

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



Emotional Health/Mental Health in the Lord

You may have noticed that even before fear and anxiety rose around COVID-19, racial tension, and the upcoming election, the state of mental and emotional health in this country and world were already serious. Addiction, depression, and other mental illnesses and challenges affect a large number of people. In many cases, these conditions require, and God chooses to provide, help through mental health professionals, medicine, and other forms of treatment. Christians also play an important role as we seek to understand and support others and ourselves in terms of our mental/emotional health. In future articles in the newsletter and/or Facebook, we will look at applying faith to some specific mental health challenges. However, what about our day-to-day emotions? What do we do with these? For a good start to this question consider the following article from www.compellingtruth.org.

Does the Bible talk about managing our emotions?

"The Bible tells us that we are created in the image of God ([Genesis 1:27](#)) and also shows us that God has emotions. We have emotions because God does!

When we have emotions, it is because we are designed that way. Emotions in and of themselves are a good and useful thing. However, there are godly ways and ungodly ways to manage our emotions.

Take the emotion of anger, for example. We are shown that God has anger ([Psalm 7:11](#); [1 Kings 11:9-10](#)). We are shown that Jesus got angry ([John 2:13-16](#); [Mark 3:4-5](#)). Anger is not wrong. But many times our anger results from selfishness, which is wrong. Other times, we mis-handle our anger. Rather than using our anger to alert us to a negative situation and then seek God's wisdom in how to respond, we too often lash out in anger without thought. We let our anger control us, rather than managing our anger. [James 1:20](#) says, "The anger of man does not produce the righteousness of God." [Ephesians 4:26](#) encourages, "Be angry and do not sin; do not let the sun go down on your anger." We need to learn to manage emotions such as anger.

Sometimes our emotions are "false" in that they are the result of us believing something false. For example, we might be feeling despair because we fear we have failed God, forgetting that God is merciful and willing to forgive us all our sin if we will go to Him ([1 John 1:8-9](#)). Or perhaps we feel sad because we perceive we've been rejected by a friend, when in reality the friend truly had a previous obligation. Such emotions are natural, but they should not control us. Often it is wise to verify that particularly strong emotions are based on something that is true.

As Christians, we have the Holy Spirit to guide us and instruct us and remind us and help us become more like Christ ([Romans 6](#); [Ephesians 5:15-18](#)). When we are aware of our emotions and aware of God's work in our lives, we change and God is glorified. Rather than let our emotions guide our perception of truth, we let God transform our minds ([Romans 12:2](#)). We submit our emotions to Him, asking Him to help us learn what we should from them and appropriately manage them. We also stay grounded in God's Word so that we know truth and can more easily recognize deceptions.

[First Peter 5:6-10](#) says, "Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you. Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world. And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you."

This passage gives us many strategies for managing emotions: submit to God, express your concerns to God ([Philippians 4:6-7](#)), be sober-minded ([Philippians 4:5](#); [Ephesians 5:18](#); [Romans 12:3](#)), be alert regarding spiritual attack ([Ephesians 6:10-18](#)), recognize that you aren't alone, understand God's eternal plan and trust that He will work it all together for good in the end ([Romans 5:1-5](#); [8:28](#); [James 1:2-4](#)).

A good resource for seeing God at work in people can be found in Psalms. Nearly every human emotion (positive and negative) can be found in Psalms. Yet, throughout the book, God is glorified. You can use the Psalms as a pattern for expressing your emotions to God and gaining His perspective.

Another gift God has presented us for our help and edification, even with our emotions, is one another. Jesus' prayer for His followers is filled with His desire for Christians to love one another ([John 17](#)). We are also instructed to share our burdens, including our emotions, with one another ([Romans 12](#); [Galatians 6:1-10](#); [2 Corinthians 1:3-5](#); [Hebrews 3:13](#)) and be reminded of God's goodness, long-suffering, and loving care for us.

Remember, our emotions do not define us, nor should they control us. Our value and worth is in God alone. God equips us to manage our emotions instead of being controlled by them. We need not fear emotion nor should we try to be emotionless, but we also shouldn't be ruled by emotion. Instead, we are to be ruled by God. Enjoy emotion as part of His design of you, bring your emotions to Him, and trust Him to guide you ([James 1:5](#); [Proverbs 3:5-8](#)). "Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect" ([Romans 12:2](#))."

Finally, when you are struggling with your emotions or they seem to get the better of you, turn to God and remember that God's mercy is perfect and it is for you.

FAITH PICNIC AND FOOD PANTRY DRIVE

August 23rd was our church picnic. About 25-30 people attended. It was wonderful to see everyone face to face. We were able to collect 128 pounds of canned goods which was a great start. Pastor made a big sign which was put at the entrance to Kirchhoff park to invite people to join us. We actually had some takers. We should all be very proud as our out-reach that day was awesome. Everyone went home with a Thrivent Tee shirt even the visitors. We also had a table where you could make a sign to put in your car window. After the picnic, we paraded over to Life Care Center to wish Dick Baepler a Happy 90th Birthday! A great time was had by all. Since this event was sponsored by Thrivent we were able to purchase more food for two food pantries. The 128 pounds of canned goods along with groceries worth \$110 were taken to Hilltop Food Pantry where the day we were there they serviced 170 people. An additional \$159 will be used to purchase more food items for the Immanuel Food Pantry. The Board thanks everyone for their continued support. We have helped many people in Valparaiso and surrounding areas. Please remember the Sunday School will be collecting non-perishable foods through November. There are many people in Valpo and the surrounding area that are in need during the pandemic so please bring your donations to church and put them in our grocery cart. Thanks again. — Dorothy Kehe

Note: On September 20 we received a thank you letter from Kate Schultheis, the Director of Immanuel's food pantry. She advised us that their figures for August showed that they served 107 families (280 clients) and distributed 3 tons of food. They sincerely appreciate our donation.

"A generous man will himself be blessed, for he shares his food with the poor". Proverbs

Join us as we go back to the parking lot for a night of movie enjoyment. The movie *Luther* tells the story of the reformation in an engaging and cinematic way. This movie is being shown in part as part of our Confirmation curriculum. However, portions of this movie may not be considered suitable for younger children.

- Social distancing will be observed.
- Car and Lawn chair space will be available.
- Audio will be available through car and outdoor speakers
- Movie will begin at 7pm when it is dark enough for our current church projector to be effective.
- The basement may be used if weather requires. (in which case masks will be necessary)
- A brief talk about the Reformation will take place before or after the movie depending on light and timing.



Encourage people to choose a Godly attitude this election cycle

You are encouraged to join the Mark makers, the Sunday School, and others in producing and/or putting a sign in your lawn encouraging the Godly attitudes of: Love, Hope, Joy, Peace, Patience, Kindness, Gentleness, and Self-Control.



Supplies will be available at church. If you have questions, contact Pastor or the church office.

OCTOBER BIRTHDAYS ARE LISTED ON THE BACK OF THE CALENDAR INSERT THIS MONTH.



Know someone who needs care?

Caring for others may look different these days, but it certainly hasn't stopped, nor has the need.

- If you know someone in need of pastoral care, including yourself, let pastor know.
- Continue to contact the prayer chain and ask for prayers from the church prayer team.
- Get creative....

1. Look for ways to help neighbors
2. Support families dealing with school challenges
3. Get a few people to sing outside a shut-in's window or
4. Visit them from a distance on a front or back porch while the weather is good.



THOUGHTS FROM THE DEACONESS

*"We are a New Creation."
2 Corinthians 5:17*

What does it mean to be a new creation? St. Paul does not write that we were a new creation or we will be a new creation. He says we are a new creation. What is that?

According to the internet, creating means bringing something into existence. A new government may be created. A chef creates a new beef dish. But according to my sixth grade teacher, only God can create. Humans make things, but God creates. So if we stick with Mr. Eggers' definition, God is the one who has made us a new creation.

Here we are – new creations. I suspect that most, if not all of us, do not feel like new creations. There seems to be a new ache or new pain every week. Another wrinkle appears. Afternoon naps are now important. And what is the name of the sixth grade teacher that we had so many years ago?!

This new creation is not acquiring a new physical body. Heaven will give us that. The new creation that we are now is a spiritual rebirth. This gift of grace from God, through Jesus' death and resurrection, is beyond our comprehension. We hear the words at every baptism, but we accept them by faith. The old creation is drowned in the water and the new rises out of the water.

This new creation that we are unites us with Christ. All of our sins are forgiven and forgotten by God. Because of God's action of salvation through Christ, we have been adopted into God's family. We are God's sons and daughters. New creation means that we are Easter people! A gift that we will not totally understand until heaven, but still a gift we can enjoy now.

"So if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new." 2 Corinthians 5:17

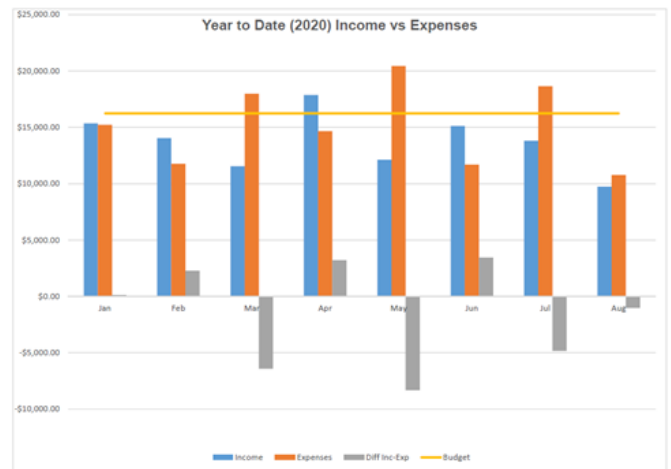
Mental Health and those around you.

September is suicide prevention month. Many are also feeling the weight of the various things happening around us in our society. If you know or suspect someone is struggling in their mental health, it is important to reach out. It is also important to have resources to offer those in need of help. Here are some numbers to consider:

National Suicide Prevention Hotline 800-273-TALK (8255)

Porter-Starke Services Inc. 219-531-3500

To locate a CMHC (community mental health center) near you, go to www.fssa.in.gov/dmha and click on "Find a Local Service Provider". Then click your county on the map shown. For more information call (317) 232-7800.



CHURCH FINANCE UPDATE

Faith has been blessed by you through your giving during this stressful time. Since expenses have been lower than expected due to Covid cutbacks, our offerings have been able to cover our expenses. But, as you can see from the chart provided by our Treasurer - Jay Gottlieb, our "income" has not generally met our budget. This means that we are maintaining our ministry, but might find it difficult to expand. In October and November, the Board of Directors will be creating a proposed budget for 2021. Please pray for God's guidance as we prepare to move forward in Faith.

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SUNDAY SCHOOL NEWS

Our Sunday School is collecting food for Immanuel's food pantry through the end of November. Please place non-perishable items in the grocery cart in the Narthex.

Thank you!



Food Pantry
Donations Needed

FAITH WORSHIP SCHEDULE

During the current covid 19 crisis, all services are held both in the church and in the parking lot. For parking lot services tune your radio to FM99.1.

The 18th Sunday after Pentecost, Oct.4, 9:00am, Holy Communion

The 19th Sunday after Pentecost, Oct.11, 9:00am, Morning Prayer

The 20th Sunday after Pentecost, Oct. 18, 9:00am Holy Communion

Reformation Sunday, October 25, 9:00am Morning Prayer

All Saints' Day, November 1, 9:00am Holy Communion

The 23rd Sunday after Pentecost, November 8, 9:00 am Morning Prayer

The 24th Sunday after Pentecost, November 15, 9:00am Holy Communion

Christ the King, November 22, 9:00am Holy Communion

The First Sunday in Advent, November 29, 9:00am Holy Communion



Let us not become weary in doing good,
for at the proper time we will reap a harvest
if we do not give up. GALATIANS 6:9