!



The hospitals no longer notify us of your admission. If you have a planned hospital admission and would like a visit from our pastoral staff, please let us know ahead of time. If you have an unexpected hospital admission, please ask a family member or friend to contact the church office. We would be happy to visit with you. Thank you. Parish Nurse Carol Hartman at 239-261-0894 or carol@naplesemmanuel.org

If you would like to have a prayer added to the prayer chain, please contact Joyce O'Neill. You may contact Joyce at 239-566-3373 or email her at KSOnaples@comcast.net





Grieving Group

Have you lost someone close to you? If you are interested in participating we would love to hear from you. Please call Carol Hartman at 239-261-0894. We meet Wednesdays in the Chapel at 1:00 pm the 1st and 3rd Wednesday of each month.



Stephen Ministry

Stephen Ministers are congregation members trained to offer high quality one to one care to people going through tough times. If you think you would like to talk to a Stephen Minister about a problem you are having or to refer someone you know to the care of a Stephen Minister, please contact Carol Hartman, RN by email at carol@naplesemmanuel.org or 239-261-0894



Peace I leave with you, my peace I give unto you.

Sunday Morning Children & Youth Faith Connection



All students K-5th grade are invited to meet upstairs in the Children's Ministry classroom, across from the elevator, at 11:00 a.m. Susan Kober, Nieves Lebrón and their adult helpers will be leading the children.

All middle and high school students (grades 6-12) will meet in the Oasis Student Center at 11:00 following the Alive Service. During our time together we will focus on the lectionary Gospel message for that particular Sunday with relevant conversation and practical ways we can live out God's call in our daily lives. The class will be led by Jim Cooper, ELCA Deacon, Youth and Family.

The **Advent Craft Fair** is scheduled for **Sunday, December 8**. Tables will be set up in the breezeway where students can sell their craft items from 8:30 AM - 12:00 PM. All the funds that are raise will go towards supporting the ELCA Good Gifts.





Family Advent Tablecloth bags will be available in the breezeway between services on Nov. 17.

Fun, simple and easy to use family activity during Advent!

An Easy Way to Make Family Time a Priority from Advent through Epiphany!

Families Celebrate Advent & Christmas is a colorful deck of cards that is full of rituals, prayers and reflections. Endlessly flexible for busy schedules, you can create a new after -meal ritual, use them as decorations, or carry them on the go. Explore the entire season from Advent to Christmas through Epiphany. Call the church office at 239-261-0894 to order your copy.



YOUNG ADULTS IN GLOBAL MISSION (YAGM) - Kaitlyn Ziegelmaier's mission trip to Senegal, Africa

Kaitlyn is now in her third month in Senegal. When her group of five YAGM arrived in Senegal they had three weeks to learn two languages (French and Wolof), learn about the history of the country and the culture of the people. In September they all went their separate ways to their different communities. Some of them are 4 hours apart. Kaitlyn moved in with her host family with whom she will be with for the remainder of her year in Senegal. Her family consists of a mother, father and 4 children with another child due in December.

School started October 3 in Senegal. Kaitlyn has been helping in the classroom and will teach her first class this week. She will teach 10 - 12 year olds English. She also spends half of her time at the community center where she maintains the library and helps a little with basketball. Please keep her in your prayers as she walks beside this community to see how she can help them.

Over the past several months we have asked the congregation to help raise money to assist Kaitlyn and the other three Young Adults from the Florida Bahamas Synod with their journey with ELCA's YAGM program. (Sarah Henning who will be serving in Mexico; Macy Kennedy will be serving in Australia; Lee Setzer will be serving in Madagascar; and finally Emmanuel's very own Kaitlyn Ziegelmaier will be serving in Senegal.) We are very proud to announce that we have raised close to \$13,000 of our \$15,000 goal. Thank you so much for your generosity!

Any gifts you donate to Emmanuel Global Mission Trip will first and foremost go to support Kaitlyn and then the three others. *Please make your check out to Emmanuel Lutheran and put Kaitlyn - Mission Trip in the memo.*

Also, please visit our website, <u>www.naplesemmanuel.org</u>, click on News, then Church News, then click on Kaitlyn's September Newsletter – Walking in Senegal. She would love for everyone to share her journey in Africa.















Photos: Youth playing basketball, Kaitlyn and her mom preparing dinner and eating with the family, girls at school braiding Kaitlyn's hair.

Emmanuel Communities

Thank you so much ELC, for your welcoming and your support. We are working together for our present and our future, yes, our children! Faith Connection Sunday 11:15, Come and See! Ven a Ver!





"Jesus is the Light of the World" sung by all the children of Emmanuel celebrating Reformation Sunday.



Don't forget! First Communion class begins November 10 at 11:15 am.

Emmanuel Communities - Emmanuel Academies

The Common Good Conference, A Church for Monday held on October 5th was a great success with up to 50 in attendance! We have received some amazing reports of stories of impact from those who attended. The Simulcast was recorded nationally, and these presentations will be available online in the coming weeks.

Emmanuel Academies would like to thank all of the volunteers and staff for all of your hard work leading up to and during the event. These events don't happen without you!





1

Learn about Emmanuel Academies' Innovative 5-Year Pastoral Leadership Degree Program!

Join us for a Lunch and Learn to hear more about how young adults and others called to be Pastors can earn a B.A. in Organizational Management from Concordia University and a Master of Divinity from Sioux Falls Seminary in cooperation with Luther House of Study and Luther Seminary while staying in their community and working in their home church. Learn more at www.EmmanuelEd.Org

Choose the Date Most Convenient for You!

Dates: Tuesday, November 5, 2019 & Tuesday, December 3, 2019

Time: Noon to 1:30 PM

Location: Emmanuel Lutheran Church

RSVP: Laurie Sullivan, laurie@emmanuelacademies.org

Book Club List for 2019 - 2020

Lit and Latte Book Club

Everyone in the community is invited to join our group. Please feel free to bring houseguests and friends, as all are welcome. If you have any questions, please contact Bonnie Kischer at bkischer@yahoo.com. We meet in the WELCA room (above the church offices) monthly from 2:00-3:30 PM.



Emmanuel Lutheran Book Club 2019-2020

November 11: Educated by Tara Westover

Presented by Ardith Tofteland

An unforgettable memoir about a young girl who, kept out of school, leaves her survivalist family and goes to earn a PhD from Cambridge.

December 9: The 13th Gift by Joanne Huist Smith

Presented by Bonnie Kischer True story about random acts of kindness during Christmas season for a family struggling after death of her husband.

January 13: The Rosie Project by Graeme Simsion

Presented by Debbie Lawson Romantic and comedic story about an undiagnosed Asperger syndrome man as he looks for a wife.

February 10: The Favored Daughter by Fawia Koofi and Nadine Ghouri

Presented by Bev Ranstrom One woman's fight to lead Afghanistan into the future. Fawzia was left to die in the sun after birth, but she survived and defined her life ever since.

March 9: Britt-Marie Was Here by Fredrik Backman

Presented by Jamie Thompson.

April 13: Matriarch: Barbara Bush and the Making of an American Dynasty by Susan Page

Presented by Edie Cole A vivid biography of former First Lady, one of the most influential and under appreciated women in our history.

May 11:

Everyone brings a book they would recommend to others to read. Be prepared to discuss for 5-10 minutes.

WOMEN WITH WOMEN

The first planning session is scheduled on November 6 at 11:00 am in Room 2 (upstairs next to the elevator). Please join the group so you can help plan some fun events for the upcoming months.





Mah Jongg is still alive at Emmanuel - join us on Fridays at 1:00. If you have any questions, please call Carol Duncan at 239-777-3213.

Beading for Haiti Project Paperbead Jewelry

YOU can make a tremendous difference in the lives of the Haitian children at the Village of Hope! Come to Emmanuel, **every Wednesday** from **1 pm to 3 pm** and learn to make colorful and stylish paper beads and to assemble them into gorgeous designer necklaces, bracelets, and earrings.



We would like to extend an invitation to all to come and express their creativity designing jewelry and learning to roll paper into beads. New ideas are always welcome.

Interested? Contact Carol Duncan at 239-777-3213

Check out our Facebook page at www.facebook.com/beadingforhaiti

Village of Hope Webpage www.villageofhopehaiti.org



Stitchers

The **Stitchers** will start quilting again this November. **Call Jane Hauck, 605-366-4338,** with any questions.

WORSHIP PARTICIPANTS



Joyce is always looking for more Worship Participants: Greeters, Ushers, Assisting Ministers, Lectors, and Acolytes. If you are interested, we will train you—just email Joyce at joyce@naplesemmanuel.org.



ALTAR GUILD

Would you like to help in one of the most important ministries of the church? Join the Altar Guild! Setting the Table for Holy Communion is a most rewarding experience—there is much more to it than meets the eye. No previous experience necessary, we will train you. If you would like to try it, contact Diedre Milligan, head of the Altar Guild, at nellefl@embargmail.com.



HOSPITALITY BAKERS NEEDED:

We need bakers to make treats (cookies, muffins...) for Sunday mornings. If you are interested, call the church office at 239-261-0894.

COMMITTEE MEMBERS NEEDED:

We are looking for volunteers to serve on the following committees: Endowment, Property, Maintenance, Welcome Ministry and Serving Others.

If you are interested, please contact Gina at gina@naplesemmanuel.org or you can also call the office at 239-261-0894.

PEOPLE TO WELCOME VISITORS NEEDED:

We are looking for volunteers to start in October to help direct people in the parking lot. You would welcome visitors and church members and give directions as people enter the parking lot and building. Time commitment is 15-20 minutes on a Sunday morning. Please call Gina at 239-261-0894 for more information.

Memorial Garden

In October the niches, the statues and the scripture in our memorial garden were restored and refurbished. Thank you, Don Jorgensen, for the generous donation you gave to Emmanuel to cover the expenses of this project. The congregation will be pleased with the end results. Please join us in thanking Don for making this project possible.

Blessing of the Animals

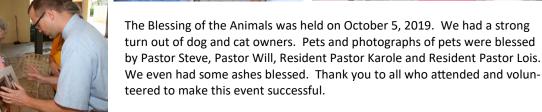




























Emmanuel Lutheran Church November Baptisms

Member	Date
William Weng	11/00
Cynthia Carlson	11/00
Roger Beckerman	11/00
Tom Funk	11/00
Phillip Havrington	11/00
Duncan Cameron	11/00
Joycelyn Gallois	11/00
Peter Gibson	11/00
Lauren Gibson	11/00
Nicole Puchalla	11/00
Carol Harrington	11/00
Douglas Yocom	11/00
Claire Flack	11/04
Andrew Nuzum	11/06
Zack Faust	11/10
Bailey Kimble	11 11
Maria Werner	11 14
June Jahrling	11/16
Lilly Nozum	11 18
Samantha Irsch	11 19
Terrie Kimble	11/20
Ian McMichael	11/25
Amaiya Ancirel	11/25
Robert Goodrich	11/26
Mitchell Gemmer	11/27
Kathleen Wasmer	11/27

11/30

Andrew Mason



Emmanuel Lutheran Church November Anniversaries

Member	Date	
Dennis & Carla Reustle	11 01 1986	
Mr. & Mrs. Jerry Ransom	11/03/1963	
Bruce & Bev Ranstrom	11 04 0000	
Paula & Ted Eissfeldt	11/06/0000	
Barbara Terreri	11 10 1996	
Mr. & Mrs. Michael McNally	11 11 1967	
Brian & Lindsay Stock	11 15 2015	
Mr. & Mrs. K.C. Stock	11 15 1968	
Mr. & Mrs. Kelley Lodahl	11 16 1952	
John & Patricia Leikhim	11 22 1980	
Eric & Cynthia Carlson	11 24 1967	
Mr. & Mrs. Bob Carpenter	11 24 1954	
Mr. & Mrs. Wendell Gillund	11 24 1951	
Ruth & Dean Schuler	11 26 1955	
Mr. & Mrs. Kris Thoemke	11 26 2005	
Dale & James Keenan	11 27 1997	
Marc & Carlene Petersen	11 27 1963	
Mr. & Mrs. Gary Sharpe	11 27 1971	
Mr & Mrs Peter Wasmer	11 28 1992	

Deaths

Curtis Johnson passed on October 9, 2019

Please keep their family and friends in your prayers.



Births - Baptisms - First Communion



Mariah Klinck baptized on October 13, 2019

Please keep their family and friends in your prayers.



Emmanuel Lutheran Church November Birthdays

Member	Date	Member	Date
Laura Alen	11 01	John Dick	11 17
Virginia LaIlaine	11 01	Sue Dinning	11 17
Debra Olson	11 01	Glen Gronlund	11 17
Chad Faust	11/02	Marlene Heidemann	11 17
Michael Hagerman	11/02	Danny Summers, Jr.	11 17
Gilbert Clark	11/03	Christian Fuellgraff	11 18
Joycelyn Gallois	11/03	Marilyn Hollis	11 18
Phillip Harrington	11/03	Eleanor Jackson	11 18
Jamie Searles	11/03	Neptali Castilo	11 19
Linda Mullin	11 04	Hans McMichael	11 19
Gerald Kimble	11 05	Heriberto Rivera	11 19
Paula Eissfeldt	11/06	Alexandra Ellender	11/20
Mario Rodriquez DeLavego	n 11/06	Rowland Lewis	11/20
Christine Haines	11/07	Justin Van Norstrand	11/20
Waldo Smeby	11/07	Earle Guffey	11 21
Bruce Carlson	11/08	Frine Dnadelli	11/22
Luzmila Dubuc	11/08	Jeffrey Heier	11/22
Charles Gass	11/08	Ruben Teran	11/22
Bev Mjolsness	11/08	Karin Steward	11/23
Bianca Omonte	11/08	Tevri Schuchmann	11 24
Roger Beckermann	11 10	Richard Fetterer	11 24
Roberta Blaes	11 10	Zachary Fowell	11 24
Donna Conrad	11 10	Lydia Wasmer	11/24
Rosemary Bell	11 11	Nancy Yocom	11 24
Gregory Schill	11 11	Louis Kober	11/25
Shelby Schwartz	11 12	Nancy Dewey	11/26
Lisa Dawson	11 13	Wilma Sagers	11/26
Jose Lebron	11 13	Nancy Strohm	11/26
Mackenzie Marquardt	11 14	Gerald Kerr	11 27
Maria Rodriguez DeLavego	a 11/14	Yetnyzed Rivera	11 27
Shawn Rosaasen	11 14	James Keenan	11/28
Eveline Sorg	11 14	Aiden Murphy	11 28
Tom Funk	11 15	David Pedersen	11/28
Warren Heidemann	11 15	Allison Schleutker	11/28
Virginia Hebert	11 16	Jacqueline M. Elmer	11/29
Erik Listoe	11 16	Dale Keenan	11 29
James McLaughlin	11 16	Roberta Seiler	11 29
Jeanette O'Connor	11 16	Claire Flack	11/30