



Lynnhurst Ledger

Lynnhurst United
Church of Christ

Volume 2019, Issue 46
December 01, 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, December 1st
1st Sunday of Advent
World AIDS Day

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

Pastor Monica Out of Office
December 2-7

Monday, December 2nd

PAL	2:30-5 PM
Dartball - Away (vs Kenwood Heights)	7:00 PM

Tuesday, December 3rd

Men's Bible Study	7:30 AM
Tai Chi Class	10:30 AM
PAL	2:30-5 PM
Al-Anon Board Mtng	6:30 PM

Wednesday, December 4th

PAL	2:30-5 PM
Stewardship Committee Mtng	6:30 PM
Boy Scout Meeting	7:00 PM

Friday, December 6th

PAL	2:30-5 PM
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Saturday, December 7th

**Wedding Rental -
Frantz 12:00 PM**

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

"Look, I am sending my messenger ahead of you, and he will prepare your way. He is a voice shouting in the wilderness, 'Prepare the way for the LORD's coming! Clear the road for him!'" (Mark 1:2-3)

Dear Friends in Christ,

Do you remember a time when you were so excited that you could hardly wait for something to happen? Was it hard to sleep at night because you were so excited? Did you ever wait for someone special to come see you, and you stood or sat at a window to watch for them to pull into the driveway? You weren't exactly sure when they would come, but you wanted to be ready?

Advent is about waiting and being ready. We are waiting for Jesus Christ to come again. We are waiting for Jesus to come again as a baby born and laid in a manger. We are also waiting for the second coming of Christ to establish God's kin-dom on earth. We have waited for during many Advents and Christmases. Yet the waiting this year is no less significant. The waiting gives us time to get ready. Scripture tells us we must be always be alert, awake and ready. As we wait, we can notice God at work in our lives and in our congregation. As God's people we wait in hope. I invite us this Advent season to watch for the many ways Jesus Christ enters our lives.

Prayer:

Holy and Gracious God, help us as we wait patiently for the coming once again of the baby Jesus into our hearts. Please keep us awake and alert as we wait for the second coming of your beloved son, Jesus Christ. Even more, help us share the good news this Advent season. Amen.

Blessing on your Advent journey,

Pastor Monica

Here are ways you can embody HOPE during the first week of the Season of Advent:

- *Monday: REDUCE | Make a plan to bike, walk or take public transportation to work once a month or more to reduce your carbon footprint. Stick with the plan. #LoveofCreation
- *Tuesday: RECORD | Using a smartphone or computer, record a Christmas carol for a loved one who lives far away and send it to them. #LoveofNeighbor
- *Wednesday: PICTURE | Have children at church draw pictures for residents of a local nursing home. #LoveofChildren
- *Thursday: RESTORE | Spend time outdoors connecting with God's creation to seek harmony and see hope in the beauty of the natural world. #LoveofCreation
- *Friday: CARE | Prepare and share a covered dish with an elderly neighbor or friend from church who lives alone. #LoveofNeighbor
- *Saturday: SABBATH | Unplug from the digital world and take a time of rest and recreation with the children in your life. #LoveofChildren

SAVE THE DATE!

**STEWARDSHIP
COMMITTEE MEETING**
Thursday, December 5th
@ 6:30 PM

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

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

**CONGREGATIONAL
MEETING**
Sunday December 15th



Joyous Singers

Directed by Anita Mowery Since 2000

Presents

A Christmas Choral

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.

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.

Christmas for Brooklawn/Centerstone

Presents need to be returned to church by 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.



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**

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.

Poinsettia Orders

The last day to place an order for poinsettias will be **DECEMBER 5th**. 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.

Fellowship Time Hosts/Hostesses

Sign Up Sheet On the Bulletin Board by Church Office

DECEMBER

- 01 **Compton**
- 08 **Tiitsman**
- 15
- 22
- 29

CHURCH WOMEN UNITED

Holiday Celebration ~ Saturday, December 7

Registration - 10 AM

Worship - 10:30 AM

Burnett Ave Baptist Church
6800 Hurstbourne Ln 40291



AN INTERFAITH SERVICE REMEMBERING VICTIMS OF GUN VIOLENCE

Tuesday, December 10th

St. Martin dePorres Catholic Church

3112 W. Broadway

Louisville, KY 40211

6:00 pm - 7:30 pm

Refreshments served at 5:30 pm



BIRTHDAYS AND ANNIVERSARIES

Nov 29- Dec 15

Birthdays

- 12/02 Mikayla Flournoy
- 12/02 Mariah Flournoy
- 12/02 Jeff Murrell
- 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

Anniversaries

- 12/14 Roger & Willa Hines (56 Years)



Surviving Hope

By Celina Ouellette Dix

Could you stare into the eyes of the person who purposefully broke your nose; tell them you love them, give them hugs and kisses, and tuck them into bed every night? I do. I

unconditionally love a child with mental illness. Actually, I love three children with an assortment of varied mental illnesses. Would you be able to sit and play a round of Magik cards with the boy who wrapped his hands around your throat and tried to choke the life out of you? I have. Loving and raising these children is my sole reason for getting up out of bed in the morning. I am there for them no matter what they need. It makes no difference to me how many bruises are covering my arms and legs from hours of restraining my daughter in a desperate attempt to keep her from hurting anyone else in our home. I still sit on the couch with her every afternoon and help her with her math homework.

Could you keep yourself from breaking down into a million pieces when your son informs you that he wants to smash a mirror and cut his wrists with the broken shards of glass? I can. I sat with him on the front porch for over an hour divulging my own experience with cutting. A story, mind you, I never thought I would be sharing with any of my children. I had to help him understand that self mutilation is not a path he wanted to go down.

Could you call the police to come and escort your oldest child out of your home because he is hearing voices inside of his head that are telling him to kill himself and others and has started to listen to them after months of what I could tell was sheer torture? I had to. We were even given a police escort to the emergency room. I sat in the ER for two days waiting for a psychiatric hospital to call with news that they had an open bed for my son. I wished for sleep that would never come due to the overwhelming stress of not being home with my other two children. All I wanted was comfort that never came.

You do what you have to in order to survive. To quote the lyrics from a song by one of my favorite bands, "How we survive is what makes us who we are." I could not tell you how we survive. I just know that we do. We live in poverty, so that I can be a stay at home mom. I am here for my children every morning before school and every afternoon after school. No family should have to live in fear of little girls throwing their dinner plates at her siblings and then proceeding to punch, kick, bite and assault them because they chose the wrong place to sit and eat at the dinner table. In fear of children who could snap at any moment for what seems like no reason whatsoever. No one should have to live like this, but we do, we are not living so much as surviving. But here we are.

I am not ashamed of my life, I am not ashamed of my children. Sad, overwhelmed, beyond stressed, heartbroken, but not ashamed. I live the alphabet of mental illness every single day. ADHD, ASD, ODD, PTSD, DMDD with psychosis because we cant just have regular DMDD we have to add in the psychosis for extra stress. Not to mention Bipolar with violent and aggressive tendencies and, anxiety. I live in fear. But I dream in hope. My favorite movie, A Knight's Tale, provides the truest words. "Hope guides me. It is what gets me through the day and especially the night." Hope of survival, of more than survival. Hope of a real life someday. Hope that one day I know I did the best I could for these children and that they will thrive.

Despite all of my efforts to organize the chaos I find myself constantly asking the same two questions. The first of which is, "What did I do wrong?" and the second is "What do I do?" The answers I receive are always the same. "You didn't do anything wrong." You are doing everything right. You are doing everything you are supposed to be doing." My reply to that? "Why do I even bother? What is the point of even trying if I never seem to make any progress?" Once again all I am left with is hope.

I am often questioned as to how I "do it." How do you take care of these kids day after day. I have no idea. I don't have the slightest clue as to what I am doing and I fear that I never will. The rules change so fast and so often that I am constantly ten steps behind. I just do it. No one else can or will do it for me. No one else is there to drive a half hour one way to take them to trauma counseling once a week. No one else to sit in the waiting room at the doctor's office when the doctor is running forty- five minutes behind schedule just to be seen for a ten minute medication check in. No one else to sit at home every afternoon with the therapists and service providers who attempt to help my children get a handle on their illnesses. My front door revolves around and around while I stand still. A broken shell of a rock in the middle the apocalypse of the day, whatever it may be. I have committed two of my children for inpatient stays at psychiatric facilities. One of which has now been committed four different times at three different facilities. I know that it is not a matter of if there will be more in the future. But when. I leave you with one last quote from A Knight's Tale. "With Hope. Love should always end with Hope." So I will love. I will hope. I will survive. Because I love my children, unconditionally.

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

RECOGNIZING THE HIDDEN SIGNS OF DEPRESSION

The holiday season, and winter in general, is a peak time for depression. Some people with depression may try to hide the signs from others, or they may not even realize that they have depression. Although the typical symptoms of depression, such as sadness or hopelessness, can be easy to recognize, there are symptoms that may be less obvious.

- Appetite and Weight Changes
- Changes in Sleeping Habits
- Alcohol or Drug Use
- Fatigue
- Forced Happiness
- Less Optimistic than Others
- Loss of Concentration
- Disinterest in Hobbies
- Physical Pain and Health Disorders
- Being Angry or irritable
- Low Sex Drive

Advent 1: Understanding, Compassion and Financial Relief When People Really Need It

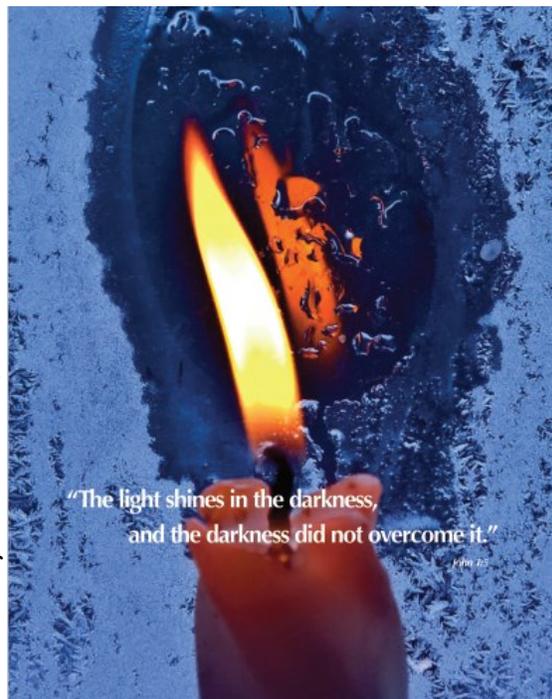
Jane, a recipient of a Christmas Find emergency grant in 2018 who wishes to remain anonymous, says that she was incredibly grateful for the financial help she received. She was also very thankful for the caring and compassion of Pension Boards' staff with whom she spoke. "It meant a lot for a stranger to care—without saying a whole lot, and in just a small amount of time," she said, adding that since the UCC is very much focused on the local church, "it meant so much to me to be connected to the wider church and to feel this level of care and support."

Ordained over 20 years ago and now in her 60's, Jane works in a specialized ministry, a three-way calling among her congregation, a non-profit she leads, and her local UCC Association. In addition to the exciting but demanding aspects of her professional life, Jane has experienced the significant challenge of caring for a young adult son, who has incredible strengths and a disability. Jane's former husband suffered from a series of major health issues and was unable to work for several years. Some years, Jane shouldered the burden of over \$17,000 in out-of-pocket medical expenses, in addition to the costs associated with her son's disability. Even though they divorced, Jane says her ex-husband "was still my family and when he was diagnosed with yet another serious illness, I was going to make sure he was cared for. He counted on me as his trusted friend, and he and our son were very close."

Jane was her husband's main caregiver throughout his illness and dying. As Jane put it, she had been "a caregiver for very vulnerable people for a long time," and this took a major financial toll, including the accumulation of debt.

Because of the financial support she received from the Christmas Fund, Jane says, I was able to pay off two credit cards. Although it didn't solve everything, it was a huge relief." It was also a relief to, in her words, "talk to someone who really understood the level of distress I was living with."

"I've always been proud of the UCC that we're open about all kinds of things people face in life," Jane added. "I'm even more grateful for our wider church that expresses that openness by providing understanding, compassion and financial relief when people really need it. I experienced this as one of God's commas where I had put a period. God is still speaking."



★
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.