

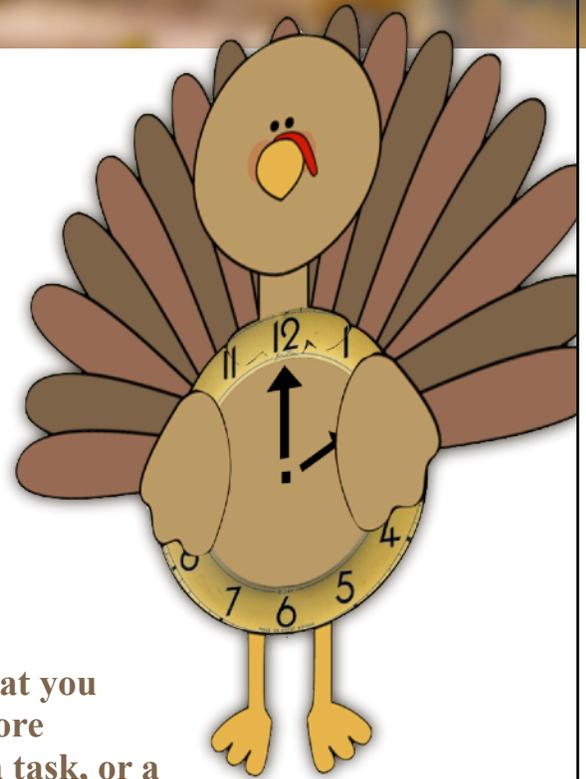
November

NEWSLETTER OF PEACE LUTHERAN CHURCH

Your brain deserves a break this week...

Have ever found yourself having a phone conversation with someone that includes long pregnant pauses with no conversation because one or maybe both of you are having a simultaneous conversation with someone else at the same time via texting? Can we not even focus on what another person has to say long enough to actually listen to what they are saying without being distracted?

Sometimes it doesn't seem like it.



Or maybe you've experienced lately that you seem to be having more trouble focusing on a task, or a face-to-face conversation, or a project at work? That your mind is starting to go places on its own, and you're worried that you might lose it if it goes on one of its little wanderings and doesn't come home?

Be
Thankful



Words of Peace

November '19

- 11/1 F&FF
- 11/3 All Saints (obs.)
- 11/11 Veteran's Day
- 11/12 SuperTuesday
- 11/19 Church Council
- 11/27 Thanks service
- 11/28 Thanksgiving

December '19

- 12/1 Advent Faire
- 12/4 Soup Supper
- 12/7 PNO
- 12/11 Soup Supper
- 12/15 Xmas Party
- 12/18 Soup Supper
- 12/24 X Eve Services
- 12/25 Xmas Day 10am

January 2020

- 1/1 New Year's Day
- 1/3 F&FF
- 1/6 Epiphany
- 1/9 Many Meals
- 1/8 SuperTuesday
- 1/15 Council
- 1/24 Winterblast

The good news is that you might not be in danger losing your mind at all. You may just be experiencing the effects of "Information Overload."

According to a study by Microsoft, the average human being now has an attention span of a mere 8 seconds - definitely not good news for preachers. To put that into perspective, goldfish are believed to have an attention span of 9 seconds. Not good news for any of us!

And the even worse news is that that number is decreasing. Twenty years ago the average attention span of a person was a whopping 12 seconds. Woohoo!

Another found that the human attention span decreases by 88% a year. But it's not being blamed on dementia or "Partztimer's disease." It's being attributed to input overload. The information disseminated by the Internet is simply overwhelming. The developer of Lotus 1-2-3 famously remarked that "getting information off the Internet is like taking a drink from a fire hydrant."

Some sources have estimated that your brain makes over 35,000 decisions every day, and that understandably leads to mental fatigue. And that manifests itself in increased stress and anxiety.

The answer, researchers say, is to give your brain a break, something God has been saying since He laid down the law to Moses.

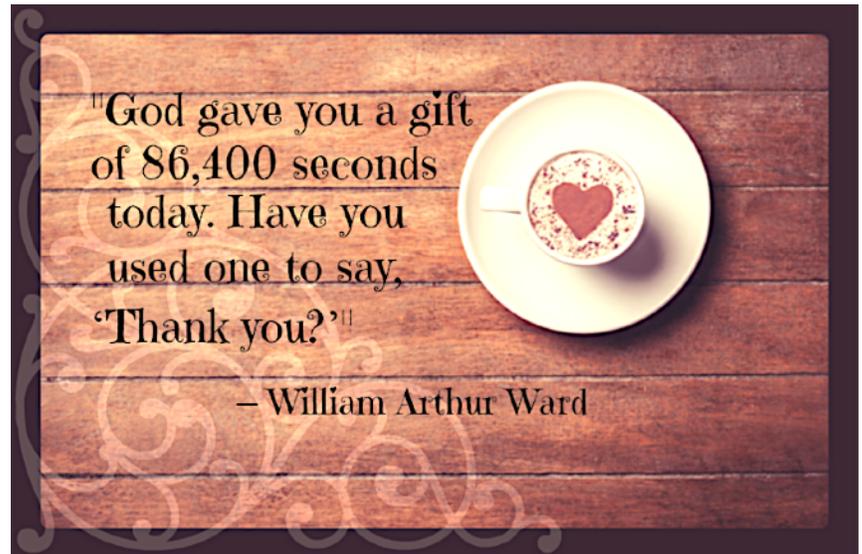
I had a chance last month to fill in for Pastor Mike for Confirmation, and the lesson was the third commandment. You know the one. It says: *Remember the Sabbath day to keep it holy. For six days, work is to be done, but the seventh day shall be your holy day, a Sabbath of rest to the Lord.*

God knew we'd need a break even before there was the Internet, and He even told us how we should spend it.

It might seem like we get enough rest already. If you live to the age of 80, you will have spent twenty-six of those years sleeping. Oh, and then you have to add seven more years spent trying to get to sleep. Reading, tossing and turning, whatever works for you. You'll have spent over 13 years of your life at work. And growing up in this day and age, by the

time you reach 80 you'll have spent another 13 years of your life looking at screens. That breaks down to three years on social media and eight years watching your favorite television shows. That's 72,720 hour long programs. Think about that for a moment.

You have to eat, and you'll spend four-and-half years doing just that, so you probably don't want to waste it on fast food. The list just goes on and on but includes 235 days waiting in line and 115 days laughing,



And how about going to church? Just one-and-a-half years will have been spent in church. Not so much right? Especially if you do the math. Sabbath rest time should work out to over eleven years. So we're definitely not getting the kind of Sabbath rest we need or God commands.

We're not giving our brains a chance to rest from the daily pressures of living to focus more than eight seconds on the wonders of God's creation, the unimaginable, unconditional love He shows us, the untold blessings we've received and continue to receive, His presence through thick and thin, His strength to lean on when our strength is about to give out, and maybe more than anything else, the hope we have in a place beyond this busy, brain taxing world that's already waiting for us just beyond this life.

Lots to be thankful for. Lots to look forward to. And a chance to give your brain a break. We've only got so many years in this life. Let's learn to make the most of them, God's way, and be blessed.

- Pastor Rob

Remember to pray...

FOR HEALTH AND HEALING: Lois Allen (Cheryl Sanders' sister), Lili Baehr, Christy Burckhard (Gary & Karen Taylor's sister-in-law), Mrs. Cheung (Veronica Lee's friend), Crystal (Phil Deck's niece), Remi Chatelain (Carol Yung's friend), Dwayne Field, Bill Fitch, Bruce Fraser, Ken Haugrud, Damon Hermann (friend of Greg Olewiler), Jim Hogan (Robin Schmidt's brother-in-law), Mickey Kohut, Dawn Logan (Pat Massey's niece), Mrs. Mai, (friend of Greg Olewiler), Carmene Meyer, Seza Mirzarian (Phil Hamilton's son-in-law's aunt), Ken Nipstad, Jim Pedersen, Hedy Pein, Greg Snyder (Craig Frye's co-worker), Llewyn Rae Spencer (infant grandson of Gary & Char Spencer), Leslie Stenke, Jon & Renee Volpei (Connie Morris' son & daughter-in-law), Carol Yung.

FOR PEACE AND COMFORT:
Allen Burckhard, as he cares for his wife Christy and their children.

PRAY FOR ALL MILITARY MEN AND WOMEN ESPECIALLY: Jacob Chiles, Andrew Geib, Daniel Gross, Michael Hanson, Brian Miller, Kevin Palos, Kevin Schleicher, Stephen Volpei, Amy Waddell, Lucas Wentlandt. Also remember their families in your prayers.

Celebrating in November...

Happy Birthday to:

6th Lili Baehr
6th Logan Farrell
9th Tom Waddell
10th Adam Bedard
11th Alicia Miller
12th Veronica Lee
12th Luci Pommers
14th Bill Fitch
15th Ken Mobley
17th Sharon McCracken
21st Chandler Supple
26th Dave Miller
26th Melissa Hamilton
30th Aija Rebensal

Happy Anniversary:

Bill & Linda Young 6th
Tim & Robin Schmidt 6th
Ken & Rita Reuter 16th
Adam & Tiffany Bedard 16th
David & Vicki Hutter 17th



National Hospice and Palliative Care Month

What is the difference between Hospice Care and Palliative Care? (Thank you, LCMS Pacific Southwest District for info on Palliative Care)

Hospice Care provides medical services, emotional support, and treatment for people who are in the last stages of a serious illness, such as cancer or heart failure. It also helps family members manage the practical details and emotional challenges of caring for a dying loved one. The goal is to keep the person comfortable and to improve his/her quality of life. Hospice programs offer services in your home or in a hospice center. Some hospices also offer services in nursing homes, long-term care facilities, or hospitals. Some people think that starting hospice means a last resort, giving up on life, or a lower level of medical care. But hospice is simply a type of care that **focuses on the quality of your life**, rather than on continuing treatment.

Why choose hospice care?

During the often difficult ending stages of a serious illness, many people feel that they no longer have control over their lives and over what is happening to them. Hospice care shows you options and is designed to honor your wishes. Knowing your options gives you back some control. It allows you and your family to make decisions about things that are important to you.

What services are provided?

Hospice services usually include the following:

- Basic medical care with a focus on pain and symptom control.
- Access to a member of your hospice team 24/7.
- Medical supplies and equipment as needed.
- Counseling and social support to help you and your family with psychological, emotional, and spiritual issues.
- Guidance with the difficulty of completion and closure.
- A break (respite care) for regular caregivers, family, & others.
- Volunteer support, such as preparing meals, running errands.
- Counseling and support for your loved ones after you die.

Who is involved with hospice?

Most of the time, hospice care is provided in your home. Family members or loved ones may look after you much of the time. The hospice team will work with them to give you the best care possible. Someone from your hospice team will likely visit you for an hour or so once at minimum weekly, but often more frequently. In addition to a physician specializing in end-of-life care, and nurses, hospice teams usually include **social** workers, spiritual advisers, nursing assistants and trained volunteers. The team may also include pharmacists, respiratory therapists, psychologists or psychiatrists, music therapists, and physical or occupational therapists. Your personal physician can work with the others on your team to assist in providing care.

Are you eligible for hospice services?

Usually, these two things must be true for you to be eligible for hospice care:

- Your condition cannot be cured (i.e., terminal illness).
- You're given < 6 months, if your illness runs its normal course.

Some people live longer than expected. If you live longer than 6 months, you can continue with hospice care. If your illness gets better, you can stop getting hospice care. You may no longer qualify for it. If your condition becomes worse, you can again receive hospice care. Hospice care is generally paid for by Medicare, state Medical and private insurance. Care may also be available to those unable to pay.

PEACE

HEALTH

Palliative Care is not hospice care, it does not replace the patient's primary treatment. Palliative care works together with the primary treatment being received. Palliative care **focuses on the pain, the symptoms and the stress of serious illness** most often as an adjunct or addition to curative care modalities. It is not time limited, allowing individuals who are 'upstream' of a 6-month or less terminal prognosis to receive services aligned with palliative care principles. Additionally, individuals who qualify for hospice service, and who are not emotionally ready to elect hospice care can benefit from these services.

Who can receive this type of care?

Any individual with a serious illness, regardless of life expectancy or prognosis.

Can a patient continue to receive curative treatments?

Yes, individuals receiving palliative care are often still pursuing curative treatment modalities.

What services are provided?

Services provided include pain and symptom management, in-person and telephonic visits, help navigating treatment options, advance care planning and referrals to community resources.

Where are services provided?

Palliative care may be provided in any care setting, including one's home, a Hospice Facility, Skilled Nursing Facilities, Long-Term Care Facilities, Long-Term Acute Care Facilities, Assisted Living Facilities, Group Homes, Clinics and the Hospital.

Who provides these services?

Palliative care may be provided by an interdisciplinary team. However, most palliative services are provided by a physician, nurse practitioner or nurse with consultative support from the social worker and chaplaincy services. These services are performed in collaboration with the primary care physician and specialists through consultative services or co-management of the patient's disease process.

What types of health care organizations may provide these services?

Palliative care is not dependent on care setting or type of medical practice. Services are performed in collaboration with the patient's primary care physician, other specialists, and health care settings they may be receiving services from. These can include Palliative Care Practices, Licensed Home Health Agencies, Licensed Hospice Agencies, Nursing Facilities, Healthcare Clinics and Hospitals.

How long can an individual receive services?

Palliative care is not time-limited. How long an individual can receive care will depend upon their care needs, and the coverage they have through Medicare, Medicaid, or private insurance. Most individuals receive palliative care on an intermittent basis that increases over time as their disease progresses.

To obtain more information on either Hospice Care or Palliative Care, speak to your primary care physician at the next visit.

Peace Family

Advent Faire!

FIRST SUNDAY IN DECEMBER 3:00-5:00PM

- * Bring your favorite decorations
- * Make & share holiday crafts
- * Try some tasty treats
- * Pass along your wreath traditions
- * Listen to holiday music!

Fun for the whole family... *...Bring the kids & grandkids!*

Peace Lutheran Church 71 Loma Dr. Camarillo, CA 93010 (805) 482-3313 www.PeaceCamarillo.com

JANUARY 24 - 26

Get your \$50 DEPOSIT in by DEC 1st, 2019.

COSTS:
 Tubing... \$150
 Lift ticket... \$170 (Bear Mountain)
 Full rental... \$190

(includes 4 meals: bring \$ for 2 meals)

WINTERBLAST 2020

YMCA Camp Whittle Big Bear Lake

It doesn't take 2020 vision to see that our next Winterblast snow retreat is going to be a blast! So, invite your friends & put this on your gift list. Christ the King, Peace and Light of Christ will once again join together in the higher elevation for for both a spiritual lift and an exhilarating mountain adventure!

CONTACT YOUTH DIRECTOR:

Grade school friends are invited to come out to our **Faith & Fun Friday**, DEC 6 from 6-7:30pm. This is the feast day of St. Nicholas about whom we will be learning.

WINTERBLAST REGISTRATION

Makes a GREAT Christmas present! All prices include transportation, lodging & 4 meals at the YMCA Camp Whittle. Meals in transit extra. We plan on leaving early F, 1/24/20 at 12:30pm, (so you might have to get out of school early - AWWW! Bummer!). Visit peacecamarillo.com/winterblast.

R Register early for our 2020 Winterblast Retreat & SAVE!!!

- G** Full Rentals:
- \$190
- I** Lift Only:
- \$170
- S** Just Tubing:
- \$150
- T**
- E**
- R**

JANUARY 24-26, 2020

Price increase +\$10 on Christmas Day, Dec. 25th

Price increase +\$20 Jan 6th

Fill out this form (and a new 2020 medical release) and turn in to Pastor Mike ASAP!

Sr High students:
 Join us every Wednesday for Bible study & dinner with friends at Christ the King from 6pm-8pm, call Pastor Mike for a ride if needed.



JR HIGH DYG

FEB 29-MAR 1, 2020 at CUI Irvine: "ROYAL" (1 Peter 2:9). \$75 early registration by Jan 13th. \$90 late registration deadline: Feb 7, 2020. PeaceCamarillo.com/junior-high.



Pastor Rob and I would like to thank everybody for their thoughtful and generous gifts last month for showing their Pastor Appreciation. You are so kind. And you make it easy to get into the season of "Giving Thanks." We appreciate you and are thankful to God for the strength to serve you!

- Pastor Mike



Even though we may stuff ourselves at the dinner table, celebrating Thanksgiving can actually make us healthier judging by recent research. Studies have shown that being thankful improves our physical and emotional health. Holding on to feelings of thankfulness boosts our immune system and increases blood supply to our heart. Daily guided exercises or the habit of keeping a weekly gratitude journal can increase our alertness, enthusiasm, and energy, and improve our sleep. People who describe themselves as feeling grateful tend to suffer less stress and depression than the rest of the population.

Yet, for all its benefits, gratitude doesn't come naturally to us. As Jesus passed through a village one day, he was spotted by ten lepers who desperately longed to be healed (Luke 17:11-19).

They kept themselves at a distance as required by law but cried out to him, "Jesus, Master, have pity on us!" Jesus told them to go and show themselves to the priest. As the ten lepers walked off to obey, their skin disease disappeared.

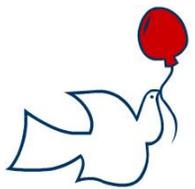
One of the men turned around, shouting praises to God as he came back to Jesus. He threw himself at his benefactor's feet. Jesus expressed amazement that only one man had thought to thank him. "Were not all ten cleansed?" he asked. "Where are the other nine?"

For Christians, cultivating a spirit of thankfulness is more than a good idea; it's a direct command from God. In the Old Testament, God laid down specific guidelines for the Israelites to bring thank offerings. In the New Testament, believers are instructed to be thankful in all circumstances (1 Thessalonians 5:18). When we're struggling with trials and difficulties, this is a difficult command, especially since we live in a culture that encourages us to act based on how we feel. But God knows that when we focus on our blessings, it's easier to keep our problems and concerns in the right perspective.

A spirit of thankfulness honors God and strengthens our faith. It also strengthens our relationships with other people. We can't be in a right relationship with God or with anyone without a spirit of thankfulness. No matter what problems we're struggling with, we don't want to be like the nine former lepers who forgot to say "thank you" to their Healer.

A Thanksgiving message from your Elders

Thank You 



PRESCHOOL NEWS

Thank you to all that helped support the Preschool ~~Axxess~~ Fundraiser! The preschool raised \$1033.00 that will go towards our kitchen upgrades.



A BIG THANK YOU to Pastor Mike & the Risk Family for another great annual "field trip" to the Peace Pumpkin Patch. The children had such a good time and loved picking out their own pumpkin to take home. We also had our annual Silly Hat Parade on October 30th and 31st.



November is another fun month at the preschool!

November 14 -15 we will be cooking and reading the story of Stone Soup by Ann McGovern. This is my all-time favorite event here at the preschool. The weather is getting colder and we have a wonderful aroma of homemade soup filling the air..



On Thursday & Friday November 21 & 22 we will have a Thanksgiving Feast with our children. We have the cutest little Pilgrims & Native Americans.





November



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 6:00 PM Faith & Fun Friday	2 10:00 AM Praise Band Rehearsal
3 8 & 11 AM Traditional Service 9:30 AM Sunday School (preschool-Adult) 9:30 AM Praise Service (H) 10:42 AM Sunday School Adult/ Young Adult (PCH) 11:30 AM New Life Christian Fellowship (FH) 3:00 PM New Life Choir Rehearsal 4:00 PM Boy Scouts (FH)	4 8:00 AM Prayer Vigil (Sanc)	5 10:00 AM Women's Bible Study (FH) 7:00 PM Community Outreach Comm. (FH)	6 9:30 AM Adult Bible Study 9:30 AM Preschool Chapel 6:00 PM High School Bible Study 6:00 PM LifeLight Bible Study	7 6:45 AM Men's Bible Study (FH) 9:30 AM Preschool Chapel (Sanc) 10:00 AM LifeLight Bible Study 5:30 PM Handbell Rehearsal (Sanc) 7:00 PM Choir Rehearsal (Sanc)	8 6:30 PM Storytellers (PCH) 6:45 PM Confirmation	9 10:00 AM Praise Band Rehearsal
10 8 & 11 AM Traditional Service 9:30 AM Sunday School (preschool-Adult) 9:30 AM Praise Service (H) 10:42 AM Sunday School Adult/ Young Adult (PCH) 11:30 AM New Life Christian Fellowship (FH) 3:00 PM New Life Choir Rehearsal 4:00 PM Boy Scouts (FH)	11 8:00 AM Prayer Vigil (Sanc)	12 10:00 AM Women's Bible Study (FH) 7:00 PM Super Tuesday	13 9:30 AM Adult Bible Study 9:30 AM Preschool Chapel 6:00 PM High School Bible Study 6:00 PM LifeLight Bible Study	14 6:45 AM Men's Bible Study (FH) 9:30 AM Preschool Chapel (Sanc) 10:00 AM LifeLight Bible Study 5:00 PM Many Meals 5:30 PM Handbell Rehearsal (Sanc) 6:00 PM GSA Council Meeting 7:00 PM Choir Rehearsal (Sanc)	15 6:00 PM Praise Band Rehearsal 6:45 PM Confirmation	16
17 8 & 11 AM Traditional Service 9:30 AM Sunday School (preschool-Adult) 9:30 AM Praise Service (H) 10:42 AM Sunday School Adult/ Young Adult (PCH) 11:30 AM New Life Christian Fellowship (FH) 3:00 PM New Life Choir Rehearsal 4:00 PM Boy Scouts (FH)	18 8:00 AM Prayer Vigil (Sanc)	19 10:00 AM Women's Bible Study (FH) 7:00 PM Church Council Meeting	20 9:30 AM Adult Bible Study 9:30 AM Preschool Chapel 6:00 PM High School Bible Study 6:00 PM LifeLight Bible Study	21 6:45 AM Men's Bible Study (FH) 9:30 AM Preschool Chapel (Sanc) 10:00 AM LifeLight Bible Study 5:30 PM Handbell Rehearsal (Sanc) 7:00 PM Choir Rehearsal (Sanc)	22 6:00 PM Praise Band Rehearsal 6:45 PM Confirmation	23
24 8 & 11 AM Traditional Service 9:30 AM Sunday School (preschool-Adult) 9:30 AM Praise Service (H) 10:42 AM Sunday School Adult/ Young Adult (PCH) 11:30 AM New Life Christian Fellowship (FH) 3:00 PM New Life Choir Rehearsal 4:00 PM Boy Scouts (FH)	25 8:00 AM Prayer Vigil (Sanc)	26 10:00 AM Women's Bible Study (FH)	27 11:00 AM Youth Event @ CTK Operation Christmas Child 7:00 PM Thanksgiving Worship	28 Thanksgiving Day <i>Happy Thanksgiving</i> 	29 6:00 PM Praise Band Rehearsal	30

November Servers

Serving with gladness

Date	Elder	Ushers	Altar	Readers	Greeters	Acolytes
Nov.3 Communion	Dave Schmidt +++++++ Bob Hutchison	Ken Anderson* Glenn Benitz Scott Ehlers Art Schmidt +++++++ Scott Klittich Steve Rusch Mike Elbert	Dale Sieber	Peggy Frye +++++++ Linda LaJeunesse	Dale & Marsha Larson +++++++ Luci Pommers	William Frye +++++++ Melissa Poore
Nov.10	Dave Schmidt +++++++ Bob Hutchison	Blaine Wanke* Gene O'Neal Keith Hedrick Todd Harter +++++++ Mike McCracken* Tom LaJeunesse James Miller	Dale Sieber	Sarah Harter +++++++ Lori Schultze	Todd & Janet Harter +++++++ Sharon McCracken	Judy Nomi +++++++ Gabby Liu
Nov.17 Communion	Dave Schmidt +++++++ Bob Hutchison	Craig Frye* Karen Taylor Gary Taylor Bill Young +++++++ Rick Poore+ Dave Miller Tom Taylor	Dale Sieber	Todd Harter +++++++ Mike Elbert	Susan Klein +++++++ Sandy Miller	Anna Pettit +++++++ Connor Stevenson
Nov 24	Dave Schmidt +++++++ Bob Hutchison	Bob Lacy* Jim DeVries Dale Sieber +++++++ Dave Schmidt* Roy Poehler Mike Hale	Dale Sieber	Susan Klein +++++++ Linda Elbert	Bruce & Sharon Fraser +++++++ Connie Morris	Logan Krause +++++++ Derek Olewiler
Dec.1 Communion	Blaine Wanke +++++++ Bob Hutchison	Ken Anderson* Glenn Benitz Scott Ehlers Art Schmidt +++++++ Scott Klittich Steve Rusch Mike Elbert	Lori Schultze Karen Rusch	Bob Lacy +++++++ Al Bosman	Eunice Harter +++++++ Mike & Linda Elbert	Daniel Stevenson +++++++ Rebecca Nomi

9:30 Service

11-3-19
11-10-19
11-17-19
11-24-19
12-1-19

Elder

Bob Weaver/Tom Waddell
Bob Weaver/Tom Waddell
Bob Weaver/Tom Waddell
Bob Weaver/Tom Waddell
Phil Hamilton/Dave Hutter

Reader

Peter Lee
Robby Waddell
Tom Waddell
Susan Weaver
Stacy Hunter

