



Lynnhurst Ledger

Lynnhurst United
Church of Christ

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

AROUND LYNNHURST

Sunday, November 17th

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

Monday, November 18th

PAL	2:30-5 PM
Dartball - Home (vs NSC Dartball)	7:00 PM

Tuesday, November 19th

Men's Bible Study	7:30 AM
Pastor's Office Hours	10 AM - 2 PM
Tai Chi Class	10:30 AM
PAL	2:30-5 PM
WISE Meeting	5:30 PM
South Louisville Opioid Task Force	6:30 PM

Wednesday, November 20th

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

Thursday, November 21st

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

Friday, November 22nd

PAL	2:30-5 PM
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Saturday, November 23rd

Friends Church	3:00 PM
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Sunday, November 24th Commitment Sunday

Worship Service	9:30 AM
Fellowship Time	10:30 AM
Sunday School	11:00 AM
Endowment Committee Meeting	11:00 PM
Stewardship Luncheon	12:00 PM
Friends Church	1:30 PM



COMMITMENT SUNDAY - NOVEMBER 24TH

Bring in your pledge cards and time & talent sheets.

Dear Church,

"Don't store up treasures here on earth, where moths eat them and rust destroys them, and where thieves break in and steal. Store your treasures in heaven, where moths and rust cannot destroy, and thieves do not break in and steal. Wherever your treasure is, there the desires of your heart will also be" (Matthew 6:19-21).

Churches teach that there are certain practices that we can do regularly to maintain our spiritual health. Praying before a meal and attending church services are common spiritual practices. Stewardship is also a spiritual practice. Mark Powell writes in *Giving to God: the Bible's good news about living a generous life*: Jesus said where you put your treasure – that's where your heart will end up. The point isn't that how you spend your money reveals what sort of person we are, but that how you spend your money determines what sort of person you will become.

Powell continues, treasure is not just money. Our treasure is whatever we value – our money, our time, our possessions, our skills and talents, our families, our physical bodies. Whatever we value - that is our treasure. Jesus says that what we do with our treasure affects our hearts – it determines who we are inside. It determines what sort of people we become.

There is a connection between spiritual health and faithful stewardship. As you fill out your pledge cards and Time and Talents sheet this year, I invite you to think about how you will be part of sharing and caring for the future of Lynnhurst United Church of Christ. Is your giving a spiritual practice that draws you closer to God and helps you grow as a disciple of Jesus? What current and new ministries will your treasure help us accomplish for God?

Blessings on the journey,

Pastor Monica

Pray for Our Church Family this Stewardship Season

Stop whatever you are doing on **Wednesday mornings at 9:30 am** and pray for our congregation for **5 minutes**.



Scripture Readers

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

NOVEMBER

- 03 Kirby O'Bannon
10 Joyce Whalin
17 Terry Conway
24 Sharon Crosby

Fellowship Time Hosts/Hostesses

Sign Up Sheet On the
Bulletin Board by Church
Office

NOVEMBER

- 03
10 Crosby
17 Warren
24 Stewardship
Brunch

DECEMBER

- 01 Tiitsman
08 Compton
15
22
29

PAL REQUESTS

- FRESH FRUITS & VEGGIES - Bring in on Sunday for the coming week
- TARC TICKETS - Tickets or Monetary Donations. The tickets are \$0.80 each.
- GIFT CARDS - Collecting \$10 gift cards to be given out as door prizes on Fridays.

Join us for

Commitment Sunday Brunch

Sunday, November 24th
Following Sunday School
In the Fellowship Hall

This is a time to both celebrate our dedication to the Lord through his church, and to thank God for the blessings that make our generosity possible. Please join us for this time of fellowship.



Christmas for Brooklawn/ Centerstone

We have the names and ages of three boys from Brooklawn / Centerstone for Christmas this year. On Sunday November 10th, there will be posters with stars attached (similar to in years past) with what the boys have requested on their wish lists. Presents need to be returned to church by Sunday December 1st in order that we can get the gifts back to Brooklawn / Centerstone by the deadline of Friday December 6th. As in years past, the presents ARE NOT TO BE WRAPPED. Tags should still be on the clothes, in case that the clothes need to be exchanged for a different size.

Thank you for your help



"TO ENCOURAGE OUR CONGREGATION TO SIT IN THE FRONT PEWS, I'VE INSTALLED CELL PHONE CHARGING STATIONS IN THE FIRST THREE ROWS."

CHURCH WOMEN UNITED

*Holiday Celebration ~
Saturday, December 7*

Registration - 10 AM

Worship - 10:30 AM

Burnett Ave Baptist Church 6800
Hurstbourne Ln 40291

SAVE THE DATE!

WISE TEAM MEETING

Tuesday, November 19th @ 5:30 PM

ENDOWMENT COMMITTEE MEETING

Sunday, November 24th @ 11:00 AM

STEWARDSHIP SUNDAY AND LUNCHEON

Sunday, November 24th
Luncheon @ Noon

STEWARDSHIP COMMITTEE MEETING

Thursday, December 5th @ 6:30 PM

PAL COMMITTEE MEETING

Tuesday, December 10th @ 1:00 PM

CONSISTORY MEETING

Tuesday, December 10th
@ 1:00 PM

CONGREGATIONAL MEETING

Sunday December 15th

BIRTHDAYS AND ANNIVERSARIES

November 15 -
December 01

Birthdays

11/15 Carol McBride

11/16 LaVerne Anderson

11/18 Susan Wilding

11/18 Denise Maier

11/18 Maureen O'Bannon

11/20 Eva Warren

11/20 Rick Matheny

11/22 Steven Matheny

Anniversaries

Depression

The depression monster floats around endlessly, always covering his eyes to hide itself from the outside world. Because of this it always bumps into people or other monsters causing more distress to itself each time.

It's only relief is to wrap its fluid tail around a victim and share its depression with them. The victim is unaware of the monster but will register a heaviness and will develop a state of deep depression. Meanwhile the monster absorbs any positive emotion from its host until it has had its fill and moves onto another host.



Depression (noun)

- 1 Feelings of severe despondency and dejection.
- 2 The action of lowering something or pressing something down

Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. Also called major depressive disorder or clinical depression, it affects how you feel, think and behave and can lead to a variety of emotional and physical problems. You may have trouble doing normal day-to-day activities, and sometimes you may feel as if life isn't worth living.

More than just a bout of the blues, depression isn't a weakness and you can't simply "snap out" of it. Depression may require long-term treatment. Most people with depression feel better with medication, psychotherapy or both.

Symptoms

Although depression may occur only once during your life, people typically have multiple episodes. During these episodes, symptoms occur most of the day, nearly every day and may include:

- Feelings of sadness, tearfulness, emptiness or hopelessness
- Angry outbursts, irritability or frustration, even over small matters
- Loss of interest or pleasure in most or all normal activities, such as sex, hobbies or sports
- Sleep disturbances, including insomnia or sleeping too much
- Tiredness and lack of energy, so even small tasks take extra effort
- Reduced appetite and weight loss or increased cravings for food and weight gain
- Anxiety, agitation or restlessness
- Slowed thinking, speaking or body movements
- Feelings of worthlessness or guilt, fixating on past failures or self-blame
- Trouble thinking, concentrating, making decisions and remembering things
- Frequent or recurrent thoughts of death, suicidal thoughts, suicide attempts or suicide
- Unexplained physical problems, such as back pain or headaches

For many people with depression, symptoms usually are severe enough to cause noticeable problems in day-to-day activities, such as work, school, social activities or relationships with others. Some people may feel generally miserable or unhappy without really knowing why.

Depression Statistics

Adults

- An estimated 17.3 million adults in the United States had at least one major depressive episode. This number represented 7.1% of all U.S. adults.
- The prevalence of major depressive episode was higher among adult females (8.7%) compared to males (5.3%).
- The prevalence of adults with a major depressive episode was highest among individuals aged 18-25 (13.1%).
- The prevalence of major depressive episode was highest among adults reporting two or more races (11.3%).
- Of adults with major depressive episode, 63.8% had severe impairment.

Teens and Adolescents

- An estimated 3.2 million adolescents aged 12 to 17 in the United States had at least one major depressive episode. This number represented 13.3% of the U.S. population aged 12 to 17.
- The prevalence of major depressive episode was higher among adolescent females (20.0%) compared to males (6.8%).
- The prevalence of major depressive episode was highest among adolescents reporting two or more races (16.9%). Source: NAMI.org

Depression Myths

“Depression isn’t a real illness”

Many people mistakenly believe that depression is mere sadness or even a weakness of character. But in fact, depression is a complex mental health disorder. It has social, psychological, and biological origins, and it can be treated in a variety of ways.

If you think you may be experiencing depression, don't write it off as normal. Instead, talk to your doctor. They can help you get the support you need to manage your condition.

“Antidepressants always cure depression”

Depression is treatable. Among other interventions, your doctor may prescribe antidepressant medications. These drugs alter your brain chemistry. They can help address deep-rooted biological issues that may be contributing to your condition.

But for many people, antidepressants alone aren't enough. Your doctor may also recommend psychotherapy or talk therapy. Combining medications with talk therapy is a common treatment strategy.

“You can simply ‘snap out of it’”

No one chooses to be depressed. Some people mistakenly believe that it happens when you allow yourself to wallow in your grief or sadness. They may think it can be cured with positive thoughts or a change in attitude.

In reality, depression isn't a sign of self-pity, weakness, or laziness. It's a medical condition in which your brain chemistry, function, and structure are negatively affected by environmental or biological factors. If you suspect you're experiencing it, make an appointment with your doctor.

“It happens because of a sad situation”

Everyone experiences sad thoughts or unhappiness sometimes. For example, you may feel upset following the death of a loved one or the end of a relationship. Events like these can raise your risk of depression. But depression isn't always caused by a negative incident.

Depression can cause unexplained periods of hopelessness, sadness, and lethargy. You may also experience suicidal tendencies. These episodes can last for prolonged periods. They may arise suddenly and inexplicably, even when things in your life seems to be going well.

“If your parents have depression, so will you”

If you have a history of depression in your family, you're more likely to develop it yourself, warns the Mayo Clinic. But experts aren't sure how significant genetics are in determining your risk of depression. Just because your parents or other family members have experienced it doesn't mean that you will too.

It's wise to be aware of your family history. But try not to worry too much about risk factors you can't control. Instead, focus on factors that you can manage. For example, avoid abusing alcohol or drugs to help lower your risk of depression.

“Antidepressants will change your personality”

Antidepressants change your brain chemistry. This might seem scary. You might worry that you'll feel like an entirely different person when you're taking them.

It's helpful to recognize that antidepressants are designed to change only certain chemicals in your brain. They may help relieve your symptoms of depression without

changing your underlying personality. After taking them, many people with depression begin to feel like themselves again. If you don't like how you feel while taking antidepressants, talk to your doctor about your treatment options.

“Depression only affects women”

Due to social pressures, many men aren't comfortable discussing their feelings or asking for help. As a result, some people mistakenly believe that depression is a disease that only affects women.

That's simply untrue. Women more commonly report symptoms of depression, but it can affect men as well. In fact, it can have serious consequences for men. They're more likely to commit suicide than women. That's why it's so important to get help.

“You'll have to be on antidepressants forever”

Antidepressants provide a long-term treatment option for many people with depression. But the length of time that you're advised to take them can vary based on the severity of your condition and your prescribed treatment plan.

You may not need to take antidepressants for the rest of your life. In many cases, your doctor may prescribe psychotherapy along with medication. This therapy can help you learn new ways of coping with life challenges and may lessen your need for medication over time. In other cases, taking antidepressants for longer periods may be the best choice for you.

“Talking about it only makes things worse”

It's a common misconception that discussing depression merely reinforces destructive feelings and keeps you focused on negative experiences in life. But for many people, being alone with your thoughts is much more harmful than hashing them out.

It may help to talk to a supportive, reliable, and nonjudgmental listener about your feelings. Your loved ones may be willing to provide a sympathetic ear. But in many cases, a certified therapist is better equipped to provide the support you need.

Depression is a serious illness that's shrouded in many misconceptions. Some of these myths contribute to the stigma around depression, as well antidepressants and therapy. But recognizing when you (or someone you know) have depression and getting help is important.

[Source: healthline.com](https://www.healthline.com)

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