



# Lynnhurst Ledger

Lynnhurst United  
Church of Christ

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October 27, 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, October 27th

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

### Monday, October 28th

PAL	2:30-5 PM
Dartball - Away (vs. Ormsby eights)	7:00 PM

### Tuesday, October 29th

Men's Bible Study	7:30 AM
Pastor's Office Hours	10 AM - 2 PM
Tai Chi Class	10:30 AM
PAL Committee	1:00 PM
PAL	2:30-5 PM

### Wednesday, October 30th

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

### Thursday, October 31st

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

### Friday, November 1st

PAL	2:30-5 PM
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### Saturday, November 2nd

Friends Church	3:00 PM
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### Sunday, November 3rd All Saints Sunday Daylight Savings ENDS

Worship Service	9:30 AM
<i>*Totenfest</i>	
Fellowship Time	10:30 AM
Sunday School	11:00 AM
Friends Church	1:30 PM

Sisters and Brothers in Christ,

Today we begin our six-week Stewardship season. We are called as individuals and as a faith community into God's mission. We participate by giving the gifts God has entrusted to us back to God and Christ's church. These gifts include our time, our talents and skills, our financial resources and our prayers. Christian stewardship includes all aspects of our lives. It is about our personal, work, and family life. It is about the good management of donations, including those made to our church. It is about our congregational and denominational life, which flows from our individual and collective desire to be part of God's mission for the world.

*Stewardship is ...*

- ◆ How we spend our time
- ◆ How we care for our body and make healthy choices
- ◆ Our priorities around money
- ◆ How we choose to employ our talents and gifts
- ◆ How we manage our relationships
- ◆ How we care for the environment
- ◆ How we practice our faith
- ◆ (<http://www.stewardshiptoolkit.ca/what-is-stewardship>)

Being a Christian Steward is a ministry and formation process that includes support, leadership, and spiritual practices. Being a Christian Steward means you support the ministry of the church through your talents and skills such as hospitality, teaching, music, money management, ect. Being a Christian Steward means you engage in leadership such as serving on Consistory, participation in leading worship, serving on a committee or team, teaching, planning an event, ect. Being a Christian Steward also means you engage in a spiritual practice such as prayer, discernment, hospitality, offering an extravagant welcome, ect.

A spiritual practice is an intentional activity that establishes, develops and nourishes a relationship with God in Jesus Christ. The Consistory and I are inviting you into the spiritual practice of prayer this Stewardship season. We invite you to stop whatever you are doing on **Wednesday mornings at 9:30 pm** 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 for Lynnhurst church for 5 minutes. Write the day and time on your calendar, set the alarm on your phone, have a friend call and remind you to pray, whatever works for you.

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!

Blessings on the journey,

*Pastor Monica*

## 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  
17 Warren  
24 Stewardship  
Brunch

### DECEMBER

- 01  
08  
15  
22  
29

### SAVE THE DATE!

#### CHURCH WOMEN UNITED

*World Community Day*  
*Saturday, November 2*

Registration - 10 AM  
Worship - 10:30 AM  
Central Presbyterian Church  
318 W Kentucky St 40203

#### *Holiday Celebration*

*Saturday, December 7*

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

## ART FOELL SCHOLARSHIP

### APPLICATIONS DUE OCTOBER 31st - TIME IS RUNNING OUT!

Applications for the Art Foell Scholarship are now available in the church office or on the bulletin board. There will also be a copy attached to the email News & Notes.

To be eligible you must be a member of Lynnhurst Church or the child of a Lynnhurst member and have a current GPA of 2.5 or above. All applications must be returned to the church office by October 31 with a current transcript. If you have any questions, please contact the church office.

## Ladies Restroom Renovation Begins (Hopefully) in December!

On Sunday, October 13th, the Congregation unanimously voted to move forward with a project to renovate the ladies restroom.

The project will be headed by Rick Matheny and will hopefully be completed during the 1st & 2nd weeks of December.

There will also be some painting and new flooring in the outer hallway and the PAL area upstairs.

## Thanksgiving Dinner

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.

## Totenfest will be next Sunday, November 3rd



## BIRTHDAYS AND ANNIVERSARIES

October 25 -  
November 17

### Birthdays

- 10/25 GayAnn Day  
10/26 Regina Weedman  
10/27 Darlene Brinke  
11/12 Myra Smith  
11/13 Shara Jarett  
11/15 Carol McBride  
11/16 LaVerne Anderson

### Anniversaries

- 10/26 Chris & Darlene  
Brinke (56 Years)  
Ashley & Joshua  
11/13 Turner  
(15 Years)

*thank you*

*Friends,*

*Thank you so much for the  
cards, calls, thoughts and  
prayers. We miss all of you  
very much!*

*Thanks Again,*

*Darlene and Chris Brinke*

## UPCOMING COMMITTEE MEETINGS

### PAL COMMITTEE

Tuesday, October 29th @ 1:00 PM  
in the Parlor



## A Letter to the Church About Mental Illness

written by Megan Snell

Dear Church,

Here are some ways you can open your doors wider and welcome people with mental illness. Some aren't super hard. Some are. (But, I'm here to cheer you on). Give them a try? Tell me about it?

1. Preach about it: Include people with mental illness in sermon illustrations and stories. And, (please!) not exclusively as people needing saving by neurotypical saviors.
2. Be intentional about language: Avoid saying "crazy" or "insane". Learn the word "neurodiversity". Avoid saying "committed suicide" (try "died by suicide" instead).
3. Support groups: Form groups for people with mental illness and for families of those with mental illness. Put a poster on the bulletin board so visitors and longtime attendees know this is an option.
4. Referrals and pastoral care: Have a great list of counselors and services to refer out to. But, don't use significant mental illness as an excuse not to provide pastoral care. Spiritual seeking, longing and questioning is perhaps at it's strongest in times of mental and emotional distress.
5. Welcome psychiatric service dogs (and all service dogs): These dogs do the valuable work of accompanying people with mental illness in daily life. Educate the congregation that these are not pets and ADA mandates their access. Place a sign by the door to make clear these four-legged helpers are welcome.
6. Replace fear with love: Mental illness brings with it some stories, thoughts, and behaviors that can be scary for those experiencing them and those around them. Replace your fear with conversation with people with mental illness and with education about the facts. For example: talking about suicide does not make someone more likely to follow through with suicide.
7. Stock the church library: Place books on the shelves that support those with mental illness and faith.
8. Prayer and liturgy: Pray out loud for people's mental and emotional well-being. Get used to the words "depression" and "anxiety" being spoken into the microphone. Try explicitly welcoming people with mental illness or who may be feeling depressed in the liturgy.
9. Programs and education: Make your congregation a place where people learn more about the mind and mental health.
10. Signage: Get creative, or be plain but clear. Make sure people with mental illness know they are welcome. I promise, we are searching for signs, physical ones are a good starting place.
11. Tell your story: From pastors in the pulpit to lay folks in coffee hour, the more we're open with our own stories, the safer we make the space for others to be open with theirs.

Break the silence and be a voice for change and stigma-breaking in your church. Let church be a place to be your whole self and experience the love and grace of God and the community. Let church be a place to be fully present mind/ body/ and spirit.

Remember, this isn't insider/outsider, us/them stuff. Mental illness effects your Sunday School teacher, Deacon, Mission Trip team member, and that cautious visitor in the back pew.

With love and knowing we're called to do better,

*Rev. Megan*

*Rev. Megan Snell is an ordained minister in the United Church of Christ, currently serving in the Boston metro area. She also lives with chronic mental illness. Megan is a doctoral student at the Pacific School of Religion, studying the intersection of mental illness and the Christian community. She holds an MDiv from Andover Newton Theological School. Megan writes, teaches, and preaches regularly on the topics of mental health, mental illness, and faith. She also serves as Co-Moderator of the UCC's 2030 Clergy Network. Megan is a board game nerd and a hiking enthusiast. She and her wife share their home with three rescue dogs.*

# Think Before You Throw Away

By Terry Conway

As a volunteer for South Louisville Community Ministries, I recognize what need looks like. We help clients with food, assistance with rent and utilities, medications, and meals delivered to their homes. Our ability to help with all needs is impossible and that challenges us to refer them to other agencies for assistance with things like clothing, furniture, transportation and help with addiction.

One referral that I am happy to help with is called "Build-a-Bed." Volunteers turn donated raw materials into parts for single beds for children who sleep on the floor. Jefferson County Board of Education provides work and storage space for the beds until a need is identified and arrangements are made to deliver and set them up. This is a lot like our participation in the annual Association wide effort with the "Love the Hungry" event where meals are assembled for delivery overseas to areas where famine is most prevalent.

On a day that I was delivering a bed to a family where the house was almost bare of furniture, the family of one of my neighbors who was no longer able to live by themselves, cleaned out the house by paying a company to trash everything. Dump truck after dump truck was filled with furniture, dishes, appliances and wall hangings. The sounds of crashing furniture and breaking glass was deafening as I tried to rationalize why the overflowing county dump had a greater need of household goods than people who have nothing to call their own. So many people, mostly single parents, try hard to return from divorces, fires not covered by insurance and addictions among other things. They need a hand up, not a hand out.

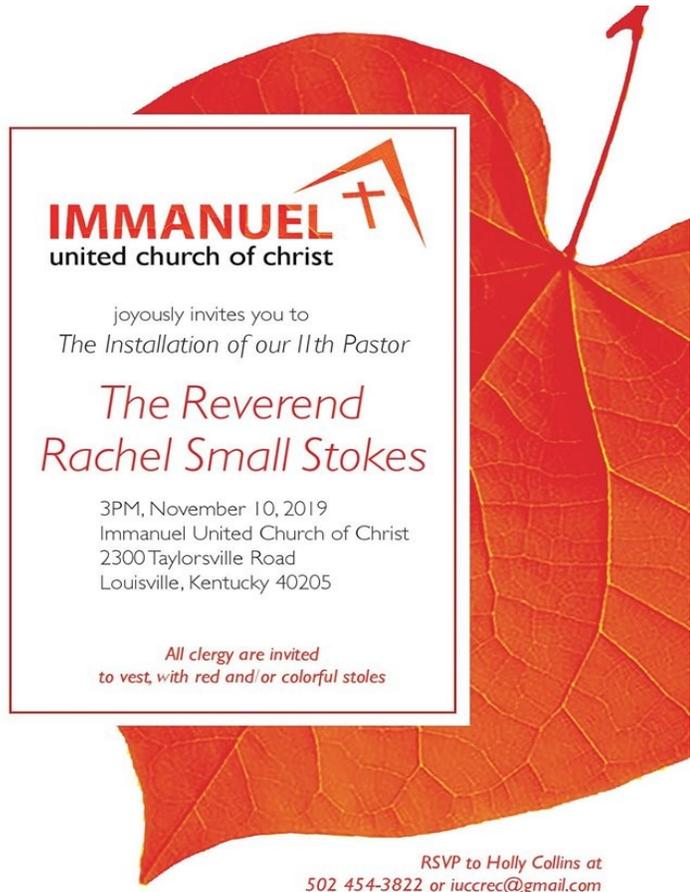
I try not to dwell on the pain that I felt that day. Instead, I intensified my efforts to seek ways to get things that people don't want, to people who need them. "Waste not, want not"...oh how true it is. When I get rid of something, I evaluate the usability by someone else and then seek an agency that can get it to them. This is far simpler than you think. Please consider taking items you no longer want to

places like Habitat Restore, Salvation Army, Wayside Christian Mission, St Vincent DePaul or Kentucky Refugee Ministries. Many of these places will pick up if needed. A lot of what is not usable can be recycled which allows for its reuse in a different form.

I challenge you to think of the needs of others before you think of turning your stuff into trash.

## Donate Your Unwanted Décor and More to SLCM!

SLCM is currently looking for décor, bookshelves, plants, and more for their new bookstore, The Rosewater. If you'd like to donate something, contact SLCM to find out where to take it. (Or talk to one of our many church members who volunteer there.) [www.therosewater.org](http://www.therosewater.org).



**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)

### Powerful Arriving Leaders



## 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>Google Play</i> | <i>Dominos Pizza</i> |                  |

## Bethany UCC Little Free Pantry

From Pastor Ann Houlette:

Friends and neighbors, our Little Free Pantry is being well used! That said, if you can help with a donation of non-perishable food (no glass bottles/jars, please), healthy snacks, hygiene items, toilet paper, or hats/gloves/socks, feel free to bring your donation and place it in the pantry. Our address: 10400 Old Preston Highway, Louisville. Thanks in advance!

