

Grace Notes  
December 2024

Welcome the season of

# Advent

Advent  
Vespers

Sunday Evenings in  
December  
5:00 PM

A prayerful and  
contemplative service to  
further prepare our hearts  
for Jesus' birth

live-nativity  
& soup supper

Sunday, December 15, 2024  
4:30-6:30 pm



**GRACE**  
LUTHERAN CHURCH

500 N KNISS AVENUE (HWY 75)  
507-283-4431 [www.graceluverne.org](http://www.graceluverne.org)

P

Hello Grace Lutheran faith family,

A

God made everything good, so it feels unfair to play favorites, but certainly the upcoming seasons of Advent and Christmas are a special time of year!

S

I was chatting with my youngest recently and I asked her how she felt when the Christmas tree was all set up and presents started gathering under the tree. She responded that she starts to get excited! When I dug in deeper, she didn't express any frustration about how hard it is to wait, she just reflected on how fun it was to watch it all unfold, knowing that Christmas was coming.

T

This made me think about how important the season of Advent is to fully appreciate Christmas. The world around us wants to thrust us into Christmas earlier each year. I think Hallmark ornament displays start to pop up in July! Certainly, before October is over, I see red and green displays popping up around the corner from Halloween candy. Don't get me started on Christmas music...my kids think I'm a ridiculous scrooge because I just cannot listen to Christmas tunes before Thanksgiving!

©

R

So, I want to encourage everyone to slow down. We have 4 Sundays in Advent to help prepare our hearts and souls for the coming of the Christ child. We have a special gift that is coming and needn't be rushed. Just as Mary waited 9 months, so we are invited to the depth created during the waiting. The waiting, the nurturing our hearts, the growing the depth of our spirit, the practice of generosity to others, the dwelling in scripture...prepares us for the moment the world begins to change through Jesus Christ. It allows for our soul, like Mary's, to magnify the Lord (Luke 1:46).

°

S

Advent slows us down so that all of the sweetness of Christmas can be appreciated. For, even the present of the Christ child doesn't compare to the gift of salvation we experience in the future cross and empty tomb. Advent invites us into reflection that amidst the strife and turmoil we might experience in our earthly life, we know the hope gifted to us by God through Jesus Christ in our baptism.

D

E

Jesus' presence into the world changes everything, and our presence to Jesus changes everything, too.

S

I pray for each of us to continue to be transformed by Jesus' presence found in the body of Christ in the assembled faithful at worship, in the word made flesh in scripture, and the body and blood share in the sacrament of communion. If you aren't in the practice of coming regularly to worship, I encourage you to join in this season as you are able. Come and participate in the unfolding, knowing that Christmas is coming.

K

In Christ's love,  
Pastor Sarah Zender

# *Christmas Love Worship*

**December 24, 2024**

**3:00pm - traditional candlelight service  
with communion**

**5:00pm - musical prelude**

**5:30pm - traditional candlelight service  
with communion**

*Come and celebrate the birth  
of our Savior!*



**GRACE**  
LUTHERAN CHURCH

## From the President's Pew

As we begin the Advent and Christmas season, I find myself reflecting on the gratitude I have for our church. Looking back at 2024, I'm reminded of all the changes at Grace and the blessings God has provided our congregation.

First and foremost is the addition of **Pastor Sarah** to the church this year. After the first visit with her, our call committee knew she was special. Her positive energy, thoughtful messages, hunger to learn more, and willingness to try new things is a key driver to the momentum at Grace. Her leadership with our expanding staff creates clear direction and a positive work environment. The Holy Spirit guiding her and her family to Luverne on a "new adventure" has been a blessing for our congregation and the community. When she says how welcoming the congregation has been, I am incredibly proud of our church. Being an outsider and walking into Grace can be intimidating, but the greeting put forth by our congregation has been truly wonderful.

I am also excited when I see the activity of our youth at Grace. **ALL AGES** of youth! Creating our Little Lights, Fireflies, Spark, Ignite, Affirm, and Glow groups has been a great way to re-energize our kids from toddlers through high school. Erika, Carrie, and Pastor Sarah along with many volunteers have led the success of these programs. The group of 19 youth that attended the ELCA youth gathering this summer in New Orleans was key to getting our older kids to commit to the success of the Glow program. Having them meet with us and share ideas of what they wanted to see in a program was a personal favorite memory of mine this past year.

The generosity of our congregation cannot be overlooked. This is one of the largest giving years **EVER** at Grace Lutheran! Weekly giving, youth fundraisers, and our Welcome & Connect Appeal are all examples of us sharing the gifts that God has given us. But it also goes beyond monetary giving. The time commitment of volunteers, ministries, and committees is essential to Grace. Finding communion servers, ushers, decorators, teachers, helpers, ministry members, and leaders to step up and take on a project like the Heritage room, as an example, is not easy, but it is also vital to the church. I am humbled at the time commitment I see our members sharing with all of us at Grace.

Gratitude overflows when I consider the commitment of our congregation to Grace. I pray each of you enjoy your Christmas with family and friends along with your friends at Grace. Feel free to reach out to anyone on the Executive Committee with any questions you may have. God's Blessings to you all and I look forward to seeing you at church in December!

*Lucas Peters*



# live-nativity & soup supper

Sunday, December 15, 2024

4:30-6:30 pm

LIVE Animals  
LIVE Actors  
Fire Pits  
Hot Cocoa  
Soup Supper

Kids of all ages are welcome to the Fireside Room to experience Christmas traditions from different countries around the world!



**Grace Lutheran will be delivering Meals-on-Wheels to Luverne residents throughout the month of December!**

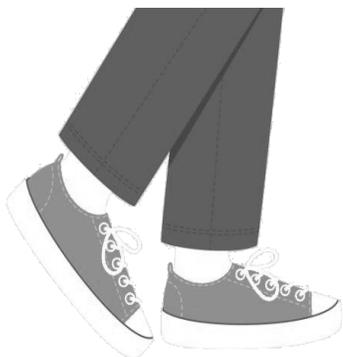


## THANK YOU TO....

Roger, Vicky, Jeff, Lynette, Jan, Nathan, Tom, Micah, Karen, Keith, Larry, Lyle, Linda, Glen, Cris, Jim, Carol, Marlene, Jean, Deb, Ron, Dale, Karen, Lyle, Gloria, Don, Wendy, Greg, Dianna, Kim, Maggie

- Grace Parish Care Ministry

## Walking Warriors



This is a **new activity** beginning Wednesday, Dec. 11th and will continue thru Wednesday, March 26th, 2025!  
From 1:00—3:00pm, the church will be available to those who are interested in walking in the social hall or walking all 3 floors. Come for a short walk or walk for 2 hours. You do not need to sign up in advance. Contact Kathy at 507-227-1439 for more info.

**THANK YOU to the December sponsors  
of our Sunday worship LIVESTREAM**



Worship service on **Dec 1st**  
Is in **Honor of the Grace Media Team**  
From a Grace member

Worship service on **Dec 8th**  
Is in **Loving memory of Lloyd & Corrine Carlson and Boyd Brandt**  
From Mike & Lori Carlson

Worship service on **Dec 15th**  
Is in **Loving memory of Lyle & Emily Mattheisen**  
From Elaine Harms and Jed & Deanna Mattheisen family

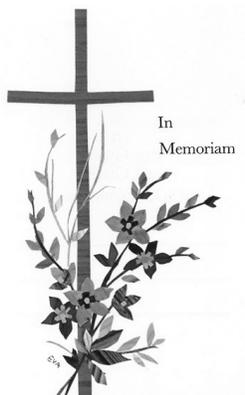
Worship service on **Dec 22nd**  
Is in **Loving memory of Jeff Menage**  
From Karen and family

Worship service on **Dec 29th**  
IS AVAILABLE

At 9:00 am on Sunday mornings you can watch the Livestream from  
our **Facebook** page:  
Grace Lutheran ELCA, Luverne  
OR  
on our **YouTube** Channel:  
@gracelutheranluvernemn685

If you would like to sponsor a week in memory or in honor of someone, please contact the office. Cost is \$90.

**MEMORIAL GIFTS  
GIVEN TO  
GRACE LUTHERAN  
CHURCH**



**In memory of Roger Tweet**

Undesignated

Lorraine Olson

**In memory of Lloyd Fuerstenberg**

Youth & Parish Care

Kim & Maggie Schmidt  
Lyle & Gloria Nelson  
Don & Lona Klosterbuer  
Tom & Jen Rolfs  
Cary & Karen Radisewitz  
Bob & Rhonna Jarchow  
Darrell Schmidt  
George & Carol McDonald  
Elaine Harms  
Suanne Ohme  
Tim & Connie Connell  
Friends and Family

## *"Amazing Grays"*

11:00 am  
Tuesday, Dec. 17th



## Join us for "Sounds of the Season"

The Luverne High School Cardinal Choir, under the direction of Seana Graber, will perform for us as we begin the holiday season. We will also enjoy other musical selections. A catered lunch at 12:00 will follow the program. Invite a friend and see you on the 17th!

(sign-up deadline is 12 noon on Mon, Dec. 16th)

LADIES NIGHT  
OUT  
CHRISTMAS  
PARTY

DECEMBER 16, 2024 AT  
6:30 PM

JOIN US FOR SNACKS,  
GAMES AND AN OPTIONAL  
GIFT EXCHANGE (\$10 OR  
LESS), WEAR YOUR UGLY  
SWEATER

GRACE LUTHERAN  
FELLOWSHIP HALL

## Grace Reading Buddies

A great opportunity is available for kids in grades K-3 to spend one on one time with an adult volunteer to practice their reading skills. Whether your child is just learning to read, perfecting their skills, or is a fluent reader, we hope to spread the love of books and learning through one on one experiences.

Where: Grace Lutheran Church Library  
When: Tuesdays and Thursdays  
.....es Available: 3:30 - 4:00 pm OR 4:00 - 4:30 pm



Online reservations are available on our LinkTree app or you can contact the church office. Please schedule at least 48 hours in advance. Thank you!

LinkTree: <https://linktr.ee/graceluv> Phone: 507-283-4431 Email: [graceluverne@iw.net](mailto:graceluverne@iw.net)

# INSPIRED THROUGH SERVICE

**DECEMBER 11 AT 7PM**

**SPAGHETTI MEAL KITS FOR THE FOOD SHELF**

**WE ARE IN NEED OF:**

- 1 CAN OF SPAGHETTI SAUCE
- 1 PACKAGE OF SPAGHETTI NOODLES
- 2 CANS OF FRUIT
- 2 CANS OF VEGETABLES
- 1 PACKAGE OF COOKIES OR BAR MIX



The family of  
**Delmar DeVries**

is inviting everyone for cake and coffee in Fellowship Hall after the worship service  
**on Sunday, December 1st.**

Delmar will be 90 years old on December 13th!

All are welcome.

This year Grace Lutheran has  
given a total of

**\$3,681 in donations**

to SHARE! Thank you to  
everyone who helped make  
a difference for families in  
Rock County!

**S H A R E**  
*Sharing Hearts Are Reaching Everyone*



# WELCOME New Members!

(November 2024)



**Merle & Patricia Behrens**

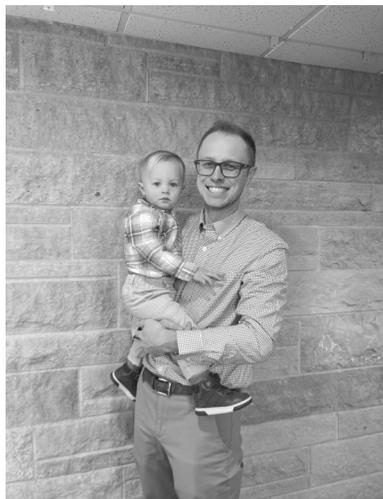
1418 Evergreen Drive, #4

Luverne, MN 56156



# GRACE

LUTHERAN CHURCH



**Jordan Degerness**

Child: **Walter**

309 W Luverne Street

Luverne, MN 56156



**Mike & Marj Maurer**

216 Pine Drive

Luverne, MN 56156



**Devi Jepson**

706 N Oakley Street

Luverne, MN 56156



**Kaylen Wieneke**

2121 S. Silverthorne Ave,  
Apt 107

Sioux Falls, SD 57110

Grace Lutheran Church

# Merry & Bright Night

Join us as we spread Christmas cheer and shine  
God's light caroling around Luverne

Sunday, December 22

Meet in Fellowship Hall

Light snacks served at 6:00pm

Caroling 6:30-8:00pm

*Festive fun for the whole family!*

**Director, Seana Graber**

seana@graberfamily.net

**Accompanist, Janine Papik**

janinepapik@hotmail.com



ALL singers in High School and above are invited  
to join Voices of Grace for any of these dates.

You do not need to commit for the entire year!

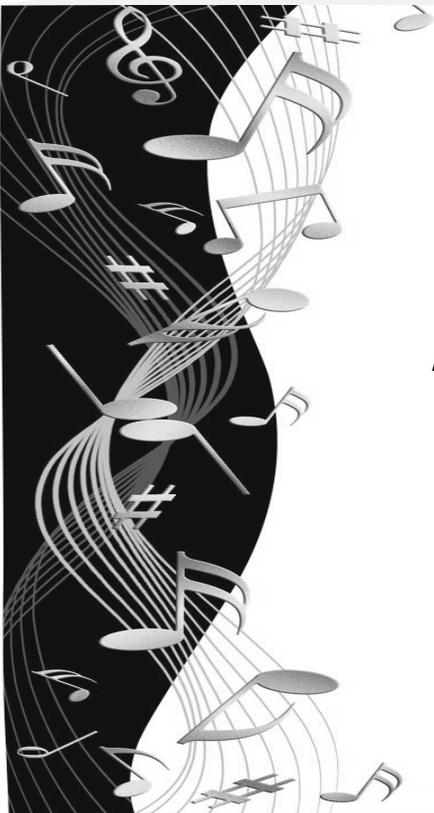
**\*REHEARSALS\***

Wed. Dec 11th - 7:15-8:00 p.m.

Wed. Dec 18th - 7:15-8:00 p.m.

**\*SING \***

Tues. Dec 24th - 5:30 pm Candlelight Service





# GLOW

## December, 2024



### December GLOW Giving

WE ARE PARTICIPATING ON THE INSPIRED THROUGH SERVICE PROJECT MAKING SPAGHETTI MEAL KITS.

PLEASE BRING 2 (OR MORE) OF THE FOLLOWING ITEMS TO YOUTH GROUP ON DECEMBER 11.

- 1 CAN SPAGHETTI SAUCE, 1 PACKAGE OF SPAGHETTI NOODLES,
- 2 CAN FRUIT,
- 2 CANS OF VEGETABLES, 1 PACKAGE OF BAR OR COOKIE MIX

**9TH GRADE**



will meet with Pastor Sarah  
Wednesday, December 11  
7:00 in Fireside Room.

**FAITH OVER FEAR** DECEMBER 4  
WE WILL HAVE A GUEST SPEAKER  
SHARING THEIR FAITH STORY!

*Christmas*  
**PARTY**

GLOW WILL BE HAVING THEIR CHRISTMAS PARTY ON  
WEDNESDAY, DECEMBER 18

MORE INFO TO COME AS DETAILS ARE FINALIZED!

**YOUTH SUPPER**

6-8TH GRADE 6:00  
9-12TH GRADE 6:30  
CATERED MEAL EVERY WEDNESDAY  
\$5 SUGGESTED DONATION



### HEY GRACE....

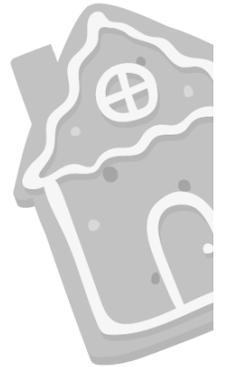
Stop by the city park and grab a selfie with our new park display and send to Carrie to share on our Facebook page!



# Cookie Sale

\$15/box

Sunday, December 8  
following worship



Each family with a 6-12th grader is asked to provide 8 dozen cookies for the annual Grace Youth Cookie Sale.

**Please have them in the church kitchen by 9am  
Sunday morning (December 8)**

*Money raised from the cookie sale will help off set expenses for all the fun things we do throughout the year such as jr/sr high youth gatherings, trips, concerts, meals, snacks, etc.*

**There will be a sheet in the kitchen to cross your name off when you drop off your cookies.  
WE APPRECIATE ALL OF YOU!**



# CHILDREN, YOUTH & FAMILY

D E C E M B E R 2 0 2 4

## CYF AT A GLANCE

**12/1 - No Fireflies/Spark Kids/Little Lights, Thanksgiving Break**

12/4 - Ignite 6:00 supper/6:30 Meet GLOW 6:30 supper/7:00 Meet

12/8 - 1st Grade Milestone 9 am

**Annual Cookie Sale 10 am in the Fellowship Hall**

Fireflies/Spark Kids 10 am

Little Lights 10:15 am

12/11 - Ignite 6:00 supper/6:30 Meet GLOW 6:30 supper/7:00 Meet

\*\*Affirm (9th grade) meets w/Pr. Sarah 7pm

12/15 - Fireflies and Spark Kids Christmas Program during 9 am worship

Fireflies/Spark Kids 10 am

Little Lights 10:15 am

**Live Nativity and Soup Supper - Joy to the World Kid's Activities 4:30-6:30pm**

12/18 - Ignite 6:00 supper/6:30 Meet GLOW 6:30 supper/7:00 Meet

**12/22 - 1/1 No Faith Formation Christmas Break**



## IGNITE CHRISTMAS PARTY

**Wednesday, December 11th**

6:00 supper

6:30-7:45 party

BRING A WRAPPED GIFT (\$5-10 VALUE) TO PARTICIPATE  
IN THE GIFT EXCHANGE.



## ACOLYTE AND USHER SCHEDULE

Dec	Day of Week	Acolyte	Acolyte	Cross Bearer	Student Usher
1	Sunday	Harper Phelps	Annen Kopp		Lauren Peters
8	Sunday	Harper Phelps	Annen Kopp		Lauren Peters
15	Sunday	Harper Phelps	Annen Kopp		Lauren Peters
22	Sunday	Phillip Rolfs	Ingrid Schmuck		
24	Xmas eve	Charlotte Bierman	OPEN	OPEN	
24	Xmas eve	Elizabeth Hoogland	OPEN	OPEN	
29	Sunday	Phillip Rolfs	Annen Kopp		Kinser Klosterbuer



# Annual Cookie Sale



**Sunday, December 8**  
**10:00 a.m.**  
**Fellowship Hall**

Come get your fill of delicious Christmas treats to enjoy now or freeze for Christmas! All proceeds support Ignite and Glow Youth programs.



# TREE giving

The Giving Tree 2024 will have gift tags for residents of the Veteran's Home. If you would like to participate, take a tag, purchase the wish list items, wrap your gift and include the gift tag when you return your present.

**Gifts may be placed under the Giving Tree and should be returned by December 15th.**

We plan to have Ignite deliver gifts on December 18th.



Grace Lutheran

# LITTLE LIGHTS

INFANTS - 3 YEARS OLD

WITH A CARING ADULT

10:15-10:45 AM

FIRESIDE ROOM

DECEMBER 8, 15, 22



**Sunday, December 15**

**4:30-6:30**

**During the Live Nativity**

Kids of all ages are welcome to the Fireside Room to experience Christmas traditions from different countries around the world!



Fireflies & Spark Kids

Christmas Program

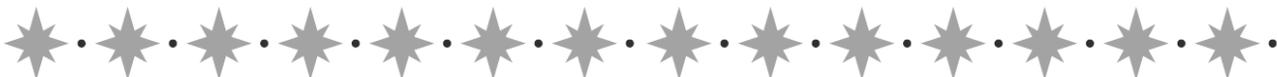
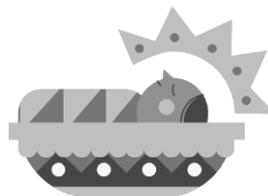
Sunday, December 15

9:00 am



# WHEN JESUS WAS BORN!

Cookie Reception  
in Fellowship Hall  
after Worship



## MILESTONE

**First Graders** will receive their Milestone on December 8th during worship at 9:00 a.m.

CHILDREN, YOUTH AND FAMILY MINISTRIES



## From the Manger Advent Calendar for All Ages

*From the Manger Advent Calendar* invites you to reflect on the life-sustaining hope, peace, joy, and love Jesus brings and notice how the baby born in a bread town continues to feed a hungry world today. Beginning December 1, each day offers a simple activity for your family to complete together. We understand that life can get busy, so these activities are short and meaningful, keeping the focus on quality family time.

There is a full color option to hang in your home, or a coloring page option to fill in throughout the month. Each comes with activity cards. Calendars will be available to pick up on Sunday, November 24.



## Greetings from Grace Missions In Action (MIA) -

My, where has the time gone? We are preparing for the winter holidays by shopping, baking and planning time to spend with family and friends. Due to our schedules, we are tired at the end of the day. A nice time to sit back, have a cup of coffee or hot chocolate, put a soft blanket across our feet and thank God.

We did some shopping today, which went very well. But will take a little nap, write some Christmas cards and read the mail.

I received a letter today that upset me some. It is a reminder that everyone is not as lucky as I am. My home is warm and my cupboard is full. But something doesn't look right in this letter. The picture does not show a pile of warm clothes, has very little on the table and has no smiling faces. I said a prayer that quilts from Lutheran World Relief would reach these people.

It is time to start making quilt tops at home and bring them to the church when finished. If you sew every week at home, bring what you have finished to the quilt room located on the first floor. I noticed there is a container with quilt blocks ready to sew. If I take one set home, maybe a friend will do the same.

I just woke up from my nap...was watching a lady with a finished quilt top in one hand and a package of quilt blocks in the other hand...too bad it was just a dream. We do need people sewing at home to help us reach our goal of 200+ quilts in 2025!

*Is God calling you to do something for Him?*

Watch the weekly Glimpse for quilting dates in December.  
We WILL be quilting on Thursday, Dec. 5th, for sure.

God's blessings,  
ASAP Mary Akkerman



God's Work ~ Our Hands



MISSIONS  
IN ACTION

**We have 3  
options for  
secure online  
giving through  
our trusted  
partner  
Vanco.**



Go to  
[graceluverne.org](http://graceluverne.org)  
and click the online  
giving icon



Scan the QR  
Code to easily  
navigate to  
Online Giving on  
our website



Download  
the Vanco Mobile  
Faith Engagement  
app to your phone  
(in Google Play or  
Apple App)



# Book Club

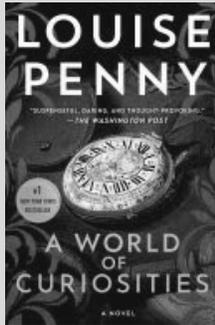
**Meets the 3rd Thursday of the month at 6:30pm in the church library.**

This is an informal gathering of individuals who enjoy reading and discussing a variety of books in a comfortable setting.

Although there will not be an assigned book to read for December, we will plan to meet on

**Thursday, December 19th at 6:30 pm**

in the church library. We will enjoy some Christmas goodies and talk about what we are currently reading or share about a favorite book. Please join us for some fun and fellowship!



Our book selection for January is

## ***A World of Curiosities, by Louise Penny***

Please join us to discuss this mystery at 6:30pm on Thursday, January 16th, in the church library.

## **Grace Library December**

**SPOTLIGHT** Is...

### **Christmas Books!**

The library has so many wonderful children's board books and picture books which celebrate the joy of the Christmas season. There are also a couple of adult Christmas devotionals to check out.



# Happy December!



Part II of lesser known health and spiritual resources related to Aging in Place starts with an interesting and specific to need resource: Five Wishes.

## Now Is the Time to Plan

Though we don't like to think about it, a change in health or an accident can happen to any of us. That's why it's important for all of us, regardless of age or health, to make important decisions before a health crisis and have a plan that documents our wishes in case we become unable to make important treatment decisions or communicate our choices. This will give you the assurance that your wishes have been voiced and documented, as well as provide your loved ones with the peace of mind that they are honoring your wishes. If you don't designate the person you want to make your health care decisions, someone else will be chosen for you who may not know your wishes.

We know talking about advance care planning and end-of-life care is difficult. It's hard to know what to say or where to start.



A valuable resource to help start, guide and document this discussion is *Five Wishes*. More people have used Five Wishes for their living will or advance directive than any other document because it is presented in easy to understand language to help you express your wishes in the areas that matter most – the personal, emotional and spiritual, as well as the medical and legal. Five Wishes serves as a resource to guide you through planning before a health crisis, as well as a means to legally document a health care surrogate, choices for medical treatment, comfort and care wishes, as well as what you want your loved ones to know.

If you are interested in learning more about Five Wishes and advance care and end-of-life care planning, we'd love to help answer your questions and be a resource for you. You can also find out more about Five Wishes at [www.FiveWishes.org](http://www.FiveWishes.org). **Or by reaching out to Faith Community Nurse Whitney who would be happy to share more with you on Five Wishes.**

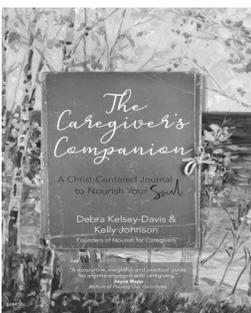
Your congregation and faith community come together to guide, support, and care for one another. Five Wishes is a gentle approach to end of life concerns that fits with any denomination.

- ◆ Facilitates Stewardship
- ◆ Addresses spiritual and emotional needs as well as medical and legal concerns
- ◆ Person-centered & holistic

Five Wishes may not be a resource that many may need, but it's a neat resource to be aware of for it's very specific need.

**PAUL MALLEY**, President  
Aging with Dignity, creator of Five Wishes

\* \* \* \* \*



Another great faith-based resource shared with Amazing Grays was *The Caregiver's Companion: A Christ-Centered Journal to Nourish Your Soul* by Kelly Johnson Debra Kelsey-Davis.

**“Winner of a second-place award in best front-cover artwork from the Catholic Media Association and a third-place award in general interest books from the Association of Catholic Publishers.**

Every caregiver's story is unique, but one thing you all have in common is that you need to be nourished to have the resilience and compassion to tend to the needs of those you love. *The Caregiver's Companion* approaches caregiving not as a burden, but as an opportunity to grow and receive graces and blessings.

Written by the founders of Nourish for Caregivers—an organization that seeks to improve the health and spiritual wellbeing of caregivers—this beautifully designed, full-color journal is a practical resource with encouraging readings, prayers, and guided journaling to help you draw strength from your faith in a few sacred moments each day. It is a unique resource to remind you to care for yourself as you care for others.



The physical, financial, and emotional demands of caregiving can take an enormous toll, and their high stress levels make caregivers a population at-risk. *The Caregiver's Companion* provides the encouragement and spiritual nourishment you need to persevere each day—whether your role involves hands-on caregiving, helping from a distance, or lending emotional support to a loved one in an assisted living facility. Each entry in this beautiful full-color guided journal combines prayers, meditations, reflection questions, quotations, and plenty of space for personal journaling, allowing you to capture the highs and lows of your daily experiences.

You will discover spiritual nourishment and practical guidance for

- ◆ coping with stress and feelings of grief and loss,
- ◆ advocating for your loved one and yourself,
- ◆ facing tough decisions and knowing when to ask for help,
- ◆ establishing healthy boundaries with other family members, and
- ◆ making lasting memories in your challenging but special role as caregiver.

*The Caregiver's Companion* is also a useful resource for parishes, parish nurses, chaplains, and faith-based elder-care agencies and health systems." <https://a.co/d/3u42WIG>

A few copies of this journal are available from the Faith Community Nurse Ministry, please reach out to Whitney for more information.

\* \* \* \* \*

Amazing Grays were also informed of resource nurse services available by local Sanford Clinic. Grace Lutheran's own Claire Johnson shared a list of these specifics as follows:

- ◆ Care Coordination with transitioning into assisted living or nursing home
- ◆ Helping line up home caregiver-coordination with the county social workers for needs assessments
- ◆ Working individually with those who have chronic conditions such as: diabetes, obesity, hypertension, multiple diagnoses. We set goals and communicated with providers on how the individual is doing
- ◆ Coordinating with specially providers when that is pertinent
- ◆ Calling patients following hospitalization to ensure they have what they need at discharge and are clear on discharge instructions
- ◆ Outpatient wound care services available

Another amazing nurse, that Grace Lutheran Church can be so proud of, is parishioner Karis Gust who kindly shares a Sanford Health News podcast titled:

How to begin the talk about assisted living June 06, 2024 Episode 27 Our topic is tips to avoid caregiver burnout and really recognizing when it might be time to consider assisted living. And joining us is Karis Gust, and Karis is with Good Samaritan Society

### **Health and Wellness | Sanford Health News**

"Karis Gust: Probably 80% of the residents that I talk to who are currently in assisted living, when they move in, they say, boy, I should have done this a long time ago. And that's OK. It's sometimes hard to hear because, you know, maybe they could have stayed in assisted living longer, or maybe they could have, I guess, I don't know what it could have been.

But they realize the benefits of being in assisted living. They're getting more support. They're having opportunities to socialize with other people. And that's something that they realize once they get there that had been severely lacking in their lives.



LUTHERAN FAITH COMMUNITY  
NURSE ASSOCIATION

Cassie Alvine (announcer): This is the **Health and Wellness** podcast brought to you by Sanford Health. The conversation today is about caregiver burnout and recognizing when it might be time to consider assisted living. Our guest is Karis Gust with the Good Samaritan Society. Our host is Alan Helgeson with Sanford Health News.

Alan Helgeson (host): Welcome to our podcast today, and our topic is tips to avoid caregiver burnout and really recognizing when it might be time to consider assisted living. And joining us is Karis Gust, and Karis is with Good Samaritan Society. Karis, thank you for joining us.

Karis Gust (guest): Thank you for having me."

I highly encourage you to listen to the entirety of this fantastic 32 minute podcast interview with Karis please visit: <https://news.sanfordhealth.org/podcast/how-to-begin-the-talk-about-assisted-living/>

*I know it may be hard to believe, but there were indeed several other resources briefly mentioned in the Amazing Gray's October presentation, I only went over my hour time mark by about ten minutes...or so! I will patiently save those for another day, but will gladly sharing them with any who may be interested, stay warm, well & blessed! Have a Merry Christmas!*

*-Whitney*

**Ushers needed for the 2025 year!**

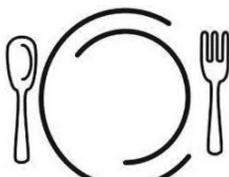
Please contact Kathy to sign up. Ushers usually do 1 month at a time. We need 3—4 people & 1 youth usher during the school year.  
Call Kathy at: 507-227-1439

The Evangelism Ministry would be grateful for anyone who would consider **being a Greeter!** It's a very simple way to serve with a minimal time commitment. We welcome all ages and individuals/families!  
Please contact Kristi Groth at [kgroth98@gmail.com](mailto:kgroth98@gmail.com) or 507-920-0558 if you can help.

**Grace's Parish Care Ministry**  
is sponsoring  
the **1/2 Price Meals**  
On Monday, Dec. 16th  
at Generations here in Luverne!

Menu:  
Chicken Fried Chicken, LS Cream Gravy,  
mashed potatoes, parslied carrots, dinner  
roll, sugar cookie, milk

To reserve your meal,  
call 507-283-9846 Ext 11  
at least one day in advance.



All men are invited to attend  
**Men's Bible Study at**  
**Grace Lutheran**



Our study takes place in the Fellowship Hall  
**every Wednesday morning from 7:00am to**  
**7:50am.** Hope you can join us!



**General Fund**  
**Jan-Oct 2024**

**Income** = \$ 391,474.69  
**Expenses** = \$ 413,371.37  
**Income/Loss** = \$ -21,893.68

On the



Calendar

**Sunday Advent Worship w/Communion**

December 1, 8, 15 & 22 at 9:00 am

**Sunday Evening Advent Vespers**

December 1, 8, 15 & 22 at 5:00 pm

**Children's Christmas Program**

Sunday, December 15 during 9:00 am Worship

**Live Nativity/Soup Supper/Kids Activities**

Sunday, December 15, 4:30—6:30 pm

**Merry & Bright Night**

(All-church caroling & fellowship)

Sunday, December 22nd 6:00—8:00 pm

**Christmas Eve Candlelight Services w/ Communion**

3:00 pm & 5:30 pm (w/5:00 pm prelude)

**Service of Stories & Songs**

Sunday, December 29, at 9:00 am

**Create the beauty of Christmas at Grace!**

You have an opportunity to honor a loved one with a gift of \$25 or more towards creating the beauty of Christmas at Grace. Just as in the past when we could purchase a poinsettia, you can make a donation in memory or honor of others to the decorations that will be used for many years to come! These donations will be listed in the Christmas Eve bulletins.

Please return this form and payment to the church office.  
Make your check payable to Grace Lutheran Church.  
**Deadline for donations is Monday, December 9th**

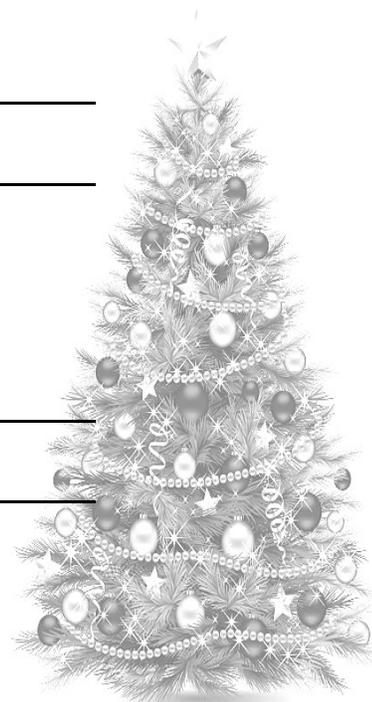
In memory of: \_\_\_\_\_

From: \_\_\_\_\_

and/or

In honor of: \_\_\_\_\_

From: \_\_\_\_\_



## For registrations & sign-ups

Go to: [Linktr.ee/graceluv](http://Linktr.ee/graceluv)

OR go to [www.graceluverne.org](http://www.graceluverne.org) and click on the LinkTree picture

OR scan the QR code below



**Do you shop at  
Sunshine stores?**

Our Grace Youth sell Sunshine gift cards and earn 5% on the \$ value of gift cards sold.

**This is a GREAT WAY to support our youth program.** The gift cards are available in the church office and may be purchased in \$25, \$50 or \$100 increments.

**Stop in and buy some today!**

## DECEMBER BIRTHDAYS AT GRACE!

**1st**—Oakley Kopp

**2nd**—Audrey LeBrun

**3rd**—Henry Mead, Lydia Mead, Brad Ahrendt

**4th**—Madeleine Schmuck

**5th**—Kim Schmidt, Colt Siebenahler

**6th**—Caitria Bjorkman, Trevor Johnson, Matt Wagner, Glenda Schneekloth

**7th**—Katherine Mostad, Surah Fruechte

**8th**—Diane Holmberg, Richard Renken, Bridget Sandager

**9th**—Nate Aldrich, Jennifer Beyer, Grant Everson, Jennifer Nelson

**10th**—Jordan Winter, Mark Lundgren, Bennett Petersen

**11th**—Paige Sandbulte, Rebecca Gonnerman

**12th**—Gannon Ahrendt, Camron Kopp, Nancy Overgaard,

Mason Apel, Thomas Rolfs, Austin Winter

**13th**—Greyson Mundt, Daniel Wendland, Delmar DeVries

**15th**—Mark Schneekloth, Karen Radisewitz

**16th**—Lyle Anderson, Seth Bjorkman

**17th**—Brad Goembel, Dennis Gyberg, Cheyanne Bolluyt

**19th**—Maggie Schmidt, Harper VandenHoek

**20th**—Allison Lysne, Kristin Rud, Neil Hoven

**21st**—Michael Zinnel

**22nd**—Gavin Mead

**24th**—Randy Kephart

**26th**—Emily Wendland

**27th**—Mary Dahl, Lisa Rosin, Doreen Nicolaus, Daniel Petersen

**28th**—Jada Hoven

**29th**—Matthew Wieneke

**30th**—Carol Serfling



**BIRTHDAYS**  
THIS MONTH



## ACOLYTES

Dec 1, 8 & 15—Harper Phelps, Annen Kopp  
Dec 22—Phillip Rolfs, Ingrid Schmuck  
Dec 24 at 3:00pm—Charlotte Bierman, TBD  
Dec 24 at 5:00pm—Elizabeth Hoogland, TBD  
Dec 29—Phillip Rolfs, Annen Kopp

## COMMUNION ASSISTANTS

Dec 1—Angela Ahrendt, Lynn Remme, Deb Hoogendoorn, Mark & Karen Sandager  
Dec 8—Angela Ahrendt, Nancy Scheidt, Amy Versteeg, Deb Hoogendoorn, Jason Phelps  
Dec 15—Amy Versteeg, Jason Phelps, Mark & Karen Sandager  
Dec 22—Angela Ahrendt, Nancy Scheidt, Terry Ebert, Lucas Peters, Mark & Karen Sandager  
Dec 24 at 3:00pm—Lucas Peters, 4 OPEN  
Dec 24 at 5:00pm—Nancy Scheidt, Tucker Wieneke, 4 OPEN  
Dec 29—OPEN

## GREETERS

Dec 1—Lowell & Shirley Harrison  
Dec 8—Glen & Jamie Reisdorfer Family  
Dec 15—Glen & Cris Oeltjenbruns  
Dec 22—Jim & Carol Hatting  
Dec 29—Kim & Maggie Schmidt

## HEAD USHERS

Jamie & Jen Beyer Family  
Chad & Carrie Overgaard Family

## STUDENT USHERS

Dec 1, 8 & 15—Lauren Peters  
Dec 22—TBD  
Dec 29—Kinser Klosterbuer

## LECTORS

TBD

## WELCOME CENTER

Dec 1—Kathy Wieneke  
Dec 8 & 22—Kristi Groth  
Dec 15—Sara Schmuck  
Dec 29—Sandy Klosterbuer

## WORSHIP WITH US

9:00 AM on Sundays

### Livestreamed Sundays at 9:00 am

on Facebook

"Grace Lutheran ELCA, Luverne"

&

on our YouTube channel

gracelutheranluvernemn685@youtube.com

### Worship Recordings

On our website at [www.graceluverne.org](http://www.graceluverne.org)

Click on the Worship tab at the top of the page.

&

On Luverne TV Access Channel

Mondays at 4:30 PM & Fridays at 10:00 AM

### **Pastor Sarah Zender**

[pastorsarahzender@gmail.com](mailto:pastorsarahzender@gmail.com)  
Ph 507-283-4431 ext. 11

### **Erika Bierman**

**Youth, Family & Music Coordinator**  
[luvernegraceyouth@gmail.com](mailto:luvernegraceyouth@gmail.com)

### **Carrie Overgaard**

**High School Ministry Coordinator**  
[carrieovergaard@yahoo.com](mailto:carrieovergaard@yahoo.com)

### **Kathy Siebenahler**

**Operations Coordinator**  
[kathyjsieb@yahoo.com](mailto:kathyjsieb@yahoo.com)

### **Whitney Apel**

**Parish Nurse**  
[gracefaithnurse@gmail.com](mailto:gracefaithnurse@gmail.com)

### **Tylene Jansma**

**Office Manager**  
[graceluverne@iw.net](mailto:graceluverne@iw.net)

### **GRACE LUTHERAN CHURCH**

**500 N KNISS AVENUE**

**PO BOX 624, LUVERNE, MN 56156**

**Phone 507-283-4431**

**Website** [www.graceluverne.org](http://www.graceluverne.org)

**Email** [graceluverne@iw.net](mailto:graceluverne@iw.net)

**LinkTree** [linktr.ee/graceluv](http://linktr.ee/graceluv)

# December 2024

Phone: 507-283-4431

Email: [graceluverne@iw.net](mailto:graceluverne@iw.net)

Website: [www.graceluverne.org](http://www.graceluverne.org)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> 9 AM Worship w/Comm 10 AM Delmar DeVries birthday coffee 5 PM Advent Vespers	<b>2</b> 4:30 PM Worship on local TV	<b>3</b> 9 AM Staff meeting	<b>4</b> 7 AM Men's Bible Study 1 PM Prisc/Eliz Circle 6 PM IGNITE Supper 6:30 PM IGNITE 6:30 PM GLOW Supper 7 PM GLOW	<b>5</b> 8:30 AM Missions In Action	<b>6</b> 10 AM Worship on local TV	<b>7</b>
<b>8</b> <b>Cookie Sale</b> <b>1st Grade Milestone</b> 9 AM Worship w/Comm 10 AM FIREFLIES & SPARK 10:15 AM LITTLE LIGHTS 5 PM Advent Vespers 5 PM Ministry meetings 6 PM PPC meeting	<b>9</b> 4:30 PM Worship on local TV	<b>10</b> 9 AM Staff meeting 3:30—4:30 PM Reading Buddies	<b>11</b> 7 AM Men's Bible Study 1—3 PM Walking Warriors 6 PM IGNITE Supper 6:30 PM IGNITE Christmas 6:30 PM GLOW Supper 7 PM GLOW 7 PM AFFIRM 7 PM Meal Kit assembly 7:15 PM Voices of Grace	<b>12</b> 8:30 AM Missions In Action 3:30—4:30 PM Reading Buddies	<b>13</b> 10 AM Worship on local TV	<b>14</b>
<b>15</b> <b>Live Nativity</b> <b>Christmas Program</b> 9 AM Worship w/Comm 10 AM FIREFLIES & SPARK 10:15 AM LITTLE LIGHTS 4:30—6:30 PM Live Nativity and Soup Supper 5 PM Advent Vespers	<b>16</b> 4:30 PM Worship on local TV 6:30 PM Ladies Night Out Christmas Party in Fellowship Hall	<b>17</b> 9 AM Staff meeting 11 AM Amazing Grays "Sounds of the Season" 3:30—4:30 PM Reading Buddies	<b>18</b> 7 AM Men's Bible Study 1—3 PM Walking Warriors 6 PM IGNITE Supper 6:30 PM IGNITE 6:30 PM GLOW Supper 7 PM GLOW Christmas 7:15 PM Voices of Grace	<b>19</b> 8:30 AM Missions In Action GRACE NOTES DEADLINE 3:30—4:30 PM Reading Buddies 6:30 PM Book Club in library	<b>20</b> 10 AM Worship on local TV	<b>21</b>
<b>22</b> 9 AM Worship w/Comm 5 PM Advent Vespers 6:30—8 PM Merry & Bright Caroling	<b>23</b> 4:30 PM Worship on local TV	<b>24</b> <b>Christmas Eve</b> 3 PM Traditional Candlelight Service w/Communion 5 PM Musical Prelude 5:30 PM Traditional Candlelight Service w/Communion	<b>25</b> 	<b>26</b>	<b>27</b> 10 AM Worship on local TV	<b>28</b>
<b>29</b> 9 AM Stories & Songs No Communion	<b>30</b> 4:30 PM Worship on local TV	<b>31</b> 8:30 AM Grace Notes assembly 9 AM Staff meeting				



500 N Kniss Ave  
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Luverne, MN 56156-0624

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