



## Wellness

*Some thoughts from Pastor Scott*

The "COVID 15"? I don't know about you, but this past year and a half have been a challenge for me to keep from gaining too much weight. Most people have struggled to maintain their weight during the pandemic, with 61% of American adults reporting undesired weight gain or loss in the past 17 months.

According to a recent WebMD poll of more than 1,000 readers more than half of the respondents said that they'd gained weight "due to COVID restrictions" disrupting their health routines. Some 54% reported that they were exercising less and 68% admitted that they were snacking more.

You might be thinking, what does my faith have to do with my health? Plenty. Jesus once said, "I have come that they might have life and have it to the full" (John 10:10). The life Jesus speaks of is more than just our heart beating or our lungs breathing. Health and wellness has to do with all of our being and who we are.

This month, come join us Sunday mornings as Immanuel has a three-part message series on "wellness" as we study God's Word and apply it to our whole life. Our message themes will be:

**Sunday, September 19 – "Healthy Body"**

**Sunday, September 26 – "Healthy Mind"**

**Sunday, October 3 – "Healthy Soul"**

Like the resilient toy clown that is knocked down we can bounce back up again when our life is centered on God and God's ways. But, it means more than just thinking about what God desires us to be and do. It takes more than just some self-help approach to eating certain foods, exercising or being on a sports team. Wellness involves our whole self – mind, body and spirit. It's being totally "in" with God.



God is with us... Pastor Scott

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**Please remember Immanuel's homebound members in your prayers:**

**John Christiansen**

1509 County Rd. B – Ceresco, NE 68017  
402.429.6475

**Marie Johnson**

2425 Folkways Blvd, #336 – Lincoln NE 68521  
402.438.5618 (home) 402.417.9537 (cell)

**Dale Rexilius**

c/o Tabitha GracePointe  
4620 Randolph St, #203 – Lincoln NE 68510 402.484.9318

## September 2021 Immanuel Calendar

<i>Sun</i>	<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>	<i>Sat</i>
			1 6 pm – Confirmation Pizza Party at Immanuel	2	3	4
5 9:30 am Worship with Communion 10:30 am Coffee and Fellowship time	6	7	8 6 pm – Confirmation at Immanuel: 1 <sup>st</sup> Commandment	9	10	11
12 <b>RALLY DAY</b> 9:00 am Sunday School for all ages together 10:15 am Worship 11:15 am Coffee and Fellowship time	13	14	15 6 pm – Confirmation at Immanuel: 2 <sup>nd</sup> Commandment	16	17	18
19 9:00 am Sunday School Children / Adult classes 10:15 am Worship 11:15 am Coffee and Fellowship time	20	21	22 6 pm – Confirmation at Immanuel: 3 <sup>rd</sup> Commandment	23	24	25
26 9:00 am Sunday School Children / Adult classes 10:15 am Worship 11:15 am Coffee and Fellowship time	27	28	29 6 pm – Confirmation at Immanuel: 4 <sup>th</sup> Commandment 7:15 pm - Women of the Word meets at Immanuel	30	Oct 1	Oct 2



**Save the date for Friday, September 24<sup>th</sup> and Saturday, September 25<sup>th</sup> for photos to be taken at Immanuel.**

**Online scheduling is available to reserve your photography spot.** To schedule your

photography appointment online, simply go to [www.ucdir.com](http://www.ucdir.com), click on schedule your photography session on the right side, enter **NE 140** in the Church Code field and enter photos in the Church Password field. Follow the prompts to schedule your family's appointment time. If you have 6 or more in your family please use 2 consecutive time slots. The online scheduling option is available Monday through Friday. Appointments fill up quickly, so schedule as soon as possible to secure your preferred date and time. You can also sign up at Immanuel on Sunday mornings.



**Women of the Word... mark your calendars for the Fall gathering in Fremont on October 23<sup>rd</sup>.**

Our speaker will be Patti Winkler, a middle school teacher who uses quilts to teach history. Come and see, touch, and learn about our history through her gift of teaching. Gathering for registration, coffee and donuts will begin at 8:30 a.m. at Peace Lutheran Church in Fremont and we will conclude by 3:00 p.m.

Our service project will be to gather quilts and/or quilting supplies for others to us in the creation of quilts. There will be **NO FEE TO ATTEND** but we encourage a free-will donation which will be divided between Lutheran World Relief and Camp Carol Joy Holling.

Please remember to continue your giving and offering to the Heartland Women of the Word and pray for a great event. Sign up is open on the Heartland District Website ([www.heartlanddistrict.com](http://www.heartlanddistrict.com)) at the Women of the Word tab. Please contact Pastor Scott (402.499.4444) if you have questions or want more information.

#### **SEPTEMBER USHERS**

Sept. 5 - Fran Freeman  
Sept. 12 - Doug & Shawn Rudeen  
Sept. 19 - Justin & Kristi Badberg  
Sept. 26 - Christie Bevington

#### **SEPTEMBER LECTORS**

Sept. 5 - Fran Freeman  
Sept. 12 - Shawn Rudeen  
Sept. 19 - Kristi Badberg  
Sept. 26 - Aaron Haake

## Prayer List

Katelyn Christian (Pastor Scotts Niece)  
Aaron Larson (Pastor Scotts Grandson)  
Todd and Sonnie Otto (Recovering from Covid – Fredrickson)  
Christie Bevington (Health – member)  
Matthew Weaver (Health – member)  
Aaron Larson (Health – Pastor Scott)  
Katelyn Christian (Health – Pastor Scott)  
Dave Tejral (Health – Lisa Kaiser)  
Bill Bohling (Cancer – Crystal Haake's Father)  
Connie Hansen (Cancer – Kent & Teresa)  
Gary & Rhonda Westendorf (Health – Wischhof)  
Amanda Ray (Cancer – Hedges)  
Larry Russel (Health – Freeman)  
Lora Robinson (Health – Fran's sister)  
Mike Hnizda (Health – Fran's brother)  
Jo Ann Koepke (Health & Safety – Janis' sister)  
Judy Nord (Cancer – Christensen)  
Andrea Christensen (Health – Christensen)  
Belinda Basel (Cancer – Otto)  
Karen Edstrom (Cancer – Hanson)  
Ken Rezac (Stroke – Hanson)  
Heather Lucht (Health – Hanson)  
Ron Weltruski (Bone cancer – Hedges)  
Bill Pearson (Non-Hodgkin's lymphoma – L Pearson)  
Makena Garrison (17 yrs old – Neurofibromatosis – Bevington)  
Paul Cook (Cancer Treatment – Fredrickson)  
Wade Family (Missionaries Immanuel is Supporting  
Health & Protection of Everyone

### SEPTEMBER

Food Pantry  
Boxed Mixes  
Bread- Cookie - Brownie