



# Lynnhurst Ledger

Lynnhurst United  
Church of Christ

Volume 2019, Issue 43  
November 10, 2019

*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 10th

Worship Service 9:30 AM

\*Communion Sunday

Fellowship Time 10:30 AM

Sunday School 11:00 AM

Friends Church 1:30 PM

### Monday, November 11th

PAL 2:30-5 PM

Dartball - Away 7:00 PM  
(vs Chapel Hill UCC)

### Tuesday, November 12th

Men's Bible Study 7:30 AM

Pastor's Office Hours 10 AM - 2PM

Tai Chi Class 10:30 AM

PAL 2:30-5 PM

Consistory Meeting 6:30 PM

### Wednesday, November 13th

PAL 2:30-5 PM

Bell Choir Practice 6:00 PM

Chancel Choir Practice 7:00 PM

### Thursday, November 14th

PAL 2:30-5 PM

Boy Scout Meeting 7:00 PM

### Friday, November 15th

PAL 2:30-5 PM

### Saturday, November 16th

Friends Church 3:00 PM

Rental - Reed 6:00 PM

### 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

Dear Friends,

Veterans Day is a day to honor our military veterans for their service to this country. It is a day to honor our heroes for the sacrifices they make for our nation. The origin of Veterans Day can be traced back to World War I. The Armistice with Germany, which formally ended the war, went into effect at the 11th hour of the 11th day of the 11th month of 1918. It takes tremendous courage for a soldier to risk it all to protect his/her country. Today we offer thanks to these extraordinary women and men, and we offer this prayer:

*Holy God, may every man and woman who have served and are serving in the armed forces - Army, Navy, Air Force, Marines and Coast Guard, feel the deep and enduring gratitude of our nation and its people. You know that it can be difficult for a person who has returned from battle or stressful military service to reintegrate into 'normal' everyday life. You know that veterans can feel isolated and alone even in the midst of their friends and families because there are few around who understand their experience. So, we ask you to place in the path of our veterans those who do understand (or strive to), that they may feel less alone. Remind them that you see, you know and you bless them.*

*You know how deep a warrior's wounds go. You know the loss that many of our veterans feel in body and soul. You know the memories that haunt them and the scars that many of them continue to carry. Please bring healing to those veterans who still hurt. Please grant patience and wisdom to those around them who cannot understand but can sometimes help the healing process. We ask you to especially be with the many homeless veterans and encourage all of us to address this deep concern. Please bless these brave women and men. Amen.*

On Sunday morning we will ask our veterans to stand so that we may honor and bless them.

Blessings on the journey,

*Pastor Monica*

**Commitment Sunday is November 24th.** Please bring in your pledge cards and time & talent sheets for the worship service. Then join us for our annual Commitment Sunday luncheon after Sunday School in the Fellowship Hall.

## Pray for Our Church Family this Stewardship Season

This Stewardship season, we invite you to stop whatever you are doing on **Wednesday mornings at 9:30 am** and pray for our congregation for **5 minutes**. If Wednesday at 9:30 am does not work for you, pick another consistent day and time and pray.

Pray for the people of Lynnhurst, pray for the people who could be part of our congregation, pray for the ministry we do together, pray for our Confirmands and Sunday School children, pray for our leaders, pray for the community around us, pray for the people of the Friends church, pray for the youth participating in our PAL Youth Center, pray that we may discern God's call to us now and in the future. Let's see what God can do with all our prayers!

## 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

## Thanksgiving Dinner - Head Count Needed This Sunday!

Don't have any plans for Thanksgiving? Well, you do now! Join your Lynnhurst Family for dinner on Thanksgiving Day (November 28th) at 1:30 PM.

We need a head count of people who would like to join us. Please RSVP by no later than November 10th so we can figure out how big of a space we need and we can plan food. Please let Nancy Shannon or Pastor Monica know if you will be joining us or contact the Church Office.



## 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  
Anne Meyer  
Christian Education and Nurture Committee

## CHURCH WOMEN UNITED

We Invite you to Join us for

*Holiday Celebration*

*Saturday, December 7*

Registration - 10 AM Worship - 10:30 AM  
Burnett Ave Baptist Church 6800 Hurstbourne Ln 40291

## PAL REQUESTS

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

<i>Foot Locker</i>	<i>Wal-Mart</i>	<i>Game Stop</i>	<i>Subway</i>
<i>Kroger</i>	<i>Target</i>	<i>Amazon</i>	<i>iTunes</i>
<i>Dairy Queen</i>	<i>Starbucks</i>	<i>Lyft/Uber</i>	<i>Walgreens</i>
<i>Thornton's</i>	<i>GooglePlay</i>	<i>Dominos Pizza</i>	

## SAVE THE DATE!

### CONSISTORY MEETING

Tuesday, November 12th  
@ 1:00 PM

### WISE TEAM MEETING

Tuesday, November 19th @ 5:30 PM

### DRUG TASK FORCE

Tuesday, November 19th @ 6:30 PM

### STEWARDSHIP SUNDAY AND

### LUNCHEON

Sunday, November 24th  
Luncheon @ Noon

### STEWARDSHIP COMMITTEE

### MEETING

Monday, December 9th @ 6:30PM

### PAL COMMITTEE MEETING

Tuesday, December 10th @ 1:00 PM

### CONGREGATIONAL MEETING

Sunday December 15th

## BIRTHDAYS AND ANNIVERSARIES

November 08 - 24

### Birthdays

- 11/12 *Myra Smith*  
11/13 *Shara Jarett*  
11/15 *Carol McBride*  
11/16 *LaVerne Anderson*  
11/18 *Susan Wilding*  
11/18 *Denise Maier*  
11/18 *Maureen O'Bannon*

### Anniversaries

- 11/13 *Ashley & Joshua  
Turner  
(15 Years)*



## Post Traumatic Stress Disorder

*The post traumatic stress monsters were once part of a race of benevolent guardians whom became corrupted by a painful and unknown malady. Left a twisted shell of their former selves, the monsters began to grace the intense rush of fear and trauma to dull their own pain much like a drug,*

*The monsters can be found stalking battlefields or lurking near traumatic events and natural disasters, feeding off the collective trauma and fear. They will then seek out individuals involved and stalk them, becoming a constant reminder of that pain. Victims are forced to relive the terrifying moment over and over again while the monster feeds on the destructive energy. The PTSD monster is part of the same family as the anxiety monster.*



Post-traumatic stress disorder (PTSD) is a mental health condition that's triggered by a terrifying event — either experiencing it or witnessing it. Symptoms may include flashbacks, nightmares and severe anxiety, as well as uncontrollable thoughts about the event.

Most people who go through traumatic events may have temporary difficulty adjusting and coping, but with time and good self-care, they usually get better. If the symptoms get worse, last for months or even years, and interfere with your day-to-day functioning, they may have PTSD.

Getting effective treatment after PTSD symptoms develop can be critical to reduce symptoms and improve function.

### SYMPTOMS

Post-traumatic stress disorder symptoms may start within one month of a traumatic event, but sometimes symptoms may not appear until years after the event. These symptoms cause significant problems in social or work situations and in relationships. They can also interfere with one's ability to go about normal daily tasks.

PTSD symptoms are generally grouped into four types: intrusive memories, avoidance, negative changes in thinking and mood, and changes in physical and emotional reactions. Symptoms can vary over time or vary from person to person.

For children 6 years old and younger, signs and symptoms may also include:

- Re-enacting the traumatic event or aspects of the traumatic event through play
- Frightening dreams that may or may not include aspects of the traumatic event

### INTENSITY OF SYMPTOMS

PTSD symptoms can vary in intensity over time. One may have more PTSD symptoms when stressed in general, or when they come across reminders of what they went through. For example, a person may hear a car backfire and relive combat experiences. Or they may see a report on the news about a sexual assault and feel overcome by memories of their own assault. ([Source: Mayo Clinic](#))

### PTSD AND THE MILITARY

General William Tecumseh Sherman, during the Civil War, famously noted “War is hell.” It’s hell for civilians

caught in the cross-fire and can be hell for the political powers that petition for it. But most especially war can become an exceptionally cruel and lasting hell for the soldiers tasked with waging it.

Once called shell-shock, then Vietnam Veteran’s Disorder, a condition now referred to as post-traumatic stress disorder is common among military personnel who have served, and it, too, is considered a hellish condition by many people who have it.

The number of Veterans with PTSD varies by service era:

- **Operations Iraqi Freedom (OIF) and Enduring Freedom (OEF):** About 11-20 out of every 100 Veterans (or between 11-20%) who served in OIF or OEF have PTSD in a given year.
- **Gulf War (Desert Storm):** About 12 out of every 100 Gulf War Veterans (or 12%) have PTSD in a given year.
- **Vietnam War:** About 15 out of every 100 Vietnam Veterans (or 15%) were currently diagnosed with PTSD at the time of the most recent study in the late 1980s, the National Vietnam Veterans Readjustment Study (NVVRS). It is estimated that about 30 out of every 100 (or 30%) of Vietnam Veterans have had PTSD in their lifetime.

Other factors in a combat situation can add more stress to an already stressful situation. This may contribute to PTSD and other mental health problems. These factors include what you do in the war, the politics around the war, where the war is fought, and the type of enemy you face.

Another cause of PTSD in the military can be military sexual trauma (MST). This is any sexual harassment or sexual assault that occurs while you are in the military. MST can happen to both men and women and can occur during peacetime, training, or war.

Among Veterans who use VA health care, about:

- 23 out of 100 women (or 23%) reported sexual assault when in the military.
- 55 out of 100 women (or 55%) and 38 out of 100 men (or 38%) have experienced sexual harassment when in the military. ([Source: US Dept. of Veterans Affairs](#))

### WHEN TO SEE A DOCTOR

If a person has disturbing thoughts and feelings about a traumatic event for more than a month, if they're severe, or

(Continued on page 4)

if someone is having trouble getting their life back under control, talk to a doctor or a mental health professional. Getting treatment as soon as possible can help prevent PTSD symptoms from getting worse. (Source: [Mayo Clinic](#))

### RECOMMENDED TREATMENTS

#### Trauma-focused Psychotherapies

Trauma-focused psychotherapies are the most highly recommended type of treatment for PTSD. "Trauma-focused" means that the treatment focuses on the memory of the traumatic event or its meaning. These treatments use different techniques to help them process their traumatic experience. Some involve visualizing, talking, or thinking about the traumatic memory. Others focus on changing unhelpful beliefs about the trauma. They usually last about 8-16 sessions.

#### Antidepressants (SSRIs and SNRIs)

• Medications that have been shown to be helpful in treating PTSD symptoms are some of the same medications also used for symptoms of depression and anxiety. These are antidepressant medications called SSRIs and SNRIs. They affect the level of naturally occurring chemicals in the brain called serotonin and/or norepinephrine. These chemicals play a role in brain cell communication and affect how a person feels. (Source: [US Dept. of Veterans Affairs](#))

#### Other Treatments

A recent study at Purdue University's Center for Human-Animal Bond are looking at how service dogs help veterans with post-traumatic stress disorder, or PTSD.

The latest findings have indicated that veterans may benefit physiologically from having a service dog — the first published research to use a physiological biomarker to show the effects of service dogs. Kerri Rodriguez, a human-animal interaction graduate student, is continuing this research through working with a team to conduct a large clinical trial to study veterans with and without service dogs over an extended period of time. "So far, we have promising data to suggest that PTSD service dogs are making a meaningful difference in military veterans' lives. Our preliminary study found veterans with PTSD who had a service dog not only had less PTSD symptoms than veterans without a service dog, but also reported less depression, less anxiety and less anger. We also found that having a PTSD service dog was associated with higher life satisfaction, a greater ability to participate in social activities, and less social isolation."

Post Traumatic Stress Disorder can affect anyone who has been through or witnessed a traumatic event, not just veterans. When caught, and preferably caught early, PTSD is a treatable condition. There are many resources out there for people suffering from PTSD. To learn more about PTSD, check out the National Center for PTSD website at <https://www.ptsd.va.gov/>.

**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



**PARKLAND NEIGHBORHOOD COMMUNITY CLEANUP**

**SATURDAY NOVEMBER 9, 2019 9AM-1PM**

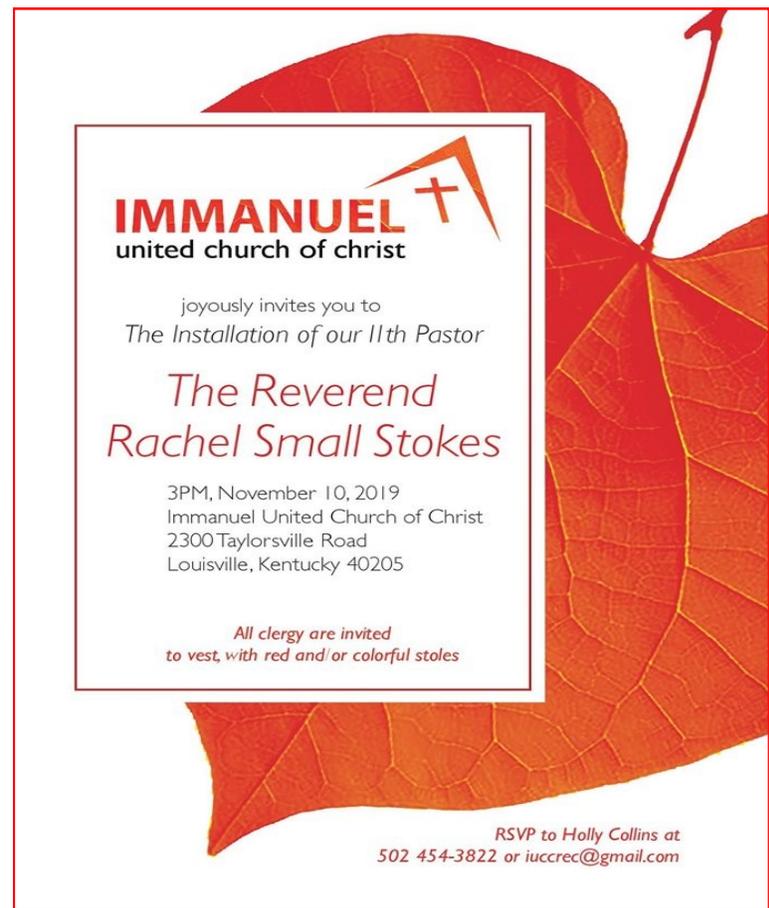
Come spend the morning beautifying the Parkland Neighborhood with us!

Hosted by Elim Baptist Church, Councilwoman Jessica Green, Reimage and the Office for Safe and Healthy Neighborhoods.

Elim Baptist Church  
3114 Greenwood Ave.  
Louisville, KY 40211

For more information, contact: [lavel.white@louisvilleky.gov](mailto:lavel.white@louisvilleky.gov)

Logos: Elim, Louisville, Reimage, LOVE



**IMMANUEL**   
united church of christ

joyously invites you to  
*The Installation of our 11th Pastor*

*The Reverend Rachel Small Stokes*

3PM, November 10, 2019  
Immanuel United Church of Christ  
2300 Taylorsville Road  
Louisville, Kentucky 40205

*All clergy are invited to vest, with red and/or colorful stoles*

RSVP to Holly Collins at 502 454-3822 or [iuccrec@gmail.com](mailto:iuccrec@gmail.com)