

From the Pastor

Urgency. It's such a stirring word. According to my online dictionary it's defined as: importance requiring swift action, as in "the outbreak of the fire required a response of urgency"; an earnest and persistent quality; insistence, as in "Emilia heard the urgency in his voice." The word urge comes from the Latin urgere "to press hard, push forward, force, drive, compel, stimulate."

From October's last day, commemorating Reformation, to November's first Day, commemorating All Saints, through the month of November the focus of the assigned texts is the end – the end of the church year; the end times, and the end of our earthly lives. Then the month culminates with Christ the King Sunday, celebrating the return of Jesus at the end of time.

Renewal, life and death, end times (eschatology), and worshipping the King all rolled up in the final month of the church year, leading to Advent and the beginning of a new calendar year, starting the cycle all over again. As I've noted before, the church calendar is a microcosm of the history of God's

interaction with the world: Advent looks for the first coming of the Messiah; Christmas ushers in Jesus' earthly presence, his Incarnation (enfleshment); Epiphany is the time of revelation, the revealing of his person and character, "a light shining in the darkness"; Lent prepares us for the trials of Holy Week, culminating in the Three Days: Maundy Thursday, Good Friday, and Holy Saturday; Easter proclaims Jesus' victory over sin, death, and the cross; and Pentecost describes the birth of the Church and follows with its long season of mission and ministry in the world, that it may know God as Lord and Savior, through the power of the Holy Spirit working in each and every believer; returning us once again to the celebration of Christ the King at the end of all time at the Wedding Feast of the Lamb.

So where is the urgency? What's so important that it requires us to get worked up about mission and ministry? You see, the problem with the church is often that we don't believe or know or understand,

or simply choose to ignore, Jesus' own words about how important it is that the world come to know him and his saving work. The fact is, Jesus didn't offer a selection of ways to get to that Wedding Feast. It's not a "choose your own adventure" kind of thing. He didn't say, "Work it out for yourself by being perfect like your heavenly Father is perfect." He didn't say, "There are many paths to Heaven, so pick the one that works best for you." He didn't say, "God is love, so fear not, everyone gets in!" He says, "No one comes to the Father except by me."

I'm not trying to be arrogant about this. I'm trying to be urgent! We are surrounded by people who don't know the desperate situation they are in. Romans says, "All have sinned and fallen short of

(Pastor's Msg cont' on page 4....)

REMEMBER TO FALL BACK

**DAYLIGHT SAVINGS
ENDS SUNDAY
NOVEMBER 1st
2:00AM**



Our Prayers are With You

Healing for: Rosemary Livesay, Cathy Duncan (radiation for breast cancer), Kim Markie for surgery for breast cancer, Pastor Pat & Ann's great niece Sloan with Behcet's syndrome, Noel with cancer (Gail's nephew), Barb's sister for surgery and good outcomes, Eva Duffing (foot fracture), GA with lung cancer, Rama Nalk with ovarian cancer, Richard for waiting for kidney transplant (Grace's son), Getty for knee replacement and carpal tunnel surgery, Lisa Lomeli (foot infection).

♦ *Covid-19:* Pray for those who are infected with or exposed to Covid-19, including the Lord's Pantry (5 volunteers; DeHart Family), Nelta and Glenn.

♦ **Transition to a new chapter in the Lives of Don and Greta Rinerson**

♦ *Our shut-ins:* Virginia Fife, Ron Nuessle, Joan Rositano, Claudette Rezos, Rosemary Livesay (not to mention all of us sheltering-in-place).

♦ *Pray for those grieving the loss of loved ones:* Ernie Moore and family, Gabi Garcia and Susan Olsen for loss of Gabi's Dad, Pastor Pat and Ann's grandniece Sloan's paternal grandmother, Linda.

♦ *Struggling families for:* Job & business stability, for those out of work and wondering what comes next, those that have fire loss and damage, and also those who have been in hurricanes.

♦ Raina's son, Matthew, for courage & patience with the current routine.

♦ **Teachers and students enduring difficulties in education processes.**

♦ Strength and rest to the caregivers who assist in the care of others.

♦ The ELC as they continue to provide class for students. May they continue to grow, and be a blessing for parents and students.

♦ The ministries we support with our benevolence dollars.

♦ World Vision, medical personnel and frontline first responders in the battle against Covid-19, for their safety and protection.

♦ Provision & safety for the homeless.

♦ Gloria Dei for direction and motivation in our "Healthy Churches Thrive" spiritual adventure. Come Holy Spirit!

♦ Wisdom for leaders & provision for refugees from Central & South America.

♦ Our nation, to heal our division with truth, justice & honesty, and for the world. Help heal us, Lord. Bring comfort to those who suffer, compassion and to those who've lost loved ones, and help world leaders make smart & timely decisions.

♦ **Continued care and support for:** Gilda & Julien Carlsen, Mike DeHart, Neita and Glenn, Lou and Aase Serra, Jill Korin, Ken and Marlene Swanson, Mel Fadness, Jake Romero, Lisa Lomeli.

♦ For wise leadership and positive outcomes regarding issues of racism and & policing.

♦ Lord in your mercy! Hear our prayers!

♦ **Praise the Lord:**

♦ **Kim Markie has new housing.**

♦ **Jake and Mel are home.**

♦ **Rebuilding of Christopherson's home.**

MESSENGER article

submissions are **DUE** in the church office by the **20th of each month.**

Email to:

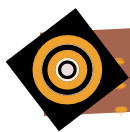
gdicsj.office@gmail.com

or drop it by the office.

We are always looking for your original poem, favorite recipe, or a photo of your Joys in Life! We're community and we like to share who you are.

Gloria Dei Staff

Please contact either Joyce Boddie, Gail Castle, Pastor Pat, or email the church office to add persons to our prayer list. We pray for many people whose names are not published. You are invited to join the intercessory prayer meeting on Monday mornings at 9:00 a.m. in the church office.



by Donna Zimmerman
Parish Nurse

Isaiah 33:2 O Lord, be gracious to us; we long for you. Be our strength every morning, our salvation in time of distress.

MESSENGER



It can be a very distressing time for people with poor bladder health. November is **Bladder Health Awareness Month**. The following information is from the website:

Every human urinates several times a day. While there's no set amount that's deemed "normal", according to medical experts, the average person urinates between four to eight times a day. There are several factors that can influence your need to "go", so some days you may urinate more than others – even more than eight times.

However, if you find that you're urinating more often than eight times a day on a regular basis, or you are waking up more than once in the middle of the night to use the bathroom, you might be urinating too often. The need to empty the bladder more than eight times a day is considered excessive. If you find that you're urinating on a frequent basis, you are likely wondering the cause. Increased urine output can occur for a variety of reasons.

What you're eating and drinking – and how much – can lead to increased urination. It stands to reason that the more fluid you ingest, the more often you're going to have to urinate. If you're drinking more fluids than you nor-

mally do, you're going to have to empty your bladder more often. But drinking beverages isn't the only way your fluid intake increases; certain foods can also increase the amount of fluids you're ingesting.

According to nutritional experts, 20% to 30% of the fluid the average person ingests comes from food. Additionally, certain beverages and foods irritate the bladder, which can result in the increased need to urinate. Caffeinated drinks, carbonated beverages, alcohol, chocolate, tomatoes and tomato-based foods and beverages, acidic foods and beverages (oranges, lemons, limes, grapefruits, etc.) are some examples of foods and beverages that can irritate the bladder, resulting in an increased need to urinate.

Urinary tract infections (UTIs) are another common cause of frequent urination. A UTI refers to an infection that occurs in any component of the urinary system, including the bladder, the kidneys, the ureters, or the urethra, though UTIs most com-

monly affect the lower portion of the urinary tract, which includes the urethra and the bladder. Infections of the urinary tract are usually the result of bacteria entering the urinary system via the urethra.

Frequent urination is one of the symptoms that are associated with a UTI, though there are other symptoms, as well. If you find that, in addition to increased urine output, you also experience a burning sensation when you try to empty your bladder, you only release a small amount of urine, your urine looks cloudy or discolored (dark, red, or bright pink), and there's a strong odor, you may have a UTI.

In addition, there are several other reasons, including diabetes. For men, an enlarged prostate could be the cause. For women there are several more causes such as pregnancy, menopause, vaginitis, or weakened pelvic floor muscles.



November Health Observances has this year are:

Bladder Health Month, COPD Awareness Month, Diabetes Month (American), Diabetic Eye Disease Month
Epilepsy Awareness Month (National), Family Caregivers Month (National), Healthy Skin Month (National)
Home Care and Hospice Month (National), Hospice / Palliative Care Month (National)
Jingle Bell Run / Walk for Arthritis (through December), Lung Cancer Awareness Month
Pancreatic Cancer Awareness Month (National), Prematurity Awareness Month, Sexual Health Month (National)



*Leadership Team Meeting
was held on October 21, 2020*

Here are some Highlights

Healthy Churches Thrive— The Action Plan Taskforce has completed Action Plan recommendations and sent them to Church Doctors. We are still planning an “In person” **Outreach Workshop, January 7-9th**.

Solar Project— The new roofs on ELC and Luther Hall have been completed. We are waiting to hear when the work of installing the solar panels will take place.

ELC— School has started and things are going well. There are currently 12 students attending. The school received a donation of new windows, and they will be installed soon.

Lord's Pantry— The Pantry was very busy, in September they served 2,047 families and 334 homeless individuals. Unfortunately, one of the volunteers tested positive for COVID-19. The Pantry will be closed for 2 weeks, and **is scheduled to reopen November 4th**, after a thorough cleaning. We are still planning for our regular Thanksgiving and Christmas Giveaways. We'll send out details as the dates get closer.

We will hold the next **Board Meeting** on Thursday, October 29th

Parish Nurse— Donna continues to serve our community through home visits, and hundreds of phone calls. She even does Convalescent Home visits, through the windows. In September she served 124 members. Health Ministry Corner articles are sent out by Constant Contact each week.

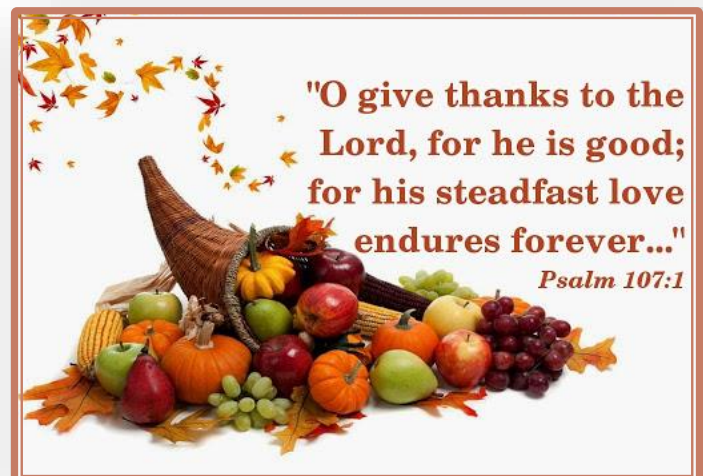
GDLC Finances/Budget— Our income continues to be stable and doing reasonably well. We'll be starting to plan our 2021 Budget soon, you'll hear details at our Annual Meeting in December. Members are encouraged to use the “digital” platforms to make their tithes and offerings. If you need help with any of the plans, feel free to contact Dan Rinerson, who can help!

Worship Activities— Group Studies continue through Zoom. We continue to do “drive through” communion the first Sunday of each month.

There is still no change in sight for a return to normal Worship Services, but we'll let you know as things change. Please continue to worship online, either by live-streaming the service at 9:30 am Sunday, or later via Facebook or YouTube from the church website.

Our new **Office Administrator**, **Kimberley Stern** has joined the Team. Give her a call and introduce yourselves.

Office Hours will post soon!



From the Pastor continued....

the glory of God,” and “The wages of sin is death,” and “None are perfect, no not one.” All humankind needs a Savior, and Jesus is that one. He is the Light of the world, the Prince of Peace, the Way, the Truth and the Life. And he offers salvation freely to all, but it’s on his terms, not ours. And frankly, the alternative is something to be urgent about. The loss column is huge without the church doing its part.

And that is precisely what we are doing right now. We might be sullen about Covid and its social distancing shutting us down, but I’m beginning to look at it in an altogether different way. This is a time of preparation, a time we can move into our own discipleship, to be focused and disciplined as God provides the momentum in preparation for renewal and revival that is to come. God is giving us time to “come away” and learn more about him and his work for which he has uniquely designed us. So now we can apply ourselves to growth without other distractions. This is the time that we can understand and begin to pray with urgency for lost people. So then let’s take the opportunity together to become disciples who make disciples who can make disciples! All for Jesus.

Power to you!

Pastor Pat

There is still time to join us on “*the Damascus Road*”

When ‘Saul’ met Jesus and was converted on the Damascus Road, he was changed from a ‘devote’ God follower to a Christ follower, and then to Missionary, sent out to share the Gospel and expand the Kingdom of God.

AND HE SAID TO ALL,
“If anyone would
come after me,
let him deny
himself and take
up his cross
daily and follow
me.”
LUKE 9:23



Jesus invites us to “Come follow Me,” and then he challenges us, “As the Father sent Me, I send you.” John 20:21 [from ‘The Damascus Road’] In the Greek translation, “send / sent” is *missio*, or Mission. Send is the movement of mission work, the take up the cross side of the cross, the “Go make disciples” [Matthew 28:19-20] side of the cross.

We Invite You to Come Join Us on the Journey

SPACE IS TILL AVAILABLE: Sun 11 am | Mon 10 am | Wed 7 pm

For Materials or to get caught up:

Contact Pastor Pat or Kimberley, the Office Admin



FROM THE RECIPE BOX

DOUBLE BAKED SWEET POTATOES WITH BACON AND GOAT CHEESE

This is a decadent yet savory way to serve sweet potatoes. If you're expecting vegetarians, make a couple of potatoes without the bacon. One potato can be enough for at least four people, depending on its size.

INGREDIENTS

4 large (about 3 lbs. total)	2 tablespoons milk or heavy
orange flesh sweet potatoes,	cream
scrubbed and halved lengthwise	1/2 teaspoon kosher salt
2 tablespoons olive oil	1/2 teaspoon pepper
8 ounces bacon, cut into 1-in.	3 tablespoons REAL maple
pieces	syrup, divided
5.5 ounces fresh goat cheese,	1 tablespoon chopped chives
divided	

PREPARATION

At home (up to 1 ahead)

Preheat oven to 350° Prick cut side of potatoes with a fork in a few places. Rub potatoes all over with oil and put on a baking sheet, cut side down. Roast potatoes until tender when pierced with a fork, about 45 minutes. Let cool until you can handle them easily, about 15 minutes (keep oven on). Meanwhile, cook bacon in a large frying pan over medium-high heat, stirring often, until very crisp, 5 to 8 minutes, depending on thickness of bacon. Drain on a paper towel. Roughly chop half the bacon.

Scoop sweet-potato flesh out of skins and into a bowl (reserve skins **SEE BELOW*). Smash flesh with a fork until smooth. Add chopped bacon, half the goat cheese, milk, salt, pepper, and 1 tbsp. maple syrup, and stir just until blended. Spoon into reserved sweet-potato skins, dividing evenly and using all of it. Chill

Just before serving

Bake until potatoes are warm in the center, 15 to 20 minutes. Sprinkle tops of potatoes with the remaining un-chopped bacon, crumbles of remaining goat cheese, drizzles of remaining maple syrup, and chives.



**BELOW*

You can also HACK this recipe
like our family does!!
Just MIX IT ALL UP
in a glass CASSEROLE dish
and TOSS the skins!
Sprinkle the top just before serving

grateful
THANKFUL
blessed



Be Thankful

Be thankful that you don't already have everything you desire,
If you did, what would there be to look forward to?

Be thankful when you don't know something
For it gives you the opportunity to learn.

Be thankful for the difficult times.
During those times you grow.

Be thankful for your limitations
Because they give you opportunities for improvement.

Be thankful for each new challenge
Because it will build your strength and character.

Be thankful for your mistakes
They will teach you valuable lessons.

Be thankful when you're tired and weary
Because it means you've made a difference.

It is easy to *be thankful* for the good things.
A life of rich fulfillment comes to those who are
also *thankful* for the setbacks.

Gratitude can turn a negative into a positive.
Find a way to *be thankful* for your troubles
and they will become your blessings.

AUTHOR UNKNOWN

*Rejoice always, pray continually, give thanks in all
circumstances; for this is God's will for you in Christ Jesus.*
1 Thessalonians 5:16-18

NOVEMBER BIRTHDAYS

3 Millie Chen
4 Andeline Reed
6 Mimi Laurent
9 Randy Rex
12 Gail Castle
17 Barbara McCalment
Rosanna Myers



20 Norman Phillips
21 Wendy Kromey
24 Lynn Carroll
26 Susan Olsen

November 2020

GLORIA DEI LUTHERAN CHURCH
121 SOUTH WHITE ROAD
SAN JOSE, CA 95127-2993

ADDRESS SERVICE REQUESTED

TIME SENSITIVE INFORMATION~FOR IMMEDIATE DELIVERY



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CHURCH EMAIL: gdlcsj.office@gmail.com

CHURCH STAFF

Pastor: J. Patrick Fitzgerald

Music Director: David Bakken

Office Staff: Kimberley Stern

Parish Nurse: Donna Zimmerman

Sunday School Director: Wendy Kromrey

PHONE #'S

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Music Director: 408-858-9610

Office: 408-729-7563 Fax: 408-729-7578

Parish Nurse office: 408-729-7563

In cases of emergency, please call Pastor at 408-899-4343

ELC Preschool Director: Maria Nugent

Preschool: 408-272-0321

DEADLINE FOR PUBLICATION of the Monthly Newsletter is the 20th of Each Month