



LYNNHURST LEDGER

LYNNHURST UNITED
CHURCH OF CHRIST

Volume 2019, Issue 47
December 08, 2019

Lynnurst United Church of Christ is faithful to loving and honoring the still-speaking God while serving our community and welcoming everyone.

AROUND LYNNHURST

Sunday, December 8th
2nd Sunday of Advent

Worship Service	9:30 AM
*Communion Sunday	
Fellowship Time	10:30 AM
Sunday School	11:00 AM
Confirmation Class	11:00 AM
Friends Church	1:30 PM
Rental - Gatton	3:00 PM

Monday, December 9th

PAL	2:30-5 PM
Dartball - Away (vs Ralph Ave Baptist)	7:00 PM

Tuesday, December 10th
Human Rights Day

Men's Bible Study	7:30 AM
Pastor's Office Hours	10 AM - 2:30 PM
Tai Chi Class	10:30 AM
Consistory Meeting	6:30 PM

Wednesday, December 11th

PAL	2:30-5 PM
Bell Choir Practice	6:00 PM
Chancel Choir Practice	7:00 PM

Thursday, December 12th

PAL	2:30-5 PM
Boy Scout Meeting	7:00 PM

Friday, December 13th

PAL	2:30-5 PM
Saturday, December 14th	

Boy Scouts Awards Ceremony	12:00 PM
Friends Church	3:00 PM

Sunday, December 15th
3rd Sunday of Advent

Worship Service	9:30 AM
Congregational Meeting	10:30 AM
Fellowship Time	10:30 AM
Sunday School	11:00 PM
Friends Church	1:30 PM

"In that day the wolf and the lamb will live together; the leopard will lie down with the baby goat. The calf and the yearling will be safe with the lion, and a little child will lead them all." (Isaiah 11:6)

Dear Friends in Christ,

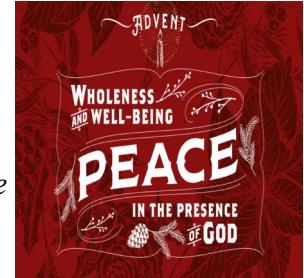
Have you ever been the recipient of a surprise birthday party, bridal shower or retirement party? Or maybe you helped plan one for someone else. What fun, an unexpected surprise can be very memorable.

The prophet Isaiah tells us many surprising things. First, a branch will grow out of a seemingly dead stump of a tree. Then a meek lamb will live with a fierce lion, a wild leopard will sleep near a young goat, the cow and the bear will graze together, and a child will play near snakes and not be harmed. Isaiah reminds us that with God all things are possible.

Who expects a man dressed in animal fur and eating locusts with wild honey to tell us about Jesus, or for the Savior to come as a baby born in a simple stable, or for this same Savior to die on a cross for us and three days later to be resurrected. God is full of surprises. I invite you this Advent season, let your heart be open to be surprised by God.

Prayer:

Blessed God, please prepare us for the coming of our Savior by opening our hearts to your wonderful and surprising works. Let us praise you as we discover all that you have done for us and are still doing for us. Amen.



Blessing on your Advent journey,

Pastor Monica

Here are ways you can embody PEACE during the second week of the Season of Advent:

Monday: SNIP | Make recycled paper snowflakes, especially if you live where you don't often get real snow. Think of the peacefulness of a snowy night and the beauty in God's handiwork. #LoveOfCreation

Tuesday: FORGIVE | What better time than this week to "make peace." Reach out to a friend or relative with whom you have had disagreements. #LoveOfNeighbor

Wednesday: CREATE | Cut seven green and red paper strips. On each strip, write the name of a place in our world that is in need of peace. Staple the strips as links in one long garland. Each day pick a strip of paper and pray for God's peace to come to that place. #LoveOfChildren

Thursday: REUSE | Save all of the candle ends from candles at your church (and your own, too). Collect pinecones, melt the candles ends and drizzle some of wax on the pinecones to make eco-friendly fire starters. #LoveOfCreation

Friday: SHARE | Share Christ's peace - give a care package to someone who needs a pick-me-up. This might be someone who lives alone or has no family nearby to share time with during the holiday season. #LoveOfNeighbor

Saturday: BUILD | Create your own nativity scene at home - do it slowly so that you all may find peace as you 'see' the story of Christmas. Use any objects you can find as the characters - let your mind be creative. #LoveOfChildren

Scripture Readers

LOOK FOR AN EMAIL ON
WEDNESDAY OR THURSDAY OF
THE WEEK YOU ARE
SCHEDULED

DECEMBER

01	None
08	Ryan Carden
15	Jeff Murrell
22	Savannah Bibbs
29	Kathy Matheny

Fellowship Time Hosts/Hostesses

Sign Up Sheet On the
Bulletin Board by Church
Office

DECEMBER

01	Compton
08	Tiitsman
15	
22	
29	

SAVE THE DATE!

PAL COMMITTEE MEETING
Tuesday, December 10th
@ 1:00 PM

CONSISTORY MEETING
Tuesday, December 10th
@ 6:30 PM

CONGREGATIONAL MEETING
Sunday December 15th

Christmas Eve Service
Tuesday, December 24th
@ 7 PM

POINSETTIA ORDERS - EXTENDED TO DECEMBER 15th

The last day to place an order for poinsettias will be **DECEMBER 15th**. You can choose between red, white and pink flowers. Each plant is \$10.50. Orders can be paid for with cash, check or via online giving.



Joyous Singers
Directed by Anita Mowery
Presents

A Christmas Chorale

Wednesday, December 18 • 2:00 PM
Calvin Presbyterian Church
2501 Rudy Lane, Louisville 40207

Thursday, December 19 • 2:00 PM
Lake Forest Village
2400 Arnold Palmer Blvd., Louisville 40245

Concerts are **FREE** and open to the public!
The Joyous Singers serve the Kentuckiana community through the ministry of music. For information call 493-7309.

Christmas for Brooklawn/Centerstone

Presents need to be returned to church by THIS SUNDAY December 8th so we can get the gifts back to Brooklawn/ Centerstone by their deadline.

Please remember:

- * PRESENTS ARE NOT TO BE WRAPPED
- * Leave all tags on gifts.
- * Include a gift receipt if you have one in case things need to be exchanged for a different size.



The WISE Team is looking for a brochure rack to display mental health information in the main hall. They are hoping someone has one that is not needed rather than purchasing a new one. Please let Pastor Monica know if you have anything they could use.

PAL REQUESTS

- **TARC TICKETS** - The PAL Center is **ALWAYS** in need of TARC tickets. These are used to get the kids a ride home after programming. The tickets are \$0.80 each. PAL uses approximately 120 tickets each month, costing about \$96.00. We would love to find people to sponsor or co-sponsor a month of tickets.
- **GIFT CARDS** - Collecting \$10 gift cards to be given out as door prizes on Fridays.
- **FRESH FRUITS & VEGGIES** - Bring in on Sunday for the coming week

WebDonuts.com



BIRTHDAYS AND ANNIVERSARIES

Dec 06 - Dec 22

Birthdays

12/06 Joni Jenkins

12/09 Alexa Bibbs

12/10 Sandy Bender

12/10 Danielle Green

12/13 Jennifer Kraha

12/15 Philip Roby, jr

**12/19 Leroy Malone
(Custodian)**

12/19 Susan Freepartner

Anniversaries

12/14 Roger & Willa Hines (56 Years)



WHY WE GET DEPRESSED AT THE HOLIDAYS AND HOW TO DEAL

Sometimes this time of year isn't so merry and bright.

By Carolyn Gregorie

December 08, 2017

Source: [Huffington Post](#)

It's the most wonderful time of the year... well, not for everyone.

While images of love and joy fill storefronts, TV screens and

magazine pages, for many people, the reality of the holidays isn't so cheerful. Between stressful end-of-year deadlines, family dysfunction and loss, changes in eating and drinking habits, and increasingly cold and dark winter days, it's easy for the holiday season to feel not-so-merry and bright.

Constant reminders of others' happy seasons can additionally serve as a painful reminder of the happiness and love that's lacking in our own lives. For this reason, the month of December can be a particularly difficult time of year for those dealing with family conflict, loss, break ups, divorce, loneliness and mental health issues.

Feelings of depression and negative mood affect many people at the holidays, and not just those who have been diagnosed with clinical depression. While there hasn't been data to suggest an actual rise in depression rates and suicides in December (a myth that seems to persist each year), some experts say that the holiday blues *are* a very real phenomenon. And of course, there's plenty of anecdotal evidence to suggest that this is the case.

Here are some of the risk factors of holiday depression, and how you can avoid them:

Setting up unrealistic expectations.

Hoping for a picture-perfect holiday season is setting yourself up for not only disappointment, but potentially symptoms of depression

"People have this anticipation or fantasy of the holiday that you would see on TV," said psychiatrist Mark Sichel, author of *Healing From Family Rifts*, adding that his practice gets much busier after the holidays. "Actually, it's never exactly as people anticipate and it's often disappointing. There's often strife within families that comes out at holiday times."

Especially when it comes to family especially, it's important to manage expectations during the holidays and not hope for things to be perfect. If holidays tend to be a time of conflict in your family, or you've recently experienced the loss of a loved one, putting pressure on your family to all get along or to be cheerful could lead to disappointment and additional anxiety.

Get Help for yourself or someone else:

- Crisis Hotline ~ 2-1-1
- Centerstone Crisis Hotline ~ 1-800-221-0446
- Suicide Hotline ~ 1-800-273-8255

Being mindful of what you *do* have to be thankful for — your sister who always makes family gatherings bearable, getting a week off of work, or just the promise of a fresh start with the beginning of the new year — can help combat feelings of deficiency and lack.

"Realize that the holidays do end — and take stock of what you can be grateful for," Sichel said. "Having gratitude is probably the best antidote against depression."

Trying to do too much.

At the holidays, the pressure of trying to do everything — plan the perfect holiday, make it home to see your family, say yes to every event, meet those year-end deadlines — can be enough to send anyone into a tail spin. And if you're prone to anxiety and depression, stress (and a lack of sleep) can take a significant toll on your mood.

A heightened pressure and fear of not getting everything done are some of the most common triggers for the holiday blues, according to Sichel.

"Being bogged down by perfectionism" can contribute to feeling down, Sichel explained. "Many people feel they just can't do the right thing, that family members are always disappointed in them."

Comparing your insides to someone else's outsides.

Both in real life and on social media, it can be difficult to avoid comparing yourself with others around Christmastime. If you have a less-than-perfect family, a past trauma from this time of year, or just a less-than-full holiday dance card, comparing your holiday experience with other peoples' is a recipe for increased sadness and isolation.

And as Sichel points out, these comparisons tend to be skewed — and they tend to make us feel bad about ourselves.

"People's basis for comparison is not based in reality, because most families have issues and most people do not have the perfect Christmas that they would like to have or that they'd remember from their childhood," Sichel said.

Slacking on self-care.

For many people, December is the busiest time of the year. When work pressures pile up and the calendar gets full with social obligations, the routines that normally keep us healthy and happy — yoga class, morning runs, healthy home-cooked meals, time to just generally decompress — are usually the first thing to fall by the wayside.

In addition to increased stress, eating poorly and drinking excessively can also exacerbate issues like stress, anxiety and depression.

"Take care of yourself — don't overeat and over-drink,"

(Continued on page 4)

Sichel said. "Do your regular routines of exercise and whatever keeps you together during the year."

Sichel emphasizes the importance of avoiding binge drinking. Alcohol is everywhere during the holidays, and if you're struggling with feeling down, it may be wise to avoid drinking as much as possible — alcohol is known to worsen symptoms of anxiety and depression.

Experiencing symptoms of seasonal affective disorder.

If you tend to start feeling down when winter approaches

each year, and those negative feelings don't go away after the holidays are over, you may have seasonal affective disorder (SAD).

According to Sichel, many people who think they are suffering from a case of holiday blues may actually be suffering from SAD, a form of depression that's brought on by the change of seasons. But SAD shouldn't be dismissed as mere "winter blues" — talk to your doctor if you're experiencing symptoms of the disorder to find a treatment that works for you.

Boy Scout Troop 209 - Scouting for Food

On November 23rd, our Boy Scouts collected non-perishables for their annual Scouting for Food canned food drive. They collected 1,104 food items that Saturday! Way to go!

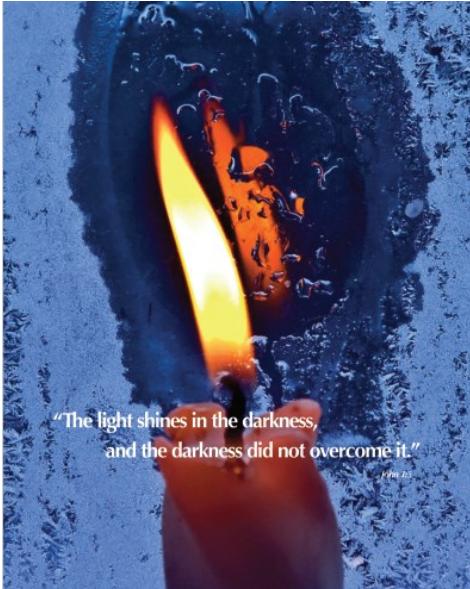


Advent II: A Donor's Story - The Rev. Dr Walter Brueggemann

The Rev. Walter Brueggeman, a longtime and total contributor to the Christmas Fund for the Veterans of the Cross, is well-known in the United Church of Christ. Widely considered one of the most influential Old Testament scholars of the last several decades, Walter served on the faculties of Eden Theological Seminary and Columbia Theological Seminary for many years, and is the author of numerous books, notably, *Theology of the Old Testament*, *The Prophetic Imagination*, and *Message of the Psalms*.

A graduate of UCC-related Elmhurst College and Eden Theological Seminary, Walter earned his Th.D at Union Theological Seminary in 1961. His father was a German Evangelical pastor who served in Tilden, Nebraska for many years. Walter speaks from experience when he notes that "There are many poorly paid pastors in the UCC not unlike my father was. When they retire, often with a spouse, they are left in some considerable need. When my dad died, my mother was left with the results of his low salaries. For that reason, I am a regular contributor to the Christmas Fund and deeply committed to it. The Christmas Fund is a great boon for such folk who have served the church long, well and faithfully."

Year after year, the Christmas Fund makes a difference in the lives of our United Church of Christ retired pastors and their surviving spouses, easing the anxiety of constant financial worries. "I commend the Christmas Fund," says Walter Brueggemann, "and hope that many others will sign on to support this concrete gesture of generosity and gratitude."



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THE CHRISTMAS FUND
for the Veterans of the Cross and the Emergency Fund

In 2018, gifts to the Christmas Fund enabled

- ✿ Small pension supplementation for 379 retired clergy and lay employees (\$1,453,050)
- ✿ Health Benefits supplementation for 174 retired clergy and lay employees (\$429, 903)
- ✿ Emergency grants for 49 individuals and families (\$60,526)
- ✿ Christmas "Thank You" gift checks to 401 retired clergy and lay employees (\$214,100)

**THE CHRISTMAS FUND
OFFERING WILL BE
COLLECTED ON
DECEMBER 22ND.**