

The monthly Newsletter of:

November 2021

# Agnus Dei Lutheran Church

Gather in Grace

Grow in Faith

Go in Service



Evangelical Lutheran  
Church in America  
God's work. Our hands.



The congregation of Agnus Dei Lutheran Church celebrates the amazing diversity of God's beloved children. We welcome all, regardless of age, ethnicity, abilities, faith background, race, family configuration, socioeconomic status, sexual orientation, gender identity or expression. We enthusiastically invite you into this worshipping congregation as we strive to share God's inclusive love with everyone in our community and in our world.



## Pastor's Message

As we continue the process of reopening our building and revising our in-person gatherings for the pandemic, one of the areas most changed is our communion practice.

Holy Communion is central to our understanding of who God is and how God is at work among us. Each week, we come to the table to receive bodily sustenance as a sign of the way that God sustains us in faith by grace. While we were worshipping from home, we used our own elements as to continue to celebrate this meal, as many of our siblings worshipping online continue to do. Even during our break from physically gathering, the sacrament itself draws us together across time and space with Christians from all times and places into the one communion of saints.

Since reopening, we have been communing with bread alone. This has been hard for many of us who are accustomed to receiving both bread and wine (or grape juice) each week. It was a hard decision to make, but one that leadership felt was prudent to prevent the spread of COVID and protect our worshipping community. The Holy Meal is and should be a means of sharing God's grace and life, not death and illness. Some may have considered our receiving Holy Communion in one kind "too Catholic," since some Roman Catholic churches still receive the meal in only one kind. That practice evolved from the fear of lay people spilling the wine, thus "mistreating" the Blood of Christ.

Luther assured us that we have nothing to fear from this, as Jesus makes himself intentionally available to us in the meal—even in the risk of "mistreatment"—out of love, and his grace is enough to cover all spilled drops or crumbs. Even so, he also assured us that receiving the meal in only one kind is still to receive the full grace of the sacrament. God's grace isn't a quantitative substance; it can't be received partially. Otherwise, we could, by the same reasoning, think eating a whole loaf of bread and drinking an entire bottle of wine would be much better! The important part of the meal is not so much the elements themselves, but the Body and Blood of Christ received—mysteriously, by grace—in, with and under them.

And speaking of the elements themselves, you will notice a change in those, as well. Previously, we've used King's Hawaiian bread and Arbor Mist Blackberry Merlot as our communion elements. We've supplemented this with cubes of gluten free bread for those with gluten sensitivities. However, one of the reasons for using a loaf (rather than wafers) is to show the reality that we all share one source of food—a sign undermined by "separate but equal" bread choices. Since reopening, we've been serving gluten free bread to all, a safety and health consideration to our gluten-abstaining siblings as well as a recognition that we all share the same food. The lack of gluten does not translate to a lack of Christ's Body!

Our wine will be changing, as well. The worship committee decided to look for wine produced under sustainability practices. These Earth-friendly practices include watershed protection, soil health, low input farming, employee and community stewardship and climate resiliency. In other words, environmental stewardship, social equity and economic viability.

There are seven wineries in Washington that are certified by LIVE, the premier sustainability certification for wineries and vineyards, which assesses grape sourcing and enology, energy use and greenhouse gas emissions, water and materials management and worker health/safety/benefits.

14 Hands Vineyards of Prosser, WA is one of those which meets these standards as well as Salmon-Safe certification,

*(continued)*



Pastor Seth Novak

indicating that the vineyard has taken serious steps to help restore wild salmon habitat. Cover crops are planted in order to control run-off within the vineyard and pesticide-free methods are used to control pests and weeds. Disease resistant grape vines reduce the need for sprays. 14 Hands vineyards have hosted WSU research trials. This winery has been selected for the wine we will be using.

Wine used for the Eucharist, a gift from the land, intentionally chosen to preserve the environment and to honor the Creator, who gifts us with nourishment for life's journey.

Finally, you may notice the "unsightly" box of vinyl gloves that currently lives on the communion table. Not only is it more sanitary to keep the gloves in the box until they are used, I felt it was an important to acknowledge that this is a part of our practice now, as much as the cup to hold the wine or the plate on which the bread sits. It may not have a fancy earthenware or golden vessel, but it is, much like the meal itself, a sign of the care we are taking for one another in these times.

Yours in Christ,  
Pr. Seth



Please let Pastor Seth know if you are in need of pastoral care. If you would like to be contacted please call the office at 253-851-6222 or email [pastorseth@agnusdeilutheran.org](mailto:pastorseth@agnusdeilutheran.org)  
In an emergency, you can reach Pastor Seth at 253-448-3481.

### Native American Heritage Month

November is Native American Heritage Month. In addition to celebrating our Thanksgiving Holiday this month and giving thanks to God for all that we've been given, it is appropriate to remember the people who lived here before us and to acknowledge the uncomfortable reality that many of the things for which we are grateful were taken by our ancestors from theirs. Before White settlers came, the area we know as Gig Harbor was home to the Puyallup people. The Puyallup remain our neighbors, and we now share with them a love of this land and a responsibility to care for it.

Beginning Sunday, November 7, our congregation will be displaying an orange banner in our sanctuary in response to the request of our Indigenous neighbors. Following the devastating discoveries of children's remains at the Kamloops and Rosebud boarding schools, the American Indian Alaska Native Lutheran Association asked congregations of our Evangelical Lutheran Church in America (ELCA) and the Evangelical Lutheran Church in Canada (ELCIC) to hang orange banners in our worship spaces for 225 days in recognition of the approximately 225 children (that we know of) who died at these schools.

We hang this banner as a sign of grieving with our Indigenous siblings and remembering how the Church has been complicit in their suffering, and sometimes even the perpetrators of it.

The Lutheran church, as well as other denominations, became involved with organizing and running schools for Indian children in an attempt to suppress Indigenous culture; to "civilize" and convert Indigenous children to Christianity. The destruction of lives and whole cultures was tragic. As Christians we are called to acknowledge past misdeeds and ask forgiveness. It is important for us to remember that we live in a great land that we took away from others. We can, and should, make amends by ensuring better educational opportunities, living conditions and health care as a form of racial justice for the First People, the natives of America.

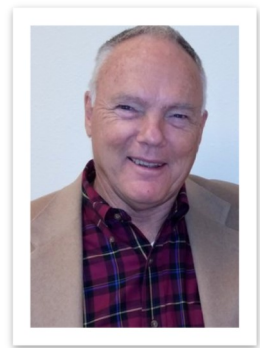
ADLC member Lynne Zematis created the banner we will be displaying. The orange color symbolizes how the church and the schools they administered took away the Indigenous identity of the children in their care. It was inspired by the story of Phyllis Webstad, a survivor of the residential schools. When she arrived as a 6-year-old, she had all of her clothes taken from her, including a brand new orange T-shirt her grandmother had given her. It was never returned.

This banner will hang in our sanctuary through all of our major holidays and seasons—including Christmas and Easter—until May 19. During this time, our hearts will be with our Indigenous siblings in their grief, and we will remember them in our prayers as we reflect upon the reality of this loss and the part the Church has played in it, and how we may move forward in love and mutual respect.



## Agnus Dei Lutheran Church Council Meeting Minutes, October 12, 2021

Members present: Pastor Seth Novak, Sherry Stava, Gene Kuest, Denny Sapp, Marilyn Colyar, Linda Ribary, Lynette Brentin, Sister Ann Shultz, Charlene Franz, Marlene Bridgforth, Susan Whitney, Richard Ohme Guests: Julie Bell



*Council President  
Denny Sapp*

The meeting was called to order at 7:02 PM.

Sister Ann Shultz led us in devotions.

The agenda was approved.

The minutes from the September 14<sup>th</sup> council meeting were approved.

The Pastor's report was received and is attached. (Reports on File)

The treasurer's report was received and is attached.

Attachments include:

Summary report through September 30, 2021.

Balance sheet through September 30, 2021.

Income and Expense statement through September 30, 2021.

### Committee Reports

Little Lambs: report received

Property: report received.

Stewardship: report received

Worship: report received.

Evangelism: no report.

Faith Formation: no report. Pr. Seth will plan meeting to establish faith formation committee.

Personnel: report received.

Service: oral report received.

Endowment: report received.

### Old Business:

Parking lot usage: Marilyn will rewrite the proposed policy, and will present it at the December council meeting for discussion.

### New Business:

Council representatives are asked to obtain and give their committee annual reports to Denny. These reports will be presented at the November congregational meeting.

Building usage for 2022: tabled, discussion to be continued.

Our telephone system is inadequate and needs to be upgraded.

Gene Kuest made a motion to spend up to \$1,500 to upgrade the telephone system; with monies to be taken from the building fund. The motion was seconded by Dick Ohme, and was approved by the council.

### Executive session: budget and payroll.

Pastor Seth Novak and Sister Ann were excused for the executive session.

When council returned from the executive session, Denny Sapp summarized the discussion regarding the Portico Salary Benefit Package. He next presented the Synod's proposal for salary increases for the rostered staff.

A motion to accept the Portico Gold Plus compensation package for 2022 as recommended by the Personnel Committee was made by Lynette Brentin. The motion was seconded by Charlene Franz, and was approved by the council.

A motion to increase the salaries as recommended by the personnel committee to follow the 2022 Synod compensation guidelines was made by Richard Ohme. The motion was seconded by Lynette Brentin, and was approved by the council.

The executive session then ended.

The next council meeting will be November 9, 2021, at 7:00 PM.

The meeting was adjourned at 9:03 PM.

Marlene Bridgforth, Secretary

Approved by: Denny Sapp, President



## Fall Forum Schedule Sunday Mornings In-person and on the Zoom Platform

November 7<sup>th</sup> – We are going to have a panel discussion. What, as Matthew 25 Christians, should be our response to the COVID 19 pandemic? We will have a Community Engagement Coordinator from Pierce County Health, some of our own health professionals and Don Heinz to help us work through this. Should be a great panel discussion. Bring your questions. It will be the final forum to be held at 7:00 p.m.

November 14<sup>th</sup>—The Racial Justice group will present the status of a land acknowledgment for our congregation's use. What is the history that leads us to this moment? A discussion on Native Boarding schools (touched briefly in a forum last Spring) and the subsequent reason for the orange banner being displayed in our sanctuary for 225 days will be discussed. This and subsequent forums will be held in person and online between services at 9:45 a.m.

November 21<sup>st</sup>—No forum so we can participate in the congregational meeting.

November 28<sup>th</sup>—First Sunday in Advent. Stay tuned for updates for this forum meeting.

New as of October 17: When the forums are recorded on Zoom, they are added to [Agnus Dei's YouTube channel](#) to be available for future viewing.

Zoom link for Forum: <https://us02web.zoom.us/j/88973182418?pwd=eWZlbFdiZW52bmhhRUpQSWJzbG13Zz09>

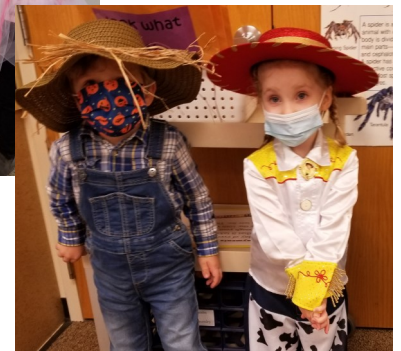
### Little Lambs Preschool A Mission of Agnus Dei Lutheran Church



*A big thank you to our GH First Responders for teaching us about fire safety*



*Our Little Lambs teachers as ice cream cones for Trunk or Treat. The rain poured but didn't dampen our sprits!*



October was a fun and busy month at Little Lambs!

We learned about fire safety, had visits from real firefighters, and even got to sit in the driver's seat of a firetruck in our parking lot. We practiced what to do for a fire drill and GH Fire Chief Eric came to watch us do a "real" fire drill with our very loud alarm going off. He said our Little Lambs did a great job!

Another fun event in October was Trunk or Treat in the parking lot. We got to wear our costumes and practice walking in a line to all the parents' cars. They decorated their trunks and gave out treats. All of the Little Lambs teachers were dressed as different flavors of ice cream cones for their costumes.

Our Little Lambs are beginning to get used to the new routines of preschool; one of our favorites that we added in October is weekly "Chapel Time" with Pastor Seth and Shari where we listen to a story and learn new songs.



## An update from our Community Outreach Team

### October

Thanks for supporting the October lasagna dinner at Peace Lutheran Church in Tacoma. Once again many hungry folks appreciated the warm lasagna dinner. During this pandemic, dinners are served take-out style. The meal consists of lasagna, bread and fruit. Many thanks to Linda Ribary for shopping and preparing the lasagnas and to Linda and Jim, Sharon and Don Krump and George Unruh for boxing up and serving the dinners at Peace. Agnus Dei participates in the meals program at Peace Community each April and October.



Also thanks for making our Quilts, Baby Kits, School Kits and Fabric Kits the most successful collection ever! Quilts and kits were blessed in worship on October 24. On November 5th, 51 Quilts, 50 Baby Care Kits, 44 School Kits and 18 Fabric/Thread Kits will go to Seattle and on to Baltimore and be distributed world wide to many needy people by Lutheran World Relief.

### November Activity– fill the need for large hats

Do you enjoy knitting or crochet? We have a good supply of youth-sized hats for Food Backpack 4 Kids, but there is a need for knit or crochet hats and scarves, for the homeless. Especially needed are toque type hats in dark colors...green, gray, brown.

### November Collection for Holiday Helpers 2021

Once again we have gratefully received a grant from Thrivent to support Holiday Helpers at the Key Center Children's Home Society of WA. This annual event matches screened client families with their most urgent needs and adds some fun items to make a great holiday. We pledged to help by contributing the following needed items and we will use the Thrivent \$ to supplement our donations. To be a Holiday Helper please bring the following items to church by Nov. 28. If you prefer to make a monetary donation, just use "Holiday Helper" as a designation.

#### Holiday Helper Wish List:

- ♥ Slippers– all sizes
  - ♥ Warm Blankets
  - ♥ Laundry Detergent Pots
  - ♥ Diapers
  - ♥ Wipes (either baby or adult)
- Thank you for supporting this very worthy local cause.



As we navigate the new COVID world, we hope to provide a variety of choices for interaction, both in person with masks and tasks that can be done at home, and donation opportunities. Thanks for helping.

Community Connections Committee — Debbie S, Linda R, Linda Z, Charlene F and Ronnie K

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### Food Backpacks 4 Kids Special Project

Although we are no longer packing individual backpacks for the schools at ADLC we are still gathering food items for distribution at the main FB4K warehouse in Key Center.

For the November-December project we are collecting baking supplies for the Holidays. Although these items may be traditional for many of us, some of them are luxuries for families suffering from food insecurity.

Some suggested items are:

- ♥ 3 or 5 lb bag of flour
- ♥ 3 or 5 lb bag sugar
- ♥ Baking soda
- ♥ Baking powder
- ♥ Brown sugar
- ♥ Powdered Sugar
- ♥ Vanilla
- ♥ Decorative Sprinkles

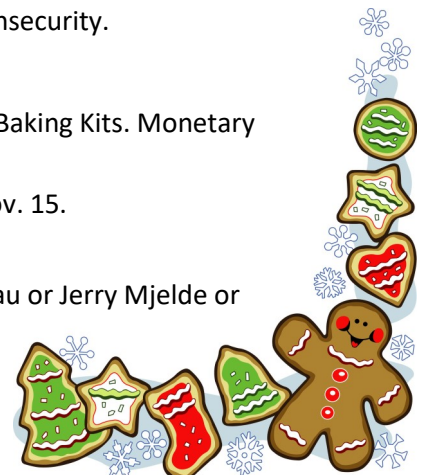


These items will then be assembled into Holiday Baking Kits. Monetary contributions are also always appreciated.

Donations should be brought to the church by Nov. 15.

Thank you for your continued support of FB4K

If you have questions please contact Ann Rousseau or Jerry Mjelde or call the church office.



## Minister of Programs Sister Ann Shultz



- ♥ **College Kids/Military Organizational Meeting** ~ This group will be creating care packages 2 or 3 times a year for our young adults who are away from home at college. Join us at 3:00 on November 10 at the church to begin planning the year ahead.
- ♥ **Faith Formation Committee** will be meeting on Thursday, November 11<sup>th</sup> at 3:00 PM via Zoom.
- ♥ **In-person Sunday School** will be meeting every Sunday in November at 9:45. November 21<sup>st</sup> will be a special project Sunday.
- ♥ **Grab & Go Sunday School Kits** are available to pick up from the basket in the narthex November's theme is Noah. The kits contain books, activities, puzzles, and craft projects.
- ♥ **Community Garden Organizational meeting:** Everyone who is interested in the possibility of starting a community garden at ADLC is invited to meet on Thursday, December 2<sup>nd</sup> at 2:00 PM at the church.



### Create Ornaments for the Santa for Seniors Project!

November 21<sup>st</sup> 9:45 – 10:45



Santa for Seniors is a program through Lutheran Community Services Northwest that reaches out to isolated seniors during the Christmas season. We will have the opportunity to participate in this program by creating wooden ornaments for distribution to seniors in our community. Join us between services on November 21<sup>st</sup> to participate in this fun project. Kits are also available to pick up in the narthex for those who would like to work on the ornaments at home. For those choosing to work on these at home, please return them to the church by Monday, November 29<sup>th</sup>.

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### Important reminders for In-person gatherings

#### We Share the Air – Please Keep It Fragrance-Free and Healthy for All



In our effort to make everyone welcome, please be aware the chemicals used in scented products make some people sick, especially those with fragrance sensitivities, asthma, allergies and other medical conditions. We ask our entire community to be mindful of this and refrain from using perfume/cologne and other scented products when coming to Agnus Dei.

#### Let's Get Back in the Habit of Wearing Nametags

As a sign of hospitality to visitors, please remember to wear your nametag! In addition to welcoming newcomers, some of us are finding it difficult to recognize each other with our facemasks on after being apart for so long. If you are in need of a new nametag, please call or email the church office or leave a note on Cindy's desk.



# Your Committees At Work

Agnus Dei has many small groups and committees at work at all times. Some meet weekly, some monthly and some on an as-needed basis. In an effort to make these groups and their work better known, we will use a portion of each newsletter to highlight one or two groups, share who they are, and what they do. Perhaps by making these groups better known, readers might be interested in joining in.

## November Focus: Our Agnus Dei Properties Team

The properties team, led by Don Krump, is a very active group who are an invaluable asset to Agnus Dei. This team takes on most of the repairs and maintenance tasks of our building and landscape, saving our budget thousands of dollars each year. From minor fixes to large projects, whenever there is a need,

these skilled folks can be relied on to show up and get the job done. They are always the first call when a repair is needed and only occasionally do we need to hire outside specialists. The team proactively performs routine maintenance tasks that prevent costly fixes such as keeping our gutters and parking lot drains clear of debris, and they keep our building looking neat and the lawns regularly mowed. They also organize twice yearly landscape work parties, where everyone in the congregation is encouraged to take part.

The properties team meets monthly on Zoom to coordinate projects. See the paragraph below for Don's latest report for the newsletter. In addition to this November project, the team is facilitating the installation of an automatic door opener for our entrance. Watch for this improvement soon. The properties team welcomes all new participants; if you have a skill you can share please contact Don Krump.

## Properties Team:

Leader	Don	Krump
Council Liaison	Gene	Kuest
	Paul	Alvestad
	Bob	Beals
	Dick	Brentin
	Rich	Cook
	Harlan	Damron
	Daryl	Daug
	Kathy	Higgins
	Bob	Nussbaum
	Dick	Ohme
	David	Salge
	Denny	Sapp
	John	Stava



*Just a few of our dedicated properties team volunteers, Gene Kuest, Harlan Damron, Don Krump, Bob Nussbaum*

*The team will be replacing the MERV 13 filters in all six heating & ventilating systems in November as they did in May. MERV stands for Minimum Efficiency Reporting Value, and a 13 is three levels above what is required in hospital laboratories & rated at superior for commercial buildings. In addition, all six HVAC systems are set to have the fans run continually when a room is occupied. Don*



## Stewardship

## Building a Culture of Generosity

This is an awkward time to be writing a stewardship article. We are just finishing up the fall stewardship campaign and are at that point where all the letters and Intent Cards have been sent out and reminder emails and phone calls have been made. If you have not yet returned your intent card please consider doing so now. Extra cards are available by emailing or calling the church office if you need one.

As we wrap up this year's campaign, I think the most important thing that I can pass along now is a big thank you to everyone for all the support that they have given to the ministries of Agnus Dei throughout this past year. Not only the financial support, but also the time and effort that I have seen so many of you give to the Church.

Thank you.

Mike Snowden,  
Stewardship Committee

## 2021 SUMMARY FINANCIAL REPORT AS OF SEPTEMBER 30, 2021

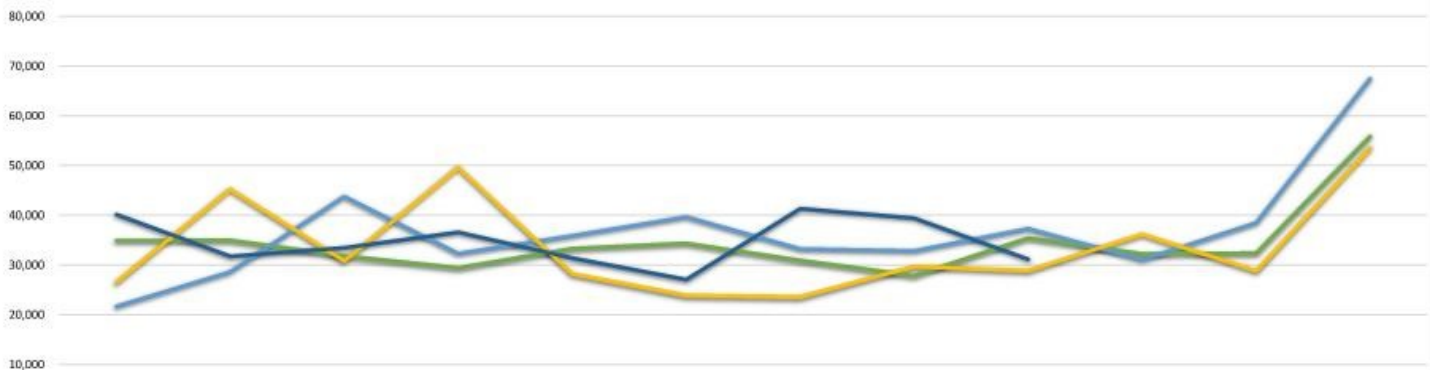
(prepared October 12, 2021)

**RESULTS:**

**COMMENTS:**

	Jan - Sept <u>Actual</u>	Jan - Sept <u>Budget</u>	% of YTD <u>Budget</u>	2021 <u>Budget</u>	
<b>OPERATING INCOME:</b>					<b><u>YTD as of Sept 30, 2021:</u></b>
General Offering	312,236	286,272	109.1%	405,000	* Total Unrestricted Offerings are at 109.1% of "goal" through end of first nine months. "Goal" is a minimum, set at last year's giving level.
Paycheck Protect. Prog Loan	67,270	67,270	100.0%	67,270	* Total Income for the first nine months of 2021 is 109.5% of goal, including all federal PPP loan funds.
Comm'ty Connect Contract	31,146	23,036	135.2%	31,076	* Total Expenses are 104.5% of budget.
Other Income	1,681	-	-	1,000	* Net Operating "Gain" is \$42,904**
<b>TOTAL INCOME</b>	<b>412,333</b>	<b>376,578</b>	<b>109.5%</b>	<b>504,346</b>	
<b>OPERATING EXPENSES &amp; LIABILITIES:</b>					<b><u>Sept 30, 2021 Balance Sheet</u></b>
Ministry of Education	2,465	3,040	81.1%	4,100	* Current Assets (checking, savings, Accts Rec.) 241,126
Ministry of Mission	16,887	15,314	110.3%	22,250	* Fixed Assets (land, building, rental property) 3,213,901
Ministry of Programs	1,792	4,252	42.1%	8,500	* TOTAL ASSETS <b>3,455,028</b>
Administrative Expenses	88,428	91,175	97.0%	132,711	* Current Liabilities 8,234
Staff and Services	219,857	219,605	100.1%	295,666	* LongTerm Liabilities 1,290,863
Operating Reserve Deposit	40,000	20,000	200.0%	40,000	(Mortgage Loan only - Organ loan paid in full)
<b>TOTAL EXPENSE/LIABILITIES</b>	<b>369,429</b>	<b>353,386</b>	<b>104.5%</b>	<b>503,227</b>	TOTAL LIABILITIES 1,299,097
<b>NET OPERATING INCOME</b>	<b>42,904</b>	<b>23,192</b>		<b>1,119</b>	Equity
					* Retriected Net Assets (Designated) 183,795
<b>Total Reserves on Deposit at MIF</b>			<b>Balances</b>		* Unrestricted Net Assets 1,972,136
Building Fund			31,611		* TOTAL LIABILITIES & EQUITY <b>3,455,028</b>
Above & Beyond			28,315		
Rental House Reserve			37,329		
<b>Total Reserves on Deposit at MIF</b>			<b>97,254</b>		
					<b><u>Agnus Dei Giving YTD</u></b>
					<b>2021</b>
					<b>2020</b>
					ELCA Mission Support 15,736 30,203
					ELCA World Hunger 8,737 10,632
					Food Backpacks 4 Kids 7,058 8,420
					FISH 5,382 7,596
					Key Peninsula Food Bank 1,139 224
					Community Assistance 1,348 1,345
* Detailed financial reports are available upon request. Contact the Office Administrator to request a copy.					

**MONTHLY OFFERINGS TREND 2018-2021**



	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
2018	34,935	34,968	31,839	29,411	33,306	34,332	30,910	27,868	35,412	32,227	32,374	55,831
2019	21,659	28,593	43,743	32,278	35,864	39,631	33,207	32,817	37,287	31,037	38,447	67,432
2020	26,552	45,203	30,812	49,503	28,221	23,905	23,607	29,704	28,880	36,180	28,833	53,439
2021	40,140	31,734	33,462	36,582	31,385	27,066	41,323	39,398	31,147			

**\*\*The net "gain" at the end of September 2021 reflects the Mission Investment Fund having allowed Agnus Dei to make "interest-only" payments for the first four months of the year, with small principal payments beginning in May 2021, which have reduced our costs so far this year by approximately \$37,000, as well as receipt of one-time federal PPP funds (\$67,270) and the Congregation's decision to reduce the monthly payment to ELCA Mission Support to 5 percent from 10 percent, which has saved \$15,736.**





NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>31</b> <b>Wear Red for</b> Reformation Day <b>8:30 AM</b> Hybrid Worship with Holy Communion <b>11:00 AM</b> Worship with Holy Communion	<b>1</b> All Saints Day <b>1:00 PM</b> LWR Quilters	<b>2</b> <b>10:30 AM</b> Church Staff Meeting	<b>3</b> <b>10:00 AM</b> Text Study with Zoom and In- Person <b>1:30 PM</b> Prayer Shawl Ministry <b>7:00 PM</b> Choir Rehearsal	<b>4</b>	<b>5</b>	<b>6</b> <b>8:30 AM</b> Men's Square <b>8:30 AM</b> Women's Circle 1:00 Memorial George Kenefick
<b>7</b>  Welcome New Members <b>8:30 AM</b> Hybrid Worship with Holy Communion <b>11:00 AM</b> Worship with Holy Communion <b>7:00 PM</b> Forum on Zoom	<b>8</b> <b>1:00 PM</b> LWR Quilters	<b>9</b> <b>10:30 AM</b> Church Staff Meeting <b>7:00 PM</b> Council Meeting	<b>10</b> <b>10:00 AM</b> Text Study with Zoom and In- Person <b>1:30 PM</b> Prayer Shawl Ministry <b>7:00 PM</b> Choir Rehearsal	<b>11</b> <b>3:00 PM</b> Faith Formation meeting on Zoom <b>7:00 PM</b> Circle of Welcome Team Meeting	<b>12</b>	<b>13</b>
<b>14</b> <b>8:30 AM</b> Hybrid Worship with Holy Communion <b>9:45 AM</b> Forum (hybrid) <b>11:00 AM</b> Worship with Holy Communion	<b>15</b> <b>1:00 PM</b> LWR Quilters <b>5:00 PM</b> Handbell Rehearsal	<b>16</b> <b>10:30 AM</b> Church Staff Meeting <b>1:00 PM</b> Gather Bible Study	<b>17</b> <b>10:00 AM</b> Text Study with Zoom and In- Person <b>1:30 PM</b> Prayer Shawl Ministry <b>7:00 PM</b> Choir Rehearsal <b>7:00 PM</b> Exploring Evangelism	<b>18</b> <b>5:30 PM</b> Theology on Tap at Cutters Pt	<b>19</b>	<b>20</b> <b>5:00 PM</b> Mision De Belen Worship on Zoom
<b>21</b> Christ the King Sunday <b>8:30 AM</b> Hybrid Worship with Holy Communion <b>9:45 AM</b> Congregational Meeting <b>11:00 AM</b> Worship with Holy Communion	<b>22</b> <b>1:00 PM</b> LWR Quilters	<b>23</b> <b>10:30 AM</b> Church Staff Meeting	<b>24</b> Church Office Closed <b>10:00 AM</b> Text Study with Zoom and In- Person <b>1:30 PM</b> Prayer Shawl Ministry	<b>25</b> Thanksgiving	<b>26</b> Church Office Closed	<b>27</b>
<b>28</b> 1 Advent <b>8:30 AM</b> Hybrid Worship with Holy Communion <b>11:00 AM</b> Worship with Holy Communion  First Sunday in Advent	<b>29</b> <b>1:00 PM</b> LWR Quilters	<b>30</b> <b>10:30 AM</b> Church Staff Meeting	<b>1</b> <b>10:00 AM</b> Text Study with Zoom and In- Person <b>1:30 PM</b> Prayer Shawl Ministry <b>7:00 PM</b> Choir Rehearsal	<b>2</b>	<b>3</b>	<b>4</b> <b>8:30 AM</b> Men's Square <b>8:30 AM</b> Women's Circle

**Monthly Newsletter from the American Heart Association, November 2021**  
**National American Indian Heritage Month, Diabetes Awareness Month, Happy Thanksgiving!**

We're closing in on the end of 2021 and what a year it's been! While we're still cautious about travel or gathering in big groups, most of us are looking forward to our favorite holiday foods, taking a little time off and finding grace in having navigated the challenges of the year.

November was officially designated in 1990 as the month to acknowledge and celebrate the rich traditions, cultures and historic significance of Native Americans.

### **Diabetes Awareness Month**

Diabetes and cardiovascular disease are inextricably linked and can lead to atherosclerosis, stroke, peripheral artery disease and kidney disease.

Also called diabetes mellitus, it is a condition that causes blood sugar to rise and is diagnosed based on a fasting blood glucose (sugar) level of 126 milligrams per deciliter (mg/dL) or higher.

**Type 1 diabetes** develops when the body's immune system attacks and destroys cells in the pancreas that make insulin. It's often diagnosed in childhood.

**Type 2 diabetes** is the most common form of diabetes and largely preventable or can be managed, and diagnosed primarily in adults. But adolescents and young adults are developing Type 2 diabetes at an alarming rate because of family history and higher rates of obesity and physical inactivity — risk factors for Type 2 diabetes.

Nearly 33 million Americans have diabetes and the symptoms of prediabetes are often missed. Familiarize yourself with these symptoms and be sure to talk to your doctor if you suspect that diabetes may be a health issue.

- Increase in thirst and appetite.
- Fatigue.
- Increase in urination.
- Weight loss.
- Blurred vision.

### **Eat Smart Month: Find Time to Enjoy Meals with Family and Friends**

Eating smart doesn't mean giving up all the treats, especially as we head into the holidays. What it does mean is to make smart choices most of the time so that you fuel your body and mind. Once you give yourself the nutritious food you need, you're sure to make better choices about the fun food you look forward to this season! One tip is to enjoy as many meals as you can with family or friends. While safety precautions are still a concern with the unpredictable nature of the pandemic, studies show that enjoying a meal with people you care about enhances mental wellbeing. Avoid stressful conversations and ask questions such as, "What are you looking forward to this week?" For fun, download these [conversation prompt cards](#) which includes questions like, "If your pet could speak, what would they say?"

### **Holiday Travel**

Many of us are feeling optimistic about traveling this season to be with family and friends or indulge in a much-needed vacation. While experts predict we'll be safe with proper precautions in place, here's a reminder to do what you can to stay healthy:

The best way to prevent the flu is with an annual vaccine. It's the best way to protect yourself and your loved ones, especially those who are immune-compromised or elderly. It's also one more line of defense against severe symptoms should you come down with Covid. Information and resources can be found [here](#).

The American Heart Association also joins other top health organizations in encouraging everyone to get a Covid-19 vaccine. The flu and Covid shots can also be administered at the same time. Eat well, work in physical activity and find ways to take care of your mental wellbeing during the holidays as it's stressful as well as joyous!

### **November Commemorations:**

- National American Indian Heritage Month
- Diabetes Awareness Month
- Alzheimer's Disease Awareness Month
- National Family Caregivers Month
- Peanut Butter Lovers Month
- Day of the Dead-Dia de Muertos (Nov. 1-2)
- Diwali begins (Nov. 4)
- Daylight Saving Time ends (Nov. 7)
- Veterans Day (Nov. 11)
- Caregiver Appreciation Day (Nov. 13)
- World Kindness Day (Nov. 13)
- National Philanthropy Day (Nov. 15)
- Thanksgiving (Nov. 25)
- Hanukkah begins (Nov. 28)
- Giving Tuesday (Nov. 30)

## We remember in prayer:

### For comfort and healing:

- |                                |                          |
|--------------------------------|--------------------------|
| * Barbara Ausich               | * Toni Ortenzo           |
| * Julie and Loren Bell         | * Michi Ouichi           |
| * Deb Brueckner                | * Joannah and Rob Powers |
| * Audrey Clinton               | * Anne Sapp              |
| * Richard and Marilyn Hermstad | * Myra Snider            |
| * Doug Hettinger               | * Johnny Tierny          |
| * Martha Johnson               | * Trudy Wagner           |
| * Jack Oakes                   | * Dick and Eunice Werner |
| * George Mitchell              |                          |

### In service to our country:

- \* CAPT. Jenny Nussbaum, US Public Health Service

### In their grief:

Virginia Kenefick and family as they mourn the deaths of George and Sarah.

Note: There will be a memorial for George at Agnus Dei on Saturday, Nov 6, at 1:00 PM.

## We Celebrate...

### NOVEMBER BIRTHDAYS

- 3 Ellis Rousseau
- 4 Stephanie McCarthy
- 5 Marilyn Colyar
- 6 Mike Snowden, Salli Middleton
- 7 Laurie Spitzer
- 8 Judy Latimer
- 10 Alessandra Ortenzo
- 11 Joe Ausich
- 13 Steve Carter
- 16 Doug McDonnell
- 18 Cheryl Cleven
- 19 Don Krump
- 20 Marge Olmsted, Eiko Park
- 23 Ashley Ortenzo
- 24 Beverly Henne
- 26 Ardith Johnson, Sharon Krump
- 27 Van Hardison
- 28 Alma Conlee
- 29 Matt Humlie, Jamie Baxter

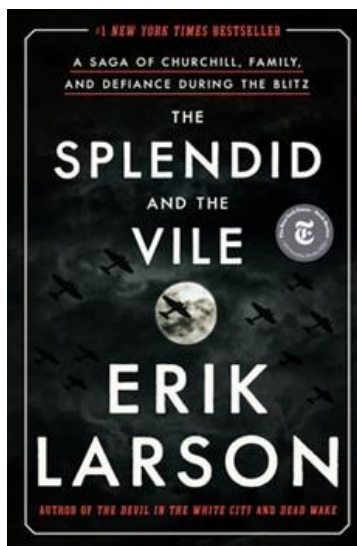
### NOVEMBER ANNIVERSARIES

- 22 Don and Sharon Krump
- 22 Dick and Lynnette Brentin
- 26 Duane and Elaine Erickson
- 30 Steve and Christy Carter
- 29 Barbara and Michael Deák

## Agnus Dei Book Group

Please note, there will be no book group in November, and we will be meeting on Sunday December 12th at 12:15 to discuss *The Splendid and the Vile: A Saga of Churchill, Family, and Defiance During the Blitz* by Eric Larson, John Lee, et al.

We will meet in the fellowship hall and on Zoom for these hybrid meetings. We hope to see you in-person or on the screen. Any questions? Contact Linda Zehnder or Susan Whitney.



## Congratulations...

to Linda Zehnder at the birth of her new grandson Canon on October 19! Canon is welcomed by big sister Declyn and parents Heather and David. Linda, who is newly retired, is enjoying her stay with the family and lots of grandma snuggles!



## Serving in Worship, NOVEMBER

	Altar Guild	Assist Min	Lector	Stream Team/Sound	Ushers/ Greeters	Flowers	Cross Gen Sunday School
<b>Nov 7 , 8:30</b>	J McCraw	R Spitzer	R Spitzer	R Beals	D Krump/S Shema	Duncan	9:45 S Shultz
<b>Nov 7, 11:00</b>	M. Bridgforth	L Miller	G Lorenz		R Crow	---	
<b>Nov 14, 8:30</b>	K Higgins	P Brandt	D Krump	B Nussbaum	D & M Ohme	Krump	9:45 A Ortenzo
<b>Nov 14, 11:00</b>	R Crow	D Daug	L Zehnder		R Crow	---	
<b>Nov 21, 8:30</b>	J Mc Craw	D Schinkel	B Shull	M Snowden	D & L Brentin	Ortenzo	9:45 S Shultz
<b>Nov 21, 11:00</b>	K Morgan	M Colyar	D Daug			---	
<b>Nov 24 Thanksgiving Eve</b>							
<b>Nov 28, 8:30</b>	S Lubash	TBD	D Snowden	D Krump	VanDerVoorn S Shema	---	9:45 D Iversen
<b>Nov 28, 11:00</b>	M Bridgforth	B Shull	R Crow				

**Thank you to the new volunteers for serving in worship.**

**More volunteers are needed in all areas and training is readily available.**

**Please contact Sister Ann for more information**

The following are the folks who are currently scheduling:

Lynne Zematis -Ushers and Greeters

Debbie Snowden -Stream Team and Sound System

Shari Shull - Assisting Ministers

Paula Davis -Lectors

Kimberly Morgan -Altar Guild

Please contact the office or call these folks directly if you are willing to serve.

Flowers for worship are needed as well. The signup sheet for the remainder of this year is posted in the hallway across from the nametag board.



Agnus Dei Lutheran Church  
10511 Peacock Hill Ave NW  
Gig Harbor, WA 98332

**RETURN SERVICE REQUESTED**

*The monthly newsletter of*  
Agnus Dei Lutheran Church  
10511 Peacock Hill Ave NW  
Gig Harbor, WA 98332

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253-851-6222 office@agnusdeilutheran.org

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*Church Administrator: Cindy Beals*  
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*Congregational President: Denny Sapp*  
*Congregational Vice President: Lynette Brentin*  
*Council Secretary: Marlene Bridgforth*  
*Financial Secretary: Bob Nussbaum*  
*Treasurer: Julie Bell*  
*Faith Community Nurse: Position Open*  
*Faith Community Nurse: Position Open*

**Council**

*Lynette Brentin, Marlene Bridgforth, Deb Brueckner, Marilyn Colyar, Charlene Franz, Gene Kuest, Bob Nussbaum, Dick Ohme, Linda Ribary, Denny Sapp, Sherry Stava, Susan Whitney*

**Little Lambs Preschool**

*Director/Teacher: Shannon Moore*  
*Email: lambs@agnusdeilutheran.org*  
*Financial Secretary: Kimberly Morgan*  
*Little Lambs Board: Margaret Duncan, Nancy Johnson, Jerry Mjelde, Eiko Park, Rob Powers*