

FAITH MEMORIAL LUTHERAN CHURCH

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VALPARAISO, IN 46383

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WWW.FAITHMEMORIAL.NET

Embraced by God through Jesus Christ our Lord, we share this gospel of hope and healing within and throughout our community

Good Grief

Grief comes in many forms. The death of a loved one is particularly profound for most people. However, the loss of a job, a relationship, or something that was once a familiar or important part of life can also cause significant grief. From the Bible and perhaps our own experiences, we can see that these various forms of grief also come with a wide range of emotions. For example, look at the emotions experienced in the Bible passage about the death of Lazarus.

Thomas - John 11:16

"Let us also go, that we may die with him." (General feelings of despair)

Mary - John 11:20

"Mary remained seated in the house." (Possible feelings of isolation, resentment, or being overwhelmed.)

Mary/Martha - John 11:21, 32

"Lord, if you had been here, my brother would not have died." (Anger/disappointment)

Martha - John 11:24

"I know that he will rise again in the resurrection on the last day." (Hope/faith)

Jesus and others - John 11:33-35

"Jesus saw her weeping, and the Jews...also weeping...Jesus wept." (Sadness)

Fortunately, God does not leave us to deal with grief or its complex web of emotions on our own. In addition to the important hope that is found in Jesus and the restoration that will come one day to all of creation, God also gives us many other blessings to deal with the grief that comes from living in a broken world. These include things like God's word to us in scripture, prayer, and the support of Christian friends, family, counselors, and a number of programs and opportunities where people can work through their grief together. When grief strikes it is important that we recognize we are not alone. God is with us and he has placed many people and blessings around us to help us in all seasons of our life. The question then becomes: will we admit our need, turn toward God, set aside any pride that may be hindering us, and look to take advantage of the full range of help and blessing he has placed before us?

Please note the article on page two of this newsletter about something called Grief Share. I hope that for those of you who are experiencing the grief of the death of a loved one, regardless of how long ago that death may have taken place, that you will consider taking advantage of this valuable ministry.

In Christ,

Pastor Eric Schoech

Pastor Eric Schoech





After the funeral, when the cards and flowers have stopped coming, most of the people around you return to their normal lives. But your grief continues and you feel alone. Often, friends and family want to help you, but don't know how. That's the reason for GriefShare. This is a place to bring healing and hope for the future.

GriefShare is a network of 12,000+ churches worldwide equipped to offer grief support groups. The program is nondenominational and features biblical concepts for healing from grief.

On August 16, Faith Memorial will begin its first (of hopefully many) GriefShare support group. The thirteen sessions will run from August 16 through November 8. It will meet on Sunday mornings during the Education Hour, 10:30-11:30am. Location: Kindergarten/First Grade classroom at the north end of the Education Wing.

Leader: Deaconess Becky Graef

Each of the thirteen sessions is "self-contained". You may attend all thirteen or just those that interest you.

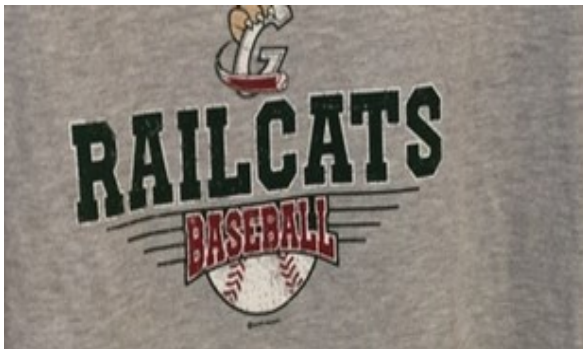
Weekly Seminar Topics

- August 16: Is This Normal?
- August 23: Challenges of grief
- August 30: The Journey of Grief – Part One
- September 6: The Journey of Grief – Part Two
- September 13: Grief and Your Relationships
- September 20: Why?
- September 27: Guilt and Anger
- October 4: Complicating Factors
- October 11: Stuck
- October 18: Lessons of Grief – Part One
- October 25: Lessons of Grief – Part Two
- November 1: Heaven
- November 8: What Do I Live for Now?

Each session includes a video and group discussion. The workbook continues the study at home with questions for personal reflection. While the class at Faith Memorial is scheduled for the 60 minutes of the Education Hour, the sessions are really designed to run for 90 minutes. If any participants want to remain for another 30 minutes, Becky will be available to continue guiding the sharing and discussion.

Cost: \$15 per participant workbook. There is monetary assistance for those who can't afford the cost.

If you have any questions or concerns, please speak with Becky.



***August 30! Save the date
for a Sunday afternoon
Railcats outing with the
Faith family. Watch the
Sunday bulletins for more
details to come in the next
few weeks!***

THOUGHTS FROM THE DEACONESS

"Do Not Be Anxious"

Sermon on the Mount, Matthew 6:25-34

You just read the title of this article and I can almost hear your comment, "Oh, sure. Don't be anxious. Come on, Becky." And yet, that is exactly what Christ says in Matthew 6:25, "Do not be anxious about your life." Obviously, anxiety about life and what the future will bring are not new to our time. If Christ had to say it 2000 years ago, people were just as anxious then as we are now.

Whenever this passage is read, I can't help but think about a man who had more than one reason to be anxious about the future. He was the favorite son of twelve. That should have given him the confidence that his life would be great. But ten of those twelve were jealous and they took their frustration out on their brother. He was thrown into a well, pulled out, and sold to slave dealers. He was taken to a foreign country and sold again to a military officer in the country's army.

Life was going fairly well in this new country, until the officer's wife wanted a new partner in her bedroom. The man was accused, and even though he was innocent, he was put in prison. As if there wasn't enough anxiety in the past years, now he faced either life in prison or death.

From age seventeen to age thirty, Joseph lived not knowing what the next day would bring. We don't know Joseph's state of mind during those years. We don't know if he had sleepless nights filled with worry and anxiety. We don't know what the stress did to his physical body. What we do know is that he never turned his back on God. Repeatedly in the story we read the phrase, "The Lord was with him." God did not abandon him. And in the end, God used all the evil and bad things that happened to Joseph to bring good to both Egypt and to Joseph's family.

St. Paul wrote in 1 Cor. 10:13, "Every test that you have experienced is the kind that normally comes to people. But God keeps his promise, and he will not allow you to be tested beyond your power to remain firm; at the time you are put to the test, he will give you the strength to endure it, and so provide you with a way out." In these anxious times, when the dark hours of sleepless nights overwhelm us, when stress and anxiety wear on our minds and bodies, we need to run fast to God. Reread Matthew 6:25-34. Go to 1 Cor. 10:13. Read the story of Joseph in Genesis, chapters 37, 39, 40-50. Then, fall asleep in the mighty arms of God.

"The restoration of the church will surely come from a life of uncompromising adherence to the Sermon on the Mount in imitation of Christ". Dietrich Bonhoeffer



FMLC LADJES' LUNCH

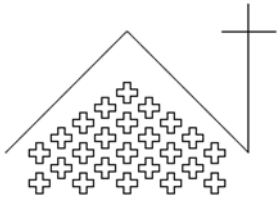
Please join us for the next lunch on Wednesday, September 2 at 11:30am. Please share your suggestions for a place to meet for lunch with Linda Berner by Sunday, August 9. The restaurant with the most votes wins! Thanks for your help.



**Faith Memorial
Lutheran Church**

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DATES TO REMEMBER

Mark Makers

Wednesday, August 5,
6:30pm

Sewing Seeds of Love

Wednesday, August 12,
and

Wednesday, August 26
6:30pm

GriefShare

Sunday, August 16
10:30am

Church Picnic

Sunday, August 16,
2:00pm

***Women Wanting Wis-
dom***

Wednesday, August 19,
6:30pm

Railcats Outing

Sunday, August 30

FAITH MEMORIAL WORSHIP SCHEDULE

The Tenth Sunday after Pentecost, August 2, 9:00, Holy Communion

The Eleventh Sunday after Pentecost, August 9, 9:00, Word & Prayer

The Twelfth Sunday after Pentecost, August 16, 9:00, Holy Communion

The Thirteenth Sunday after Pentecost, August 23, 9:00, Word & Prayer

The Fourteenth Sunday after Pentecost, August 30, 9:00, Holy Communion

The Fifteenth Sunday after Pentecost, September 6, 9:00am Holy Communion

The Sixteenth Sunday after Pentecost, September 13, 9:00am Morning Prayer

The Seventeenth Sunday after Pentecost, September 20, 9:00am Holy Communion

