



MARK TIMES

November 19, 2017 + Twenty-Fourth Sunday after Pentecost



Celebrating 40 Years in God's Grace + Honoring the Past, Embracing the Future

From your Parish Nurse...

September was **Sepsis** Awareness Month; I'm just a few months behind, but it's important that people are aware of what sepsis is and when to get help.



From the Mayo Clinic: "Sepsis is a potentially life-threatening complication of an infection. Sepsis occurs when chemicals released into the bloodstream to fight the infection trigger inflammatory responses throughout the body. This inflammation can trigger a cascade of changes that can damage multiple organ systems, causing them to fail." **Sepsis is the leading cause of death in hospitals, the leading cause of readmission to hospitals and the single biggest cost to hospitals at \$24 billion per year.**

Who is at risk for sepsis: The very young or the very old, people with weakened immune systems, those already in the hospital, people with pre-existing infections or medical conditions and those with severe injuries such as trauma, burns, or gunshot wounds.

Symptoms of sepsis: The most common are a fast heart rate, fever (above 101°F) or low body temp (below 96.8F), chills/shaking, confusion, pale/dischored skin.

If you are at home and notice that you or a family member have these symptoms, seek medical attention

quickly. Call 911 for ambulance transportation to the nearest emergency room. ER doctors will try to figure out what the source of the sepsis is by asking questions of the person and/or the family. Based on lab reports and the interview, treatment with antibiotics will be started.

While any type of infection can lead to sepsis, the likeliest are pneumonia, or infections of the abdomen, kidney, blood stream, or even the skin, from which bacteria can enter the body and then blood stream through wounds.

Most people recover from mild sepsis, but the death rate for "septic shock" is nearly 50%. An episode of severe sepsis may place you at a higher risk of future infections.

My husband had a form of sepsis several years ago. Prior to taking him to the hospital, I could tell that he was *very* sick: his skin was gray and his lips were white; he had uncontrollable shaking, was very sweaty, but chilled. The infection turned out to be in his blood stream but the doctors were not able to figure out the source. He received IV antibiotics at home for 4 weeks. My husband is never sick, and is quite active. **Sepsis is not selective in its victims.** Although there is no vaccine for sepsis, by following good health habits (such as good handwashing), you can help to reduce your chances of infection. *-June Benedick*

Adult Forum

Today's Adult Forum features the video, ***Rick Steves' Luther and the Reformation***. Join us for a detailed look at the sites most pertinent to the Protestant Reformation (Kim O's presentation on hearing loss had to be rescheduled).

Pumpkin-Palooza

THANKS to everyone who baked and bought for last Sunday's Pumpkin-Palooza! We **raised \$819** (that's enough to feed **25 families**) for our **food pantry** and **had a great time** doing so! Watch for the next event in February!



Pastoral Care & Church Council meetings have been moved up to **TOMORROW evening, Monday, November 20**, at 6 and 7:00PM.

Annual Reports from Committee Chairs are due to Randi no later than 3:00PM on **Wednesday, November 29**.

The office is closed for **Thanksgiving** this Thursday and Friday. We pray that you enjoy a wonderful celebration!

THIS WEEK AT A GLANCE

Monday	2:00PM	Fiber Arts @Westfield
	6:00PM	Pastoral Care committee
	7:00PM	Church Council
Thursday		<i>Office Closed Happy Thanksgiving!</i>
Friday		<i>Office closed</i>
Sunday, 11/26	9:00AM	The Divine Liturgy for Christ the King
	10:20AM	Coffee Hour
		<i>No Education Hour</i>

Offerings for November 12, 2017

Sunday worship attendance:	82
General Fund Donations	\$5,013
Al Patrick Memorial	\$200
Staff Gift Fund	\$75

Date	Offerings	Expenses	Difference
10/29-11/4	\$2,307	\$6,858.08	-\$4,551.08
11/5-11/11	\$3,925	\$685.17	\$3,239.83
11/12-11/18	\$5,013	\$2,880.27	\$2,132.73
YTD	\$139,623.20	\$145,145.67	-\$5,522.47

COME ONE, COME ALL! Many are needed to help prepare both the church and the chapel for Christmas.

CLEANING DAY, Saturday, December 2, 9am, will include polishing and dusting, and some glass cleaning.

DECORATING days will be Saturdays, **December 16 and 23,** 9am. Lighten your busy schedule by including an hour of work at church on Saturday. Let it be a part of your anticipation during this Advent season. *-Kathy R.*

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Sunday, November 26, 2017**LOOKING
AHEAD****READINGS:**

Ezekiel 1:7, 12-18

Psalm 95:1-7a

Ephesians 1:15-23

Matthew 25:31-46

WORSHIP SERVERS**Presider & Preacher:** The Rev. Brian M. Robison**Assisting Minister:** Greg Martens**Acolyte:** Braden Valerius**Crucifer:** Keith Kniepkamp**Chalice Bearer:** Mike Murakami**Lector:** Don Muller**Ushers:** Jim Jolley & Roland Jacquot**Sack Lunches for Franklin School**

This Tuesday (November 21), we will meet in the Parish Hall to make sandwiches & pack lunches for 12 needy Franklin School students to cover the Thanksgiving holiday. A sign-up sheet is on the counter in the Parish Hall by the coffee stand. We can still use donations of protein items such as individual servings of mac 'n cheese; chicken salad and crackers; cheese and crackers; peanut butter and crackers; Slim Jims, etc. **There are 12 children, so 12 of anything helps us greatly.** All of the food & materials will be ready and waiting in the church kitchen. THANK YOU!

ANNUAL CONGREGATIONAL MEETING**DECEMBER 3, 10:30AM****COUNCIL NOMINATIONS** (* denotes incumbent)Secretary: **Janet Jacquot**Treasurer: **Greg Martens**Financial Secretary: **Frank Dressel*****TBD**Pastoral Care (male): **Gary Weshinsky**Pastoral Care (female): **Bonnie Schaefer***Property: **Tom Partelow***Synod Assembly Voting Members:Adult Male: **Brian Moeller**Adult Female: **Andrea Moeller** Youth: **Grace Moeller**

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