



# Living Lord Lutheran Church

Make disciples, Serve selflessly, Live faithfully

## The Voice



November 2025 Issue



Dear Friends in Christ:

When I was in Tanzania I was blessed to preach most Sundays in outlying villages. The first Sunday we rang a “bell” made of a truck wheel, and waited for the congregation to come. Within ½ hour there were more than 200 people. At each service we added 20 new members, baptized 11 people, and they had communion for the first time in 4 months because of a pastor shortage. I remember an overarching feeling of thanksgiving from the congregation. They were thankful for worship and communion and the social connection that seemed smaller without worship. They were grateful for almost everything even though they had very little. The picture above is more like my own thanksgivings: a table full of everything. It is easy to thank God for all of that. We need to be thankful to God not only for what we have but for his presence in our lives even when they seem empty. God is always there encouraging and loving us no matter what. This year be thankful not for what we have but for whose we are. We are God’s children. Thanks be to God!

Read Psalm 50:23 and Philippians 4:4-7 and always remember that God loves YOU and so do I.

In Christ’s love:  
Pastor Ed





Fall is upon us and with the change of season comes so much growth at All God's Children Preschool. We are in our second month of school and the staff and students are settling into daily routines. The students are making friendships, creating art, learning academically and growing socially and emotionally. It is a beautiful site to see and we all feel blessed to be able to help our students flourish in a positive way.

Our two year old students have been very busy. They are decorating Mrs. June's class with stunning fall creations, flooding the walls with the autumn tones of the season. They have also started a friendship garden on the playground. They filled two planters full of different flowers and they are learning how to water and nurture them each day. Such a cute site to see as they fill their watering cans and shower the gardens with water. They are so proud of how much their flowers have grown. It certainly makes the playground even more beautiful!

Our VPK students are more impressive every day. They have been doing so many advanced activities and lessons. They are doing independent work in small groups and also large group learning. They are counting to 30, they know their letters, they are cutting, doing patterns, and lots of singing and dancing. It is all coming together!

The AGC staff was so excited to attend the annual FLAAYC (Florida Association for the Education of Young Children) conference in Orlando this month. We took many different workshops, listened to keynote speakers, and networked with other early childhood educators. We got to spend time as a team and even relax by the pool together. We are excited to bring back the knowledge we obtained to the school and share it with the children.





# *The Orion Trio*

PRESENTS

## **A Fall Jazz Event**

**SATURDAY NOVEMBER 15, 2025 4 PM**

**LIVING LORD LUTHERAN CHURCH**

11107 Palmbrush Trail, Bradenton, FL 34202

FEATURING

**Scotty Wright - Vocals**

**Valerie Gillespie - Sax/Vocals**

**John DePaola - Trumpet**

AND

### **THE ORION TRIO**

**THOMAS PIZZI - PIANO**

**RICH MacDONALD - DRUMS**

**JOE PORTER - BASS**

Admission \$15 at the Door

Email: [Info@LivingLordFL.org](mailto:Info@LivingLordFL.org)

941-753-9365

**MEET AND GREET Nov 2<sup>nd</sup> - 10 am** Enjoy your coffee while meeting with Team leaders - Council, Worship, Education, Parrish Life, Finance & Stewardship, Evangelism and Outreach.

**CHURCH COUNCIL** We are in exciting times here at LLLC and we want you to be more than a Sunday participant. It's that time of year when we put together a slate of people that will help lead the business part of our church. Our church council has a few openings and it's up to us to fill those positions. Won't you consider giving some of your precious time to make this church all that it can be? If you have thought about serving, but weren't sure when the right time to raise your hand was, now is the time. All committees and officer positions are ready to be filled by you. So please let Pastor Ed or Maggie know of your interest and they will give you more details. Thank you for prayerfully considering this important opportunity.

**LUNCH BUNCH INVITATION** The second Thursday of most months, the LLLC Lunch Bunch meets for lunch. Our next luncheon will be on November 13, 2025 at 11:30. We will meet at the new Seasons 52 off SR 64 and I-75 in the Heritage Harbor Market Place. It is near Millers Ale House. The actual address is 7115 SR 64, Bradenton. This luncheon is open to all who wish to attend. There is a signup sheet posted in the narthex. If you have any questions, please contact Deb Miller at 616-540-1745.

**The Handicrafts group, A Stitch and a Prayer,** will be having their annual Holiday Raffle/Silent Auction/Sale starting 11/30 to 12/7. Look for beautiful quilts, shawls, wall hangings and other hand made items to add to your holiday gifts. Raffle tickets will be \$20/5 tickets or \$5 each for raffle items along with items for sale and silent auction with the final drawing after the 11AM service 12/7. All proceeds will go toward materials for future projects. Donations are also always welcome. Thank you for your continued support!



### **THRIVENT GRANTS**

The Finance team would like to apply for Thrivent Grants to support funding our ministries at LLLC. Each Thrivent member may apply for two \$250 grants each year which can be used for fundraisers, community service projects or educational activities. If you are a Thrivent member and would like to help, please contact Karen Symos 410-370-8666.

**Christianity and World Religions 16-week study Mondays January 5- April 27, 2026**

**Questions we ask about other faiths.**

**Fellowship Hall 10:00-11:30 AM Email [ruthmccconnell@hotmail.com](mailto:ruthmccconnell@hotmail.com) to sign up and order book (\$10)**

World religions have been a popular topic at Living Lord for several years. During this new 4-month study, we will discuss a book by Methodist pastor Adam Hamilton which compares the 5 most influential religions: Hinduism, Buddhism, Islam, and Judaism with Christianity. "Christians need to build bridges with others so that we might grow in our faith, seek peace in our world, love our neighbors, and find positive ways to share the gospel." Additional lectures from *The Great Courses* will provide insightful details to help us respect the practices and beliefs of each tradition. To join us, contact Ruth McConnell 941-751-8053.

## FROM YOUR FAITH COMMUNITY NURSES

### Diabetes prevention: 5 tips for taking control

**Changing your lifestyle could be a big step toward diabetes prevention — and it's never too late to start. Consider these tips.**

Lifestyle changes can help prevent type 2 diabetes, the most common form of the disease. Prevention is especially important if you have a higher risk of type 2 diabetes. For example, you may have a higher risk of the disease if you have excess weight or obesity, high cholesterol, or a family history of diabetes.

If you've been diagnosed with prediabetes — high blood sugar that doesn't reach the level of a diabetes diagnosis — lifestyle changes can prevent or delay type 2 diabetes.

Making a few changes in your lifestyle now may help you avoid serious diabetes health complications in the future. Nerve, kidney and heart damage are a few possible complications you can prevent with some changes. It's never too late to start.

**1. Lose extra weight** Losing weight lowers the risk of diabetes. The American Diabetes Association recommends that people with prediabetes lose at least 5% to 7% of their body weight to prevent diabetes. More weight loss can turn into even greater benefits.

Set a weight-loss goal based on your current body weight. Talk to your healthcare professional about reasonable short-term goals and expectations. For example, aim to lose 1 to 2 pounds a week.

**2. Be more physically active** You can gain many benefits from getting regular physical activity, such as: Losing weight. Lowering your blood sugar. Boosting your sensitivity to insulin — which helps keep your blood sugar within a typical range. Increasing your aerobic fitness.

Goals for most adults to promote weight loss and keep a healthy weight include:

**Aerobic activity.** Aim for about 30 minutes or more of moderate aerobic activity — such as brisk walking, swimming or biking — on most days of the week. Get at least 150 minutes of moderate aerobic activity a week.

**Strength training.** Do strength training for all major muscle groups at least two times a week to increase your strength, balance and skills to keep an active life.

**Balance training.** For older adults, doing balance training two or three times a week can help keep range of motion and lower the risk of falls.

**Sit for less time.** Getting up after sitting for a long time, such as sitting at the computer, can help control blood sugar levels. Take a few minutes to stand, walk around or do some light activity every 30 minutes.

**3. Eat healthy plant foods** Plants in your diet give you vitamins, minerals and carbohydrates. Carbohydrates include sugars and starches — the energy sources for your body

Fiber-rich foods promote weight loss and lower the risk of diabetes. Healthy, fiber-rich foods, which include: Fruits, such as tomatoes, peppers and fruit from trees. Nonstarchy vegetables, such as leafy greens, broccoli and cauliflower. Legumes, such as beans, chickpeas and lentils. Whole grains, such as whole-wheat pasta and bread, whole-grain rice, whole oats, and quinoa. Avoid carbohydrates that are high in sugar with little fiber or nutrients. For example, avoid white bread and pastries, pasta from white flour, fruit juices, and processed foods with sugar or high-fructose corn syrup.

#### 4. Eat healthy fats

Avoid eating many fatty foods that are high in calories. To help lose and manage weight, your diet should include a variety of foods with unsaturated fats. These are sometimes called healthy fats.

Unsaturated fats — both monounsaturated and polyunsaturated fats — promote healthy blood cholesterol levels and good heart and vascular health. Healthy fat sources include:

Olive, sunflower, safflower, cottonseed and canola oils. Avocados. Nuts and seeds, such as almonds, peanuts, flaxseed and pumpkin seeds. Fatty fish, such as salmon, mackerel, sardines, tuna and cod.

Saturated fats are found in dairy products and meats. These should be a small part of your diet. You can limit saturated fats by eating low-fat dairy products and lean chicken and pork.

#### 5. Skip fad diets and make healthier choices

Many fad diets — such as the glycemic index, paleo or keto diets — may help you lose weight. But there is little research about the long-term benefits of these diets or how they help prevent diabetes.

Your goal for your diet should be to lose weight and then keep a healthier weight moving forward. So healthy decisions about your diet need to include a plan that you can keep as a lifelong habit.

#### When to see your doctor

The American Diabetes Association (ADA) recommends routine screening with tests to diagnose type 2 diabetes for all adults age 35 and older. The ADA also recommends screening for the following groups:

People younger than 35 who carry excess weight and have one or more risk factors associated with diabetes. Women who have had gestational diabetes. People who have prediabetes. Children who carry excess weight and who have a family history of type 2 diabetes or other risk factors.:

Share your concerns about diabetes prevention with your healthcare professionals. They appreciate your efforts to prevent diabetes and may give you more suggestions based on your medical history or other factors.

*Then God said, "Look! I have given you every seed-bearing plant throughout the earth and all the fruit trees for your food. Genesis 1:29*

*Is there interest in a  
Living Lord  
Lutheran Church  
book club?  
Let's meet to discuss  
genre, times and  
places to meet.  
Call Marilyn Jones  
614-570-5483 or  
Maggie at church*

## Living Lord Lutheran Church Council Meeting Minutes September 17, 2025

**Attendees:** Pastor Ed, Rae Dowling, Mary Hunter, Rich Jones, Patty Kunkel, Rhoda Olson, Stephney Rose, Scott Smith, Karen Symos. Call committee members, Steve P. Ruth McConnell, Pauline, Doug Holst.

**Minutes Approval:** A motion was made by Patty and seconded by Rhoda to approve the minutes from the August 20, 2025, meeting. The motion passed unanimously.

**Call Committee:** Members of the call committee had a question for the council with regards to the salary that we can offer a new pastor for the congregation. The Council assured the committee that we are committed to being competitive in the market for Pastor's and we are in a financial position and will follow the recommendations of the Synod. The committee also is assessing the need to update our documents submitted to Synod, since a year has passed since they were initially submitted. We are still awaiting a candidate for the new pastor position.

**Pastor's Report** – Since our last regular meeting of the Council, Pastor received and accepted resignations from our Council president, Nancy Taylor and Council Treasurer Mike Gutzler. After consultation with the remaining Exec Committee members, Pastor has agreed to lead the Council for the immediate future. Our bookkeeper, Karen Symos will provide the finance reports until a Treasurer is named. We are coming up to regular election of Council members and Pastor asked all of us to look around the congregation to see who might want to be on Council with us, as well as we will ask the congregation to step up and nominate themselves. Pastor also reminded us that we have a wonderful congregation and that we should all be grateful for the love that envelops our Church Family.

**Financial Report** – Receipts are ahead of Budget and financially we are strong. January through August receipts are \$461,454 and Disbursements have been \$413,294. A motion was made by Rhoda and seconded by Patty to accept the treasure's report and it was approved unanimously.

Karen is working on next year's budget and has provided to each committee leader, what they have spent over the last 12 months. Karen asked that everyone please provide your 2026 budget requests to her by 9/30/2025.

**Team Reports** – All team reports were submitted electronically and are available in the office.

Worship & Music – Jazz Concert is November 15, 2025.

Stewardship – A Town Hall meeting is scheduled for Oct 26<sup>th</sup> @ 10am – a light breakfast will be served. Also, a Meet & Greet to introduce our ministries and ways to take part will be held on Sunday November 2<sup>nd</sup>. Time and talent surveys will be send out in October and we will request that they be returned by Nov 16<sup>th</sup>.

Campus Improvement – An ADA compliant men's room was being planned for; however, we do not have the required amount of space to be able to redesign and build it. The remaining projects are near completion. A full update will be given at the Town Hall meeting on October 26<sup>th</sup>.

Education – A Trunk or Treat event for kids will be held on October 25<sup>th</sup> from 3-5pm.

Parish Life – Stephney is exploring the idea of coordinating a unity and communication seminar.

**All God's Children** – had a spectacular Ice Cream Social in early Sept with more than 160 people!!

**Communications** – We all need to get better at providing timely and meaningful communication regarding everything from meetings to events happening. And we all need to get better at receiving and listening for information regarding things happening with our Church.

**New Business:** Doug Holst will be having his graduation for his Deacon Training at New Life Lutheran Church on Saturday September 20, 2025.

**Next meeting: October 22, 2025, 4pm at Living Lord Lutheran.**

The meeting closed with the Lord's Prayer at 5:15pm

Respectfully submitted,

*Rae Dowling*

**Living Lord Lutheran Church  
Treasurer's Report as of Sept 30, 2025**

<b>OVERVIEW YEAR TO DATE 2025</b>	<b>Actuals Sept 2025</b>	<b>Jan-Sept 2025 Budget</b>	<b>Favorable/ (Unfavorable)</b>
Church General Fund Receipts	285,926.48	281,531.81	4,394.67
Church General Fund Disbursements	264,512.32	278,050.95	13,538.63
Net Church General Fund	21,414.16	3,480.86	17,933.30
Church Restricted Receipts	51,885.96		
Facility Fundraiser (Scrip)	(187.42)		
Youth Group Fundraiser			
Church Restricted Disbursements	115,681.95		
Net Church Financial Position	<u>(42,569.25)</u>		
AGC General Fund Receipts	239,613.88	236,590.20	3,023.68
AGC General Fund Disbursements	224,033.24	240,508.46	16,475.22
Net AGC General Fund	15,580.64	(3,918.26)	19,498.90
AGC Restricted Receipts			
AGC Fundraisers	14,557.59		
AGC Restricted Disbursements	19,942.99		
Net AGC Financial Position	<u>10,195.24</u>		
Total LLLC General Fund Receipts	525,540.36	518,122.01	7,418.35
Total LLLC General Fund Disbursements	488,545.56	518,559.41	30,013.85
Net LLLC General Fund	36,994.80	(437.40)	37,432.20
Fundraising Balances	14,370.17		
Total LLLC Restricted Receipts	51,885.96		
Total LLLC Restricted Disbursements	135,624.94		
Net Total LLLC Financial Position(includes restricted)	<u>(32,374.01)</u>		

<b>YEAR TO DATE COMPARISON 2025 VS 2024</b>	<b>Actuals Jan- Sept 2025</b>	<b>Actuals Jan- Sept 2024</b>	<b>Favorable/ (Unfavorable)</b>
Church General Fund Receipts	285,926.48	265,603.31	20,323.17
Church General Fund Disbursements	264,512.32	278,287.60	13,775.28
Net Church General Fund	21,414.16	(12,684.29)	34,098.45
AGC General Fund Receipts	239,613.88	197,619.32	41,994.56
AGC General Fund Disbursements	224,033.24	195,662.32	(28,370.92)
Net AGC General Fund	15,580.64	1,957.00	13,623.64
Total LLLC General Fund Receipts	525,540.36	463,222.63	62,317.73
Total LLLC General Fund Disbursements	488,545.56	473,949.92	(14,595.64)
Net LLLC General Fund	<u>36,994.80</u>	<u>(10,727.29)</u>	47,722.09

Church General Fund receipts through September are \$20,300 more than last year and \$4300 above budget  
Church General Fund Disbursements are \$13,500 below budget.  
AGC is \$15,580 favorable to disbursements through August.

Karen Symos, Bookkeeper

<b>GENERAL OFFERING #4010</b>		
<b>YEAR-TO-DATE</b>	<b>2025 BUDGET</b>	<b>2024 ACTUAL</b>
Sept 30, 2025	Sept 30, 2025	Sept 30, 2025
\$252,467.45	\$256,876.52	\$243,062.23

# Trunk or Treat 2025

Thank you for making it a great day at Living Lord!





## Ask The Weatherman

By: Bill Mork

**What is the history of Hurricane Melissa?** At its peak intensity, and at landfall, Melissa's max sustained winds were 185 mph, stronger than any storm that has hit Jamaica before. Melissa is only the 5<sup>th</sup> Atlantic hurricane on record to achieve sustained winds of 185 mph or greater. Melissa's central air pressure also set records. Melissa dropped to a staggering 892 millibars, 26.34 inches of mercury, at landfall, putting it among the top 3 strongest Atlantic hurricanes on record. Melissa made landfall in Jamaica with both 185 mph winds and 892-millibar pressure. The Labor Day hurricane of 1935 was the only other storm to strike with this ferocity. Nearly a century ago, that storm's pressure reading was taken by a weather observer who climbed a tree to record it. Melissa's was measured by a hurricane hunter plane that flew into the eye of the storm. Melissa is by far the strongest storm to ever hit Jamaica, or anywhere else in the Atlantic basin. Before 28 Oct, strongest storm to strike Jamaica was Gilbert in 1988, with 130 mph at landfall.

**Did a typhoon hit Alaska?** One person died and dozens were rescued in Alaska floodwaters from the remnants of Typhoon Halong that pushed homes off their foundations and displaced over 1,000 residents. Thousands of Alaskans won't be able to return home for at least 18 months, Alaska Gov Mike Dunleavy warned in a 17 Oct letter to President Trump. Remnants of the typhoon, which originated in the northern Philippine Sea, brought 100 mph winds and damaging storm surges with water levels as high as 8 feet above high tide in western Alaska beginning 8 Oct. In Kipnuk, water levels of 6.6 feet above normal high tide broke the previous record of 4.7 feet, set in 2,000. It is estimated that 90% of the structures in Kipnuk were lost in the storm.

**Where is the water?** South Florida residents paid hundreds of millions in tax dollars the past 25 years to fund the premiere Everglades restoration project in the Fort Myers-Sanibel area, a reservoir on the Caloosahatchee River known as C-43. The reservoir was designed to capture water during the rainy season, store that water and then have it available for release to the river to balance salinity levels in the estuary during dry times. With an announcement in Apr and ribbon cutting in Jul, it may sound like the reservoir is working and that it stored water during the rainy season. The summer produced only a fraction of normal rainfall. Photographs from the air show that there is little to no water in the C-43 reservoir. There will be no testing this year and testing alone could take two to three years. Looks like trouble on the Caloosahatchee River!

**Was there a tornado upgrade in North Dakota?** After over 12 years, the EF5 tornado drought in the U.S. has come to an end. A tornado that struck Enderlin ND on 20 Jun was just upgraded to an EF5, according to the NWS in Grand Forks. Peak winds were estimated to be over 210 mph as it tracked over 12 miles through Rasmussen and Cass counties, killing 3 people. The NWS in Grand Forks brought in a team of engineers and scientists to finalize the rating of this tornado. They found the tornado's lofting of a train car nearly 500 feet, as well as the tipping of loaded grain cars, was consistent with wind speeds of an EF5 tornado. It is interesting to note that without these train cars, it would have been nearly impossible to determine this tornado's EF5 strength.

**Are there some dry areas in Florida?** Latest Drought Monitor of 23 Oct shows Abnormally Dry conditions along the west coast of Florida with Extreme Drought in North Florida. Driest totals in Oct through 28 Oct include in inches Tallahassee 0.14, Tampa 0.33, and Parrish 0.67. Total of 2.38 inches in Parrish Sep/Oct is driest in 20 years. Tampa had driest Sep on record with 0.70.

“Make disciples, Serve selflessly, Live faithfully”

A congregation of the Evangelical Lutheran Church in America



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