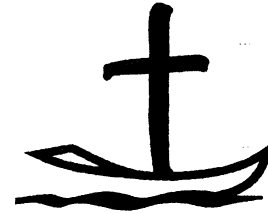

Charting the Course



Galilean Lutheran Church
3321 Cimarron Blvd. Corpus Christi, Texas 78414
pastor@galileanlutheran.org
office@galileanlutheran.org

December 2011 - Volume 31 Number 12
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PASTOR'S PAGE

"The Unlikeliest of Guests"

"God's Work, Our Hands"

Who did you want present on your birthing day? How about the day your first child was born?

In truth, I suspect, you want very few people around. To have one's parents present would be good and medical staff of various types. Maybe you might want someone else such as a family member, relative or close friend? Still I can't believe the list would be long. Birth is a very personal event for parent and the one being born. I'm fairly sure that very few people would want an unknown, barely skilled, unwashed, grubby, borderline convict, hard to trust person present let alone involved the life of a new born.

"In that region there were shepherds living in the fields, keeping watch over their flock by night." (Luke 2:8)

The first witnesses to the birth of Jesus, aside from parents and any cattle in the stable, are unclean, smelly, societal lowlives, known as shepherds. In our day we kind of like the shepherds as they remind us of a simpler less frantic time of life. We can even romanticize the shepherds, but the truth is they were not to be trusted with anything but sheep. The shepherds were one step from being complete outsiders to all of society...the working lepers of the time. (Maybe I'm being a little too harsh, but you do get the idea here?)

The first to see Jesus are the least likely of all. The first to hear of his birth, from angels no less, are these shepherds. The shepherds are the first to tell Mary and Joseph their story and the first to leave the presence of Jesus while, "glorifying and praising God for all they had heard and seen, as it had been told them."

God works in all kinds of strange, unlikely, even foolish ways to love us and to make us one with God. God chose the shepherds as those first earthly angels. God did not choose the local powers and authorities but the least of society. God made the first to witness Jesus life with us those who seemed to have nothing and they left "glorifying and praising God".

Sometimes we may feel that all this Christmas stuff is for others or that we don't deserve Christmas. When that happens, think of the shepherds. Remember, God shares God's love and grace with all kinds of people, from lowly shepherds to us.

Along the way, don't forget to hear the angel's song: "Glory to God in the highest heaven, and on earth peace among those whom he favors!" (Luke 2:14) Joyous Advent and Merry Christmas!

Peace and Joy+
Pastor Mark

Advent and Christmas Activities. . .

Sunday Worship: 8:30 and 10:30am

Dec. 4 Second Sunday in Advent

Isaiah 40:1-11
2 Peter 3:8-15a
Mark 1:1-8

Dec. 11 Third Sunday in Advent

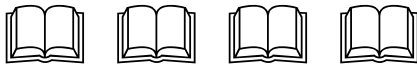
Isaiah 61:1-4,8-11
1 Thessalonians 5:16-24
John 1:6-8,19-28

Dec.18 Fourth Sunday in Advent

2 Samuel 7:1-11,16
Romans 16:25-27
Luke 1:26-38

Dec.25 Christmas Day (10:30am Worship only)

Isaiah 62:6-12
Titus 3:4-7
Luke 2:1-20



Faith Gen. Adults . . .

The Faith Generations Adult class begins a new series in December for three weeks that is to be announced. Watch for more details.

Leader is Pastor Mark Behrendt. The class meets in the Foyer by the offices. All adults are encouraged to attend.

Special Advent Events

Sat. Dec. 3, 10:00 –11:00am

Christmas Tree Set Up

Come help set up the Christmas Tree! (Remember the lights are already on it! Volunteers needed.) THEN on

Sun. Dec. 4, 10:30am

Trim the Christmas Tree

Come to worship and help trim the Christmas tree with the beautiful Chrismons during a special time at the 10:30am worship. Don't miss it!

Sun. Dec. 18, 11:45am

Children & Youth Christmas Program

Come enjoy and listen to the Christmas program once again as the children and youth present the Christmas story following worship.

After the Christmas Program Lunch follows at 12:15pm in the Education Center. Main meat dish is provided. Everyone bring a side dish or dessert to share. Help is needed in the kitchen.



December 24, Christmas Eve

7:00pm Carols, Holy Communion, and Candlelight Family Worship

Special Music begins 6:45pm

11:00pm Carols, Holy Communion, and Candlelight Worship

Special Music begins 10:45pm

* * * * *

CHURCH NEWS . . . †

ANNUAL CONGREGATIONAL MEETING

Galilean's Annual Congregational Meeting is Sunday, December 11, following the 10:30am worship. The annual packets will be available at the end of November. Please check out the Proposed Budget for 2012 in this newsletter.

SACRAMENT OF HOLY BAPTISM

Malone Jameson Smith received the Sacrament of Holy Baptism on Sunday, November 13, at the 10:30am worship. Malone is the son of Garrett and Quincy Smith. Sponsor for Malone is Alan Lotrakul. Cathryn Smith is his grandmother and Michelle Smith is his aunt. We welcome Malone into the family of God at Galilean.

The Sacrament of Holy Baptism was also presented to Kamryn Elizabeth Smith and Dakotah James Smith, daughter and son of Zach and Sandra Smith on Sunday, November 27, at the 10:30am worship. Sponsors for Kamryn are Alexis Saddler and Rick Hesselstine and sponsor for Dakotah is his aunt Sarah Smith. Grandparents are Mark and Brenda Smith. We welcome Kamryn and Dakotah into the family of God at Galilean.

RECEPTION OF NEW MEMBERS

The following new members were received on Sunday, November 13 during worship.....

*Duane Hallemann
James Holcomb
Cheri McDonald and children Miles & Zoe
Jessica McKee
Hank and Judy Novosad
Kay Sasara and daughter Amy
Barbara Smith
Michael & Shelley White and son Jordan
John and April Zapata and
children Daven and Audrey*

WOMEN OF THE CHURCH



Star Throwers – Monday, December 12, 6:30pm
Hostess: Susan Wollesen, 4210 McArdle
The group will share a Christmas dinner.

Dorcas Circle – Tuesday, December 13, 11:30am
Hostess: Kaye Passmore, 5236 River Oaks Dr.
The group will share a Christmas lunch.

G.A.L.S. – They are not meeting until further notice.

POINSETTIAS FOR CHRISTMAS

Help decorate the Worship Center for the Christmas Eve worship with a poinsettia. Cost is \$10.00 per plant. Please sign up on the bulletin board across from the kitchen by Sunday, December 18, 2011. Make your check to Galilean and designate for "poinsettia". You may take your plant home after the 11:00pm Christmas Eve worship. Questions call Donna Boyd at the church office.

CHOIR PRACTICE



If you like to SING please join choir rehearsal on Wednesday evenings at 7:00pm in the Worship Center. The choir is looking for other voices to join them for Christmas. Contact Diane Jackson (at the computer) or talk to Michael Mullins (at the piano) with any questions. They would love to hear from you!

HOSPITAL VISITS

The church office and pastor are sorry to report that ESP and mental telepathy are not currently working. Please don't forget to let the church office know if you are in the hospital or will be scheduled to be in the hospital. We do not know unless you contact the church office. Thank you.

SIMPLY GIVING- ELECTRONIC DONATIONS

Simply Giving is when your contributions are automatically withdrawn from your checking/saving account like your mortgage payments. Your contributions continue even if you are not at worship. AND NOW you can make donations online using your credit or debit card with a one-time donation or a recurring transaction. Just go to the Galilean website at www.galileanlutheran.org and click the "DONATE" button and follow the instructions. For more information call the church office at 991-4593.

POWERPOINT OPERATORS NEEDED

If you are interested in helping with the operating of the power point slides during worship, please contact Diane Jackson or the church office. Diane Jackson would create the power point presentation and then you would just operate the computer on Sunday morning. The Worship and Music Committee would like to have several volunteers to help with this important ministry when Diane Jackson is away.

GALILEAN NEWSLETTER ON WEBSITE

The Galilean monthly Newsletter is now on the Galilean website at www.galileanlutheran.org. Check it out and let us know what you think.

Fellowship . . .

J.O.Y. LUNCHEONS (Just Older Youth)

The J.O.Y. group gathers for a "Christmas Luncheon" on Wednesday, December 21, 2011 at Noon in the Fellowship Room. The main dish (ham) is provided by the Heffners! Everyone bring a side dish or dessert to share. The group sings Christmas carols accompanied by Michael Mullins. Don't miss the Food, Fun, and Fellowship! Questions contact Elaine Brundrett or the church office at 991-4593.

FAITH, FELLOWSHIP AND FERMENTATION

Date: Friday, December 16, 2011

Time: 7:00pm at the church ↩

Join the Faith, Fellowship, and Fermentation crew as they try their latest effort. Bring an appetizer or snack to share. They will be brewing a new batch and sampling their latest. All adults are welcome!

Childcare is available for a small fee with advance notice. Please call Lorie Garcia (876-6596) with questions.

"PEACE BY PIECE" QUILTERS

The "Ragged Edges" Quilters have changed their name to "Peace By Piece" Quilters. Earline Moody, Athalee Koehler, Yvonne Scott, Sandra Gravell, and Ruth Vermace work on cutting, sewing the tops, pressing and pinning the quilts together. Phyllis Vaughn, Diana Carter, and Marilyn Heffner are responsible for sewing three layers of quilts together. **The Quilters meet every Wednesday from 10:00am –12:30pm** in the Education Center for their weekly "Show and Tell". They have completed their goal of sewing 73 quilts for Lutheran World Relief!! Thank you to all those who have donated fabric!! The group is always in need of fabric scraps, thread, and gently used cotton or flannel sheets and pillowcases of any size to help with their many projects. For more information please contact Earline Moody or the church office. The group also continues to make baptismal quilts for Galilean and friends. Adults and youth are welcome to join them.

CROP HUNGER WALK - YEAH!!!

The Crop Hunger Walk was very successful!!! WOW! We had 32 walkers and raised \$1730.25!! Galilean is AWESOME and AMAZING!

STEWARDSHIP SUNDAY

Galilean's Stewardship Sunday is December 4, 2011. All members should have received a Stewardship packet. Please bring your pledges for the General Fund and the Pay It Forward (Building Fund) on that Sunday. If you will not be here please turn them into the church office. Your commitments are between you and God as you give to the mission and ministry of Galilean through faith in Christ.

NO BUNKO IN DECEMBER

The Bunko group will not meet in December due to the Christmas program following worship and a luncheon following the Christmas program. The Bunko group will meet again January 15 at Noon.

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LUTHERAN MEN IN MISSION NEWS

- Meeting

The Galilean Men In Mission gather for their regular monthly meeting on Tuesday, December 6 at 7:30pm at the church. They gather for a Bible Study, fellowship and refreshments. All men are invited and encouraged to attend! Questions call Chris Swanson.

- Salvation Army Food Truck

The Galilean MIM are helping serve food to the hungry of Corpus Christi on the Salvation Army Canteen Truck on Wednesday, December 7, and Thursday, December 8. Come to the church at 4:30pm and help make sandwiches, soup, coffee, and etc. Then go out on the truck and feed the hungry. Please sign up on the bulletin board now. Questions call Chris Swanson or Leroy DeHaven.

- Galilean's Job Jar Guys

If you are in need of assistance with minor home repairs, such as changing light bulbs, fixing door locks, repairing screen doors, or other minor household repairs, contact Chris Swanson or the church office. This service is for members and friends of members who need assistance with repairs.

- Old Cell Phone Collection

The Men In Mission are collecting old cell phones to be given to the Women's Shelter who will in turn have them re-programmed for those who are in need at the Women's Shelter. If you have an old or used cell phone, please bring it to the church and place in the designated basket in the narthex. Questions should be directed to Karl Vermace.

Young Families News. . .



PLAYGROUND STORY TIME AT GALILEAN

Playground Story Time continues to gather on Fridays and meeting outside (weather permitting) at the Playground at 10:30am. **Come check out the Playground Equipment! It's AWESOME!** The group plans to meet on . . .

Fridays, December 2, 9, 23, 30

Members welcome! Come listen to stories, sing, dance, play, and picnic. All ages welcome! Bring your own lunch and join the picnic! If you can help read or have questions call Rhonda Schulze or the church office.

YOUNG FAMILIES DESIGN PLANNING TEAM

The Young Family Design Planning Team will not meet in November or December but will meet January 9, 2012 at 6:30pm at the church. Thank you to all the young moms who attended the last meeting.

KIDDIE ACTIVITY BAGS

Activity Bags for children who are 3rd grade and younger are available during worship located near the Ushers in the Worship Center. Please return your bags after worship.

FAITH FIVE IN THE HOME

*A devotional plan to strengthen family ties.
Five minutes at home daily throughout the week.*

1. **SHARE** your Highs and Lows for the Day.
2. **READ** a verse of God's Word from the Bible.
3. **TALK** about how the verse relates to your life.
4. **PRAY** for one another and the world.
5. **BLESS** one another.

GALILEAN PRAYER NETWORK

The Prayer Network spreads the word about prayer requests to individuals by phone or email. The network also prays for those on the prayer list in the bulletin. If you are in need of prayer call the church office (991-4593) or Athalee Koehler, Gertie Johnson, or Barbara Agan. If you would like to be notified of prayer requests please call the church office.

PARENTS AFTERNOON OUT

Parents Afternoon Out is Saturday, December 10, from 2:00 – 5:00pm in the Education Center. Bring your children for an afternoon of games, crafts, movie and snack while parents enjoy an afternoon out!! Reservations through the church office or with a registration form available on the table in the Narthex. Reservation deadline is Tuesday, December 6. Mark your calendars.

ZUMBA UNITY FITNESS CLASSES

Zumba Fitness Classes are on Mondays from 6:30 – 7:30pm and on Thursdays from 5:30 – 6:30pm in the Fellowship Room of Galilean Lutheran Church. Cost is \$5.00 per class. For more information call Tiffany Hinojosa at 903-2011. Zumba is the latest dance fitness craze that uses both high and low impact moves set to clean radio dance music. Join the Party!

OTHER NEWS . . .

THRIVENT CHOICE DOLLARS AVAILABLE FOR GALILEAN Do you have any products with Thrivent Financial for Lutherans? If so, you may have "Choice Dollars" which can be donated to Galilean or other agencies. You should have received a letter from Thrivent discussing your "Choice Dollars" and the procedures to follow. If not, call Thrivent at 1-800-847-4836. Ask to be connected to the person who handles the "Choice Dollars" program. You will be able to designate your dollars over the phone or you can do it online. For more information, contact Leroy DeHaven or Elaine Brundrett. **Galilean has received \$1644. thus far.** Let's see if we can build up that amount!

YOGA CLASSES

Yoga Classes are held at Galilean on Tuesday and Thursday evenings at 6:00pm in the God Squad classroom. For more information about the classes, please call Twila Stevens at 949-2410.

Children's News . . .

Faith Generations!

Faith Generations is back for the fall! Faith Generations is Galilean's education program for all children, parents, families, and adults! Everyone is invited to join the fun at 9:30am each Sunday morning in the Fellowship Room. Each week we focus on a Bible verse, learn the story, find the verse in the Bible, and emblazon the verse in our hearts and minds through song and sign language.

Don't forget to bring your offering each week, which goes toward God's Global Barnyard through the ELCA World Hunger program. The offerings will buy animals to help people around the world who are poor and hungry.

Bring your "Spark" Bible so you can highlight the Bible verse each week! If you forget your Bible, we have extras at the church that are available for you. Questions call Rhonda Schulze.

SPAM (6-8th graders) goes straight to their classroom at 9:30am. They have their own curriculum.

SURF (high school) meets at 11:40am following the 10:30am worship in the SURF Room.

CHRISTMAS PROGRAM PRACTICES

The Christmas program will be presented on Sunday, December 18, following the 10:30am worship. The children and youth practices are...

- Sun. December 4 9:30am
- Sun. December 11 9:30am
- Sat. December 17 10:00am – Noon
 (Dress Rehearsal) (Lunch provided)
- Sun. December 18 9:30am

Parents, please make every effort to bring your child or youth to the dress rehearsal. Coordinators are Shelley White and Shannon Sorenson. Mark your calendars!

ANGEL CHOIR PRACTICE

The Angel Choir practices during Faith Generations time on Sunday mornings at 9:30am. All children and youth are invited to sing in the Angel Choir. The children and youth will not sing the last Sunday of December. Questions call Marcus or Shannon Sorenson.

Confirmation News...

H2H THE RETURN OF CONFIRMATION 11-12

The Confirmation Ministry is for students who are in 7th and 8th grade. They gather on Wednesdays at **6:30pm** in the Fellowship Room with Pastor Mark Behrendt, as he uses the "Head to Heart" materials from Faith Inkubators. The schedule for December ...

December 7	Session 11
December 14	Session 12
December 21	No Confirmation class
December 28	No Confirmation class
January 4, 2012	Session 13

CONFIRMATION GUIDES

Pastor Mark is scouting for guides who would be willing to help lead small groups this year. Thank you Scott Sowles for being a guide again this year!

SUMMER CAMP IS COMING!

This year Summer Camp is scheduled for June 10-15, 2012 for all 4th – 8th graders. If you are interested in attending camp, please make a check to Galilean for an \$85 deposit, or please call the church office.



Youth News . . .

FAITH GENERATIONS SUNDAY MORNING

The high school SURF meets at 11:40am on Sunday mornings following the 10:30am worship in the SURF Room. Lisa Behrendt is leader. Join the fun!

COOK BOOK FOR SALE! Now \$5.00 ea.

The SURF Club Cook Book is NOW ONLY \$5.00! GET YOUR COOKBOOK TODAY! These make awesome birthday and Christmas gifts. Call the church office.

2012 NATIONAL YOUTH GATHERING

The National Youth Gathering is July 18–22, 2012 in New Orleans. Theme is "Citizens With the Saints". Galilean has registered the youth and sponsors. We have 9 youth and 4 sponsors going to New Orleans in the Summer!! Watch for information on Youth Fundraising coming soon!

Stewardship & Outreach

OUR STEWARDSHIP TOGETHER: (thru Nov. 27)

Average attendance at worship in Nov. 156

Average Sunday School attendance 37

*Giving to Current Expenditures in Nov. . . . \$18,775.

Needed monthly for General Fund \$18,773.

*Giving to "Pay It Forward" in Nov. \$6,546.

Needed monthly for Pay It Forward \$7,072.

Thank you for giving to support the ministry of Galilean. (*does includes Simply Giving amount)

VOLUNTEERS AT LOAVES AND FISHES

Galilean volunteers serve a meal very Tuesday from 4:45-6:00pm at Loaves & Fishes. If you would like to help and need your Food Handler's permit, please call Leroy DeHaven. The WONDERFUL teams are ...

Team 1 Janie Anderson, Lynn Corby, Nancy Schkade and Diana Carter

Team 2 Pastor Mark and Lisa Behrendt, and George Munroe & Donna Shurley

Team 3 Steve, Pam, Leah & Logan Osterloh and Kristi and Garrett Philbrick

Team 4 NEEDED - 1 MORE VOLUNTEER
Rita & Chloe de Roche

Team 5 To be announced

PLEASE NOTE: The following people are Alternates...Raymond & Elaine Brundrett and Linda DeHaven. Volunteers are still needed to help with clearing tables and folding plastic ware in the napkins. *(They need 500 per day!)* No Food Handlers Permit required. **Also reading material is needed such as old Devotional Booklets or any other suitable reading material.** Bring it to the church or for questions please call Leroy DeHaven.

THANK YOU...

Thank you to Pastor Mark for your visits and bringing communion. Also, thank you to Phyllis Vaughn and Lorie Garcia for their visit and bringing the lap quilt and to Ruth Vermace for her crotched lap quilt. They are beautiful! Special thanks to the children of Galilean for their cheerful banners! I have received lots of nice compliments. Thank you to everyone for your thoughts and prayers. God's blessings and love to all. *-Irene Heider*

Thank you to . . .

➤ All those who participated in the CROP Walk for Hunger. Galilean had 32 walkers and collected \$1730.25. *Great Job Galilean! Thank you!*

➤ Pastor Mark for preparing two Fried Turkeys for the J.O.Y. Thanksgiving Luncheon. They were delicious! Attendance was 31. *Awesome!*

➤ All those who brought pies to the Thanksgiving Eve Worship for fellowship! *Delicious!*

➤ All those who brought items for the Coats, blankets, socks, gloves and hats drive for the Salvation Army. *Special Thanks!*

➤ All those who donated their old cell phones to the Women's Shelter and eye glasses for those in need. *Hooray!*

➤ Pam Osterloh and Kristi Philbrick who provided the Cake and refreshments for the New Member reception. *Thank you!*

COATS, BLANKETS, SOCKS, & GLOVES DRIVE

The Men In Mission are collecting Coats, Blankets, Socks, and Gloves for Salvation Army Canteen Truck for the month of November. Bring your gently used clothing items to the church and put in the box in the Narthex.

SALVATION ARMY FOOD TRUCK

The Men In Mission are also helping serve food to the hungry of Corpus Christi on the Salvation Army Canteen Truck on Wednesday, December 7 and Thursday, December 8. Come to the church and help make sandwiches, soup, and coffee at 4:30pm. Then go out to serve the hungry in the canteen truck. Please sign up on the bulletin board now. Questions call Chris Swanson or Leroy DeHaven.

THANK YOU!

Hallelujah!!! Give thanks unto the Lord!!! I am almost 100% after my knee replacement. Thanks to my church family for all the prayers, calls and cards I received during this time. --Thank you, Kathryn Blaylock.

CHURCH BOOKS CLOSE

Church books close on December 29, 2011. Get your pledges or donations in before then. Your 2012 Offering Envelope boxes will be available soon. Please do not use them until 2012.

Our Thoughts & Prayers...

† In Our Thoughts †
and Prayers

Please remember to continue to Pray for , , , ,

Galilean Members:

Calvin & Delia Lorfing, Floyd Logue, Elnora Slanina, Jenna Schulze, Irene Heider, Susan Lunde, Joyce Graumann,, Joyce Rice, Diane Martin, LauraBell Hagseth, Mary Sue Scheible, Esther Getz, Don Lunde, Dot Underwood, Rodney Popejoy, Connie Westley, Mercedes Popejoy

Friends and Family Members:

Linette Farris, Glen and Elizabeth Rotzler, Debbie Fels, Herbert Thiem, Barbara Sullivan, Lauren Lind, Marie Johnson, Helen Guzman, Marian Erickson, Gene Eubank, Taylor Berry, Betty Jones, Merle Glover, Loretta Lape, Ellie Reiners, Christie Van Well, Christina, Tangie, Gladys Behrendt, Shelby Poorman Arthur Rachui, Ruth Brundrett, Eric Blesie and family, Karen Medley, James Noack, Kathy, Eva, Ed Schwing, Larry Vaughn, Jessie Westley

Our Leaders, Military, and our Nation



OUR SYMPATHY TO

- **Charla Hemerly** and family at the death of her mother, Lynn Hemerly, on Wednesday, November 2, 2011 in Corpus Christi. A Memorial service was held on Sunday, November 6, at Galilean Lutheran Church and a Funeral Service and burial was held on Tuesday, November 8, at Sunset Memorial Funeral Home in San Antonio, Texas. Pastor Mark Behrendt officiated at both services.

- **Pastor Mark Behrendt** and family at the death of his aunt, Elsie Behrendt on Saturday, November 5, 2011 in Milwaukee, WI.

May God comfort all who mourn.

MEMORIAL GIFTS . . .

Memorial gifts were received in memory of Lynn Hemerly from Wally & Mercedes Popejoy, Chris & Sue Swanson, Diane Jackson & Kathryn Blaylock. A memorial gift was also received in memory of Lois Nickerson from Donna Shurley.

More News . . .

December Nurses Article

Getting a Good Nights Sleep

A sound night's sleep is important for good physical and mental health. Sleep is important because it improves memory and concentration and keeps the immune system strong. Our sleep patterns are changing constantly, as our internal clock adjusts itself and levels of sleep—regulating hormones rise and fall. This can lead to irritability and lethargy. There are common sleep disorders we hear about. "Insomnia" is the most widespread of the group. It affects nearly half of all adults over the age of 60. Symptoms include: Taking 30-45 minutes to fall asleep, waking up many times each night, waking up early and being unable to fall back to sleep, waking up feeling tired, and unable to function well during the day. Insomnia is considered chronic if the symptoms last longer than a month. "Movement Disorders" is another disorder better know as "restless leg syndrome", which is an uncomfortable feeling in the legs when trying to fall asleep. The cause isn't full understood; it has been linked to variety of conditions, such as iron deficiency, kidney failure, and nerve abnormalities. The periodic limb movement can cause people to jerk and kick their legs every 20 to 40 seconds during sleep. "Sleep-disordered breathing" known as sleep apnea and snoring which can make it difficult to breathe during sleep. Yet about 40% of adults snore causing brief, frequent breathing interruptions during sleep. Six things that help you get a good night's sleep are: Go to bed and wake up at the same time each day, even on weekends. A regular schedule helps keep your body's internal clock in sync. Be active during the day, regular exercise enable you body to product chemicals that help you slumber, and makes it easier to fall asleep. Napping during the day can make it hard to fall asleep at night. Try to limit your naps to 15 to 30 minutes and no later than 3:00pm. Get at least 2 hours of sunlight each day; sunlight regulates the production of melatonin, a chemical that is involved in the sleep-wake cycle. Eat light evening meals and try to finish the meal at least 3 hours before bedtime. Limit liquids an hour and half before bedtime. Avoid alcohol, one drink four hours before bed can prevent the body from entering the most restful stage of sleep. Coffee should not be consumed 6 hours before bedtime; use decaf if you do drink coffee within 6 hours of bedtime. Always remember to read your favorite scripture and pray before going to bed. Don't forget to get your "Flu" shot!

Mary Ida Lobaugh, R. N., M.S.

WHO'S DOING WHAT AND WHEN

8:30am WORSHIP TEAMS for December:

Dec 4: John & Janene Whitham
Altar Guild: Margaret Jochims

Dec. 11 & 18: Chris N. & Charla H.
Altar Guild: Janene Whitham

Dec 25: One Worship at 10:30am
Altar Guild: n/a

10:30am WORSHIP TEAMS for December:

Ushers: Ron, Michael, Philip Boyd, Curtis Zamzow

Altar Guild: Michelle Smith, Vivian Dirksmeyer, Kaye Passmore

Greeters: Chris & Kristen Bennett, Jerry & Laura Hilker

	December 4	December 11	December 18	December 25
Acolyte 10:30	Anna Simank	Hannah Caldwell	Griffin Greene	Logan Osterloh
Reader 8:30 10:30	Charla Hemerly Marilyn Heffner	Chris Swanson Chris Bennett	Charla Hemerly Elaine Brundrett	N/A Lorie Garcia
Communion Assist. 10:30	Marilyn Heffner	Pat Clark	Elaine Brundrett	Lorie Garcia
Nursery staff	Sarah Smith	Sarah Smith	Sarah Smith	Sarah Smith
Fellowship Host 10:30am	Amy Caldwell and Diane Carter	Men In Mission	Christmas program Luncheon	Christ the Savior Is born!
Altar Flowers	Janie Anderson	Kandy Wheeler	Cathryn Smith	Poinsettias
Offering Tellers	Marilyn Doughty & Rex Halsey	Phyllis Vaughn & Elaine Brundrett	Phyllis Vaughn & Elaine Brundrett	Steve Osterloh & Bob Passmore

NEXT LEADERSHIP COUNCIL MEETING

Monday, December 12, 2011, 6:30pm
at Debbie Simank's home, 3714 Aransas St.



December Birthdays:

1-Curtis Bennett; 2-Trevor Schulze; 6-Michael Boyd, Amelia Sowles, Layla Harper; 7-Jonathan Sienkiewicz; 8-Katelin Hill, Jason Simank, Bethany Gravel; 9-Floyd Logue; 11-Matthew Bennett, Tom Scott; 17-Karl Vermace, Jon Garcia; 18-Lilly Geurin; 21-Jeff Geurin, Addie Walter-Horejs, Adam Sasara; 23-Stephanie Harper; 28-Pastor Mark Behrendt, Laura Hilker, Amy Caldwell; 29-Brenda Smith, Earline Moody; 30-Michelle Smith; 31-Kristi Philbrick



Anniversaries:

2-John & Janene Whitham; 10-Ken & Lynn Corby; 19-Bob & Kaye Passmore; 22-Nathan & Jan Weathers; 23-Sam & Gertie Johnson; 28-Jerry & Joyce Dosser and Chris & Deanna Novosad; 29-Rodney & Mary Popejoy; 30-Bob & Joyce Rice and Pete and Pat Houting; 31-John & Carrie Compton

Galilean Lutheran Church

Mission Statement:

*To engage our community with the amazing love and grace of God,
So that all may become committed followers of Christ.*



Galilean Lutheran Church now offers a mobile version of our online giving page to make it easy for you to give anytime from your smart phone. Simply scan the image you see above using your phone's Quick Response (QR) code reader!

Sunday Worship: 8:30am and 10:30am

Christian Education: 9:30am – 10:30am (Sept.-May)

Church Phone: 361-991-4593
 Fax Number: 361-991-4363
 Pastor's home: 361-992-9288
 Email: pastor@galileanlutheran.org
 office@galileanlutheran.org
 Galilean Website: galileanlutheran.org
 Pastor: Pastor Mark Behrendt
 Secretary: Donna Boyd
 Custodian: Brenda Smith
 Musician: Michael Mullins
 Staffed Nursery: Sarah Smith
 Synod Website: swtsynod.org
 Churchwide Website: elca.org

2011 Leadership Council Members:

Pastor	Mark Behrendt	992-9288
President	Donna Shurley	853-6332
Vice Pres.	Debbie Simank	853-2129
Secretary	Pat Clark	992-3476
Treasurer	Jeanette Zamzow	854-4977
Education	Rhonda Schulze	993-1053
Outreach	Chris Bennett	980-8156
Property	Ron Boyd	992-6947
Finance	Steve Osterloh	937-6929
Soc. Min.	Phyllis Vaughn	852-7006
Music/Wor.	Diane Jackson	985-1509
Congr. Care	Dan Owen	739-1417
Youth	Marcus Sorenson	443-2948