

Parish Nurse Article continued...

Common beverages such as coffee (both caffeinated and de-caffeinated), tea, cola, tomato juice, and citrus juice may aggravate symptoms.

Tip: Experiment to find what does and does not work best for you. Start by reducing fatty foods, onions, and chocolate.

Some oral medications such as potassium supplements or the antibiotic tetracycline will burn if allowed to rest in the esophagus. To be safe, one should always swallow medication in the upright position and wash it down with lots of water.

Other factors

Being overweight can promote reflux. Excess abdominal fat puts pressure on the stomach and the loss of even a moderate amount of weight makes many people feel better. Pregnancy is often troubled by heartburn, particularly in the first three months. Generally, if there has not been too much weight gain, a woman's heartburn improves after delivery. Stress or strong emotion can also influence heartburn.

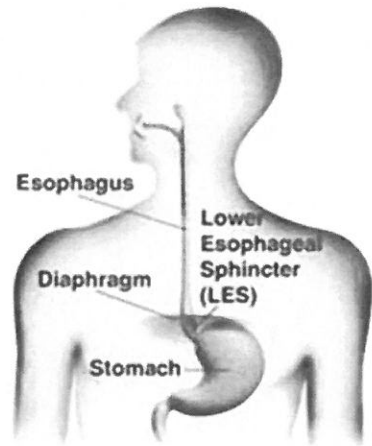
If heartburn occurs on two or more days per week despite the measures discussed above, you should consult your primary care provider.

Have a safe fall season,

Respectfully submitted,

Your Parish Nurse

Source: <https://aboutgerd.org/iffgd-signs-and-symptoms.html>



North New Hope WELCA

Lutheran World Relief boxes were shipped with the Faith Quilts in October.

North New Hope had 34 School Kits assembled by the Sunday School. Our ladies also shipped 12 sewing kits (two 3 yard fabric pieces with 2 spools of thread), 10 Personal Health kits (towel, soap, comb, tooth brush, nail clippers), and two boxes of bar soap. Thank you ladies for packing.

We will have a Thank offering for WELCA in Nov. The cardboard piggy banks will be put on the back table to use for this small change collection. These funds help fund the Gather magazine with a Bible study, and other out-reach efforts in our area and country.

We will be making and delivering cookies to shut-ins in early Dec. Small amounts of different cookies or Norwegian pastries will be packed, probably on Dec. 6th. Watch the bulletin for the date. We only have a few ladies to pack for, but this tradition is well appreciated.

Submitted by Marge Krogwold



BLESSED
are those...
whose hope
is in the LORD their God.
Psalm 146:5. NIV



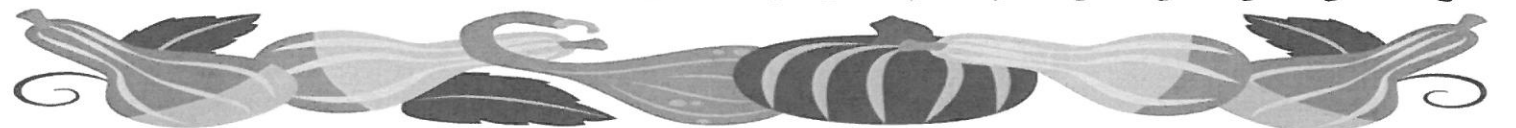
Thank you to Bob Ellingson from the North New Hope Sunday School for offering your pumpkins to us. We appreciate your kindness and we will have fun decorating them.



November Youth Group Dates

November 11, 8PM, Parsonage

November 25, 8 PM, Parsonage



Special Dates

- All Saints' Day, November 1, 2018
- Daylight-Saving Time ends, November 4, 2018
- Veterans Day, November 11, 2018
- Thanksgiving Day, November 22, 2018
- Christ the King Sunday, November 25, 2018

"By entering this church it may be possible that you hear "the call of God".

However, it is less probable that He will call you on your mobile.

Thank you for turning off your phones.

If you want to talk to God, enter, choose a quiet place and talk to him.

If you want to see him, send him a text while driving."

Don't forget to set your clocks back on Saturday, November 3rd before bedtime!!

