

# Faith Talk!

News from Faith Lutheran Church of Becker, MN

Volume 23, Number 1

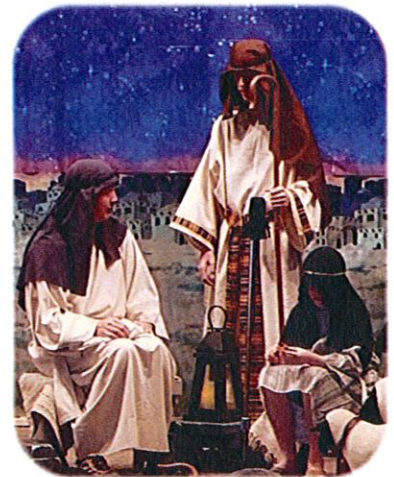
January, 2020



## An early Christmas at Faith Lutheran Church!

The sights, sounds, and stories of Christmas were everywhere at Faith Lutheran on Sunday, December 8! This year's Christmas cantata, *The 4<sup>th</sup> Gift*, told the story of Jesus' birth

from the shepherds' point of view. The Joyous Ringers, Faithful Five and the Christmas choir enriched the story with their beautiful music. The cast of actors, Collin Aanenson, Ben Pany, James Hintermeister, Sam Hintermeister, Sydne Hintermeister and Nathan Oliver helped us understand that the greatest gift given to Jesus is not gold, frankincense or myrrh... but the gift of one's self... a gift that each of us can still give today. What an amazing and uplifting service!

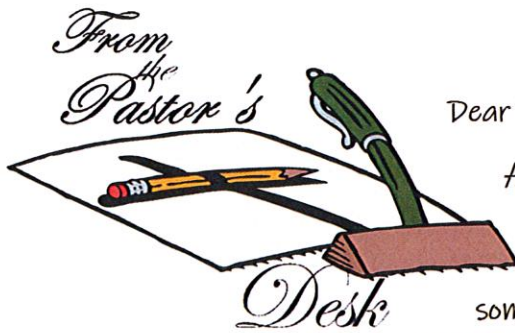


Following the cantata, people were treated to a delicious Christmas brunch sponsored by the senior high youth. Yum!

Immediately following, the Sunday school students shared the nativity story. The costumes, narration and singing were all delightful!

Thank you to everyone... singers, ringers, sound technicians, pianists, actors, cooks, servers, Sunday school students and teachers... who made this such a special and meaningful event. As promised... we all left filled with the Christmas spirit!





Dear Faith Strong Ones:

*Happy New Year! It is with the greatest of joy that I greet you in the Sweet Name of Jesus Christ, in the year of our Lord, 2020.*

We have now completed two full months together. I recently told someone that I feel like a newlywed celebrating her first CHRISTmas with her spouse. Every day I fall more in love with Faith Lutheran Church, the Becker community, and all of you wonderful folks who worship here with me every weekend!

Thank you to everyone who participated in our holy-day festivities. Whether you joined us for the Advent Services, Cantata, Children's Program, CHRISTmas Eve service, or Lessons and Carols, I hope that you know your presence was a blessing.

I also want to extend a very special thank you to the many worship leaders who give of their time and talent in rehearsals and services throughout the week. I will boldly, though not humbly, say that our worship at Faith Lutheran Church is second to none and our music ministry is enviable throughout the region. (Hey, I can say this; I'm the pastor!)

Thanks also to each of you who shared a CHRISTmas card or gift with my family. Your love and generosity will never be forgotten.

Now it is time for us to look forward into the new year. Like many of you, I have made some resolutions. In the past, my resolutions generally revolved around losing weight, going to the gym, and/or getting a better job.

This year, I am doing something new. I have decided to make my resolutions revolve around my emotional and spiritual health. I resolve to invest in my friendship with God through greater quiet time for meditation and prayer. I resolve to do my best to love and serve all my neighbors with the most generosity possible. Finally, I resolve to deepen my relationships with each of you by practicing ministry of presence at every opportunity.

If you would like to share coffee, or a meal, please call, or email me, with a possible date and time; I'd love to sit and hear your story. I have been blessed to have many one-on-ones with the folks in our congregation, and one thing that I have noticed, is that in sharing our stories we come to recognize our commonalities and celebrate our differences.

We have been saying for about a month now that, "Our best days are ahead!" Faith Lutheran Church is poised to continue the exceptional ministries for which we are known. Our worship is uplifting, our children's and youth programming is dynamic, and we are a community of faith that is serving the neighborhood and becoming increasingly known for our radical welcome toward all of God's children.

I hope you are seeing and hearing the good things that are happening and that you are sharing them with others! I challenge each of you to invite one person to worship this month. We are always ready to welcome new friends!

Happy New Year,

A handwritten signature in blue ink, appearing to read "YHB".

Pastor Yolanda Denson-Byers

# Pastoral Acts

## Funeral

November 19

Neils A. Schmidt

## Thank you to:

- ☺ The Money Counters
- ☺ Pat Gedatus for picking up the Sanctuary flowers each week
- ☺ All the worship volunteers each Sunday in December
- ☺ Lynn Wilson and Estelle Gunkel for helping in the office
- ☺ Facility Care Team for all the 'behind the scenes' maintenance



## Church Library Open House

The church library is now ready for people to check out books and utilize space!



*There will be an open house for the library on Sunday, January 12, after the church service.* Please come back to the library after the church service to check it out. There will be something special awaiting for you.

The following are a couple of tidbits about the library:

- The books in the library are currently filed under the title of the book.
- There is a sign out sheet attached to a clipboard for checking out and returning a book.
- There is a basket to return your books.

We are still accepting donations of books for the library. If you have books that you would like to donate, please bring them to the library and place them in the book return basket.

A big thank you to everyone who made this library possible for our church once again. There were many people who painted, cleaned, donated furniture and other items, shelved books, and donated books.

The congregation now has a quiet space to go to and "Forget, Borrow, and Learn".



## Blessings on your Birthday!

Jan 2	Kaylene Kruse	Jan 15	Wanda Becker
Jan 2	Tyler Kruse	Jan 18	Carter Tatge
Jan 3	Dean Cichy	Jan 18	Diane Person
Jan 3	Zac Corrigan	Jan 18	Gidget Borst
Jan 4	Kristin Haag	Jan 18	Roselle Carlson
Jan 5	Blaine Heurung	Jan 18	Tucker Tatge
Jan 5	Blake Gleisner	Jan 19	Lauren Veldman
Jan 5	Ryan Seavert	Jan 19	Matthew Paulson
Jan 6	Curt Immerman	Jan 19	Randy Ziemer
Jan 6	Danny Enerson	Jan 20	Betty Stephenson
Jan 8	Kylie Quast	Jan 20	Sue Jacobson
Jan 8	Ronin Delgado	Jan 22	Kathy Selken
Jan 9	Jenny Kragenbring	Jan 22	Kris Lason
Jan 9	Lisa Kollar	Jan 22	Lindsey Youngquist
Jan 10	Jack Glenz	Jan 22	Megan Remus
Jan 11	Avery Roles	Jan 23	James Hintermeister
Jan 11	Dana Goenner	Jan 23	Kristy Gosch
Jan 11	Lindsey Schmidt	Jan 24	Hunter Klatt
Jan 11	Madelyn Monnier	Jan 24	Kris Person
Jan 11	Mark Nevala	Jan 24	McKenzie Demant
Jan 12	Cory Johannes	Jan 26	Josh Kuha
Jan 13	Maggie Graning	Jan 27	Connor Kuha
Jan 14	Abby Fingarson	Jan 28	David Scheele
Jan 14	Doug Gleisner	Jan 29	Kali Lombard
Jan 14	Gabrielle Schrader	Jan 30	Aly Haus
Jan 14	Tom Zimmerman	Jan 31	Olivia Bond
Jan 15	Derek Rhodes	Jan 31	Sandy Engdahl
Jan 15	Nicole Dove		



Jan 1	Bernice Anderson	Jan 13	Megan Defries
Jan 1	Jeff Edling	Jan 13	Shea Zimmerman
Jan 1	Margery Free	Jan 17	Mike Free
Jan 2	Jack Olmscheid	Jan 18	Gavin Swanson
Jan 3	Jim Rogers	Jan 18	Sue Jacobson
Jan 3	Michelle Anderson	Jan 20	Austin Berning
Jan 3	Mitchell Johnston	Jan 21	Hailey Hamacher
Jan 5	James Free	Jan 23	Laura Aho
Jan 5	Jayden Larson	Jan 23	Nate Gunderson
Jan 6	Amanda Martin	Jan 25	William Mackedanz
Jan 6	Chris Sydow	Jan 27	Ron Hubbard
Jan 6	Dennis Pederson	Jan 28	Tyler Kruse
Jan 6	Gretta Ihrke	Jan 29	Lisa Kollar
Jan 7	Alec Broich	Jan 30	Sophie Weberg
Jan 11	Kayla Pederson	Jan 31	Brian Swanson
Jan 13	Kory Reiners		



## November 2019 & Year-to-Date Financial Analysis

### Month of November

	Actual	Budget	vs. Budget
Contributions	\$14,817	\$14,658	\$ 156
Facility Use Income	\$ 100	\$ 154	\$ (54)
Other Income	\$ 14	\$ 77	\$ (63)
Total Income	\$14,931	\$14,889	\$ 42
Expenses	\$18,891	\$16,752	\$ (2,139)
Net Income (Loss)	\$ (3,960)	\$ (1,863)	\$ (2,097)

	Actual	Budget	vs. Budget
Contributions	\$ 4,587	\$ 4,912	\$ (325)

### Year-to-Date

	Actual	Budget	vs. Budget
Contributions	\$149,371	\$172,194	\$(22,823)
Facility Use Income	\$ 725	\$ 1,808	\$ (1,083)
Other Income	\$ 7,091	\$ 8,404	\$ (1,313)
Total Income	\$157,187	\$182,406	\$(25,219)
Expenses	\$173,833	\$184,215	\$ 10,442
Net Income (Loss)	\$(16,646)	\$ (1,869)	\$(14,777)

### Mortgage Fund Transactions & Balance Summary

Initial Mortgage Fund balance 1/1/19	\$ 21,894
2019 Mortgage Fund Contributions to-date	\$ 63,040
Less total 2019 Mortgage Payments to-date	\$ 58,531
Equals Mortgage Fund balance 11/30/19	\$ 26,403

## QR Code for Sign-Up Genius

Faith Lutheran Church uses Sign-Up Genius to ensure that we have volunteers for Sunday Service opportunities. If you indicated on your Stewardship Card that you are interested in helping with greeting, ushering, reading scripture, helping to serve communion, or providing refreshments, please sign up for your date of choice. You can do so in the following ways.

1) Visit <https://tinyurl.com/faithstrong>

2) Use the QR Code to the right. Simply open the camera on your cell phone. Point it at this QR Code. It will ask if you would like to go to the website. Click the link and off you go! You will be taken directly to the Sign-Up Genius page. Thank you.



## Simply Giving Program...

The gift of generosity



We thank everyone who has supported **Faith Lutheran Church** this past year with their time, talent and financial contributions and look forward to support from all of our members in the year ahead.

Simply Giving is a safe and automatic way to give a one time or recurrent offering to Faith Lutheran Church. Many of us no longer carry cash or checks. Simply Giving will allow you to be 100% sure that your donation to the church will be here on Sunday mornings, and your support for our vital ministries continues, even when you are at the lake or down south for the winter.

Won't you please take a moment to sign up? You can do so in the following ways.

1) <https://faithlutheran-becker.org/simply-giving>

2) Use the QR Code to the right. Simply open the camera on your cell phone. Point it at this QR Code. It will ask if you would like to go to the website. Click the link and off you go! You will be taken directly to the Simply Giving registration page.



3) Fill out an enrollment form found on the kiosk and give to Donna in the office. Thank you.

## Call for Annual Reports!

The 2019 Annual Meeting of Faith Lutheran Church will be held on **Sunday Jan. 26, 2020 at 10:40am.**

Please send your complete report, preferably by email, to Donna Brown at [donnab@faithlutheran-becker.org](mailto:donnab@faithlutheran-becker.org) by **January 12, 2020.**

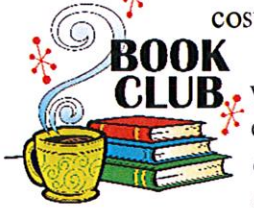
Plan on attending to participate in the mission and ministry review of 2019 and the launch of our mission and ministry foci for 2020. Participation of all members is essential to the vitality, strength and growth of the Faith Lutheran Church Community.

See you on January 26!



## January Book Club

Our January book is entitled, *"Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead"* by Brené Brown. You are invited to order the book on your own or pick one up in the church office. The cost is \$10.



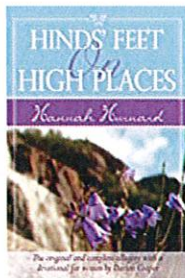
In this book, we will explore the ways in which we can put aside the expectation of perfection and allow ourselves to show up, be imperfect, and dare to do great things for God.

The lessons in this book will benefit you at home, work, and church, whether you are a spouse, child, parent, coworker, or member of this community of faith.

Here at FLC we are striving to remember, *"We're not a perfect church; we're a human church!"*

How can we take the messiness of our human experience and create a community of faith where all of God's children are welcome, seen, heard, and affirmed? How can we forgive our own imperfections and those of others? Finally, how can we encourage one another to *Dare Greatly* for the glory of God? Please join Pastor Yolanda on Sunday, February 16, immediately following service for this very important discussion.

Looking forward: Our February Book Club Reading will be *"Hinds Feet on High Places"* by Hannah Hurnard.



Please plan to join Pastor Yolanda on **Wednesday, January 8, at 7:30pm** or **Sunday, January 12, at 10:45am**

for the December Book Club discussion on Non-Violent Communication by Marshall B. Rosenberg.

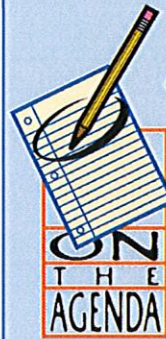
## Do you own a business?

It has come to Pastor Yolanda's attention that many of the members of Faith Lutheran Church are entrepreneurs. We are so proud of you!

Will you please take a moment to provide the contact information for your business so that we can encourage others to support the good work you are doing in the community! Please email your information to: [faith@faithlutheran-becker.org](mailto:faith@faithlutheran-becker.org)

Thank you!

## Annual Meeting Sunday, January 26



Mark your calendars for our *Annual Congregational Meeting to be held on Sunday, January 26, at 10:40 a.m.*

Important topics will include the presentation and approval of our annual report, adoption of the 2020 budget, and important decisions regarding the future of Faith Lutheran Church!

## "Faith Giving Tree" gives Hope, Joy at Holidays

Thank you to everyone for their participation in the "Faith Giving Tree". Your generosity went a long way toward helping make Christmas for families in need a little brighter, a little better – one gift at a time!



## Baptism of our Lord Sunday

On **Sunday, January 12, at 9:30am**, we will observe Baptism of our Lord Sunday. If you have never been baptized, Pastor Yolanda wants to baptize you. Can older children be baptized? YES! Can young adults be baptized? YES! Can senior citizens be baptized? YES! YES! YES! It is never too late for us to welcome you into the family of God. If you are keeping the secret that you, your children, or grandchildren, have never been baptized, keep it no longer! If you are afraid you will be the only one, no need, we hope many people will come

forward! Please contact Pastor Yolanda in the church office to let us know you would like to be baptized; we want to celebrate with you on this very special day!



# Youth NEWS & NOTES...

## Update...

### Safe Haven for All of God's Children

Faith Lutheran Church's Safe Haven policy requires all adults who work with children in any capacity, including parent volunteers, to be background checked *every five years*, and to undergo a Safe Haven training *every two years*. If you are unsure of whether you have been background checked, Pastor Yolanda or Donna will be happy to consult our records. *All* volunteers are requested to attend our annual training on **Sunday, January 5, at 10:45am**, in the disciple room. Thank you to all our adult volunteers serving Sunday School, Grapple, Confirmation, Senior High, and Mission Trip ministries! We appreciate you for all the ways you love, serve, and keep our children safe.

## Sunday School...

### Moving right along!



The Sunday School year is moving right along. The children have been having a good time learning a lot about Jesus. Just a couple of reminders...

- We do collect offering every week
- We are always looking for parents to help teach or be a room helper; background checks required.
- Please make sure we have a **registration form for your child on file in the office**

Any questions, please let me know at  
[lisamkollar@gmail.com](mailto:lisamkollar@gmail.com)

Thanks! Sunday School Team

## Fifth Grade Grapple...

### Visited Shepherd of Grace!



Our fifth graders visited the Shepherd of Grace Memory Cottages in December. They sang songs, with fun musical instruments, shared treats and learned a few fun facts about the residents! If you see any of the students around church, please ask them which part of the visit was their favorite. Thank you to Shepherd of Grace residents for helping our children learn about community service and helping them "Grow in Faith."



## Searching for Mission Trip Leaders

We are blessed as a congregation to have 14 youth committed to go on a mission trip this summer, with several young people also interested.

Unfortunately, none of the past leaders are able to go on this trip. Michelle Anderson

and Donelle Hintermeister have been working hard to find one, or two people, to lead this trip. They are willing to mentor the new leaders behind the scenes. It is urgent that adult volunteers come forward as soon as possible. If leaders are not soon identified, we will not be able to sponsor a mission trip this year. Thank you in advance for prayerfully considering this important ministry opportunity.

# Seven Families to join Faith Lutheran!

Please welcome our newest members who joined Faith Lutheran on December 1.

(Not pictured is Jeremy & Lacey Monnier and Madellyn)



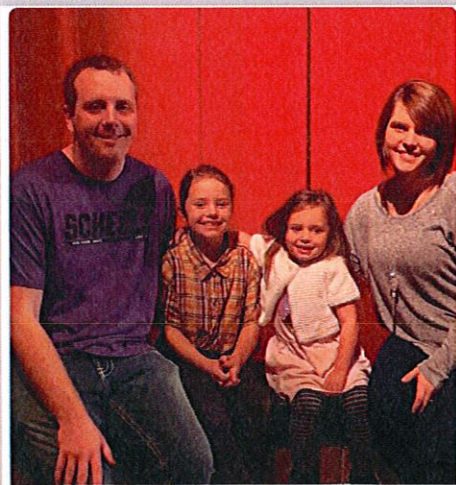
Sheldon & Kerry Atwood  
Jack, Abby, Avery, Jenna



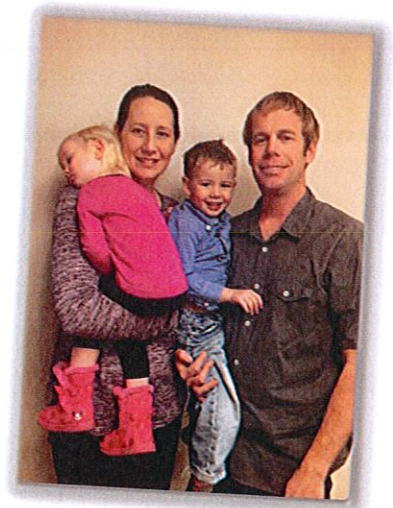
Pastor Yolanda & Tasha Denson-Byers  
Janeel, Jetta, Calvin, Erik  
(not pictured – Maria McKnight)



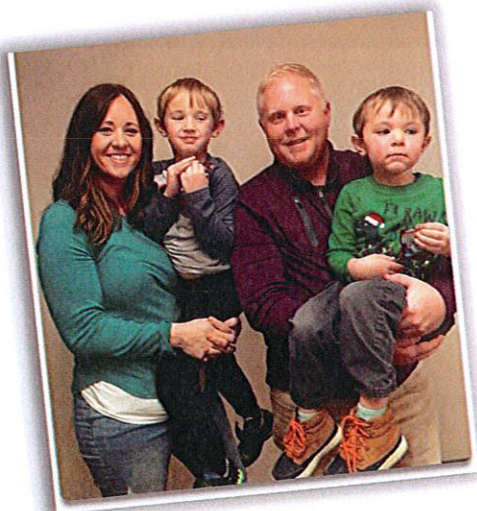
Barry & Karen  
Mowers



Tyler & Amanda Roles  
Avery, Thalia



Kris & Tracy Larson  
Rowan, Kelsey



Joshua & Marisa Kuha  
Owen, Connor

## Faith Lutheran Church Council Meeting November 14, 2019 Meeting

### Officers

**Sandy Engdahl (1/20)**  
*President*  
320-333-8784

**Roy Kollar**  
*Vice President (1/21)*  
763-261-2507

**Gary Morgan**  
*Treasurer (1/21)*  
320-743-3103

**Mike Elvester**  
*Secretary (1/20)*  
763-670-3037

### At Large Members

**Kaelyn Lombard (1/20)**

**Sue Doering (1/20)**  
763-262-4790

**Ben Pany (1/20)**  
763-261-5814

**La Vonne Lund (1/20)**  
763-261-2659

**Wayne Bachler (1/21)**  
763-275-0139

**Lynn Wilson (1/21)**  
763-262-5075

Present: Pastor Yolanda, Sandy Engdahl, Roy Kollar, Wayne Bachler, Mike Elvester, Sue Doering, La Vonne Lund, Donna Brown, Tom Keller

Absent: Kaelyn Lombard, Lynn Wilson, Gary Morgan, Ben Pany

Meeting was called to order by President Sandy Engdahl at 5:03pm.

- I. Devotion – Pastor Yolanda – John 15:9-17
  - a. Nonviolent Communication by Marshal Rosenberg
    - i. Four components – Observation, feelings, needs, requests
- II. Agenda Review
  - a. Agenda was reviewed, and items added or changed as requested.
  - b. Sue motioned to approve the agenda; Wayne second. Motion carried.
- III. Secretary's Report – Mike Elvester
  - a. Motion to approve October meeting minutes as amended by Wayne, second by Sue. Motion carried.
- IV. Treasurer's Report: Review of October 2019 Financials – Gary
  - a. Review & Approval of Treasurer's Report
    - i. The Oct General Fund income was \$-2,907 vs. actual expenses. YTD \$-12,687
    - ii. The Oct Mortgage Fund income was \$-1,534 vs. expenses. YTD \$5,628
    - iii. Actual comparisons YTD with General Funds and Mortgage Funds combined:
      1. 2018: \$-13,300
      2. 2019: \$-7,058
    - iv. General Fund checking is at \$-6,727
    - v. As we continue to run negative in the summer months, Simply Giving is an avenue that can be used to keep the church expenses covered year-round.
    - vi. Motion to approve the Treasurer's Report by Sue Doering, second by Mike Elvester. Motion carried.
- V. Old Business
  - a. Trail of Treats
    - i. The event was a great success. Attendees have already expressed interest in coming again next year.
    - ii. Worked with the Becker Robotics Team this year and may bring in the National Honor Society.
  - b. 2020 Sweetheart Dinner
    - i. Currently scheduled for Sunday, February 9, to be hosted at Faith Lutheran Church
    - ii. Will put in a Save-the-Date into the November Newsletter.
    - iii. We are still in need of a coordinator. Sue will reach out to Deb Swanson to see if she is interested again.
    - iv. There has been feedback that the price of the raffle tickets was high. This will be shared with the group that heads up the dinner.
  - c. Nametags for Members
    - i. A kiosk style stand to clip nametags onto in the Narthex was a recommended design. This allows the stand to be moved out of the Narthex during outside events such as funerals and weddings.
    - ii. Motion to have Mike Doering and Roy Kollar begin design and construction of a nametag stand as well as nametags by Wayne Bachler. Second by Mike Elvester. Motion carried.
  - d. Nomination Committee
    - i. Ending Terms: President, Secretary, At-Large (3), and Youth.
    - ii. Existing council members that are absent will be contacted to see if they are interested in continuing in the open positions.
- VI. New Business
  - a. Laptop for Pastor Yolanda and Office Computer Updates
    - i. Windows 7 at end of life which means security updates will no longer be made.



- ii. A laptop was part of the agreement with Pastor Yolanda in the call process.
- iii. Estimating \$2,000 for a new laptop, office PC for Donna, and rebuilding the remaining PC's.
- iv. Completion estimate by the end of January 2020.
- v. Motion to purchase a laptop and upgrade the office PC's in 2020 by Sandy. Second by Sue. Motion carried.
- b. Church Purchases – Credit Card
  - i. Currently purchases for the church are being done by individuals and then the individuals submit a form to get reimbursed.
  - ii. In many cases sales tax is paid by the individuals that wouldn't be taxable based on the nonprofit status of the church.
  - iii. Roy and Donna will work with Sherburne State Bank to see what is needed to set it up.
  - iv. Motion made to pursue a church credit card, card being kept with the office staff by Wayne, second by Roy. Motion carried.
- c. Sunday Refreshments
  - i. Additional volunteers are needed as there are a small group of people that are repeating in a small rotation. One concern is that we have paper sign-up sheets as well as the SignUp Genius that has had people doubled up.
  - ii. Previously family groups were designated 2 months out of the year to volunteer. An issue at that time was getting people signed up during their month.
  - iii. From our Stewardship cards for Ministry Team volunteers, individuals can be identified that could be on a volunteer contact list.
  - iv. The website will also be updated to make it easier to navigate to the SignUp Genius.
  - v. Council will cover November 24.
- d. Ratify Pastor Yolanda's Housing Allowance
  - i. Motion to ratify Pastor Yolanda's housing allowance per her contract by Sue. Second by Wayne. Motion carried.
- e. Job descriptions/performance evaluations/direct report for paid positions
  - i. Personnel Committee consists of Executive Committee (President, Vice President, Secretary, and Treasurer).
  - ii. Job descriptions need to be evaluated to see if they are up to date.
    - 1. Identification of what positions are needed for paid positions versus lay people in the congregation.
  - iii. Performance evaluations may be on service anniversaries in the future.
  - iv. Paid positions at the church are to be direct reports to Pastor Yolanda who can provide feedback to the Personnel Committee.
  - v. Action items:
    - 1. Gather job descriptions.
    - 2. Determine anniversary dates.
    - 3. Have the Personnel Committee meet to prepare evaluations.
- f. Facility Use Policy
  - i. Motion to remove \$25 charge and replace with a recommendation of a donation in the facility use policy by Mike Elvester. Second by Wayne Bachler. Motion carried.
  - ii. Some conversations were had regarding the condition the church is to be left in following the group using the church.
  - iii. Facility Use Policy to be further reviewed in January. A recommendation was given to contact other churches in the area to find what their facility use policies are for guidelines. What doors are to be utilized and secured following use are to be included in the policy update.
  - iv. For the current request of a Boy Scout group, Donna will reach out to them and offer the Fellowship Hall for use explaining the expectation that the facility is returned in the condition that it was found.
- g. Security of the Building
  - i. During office hours notifications when front doors are open has been requested. A conversation was had about general security needs in the future possibly with cameras, etc. A higher-level system will be the topic of a future meeting. In the meantime, Roy will look into a door ringer for when the front doors are open.
  - ii. A reminder was given that we need to be diligent that the doors are locked when they leave.
- h. Committees represented on the pledge cards to identify new members.

i. Children, Youth, and Family	iii. Mission and Outreach	vi. Facility Review Team
ii. Finance and Budget	iv. Worship and Music	vii. Communication and Technology
	v. Stewardship	
- i. Facility Review Team meeting in November for continued needs for the Education Wing.
  - i. Church Directory – Last done in 2016 with Pastor Julie. Will revisit in the spring.
- j. Walker and Wheelchair
  - i. New wheelchair needed to accommodate all individuals.
  - ii. A walker has been donated by John and Vicki.
- k. Incident Follow Up
  - i. The question was asked if we need to fill out an incident report with our insurance in the event of a medical emergency. Gary will be contacted to review our policy or contact our provider.
- l. Roof Damage Update
  - i. Insurance has confirmed that they will cover the roof. Currently we are in the bidding process for both materials and labor most likely to complete in the spring. Initial payment from the insurance company has been received. Final payment will be received following completion of the work.
- m. Adjournment – Next meeting December 10 at 5PM. Motion to adjourn meeting by Roy. Second by Mike. So moved at 8:07 PM.

## Advice from our Parish Nurse ...

# What is Glaucoma?

Glaucoma is a group of eye diseases that can cause vision loss and blindness by damaging a nerve in the back of your eye called the optic nerve. The symptoms can start so slowly that you may not notice them. The only way to find out if you have glaucoma is to get a comprehensive dilated eye exam. There's no cure for glaucoma, but early treatment can often stop the damage and protect your vision.



### What are the symptoms of glaucoma?

At first, glaucoma doesn't usually have any symptoms. That is why half of the people with glaucoma don't even know they have it. Over time, you may slowly lose vision, usually starting with your side (peripheral) vision—especially the part of your vision closest to your nose. Because it happens so slowly, many people can't tell their vision is changing, especially at first. But as the disease gets worse, you may start to notice that you can't see things off to the side anymore. Without treatment, glaucoma can eventually cause blindness.

- Upset stomach (nausea)
- Red eye
- Blurry vision

### How will my eye doctor check for glaucoma?

Eye doctors can check for glaucoma as a part of a comprehensive dilated eye exam. The exam is simple and painless – your doctor will give you some eye drops to dilate (widen) your pupil; and then check your eyes for glaucoma and other eye problems. The exam includes a visual field test to check your peripheral (side) vision.

### Am I at risk for glaucoma?

Anyone can get glaucoma, but some people are at higher risk. You're at higher risk if you:

- Are over the age of 60
- Are African American or Hispanic/Latino and over age of 40
- Have a family history of glaucoma

Talk with your doctor about your risk for glaucoma, and ask how often you need to get checked.

### When to get help right away

Angle-closure glaucoma (most common type in the United States) can cause these symptoms. If you have these symptoms, go to the doctor or an emergency room now.

- Intense eye pain

### Did you know?

Glaucoma can happen in one eye or both eyes. Some people with high eye pressure don't get glaucoma – and there's a type of glaucoma that happens in people with normal eye pressure. The amount of eye pressure that's normal varies by person – what's normal for one person could be high for another.

### What's the treatment for glaucoma?

Doctors use a few different types of treatment for glaucoma, including medicines (usually eye drops), laser treatment, and surgery. If you have glaucoma, it's important to start treatment right away. While it won't undo any damage to your vision, treatment can stop it from getting worse.

Information from the National Eye Institute Last updated July 2019

Patricia K Seavert RN, BN, PHN  
Parish Nurse

# January 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<i>1</i>  No Classes No Sr. High Youth  <i>—Office Closed—</i>	<i>2</i>	<i>3</i>	<i>4</i>
<i>5</i> 9:30 Worship with Holy Communion 9:45 Sunday School 10:30 Refreshments 10:45 Safe Haven Training	<i>6</i>  8:00 Becker Dance Comm	<i>7</i> 9:00 Bible Study 10:00 Women of Faith  6:30 Joyous Ringers	<i>8</i>  5:15 Grapple 6:15 Confirmation 7:30 Book Club	<i>9</i>  5:00 Council	<i>10</i>	<i>11</i> 9:00 Band practice
<i>12</i> Annual Reports Due 8:30 Band practice 9:30 Worship with New Life Band/ Noisy Offering 9:45 Sunday School 10:30 Refreshments 10:30 Library 'Open House' 10:45 Book Club	<i>13</i>	<i>14</i> 9:00 Bible Study  6:30 Joyous Ringers	<i>15</i> 11:45 Woodbriar  5:15 Grapple 6:15 Confirmation 7:30 Sr. High Youth	<i>16</i> 11:30 Ministerial mtg.	<i>17</i> Newsletter articles due in the church office	<i>18</i>
<i>19</i> 9:30 Worship with Holy Communion 9:45 Sunday School 10:30 Refreshments	<i>20</i>	<i>21</i> 9:00 Bible Study  6:30 Joyous Ringers	<i>22</i>  5:15 Grapple 6:15 Confirmation	<i>23</i>	<i>24</i>	<i>25</i> 8:30am—3pm Boy Scouts 9:00 Band practice
<i>26</i> Annual Meeting 8:30 Band practice 9:30 Worship with New Life Band 9:45 Sunday School 10:30 Refreshments 10:35 Annual Meeting	<i>27</i>	<i>28</i> 9:00 Bible Study  6:30 Joyous Ringers	<i>29</i> 10:00 Newsletter Assembly  5:15 Grapple 6:15 Confirmation	<i>30</i>	<i>31</i>	

# Faith Lutheran Church

11755 Sherburne Avenue

P.O. Box 368

Becker, MN 55308

763-261-5751; Email: [faith@faithlutheran-becker.org](mailto:faith@faithlutheran-becker.org)

[www.faithlutheran-becker.org](http://www.faithlutheran-becker.org)

**POSTMASTER: Please deliver by January 1, 2020**

*Prepared especially for...*



## Staff Email Addresses:

Pastor Yolanda Denson-Byers  
Donna Brown, Office Administrator  
Lynn Wilson, Financial Assistant  
Katy Aanenson, Music Coordinator  
Pat Seavert, Parish Nurse  
Sunday School

[pastor.yolanda@faithlutheran-becker.org](mailto:pastor.yolanda@faithlutheran-becker.org)  
[donnab@faithlutheran-becker.org](mailto:donnab@faithlutheran-becker.org)  
[lynn.wilson@faithlutheran-becker.org](mailto:lynn.wilson@faithlutheran-becker.org)  
[katyaanenson@yahoo.com](mailto:katyaanenson@yahoo.com)  
[pkseavert@gmail.com](mailto:pkseavert@gmail.com)  
[ss@faithlutheran-becker.org](mailto:ss@faithlutheran-becker.org)



## Worship Schedule

<b>January 5</b>	9:30 am	Worship with Holy Communion
<b>January 12</b>	9:30 am	Worship with New Life Band (Noisy Offering)
<b>January 19</b>	9:30 am	Worship with Holy Communion
<b>January 26</b>	9:30 am	Worship with the New Life Band (Annual Meeting)