

# The Ram's Horn

A Monthly Publication of Christ Lutheran Church

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*"Our Mission is to reach out and share the Gospel with our Community."*

November 2013

**NO ONE IS BEYOND  
THE REACH OF GOD'S BLESSING!**

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Pastor Julie reaches under the back seat of the car to bless Ginny's cat. The cat hid to escape being blessed, but Pastor Julie was persistent.

*Photo: Barb Granquist*



**Evangelical Lutheran  
Church in America**

God's work. Our hands.  
<http://www.elca.org>

On Sunday, October 6 at 3:00pm there was a blessing of the animals in the parking lot of Christ Lutheran Church. All the animals were well behaved. They must have known they were at church. See photos page 12.

### Christ Lutheran Church Staff

**Pastor**

Pastor Julie Kanarr

Office: 275-3354

e-mail: clcpastor@wavecable.com

**Office Staff:**

Volunteers

Office: 275-3354

e-mail: clcoffice@wavecable.com

**Lay Minister:**

Allen Nesper

Home: 275-0708

**Child Care Director:**

Rose Moore

Home: 275-5587

Office: 275-0499

**Organist:**

Kristi Booth

### WORSHIP & EDUCATION HOURS

**SUNDAYS**
***Worship 10 AM***
***Sunday School 10AM***
***Fellowship 11:00AM***

### Executive Committee

**President:**

Dave Haugen

Home: 275-6217

E-mail: dlhbel@yahoo.com

**Vice President:**

Phyllis Newman:

Home: 275-3524

E-mail: rpnewman898@wavecable.com

**Council Secretary:**

Becky Newbill

Home: 275-6026

E-mail: beckybob@msn.com

**Treasurer:**

Karen Belford

Home: 275-3368

E-mail: ksbelord@msn.com

### Council Members

Karen Belford	275-3368
Dana Clauson	275-5386
Dave Haugen	275-6217
Cliff Little	275-4247
Phyllis Newman	275-3524
Becky Newbill	275-6026
Byron Ruck	275-6013
Donna Thompson	621-9441
Shannon Walker	275-3088
Mandy Wendell	275-9365
Glenn Zimbeck	275-9420

**Financial Secretary**

Dick Granquist

Home: 275-8496

e-mail: rgranquist@wavecable.com

### DATES TO PUT ON YOUR CALENDAR

Dorcas Circle	November 1
First Sunday Potluck	November 3
Book Club	November 5
Men's Bible Study	November 9
CLCW Meeting & Election	November 10
CLCCC Board Meeting	November 12
Bike Ride	November 16
Annual Congregation Meeting	November 17
CLC Council Meeting	November 19
Family Night	November 22
Book Club	November 26

### CLCCC Board Members

Bob Newbill, President	275-6026
Lois Ruck, Vice President	275-6013
Monna Haugen, Secretary	275-6217
Rose Moore, Child Care Director	275-0499
Gary Cornell	360-427-1948
Ron Jensen	275-5639
Jerry Kabelac	275-3318
Dick Quay	275-5067

## WORDS OF WISDOM



Pastor Julie Kanarr

In the United States, the fourth Thursday of November is designated as a national day of thanksgiving. As the harvests have been gathered and winter approaches, we pause to offer thanks for the blessings of our life and share in a festive meal with family and/or friends, celebrating cherished traditions, and either embracing or creatively reformatting the traditional menu.

Each Sunday, as we gather in worship, we also celebrate thanksgiving. Each Sunday, the church gathers in worship, following the four-fold pattern of gathering, word, meal, and sending. We come together to be more deeply formed in faith and taught as disciples. We are fed with Christ's holy meal and empowered for loving service in our ministry in daily life.

Every Sunday, we gather to receive Holy Communion – the Eucharist, which comes from the Greek word that means “thanksgiving.” The meal begins

with the Great Thanksgiving, that dialogue between pastor and people that centers in the call to “*Let us give thanks to the Lord our God. It is right to give our thanks and praise.*” In all the words surrounding his holy meal, we express our thanks and praise to God. “*It is indeed right, our duty and our joy, that we should at all times and places, offer thanks and praise to you, O God.*” Those words, spoken by the pastor to lead us into a song of praise, give voice to the reasons for our praise, naming what God has done for us in Christ. We sing “holy, holy, holy,” joining our voices with all those who offer thanks and praise to God.

The Eucharistic (thanksgiving) Prayer calls to mind God's actions in creation. It rehearses “salvation history” – God's gracious, merciful, and saving presence and promise as witnessed through the scriptures, centered in the promise to ancient Israel, and expressed fully in the birth, life, teachings, death, and resurrection of Christ. We give thanks for the risen Christ's continued presence, through the Spirit, in the bread and wine of Holy Communion, and in the life of the church. We give thanks that we are part of God's people, drawn into God's family through baptism, nurtured by God's word, fed at Christ's table, and sent out to serve others in Christ's name. Having shared in the Eucharist, God's thanksgiving meal for us, we are blessed and sent out to share God's love by serving God and neighbor. In response, we say “Thanks be to God!”

In Christ,  
Pastor Julie

## Scripture readings for November:

**Twenty-fourth Sunday after Pentecost**, November 3, 2013  
Deuteronomy 6:1-9, Psalm 119:1-8, Hebrews 9:11-14, Mark 12:28-34

**Twenty-fifth Sunday after Pentecost**, November 10, 2013  
1 Kings 17:8-16, Psalm 146, Hebrews 9:24-28, Mark 12:38-44

**Twenty-sixth Sunday after Pentecost**, November 17, 2013  
Daniel 12:1-3, Psalm 16, Hebrews 10:11-14 [15-18] 19-25, Mark 13:1-8

**Twenty-seventh Sunday after Pentecost, Christ the King Sunday**, November 24, 2013  
Daniel 7:9-10, 13-14, Psalm 93, Revelation 1:4b-8, John 18:33-37

### OFFICIAL NOTICE to VOTING MEMBERS of the CONGREGATION

In accordance with constitutional provision C17.04, the council recommends that the CLC constitution be amended at the November 17, 2013 annual meeting to bring it into conformity with the 2013 ELCA Model Constitution. Copies of the proposed amendments are available at church and on our website

([www.christlutheranbelfair.org](http://www.christlutheranbelfair.org)). The proposed amendments may be approved by a simple majority vote of those voting members present at the annual meeting.

Summary of substantive changes (\*asterisk indicates ELCA required provisions):

\*C4.06 clarifies that the interdependence among the 3 expressions of the church are mission related (not legal partnerships)

\*C6.03 clarifies nature of circumstances under which congregation can call a pastor who is not on the ELCA clergy roster.

\*C6.05 more clearly delineates process for a congregation that desires to leave the ELCA (and related provision in \*C7.03)

\*C9.05 clarifies language and processes for removal of pastor.

\*C9.07 clarifies role of interim pastor, including ineligibility for call unless previously approved by synod council.

C10.02. Adds provision for the president to call a special meeting at request of bishop.

C10.03, C12.03, C17.01 Allows for electronic notifications of meetings.

C12.13 allows council/committees to hold meetings by electronic or remote means.

\*C15 (all paragraphs). Chapter on discipline of members rewritten for clarity. Shifts responsibility for discipline hearings to the synod consultation panel, removing Congregation Council from position of hearing allegations and passing judgment on fellow members.

\*C17.03 clarifies process for synod notification/approval of amendments to constitution

### ***THRIVENT CHOICE* DOUBLE DIRECTION CHURCH CAMPAIGN**

Dear Thrivent member: Have you heard about the *Thrivent Choice* Double Direction Church Campaign? It's a chance for you to help Christ Lutheran

in a big way--and it's easy to do!

Between October 1 and November 30, 2013 Thrivent Financial for Lutherans will:

- Give up to \$15 million to churches across the country through *Thrivent Choice*
- Double all *Choice* Dollars directions to churches, including our church, during the campaign or until the \$15 million has been awarded, whichever comes first.

Together, we can strengthen our congregation. The *Thrivent Choice* program allows eligible members to recommend where some of the organization's charitable dollars are distributed. If you have *Choice* Dollars to direct, it's easy to participate in the campaign. All you need to do is: Go to [Thrivent.com/thriventchoice](http://Thrivent.com/thriventchoice) or Call 800-THRIVENT (800-847-4836) and say, "*Thrivent Choice*".

It takes just minutes to show your support to Christ Lutheran, so please make your direction today. Together, we can strengthen our faith community and help our congregation to grow and thrive.

Sincerely, Sherry Ortman and Merry Quy, CLC Advocates for Thrivent.

### **THRIVENT NEWS**

There are two Thrivent upcoming meetings. November 7, from 6:00-7:30 p.m., Long Term Care will be discussed at the Lutheran Retirement Community in Tacoma. "Market Update" presented by Bill McNeil will be held at 6:00 p.m. on December .4 in Olympia, and at 6:00 p.m. in Tacoma on December 5. These meetings are free to all,

so call Scott White, Thrivent Representative at (503) 807-7519 if you are interested in attending.

### **BOOK CLUB MEETING AGAIN**

It is not too late to join the book club in reading *The Wisdom Jesus~Transforming Heart and Mind--A New Perspective on Christ and His Message* by Cynthia Bourgeault.

The meetings are being held in the Resource Room at 5:30 pm on the dates shown on page 7 of this issue. The discussions are lively and simulating.

Please consider joining us, if for some reason you can't make it to every meeting, don't worry.

The book is available online from Amazon.com. It is also available as an e-book for Nook and Kindle.

If you have any questions at all, call Mandy Wendell at 275-9365 or James Moy at 275-1278.

### **IS THERE ANYTHING I CAN DO TO HELP?**

Yes there is! There are many things that need to be done in the life of a church. If you are interested in helping support this life, think about volunteering.

People are needed to serve on Altar Guild and Jan Jensen is a great leader and helper. You will have lots of support. Contact Jan if you have questions.

Can you make cookies or purchase them to serve at fellowship on Sunday morning. It can be something very simple. Merry or /

Dick Quy will help you set up the coffee pot and tell you what needs to be done.

People are always needed on Sunday mornings to be a Worship Assistant. If you have never assisted in any way talk with Linda Zimbeck and she will either help you or have you talk with someone who can help you.

Are you comfortable with a computer? You could help with the screens on Sunday mornings. Talk with Barb Granquist, Janice Stewart or Loren Chilson if you would like to help with this.

There are many projects around the church that are done by the Monday Morning Men. They meet every Monday morning at 9:00am and always welcome anyone who wants to help in anyway. In addition to work, there is a rumor circulating that donuts and coffee are consumed. Talk with Cliff Little or Dick Quy for more information.

## CLCW MEETING

The quarterly meeting of the CLCW was held on Sunday, October 6, 2013. There were seventeen ladies in attendance. The 2014 Calendar of Events was reviewed and dates set for next year's events. The Spring Event, which celebrated both Mother's and Father's Day, will be called Daughter's of God and Son's of God to be celebrated with a potluck in May and June, respectively. The Thank Offering will be a combined event of The Harvest of Thanks and Thank Offering in November. Also, a rummage sale is being planned in July as a fundraiser to support LWR

and the scholarship of our Maasae student Rose Lemagari. A storage area will be provided to house items as needed for this event. The church will incur the expenses for fellowship and some expenses for Family Night as needed. Nominations for office of CLCW President, Vice President, and Secretary/Treasurer are open and elections will be held on Sunday, November 10<sup>th</sup> following worship service. Please contact Linda Zeh, President, Phyllis Newman, Vice President, or Merry Quy, Secretary/Treasurer if you are interested in serving. We are so BLESSED to have so many ladies involved in our church activities!

## GATHER MAGAZINE

Have you women ordered the *Gather* Magazine yet? If not, call 800-328-4648 for your one year/10 issues for \$15.00 and participate in the Bible Study by Bishop Kay Ward and enjoy reading articles in this award winning magazine. Our own Pastor Julie has had articles and bible studies in this magazine.

## DORCAS CIRCLE

This is a reminder that Dorcas Circle is now meeting on the first Friday of each month. We meet in the Resource Room at 9:30am. We are doing the bible studies found in *Gather* magazine.

We would love to have you join us for a good discussion and a good time.



## WOMEN OF THE ELCA

### Dorcas Circle

They will be meeting on November 1, 2013 The bible study is found on page 28 of the November issue of *Gather* Magazine. The series is titled *In Good Company: Stories of Biblical Women*. Session 3 is *The Widow of Zarephath, A Trusting Follower*. Dorcas Circle contact is Barbara Granquist (275-8496).

**Altar Guild** is a group of people who are doing tasks to help with worship: communion setup, altar preparation for worship, keeping the paraments clean and in good repair, and making new paraments. If you would like more information about Altar Guild, please feel free to call and talk to Jan Jensen at 275-5639.

**Quilting** is going again and it is being done in the lodge on Wednesday mornings. If you'd like to find out more about how to help with quilting, call Mandy Wendell at 275-9365.

**World Relief**. If you have something you would like to donate for one of the kits, bring it to the resource room and make sure it is marked. If you need a list of the items needed, **please contact Phyllis Newman (275-3524)**. The contact people for certain kits are as follows:

**Baby Layettes:** Ann Sprague

**Personal Care Kits:** Teri Jelinek, Linda Zeh

**Bars of Soap:** Merry Quy

**School Supplies:** Phyllis Newman

**Quilt Coordinator:** Mandy Wendell

ELCA NEWS SERVICE  
October 7, 2013

**Elizabeth Eaton installed as  
ELCA presiding bishop**  
13-74-MRC

CHICAGO (ELCA) -- Marking a new, historic season of ministry in the life of the Evangelical Lutheran Church in America (ELCA), more than 1,500 people gathered Oct. 5 at Rockefeller Memorial Chapel here for the installation of the Rev. Elizabeth A. Eaton as ELCA presiding bishop. Eaton is the ELCA's fourth presiding bishop and the first woman to lead the 4 million-member church. She will assume office Nov. 1.

"I found it beautiful and deeply moving that this new ministry was begun in worship; that as a church, we were 'lost in wonder, love and praise,'" Eaton said of the installation service. The Rev. Mark S. Hanson, ELCA presiding bishop from 2001 to 2013, was presiding minister of Holy Communion with the Installation of the Presiding Bishop prior to the rite of installation, and the Honorable Yolanda Tanner, vice president of the ELCA Delaware-Maryland Synod, served as assisting minister. Eaton served as presiding minister after the installation rite.

The Rev. Jessica Crist, bishop of the ELCA Montana Synod and chair of the ELCA Conference of Bishops, preached the sermon.

"We are here today because somebody somewhere scattered a bunch of seeds," Crist told

worshippers. "They didn't all grow; they didn't all survive, but some did. That's why we are here. Look around. Look at some of the plants that have grown out of that random seed scattering. Look at these people. Look at the congregations they come from. Look at the ministries they represent. What a wild and wonderful community garden that has grown up from those scattered seeds."

"We are called to be sowers. Scatterers of seeds," she said. "We are called on to be sowers -- all of us. And we have the promise of the harvest to top all harvests. We may be out there seeing no hope of return. It doesn't matter. We may get our hopes up again and again, only to be disappointed. It doesn't matter. We may find that others are interfering with what we are doing. It doesn't matter. We may find that we have been on the wrong track entirely -- we had been doing everything exactly the wrong way. It doesn't matter."

"What matters is that we sow. Bishop Eaton and the ELCA Church Council. School children and pastors. Professors and missionaries. Bishops and churchwide staff. Students and retired folks. Lifelong Lutherans and new believers. We are all called on to sow seeds. And what is that sowing of seeds, if it is not literally gardening?"

"It is sharing the good news of Jesus Christ in words and in actions," Crist preached. "We are not solo sowers. We are part of a community. That's what the church is, a community. We don't all think alike, we don't all vote alike, we don't all have the same problems

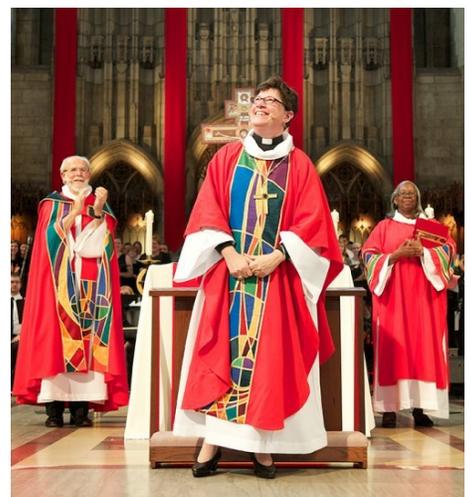
(and) we don't all have the same gifts. But together we are the body of Christ. And together we go out to sow. All over the place, and in all kinds of ways."

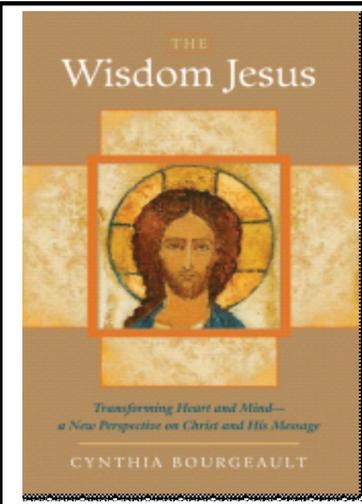
Crist said that those gathered came "to install Bishop Eaton, and to welcome her and empower her to sow in this wider field that she now gets to traverse. And we are also here to pledge to Bishop Eaton and to one another that we're all grabbing a bag and heading out to sow, because each of us is called through our baptism to share the good news. Each of us is invited to be a part of the harvest. Each of us is called. Each of us is empowered. Each of us is sent.

"Whoever has ears to hear, let them hear," she said. "So, go, sow! Sow! Go!"

In addition to those who gathered in person, more than 4,370 people tuned in during the event to view a live video stream of the installation. The recorded video of the installation is available at <http://www.ELCA.org/installation/live>.

From ELCA website.





## BOOK CLUB SCHEDULE

DATE	DISCUSSION LEADER	CHAPTERS
Tuesday, November 5	Jan Jensen	5 & 6
Tuesday, November 26	Candy Gadley	7 & 8
NO BOOK CLUB MEETING IN DECEMBER		
Wednesday, January 8	Bob Newbill	9 & 10
Wednesday, January 22	.....	11 & 12
Wednesday, February 12	.....	13 & 14
Wednesday, February 26	.....	15 & 16
Lent starts on Ash Wednesday, March 5th		

### NOTICE

CLCW Meeting to elect officers Sunday, November 10, 2013 in the Resource Room following worship service.

### LODGE, FOOD, FUN, FRIENDS -- FAMILY NIGHT!!

If you enjoy great food, laughs, time with friends and meeting new neighbors, don't miss Family Night, which will be held Friday, November 22<sup>d</sup>, at 5pm in the lodge. Please mark your calendar – see you then!!

Your Family Night Committee

### ADVENT BRUNCH

Mark your calendars for Saturday, December 7. Watch for more information.

### ANNUAL CONGREGATIONAL MEETING NOTICE

You are invited to attend the annual congregational meeting for Christ Lutheran Church on Sunday, November 17<sup>th</sup>, at 11:15am in the sanctuary. There will be several action items for members of Christ Lutheran to vote upon at that time.

Your Church Council

### SPECIAL DATES IN NOVEMBER

- 11-3 Norene Barton
- 11-7 Dave Stewart
- 11-10 Cheryl Moore
- 11-13 Kristi Stewart
- 11-18 Britney Rowland
- 11-20 Becky Newbill
- 11-23 Crystal White
- 11-29 Teri Jelinek

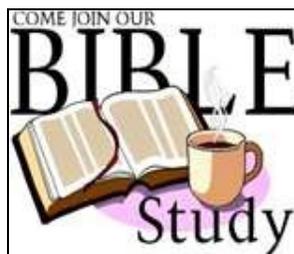
*If any of this information is incorrect,  
Please let the office know  
so it can be corrected.*

### RAM'S HORN DEADLINE

November 15, 2013

Send articles to Barb Granquist  
rgranquist@wavecable.com

### MEN'S BIBLE STUDY & BREAKFAST



The Men's Saturday Bible Study will be meeting again on November 9 at 8:00am in the resource room. Pastor Clauson will be leading.

### CLCCC NEWS



*I will praise the name of God with a song; I will magnify him with thanksgiving.* Psalm 69: 30

Thanksgiving has got to be the most beautiful time of the year. There is nothing more attractive than a thankful or grateful spirit. The staff at CLCCC want to wish you all a joyful time with your family and friends this Thanksgiving. Let's all magnify Jesus with thanksgiving.

The children will be doing their Thanksgiving program on Nov. 22 at 6:30pm. Come and join in on the fun.

We will be closed November 28 & 29 for Thanksgiving Holiday.

Themes for November

- Nov. 4 - 8 Nuts about Nutrition
- Nov. 11- 15 Turkey Time
- Nov. 18 - 22 Let's Give Thanks
- Nov. 25 - 29 Forest Animals/ Trees/Recycle

Thank you to all who participated in the Trunk or Treat evening. Everyone had a great time

Happy Thanksgiving  
CLCCC STAFF

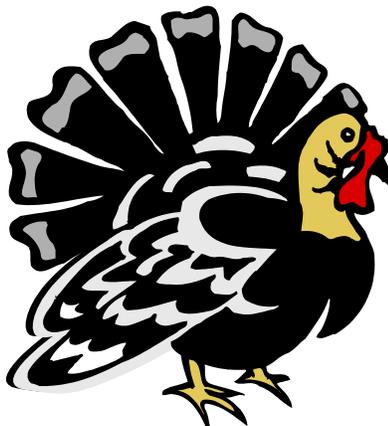


### CHILD CARE NEWS AND VIEWS

### CHILDCARE WEBSITE

[www.clchildcare.com](http://www.clchildcare.com)

CLCCC is collecting Campbell soup labels to get new equipment. Last year we were able to buy 4 CD players and 4 DVD/VHS players. Keep them coming in. Thanks!





**Previous page and above left:** All children love to dress up and these costumes provided the opportunity to do that. **Above right:** These toddlers are curious about having their pictures taken. **Below left:** Miss Sarah puts shoes on and fastens them for one of the children. **Below right, bottom left, and bottom right:** These photos were taken of children in the classrooms in the Canal Building. They have lots of toys that allow them to be very active.

*Photos: Karen Belford*



## PORT TOWNSEND OUTING



On Saturday, October 5 a group from CLC traveled to Port Townsend to attend the Farmer's Market and the Kinetic Skulpture Parade and Float Test. They had beautiful weather as attested to by the shadows in the pictures. **Top left:** Dave at one of the booths at the Farmer's Market. **Top right, above left and right:** Views of the produce, flowers and gourds at some of the booths. **Below left:** Dana and Pastor John enjoying the market and anticipating eating the bread that he is holding. **Below right:** Ginny and Dave are greeting this little bear on the street.  
*Photos courtesy of Dave & Janice Stewart.*





**Top left:** Sherry is asking if you want a taste of her ice cream cone. **Top right:** Pastor Julie and Janice smile for the camera as Ginny and Adrian talk in the background. Port Townsend is Pastor Julie's home town. **Above left:** Janice and Adrian are shopping at the market. Note the quaint old building behind them. **Above right:** Jerry, Dana and Adrian watching the parade. **Left:** This is just one of the zany things that were in the kinetic parade.

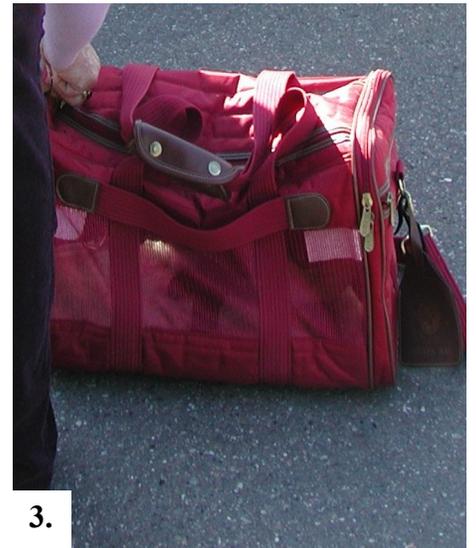
**BLESSING OF THE ANIMALS**



1.



2.



3.

1. Lisa and 2. Tootsie are Mandy and Bev's dogs being blessed. 3. Mandy unzips the carrier so Pastor can bless their cat, Sissy at the Blessing of the Animals on Sunday, October 6 in the afternoon at the church. 4. Nony, Bea and Al's little dog really listened to what Pastor was saying. 5. Shotzi is Donna and Virgil's dog also pictured in 3. on the next page. 6. Gidget is Ron and Jan's little dog. 7. Sherry didn't want her stuffed camel to be left out. All of the animals were very well behaved. They knew they were at church.



4.



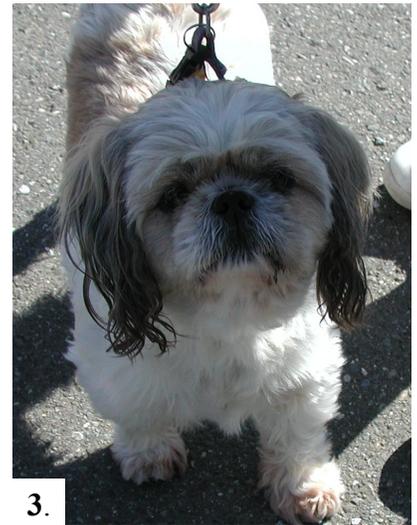
5.



6.



7.



1. Kristi holds her dog, Bubbles and 2. Al's dog, Mossy while Pastor blesses both of them. 3. Donna and Virgil's dog, Shotzi, poses for the camera. 4. Adrian holds her very good and friendly cat Rascal. 5. Sherry's calico cat, Shay sits on the back of the seat in the car. Ginny's cat is under the seat and is "pictured" on the front page. 6. Whiskey and 7. Bourbon belong to Kristi and Jesse and are the "grand-dogs" to Janice and Dave. It was a very nice service and all the animals got along and were very calm and quiet.

*Photos: Barb Granquist*



## PARISH NURSE NEWS

Alzheimer's prevention: Does it exist?

Are there any proven Alzheimer's prevention strategies?

Answer

According to a statement from the National Institutes of Health (NIH), a number of factors could play a role in whether you develop Alzheimer's disease. However, more research is needed before modification of any of these factors can be proved to prevent Alzheimer's disease. from Glenn Smith, Ph.D.

The NIH report was developed by an independent panel of health professionals and public Representatives who reviewed the most current research on Alzheimer's prevention. The panel found that studies to date have varied too much in size, scope, criteria and definitions to compare results and draw reliable conclusions.

Although more research is needed to definitively prove which Alzheimer's prevention strategies are effective, some possible strategies that promote good overall health include

- Avoiding smoking
- Eating a balanced diet rich in vegetables, fruits and lean protein, particularly protein sources containing omega-3 fatty acids
- Being physically and socially active
- Taking care of your mental health
- Using thinking (cognitive) skills, such as memory skills

## Get Vaccinated - Flu Activity Expected to Increase in Coming Weeks

**Everyone 6 months and older should get an annual flu vaccine. It takes about two weeks after vaccination for your body to develop an immune response. Get vaccinated now so you will be protected all season long!**

Influenza (flu) is a contagious respiratory disease that infects the nose, throat, and lungs and can lead to serious complications, hospitalization, or even death. Pneumonia and bronchitis are examples of serious flu-related complications. The flu also can cause certain health conditions, like diabetes, asthma, and heart and lung disease, to become worse. Anyone can become sick with the flu and experience serious complications. But even if you are healthy and bounce back quickly, others around you might not be so lucky. Getting a flu vaccine is the single best way to protect yourself and your family from this serious disease.

### Everyone Needs a Flu Vaccine – Every Year

Flu viruses are constantly changing, and different flu viruses circulate and cause illness each season. The annual flu vaccine is updated each year to protect against the flu viruses research indicates will be most common. This is why everyone needs a flu vaccine *every year*.

**Everyone 6 months and older should get a flu vaccine each year.** Vaccination is especially important for people who are at high risk for complications from flu, and for people who live with or care for someone who is at high risk. Some of those people include the following:

- Pregnant women
- Children younger than 5, but especially children younger than 2 years old
- People 50 years of age and older
- People of any age with certain chronic medical conditions, such as chronic respiratory (such as asthma), cardiovascular disease (except hypertension), or kidney, liver, neurologic, hematologic, or metabolic disorders (such as diabetes mellitus);
- People who are immunosuppressed
- People who are or will be pregnant during the influenza season
- Children who are 6 months through 18 years old and are on long-term aspirin therapy
- People who are morbidly obese
- American Indians/Alaska Natives
- People who live in nursing homes and other long-term care facilities
- People who live with or care for those at high risk for complications from flu, including:
  - Health care workers
  - Household contacts of persons at high risk for complications from the flu
  - Household contacts and out of home caregivers of children less than 6 months of age (those children are too young to be vaccinated) For a complete list of all people recommended for flu vaccination, as well as those who are not recommended for flu vaccination, visit Who should get vaccinated.

**From CDC Website**  
**[www.cdc.gov](http://www.cdc.gov)**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9:30a - 12:00 Dorcas Circle	2
3 10:00a Wor- ship 10:00a Sunday School 11:00 First Sun- day Potluck	4 10:00a-12:00p Monday Morn- ing Men 5:30pYoga in the Lodge	5 5:30p Book Club	6 10:00a Quilt- ing	7 5:30pYoga in the Lodge	8	9 8:00a Men's Bible Study
10 10:00a Wor- ship 10:00a S. School 11:00 Coffee Fellowship 11:30 CLCW Meeting	11 10:00a- 12:00p Monday Morning Men 5:30pYoga in the Lodge	12 4:00p CLCCC Board Meeting	13 10:00a Quilting	14 5:30pYoga in the Lodge	15	16 Bike Ride
17 10:00a Wor- ship 10:00a Sunday School 11:00 Coffee Fellowship & Cong. Meeting	18 10:00a- 12:00p Monday Morning Men 5:30pYoga in the Lodge	19 5:30p CLC Council Mtg	20 10:00a Quilting	21 5:30pYoga in the Lodge	22 5:00p Fam- ily Night in the Lodge	23
24 10:00a Wor- ship 10:00a Sunday School 11:00 Coffee Fellowship	25 10:00a- 12:00p Monday Morning Men 5:30pYoga in the Lodge	26 5:30p Book Club	27 10:00a Quilting	28 5:30pYoga in the Lodge	29	30

**November 3, 2013**  
 Reader: Linda Zimbeck  
 Ushers: Dick Quay and Phyllis Newman  
 Greeters: Adrian Lartz and Sammy Warren  
 Communion Assist.: J. & D. Kabelac  
 Counters: : Ann Sprague & Dick Granquist  
 Refreshments: First Sunday Potluck  
 Flowers:

**November 10, 2013**  
 Reader: Linda Zeh  
 Ushers: Byron and Lois Ruck  
 Greeters: Jerry and Donna Kabelac  
 Communion Assist.: Fran and Cliff Little  
 Counters: Mandy Wendell and Sue Strand  
 Refreshments: \*\*  
 Flowers: Linda Zeh

**November 17, 2013**  
 Reader: Jan Jensen  
 Ushers: Glenn and Linda Zimbeck  
 Greeters: Adrian Lartz & D. Thompson  
 Comm. Assist.: Mandy & Bev Wendell  
 Counters: Mandy Wendell & Sue Strand  
 Refreshments: The Zehs  
 Flowers: \*

**November 24, 2013**  
 Reader: Lois Ruck  
 Ushers: Dave and Janice Stewart  
 Greeters: Dick and Merry Quay  
 Comm. Assist.: Mandy & Bev Wendell  
 Counters: M. Wendell & Ann Sprague  
 Refreshments: \*\*  
 Flowers: \*

**\*\* Needed**

**Christ Lutheran Church**  
**Christ Lutheran Child Care Center**  
3701 NE. North Shore Road  
Belfair, WA 98528-9434

**Non-Profit Organization**  
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