



Lynnhurst Ledger

Lynnhurst United
Church of Christ

Volume 2019, Issue 43
November 03, 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 3rd
All Saints Sunday
Daylight Savings Ends

Worship Service 9:30 AM

**Communion Sunday*

**Totenfest*

**Jeff Murrell, Proclaimer*

Fellowship Time 10:30 AM

Sunday School 11:00 AM

Confirmation Class 11:00 AM

Friends Church 1:30 PM

Monday, November 4th

Dartball - Away 7:00 PM
(vs St Stephen UCC)

Tuesday, November 5th
ELECTION DAY!

Men's Bible Study 7:30 AM

Pastor's Office Hours 10 AM - 2PM

Tai Chi Class 10:30 AM

Al-Anon Board Meeting 6:30 PM

Wednesday, November 6th

PAL 2:30-5 PM

Thursday, November 7th

PAL 2:30-5 PM

Boy Scout Meeting 7:00 PM

Friday, November 8th

PAL 2:30-5 PM

Saturday, November 9th

Friends Church 3:00 PM

Sunday, November 10th

Worship Service 9:30 AM

Fellowship Time 10:30 AM

**Greeting Card Ministry*

Sunday School 11:00 AM

Friends Church 1:30 PM

Dear Church,

"Don't store up treasures here on earth, where moths eat them and rust destroys them, and where thieves break in and steal. Store your treasures in heaven, where moths and rust cannot destroy, and thieves do not break in and steal. Wherever your treasure is, there the desires of your heart will also be" (Matthew 6:19-21).

In biblical terms 'stewards' are people who live in a place they do not own, making full use of, and taking care of things that do not belong to them. We live in this world as stewards of God who entrusts us with caring for all that God so generously gives us including our church building, our congregation and all God's people.

Mark Powell writes in *Giving to God: The Bible's Good News about Living a Generous Life*, "The offering is an act of worship... We are invited to put money in the offering plate on Sunday morning not because the church needs our money but because we want and need to give it. We have a spiritual need to worship God and through our offerings we are able to express our love and devotion for God in a way that is simple and sincere. The motivation of the giver is what counts most, not the size of the gift or degree of benefit to the recipient."

Your offering to Lynnhurst United Church of Christ is first a Gift of Love. When people are filled with the goodness and love of God, they naturally want to give something to God. Your offering to this congregation is also Gift of Thanks. We are each truly blessed: we are blessed to live in this nation, we are blessed to live in Louisville or Kentuckiana. We are blessed by family and friends and this faith community. Take a moment to name three blessings in your life, then take a moment to thank God for those blessings.

This Stewardship season I invite you to prayerfully consider both your pledge card and your Time and Talent form as we care and share for the future of Lynnhurst United Church of Christ.

Blessings on the journey,

Pastor Monica

Pray for Our Church Family this Stewardship Season

Pastor Monica and the Consistory invite everyone into the spiritual practice of prayer 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

SAVE THE DATE!

CONSISTORY MEETING
Tuesday, October 29th
@ 1:00 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

Totenfest ~ November 3rd 2019

We Remember

Throughout Christian history, the church has and continues to remember and celebrate the lives of faithful people who have died. Totenfest is a distinctive practice that grows out of the Evangelical tradition of the United Church of Christ.

Although the name Totenfest is unknown to many in the UCC, its importance as a special time of remembrance continues not only in our Evangelical heritage, but for all. It is a way of remaining related to deceased loved ones, as the process of grieving and remembering are vital to our spiritual health. (Source: ucc.org)

This Sunday, November 3rd we will have a service of Totenfest, where we will remember those of the Lynnhurst family we have lost this year:

Gary Cantrell

Albert Brunner

Eleanor Guderian

Bruce Downs

Susan Walther

June LeMasters

Jerry Wallen

Nell Davison Perciful



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.

CHURCH WOMEN UNITED

We Invite you to Join us for

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 Ln
40291



BIRTHDAYS AND ANNIVERSARIES

November 01 - 17

Birthdays

- 11/12 Myra Smith
11/13 Shara Jarett
11/15 Carol McBride
11/16 LaVerne Anderson

Anniversaries

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

If Mental Illnesses Were Monsters, This Is What They'd Look Like

"I want to make people aware of how damaging these illnesses are."

Written by: Cavan Sieczkowski

Source: Huffpost.com

Updated: September 16, 2015

Mental illness is an intangible thing that can be all but impenetrable to those who don't experience it.

That's why the U.K.-based artist [Toby Allen](#) decided to draw different mental illnesses as monsters, as a way of helping himself and ultimately others.

"The project originated from imagining my own anxieties as monsters and finding it to be a cathartic and healing process to draw them," Allen told The Huffington Post in an email. "It made them feel weaker and I was able to look at my own anxiety in a comical way. I wanted to expand upon this idea and draw other representations of mental illnesses that could help people in the same way it helped me."

Allen's ["Real Monsters" series](#) is a collection of illustrations that anthropomorphize mental illnesses like depression, schizophrenia and body dysmorphic disorder.

"I hoped to draw attention to mental illnesses that often get ignored or aren't taken seriously," he said. "I want to make people aware of how damaging these illnesses are and how much of a burden they can be to those who suffer from them. The project also highlights conditions that some people may have never even heard of, so the work aims to raise awareness for these. I hope that people can relate to the work and that it helps them to see their illness in a different light, make it appear more manageable."

Allen said the response to his work has been hugely positive thanks to its presence on [Tumblr](#). He first started sharing the images in 2013.

"I have received so many wonderful messages from people who live with one or many of the disorders I have drawn," he said, "each telling me how much the work means to them and how it has helped them to think about their condition in a different or more positive way."

In another article from Fast Company, written in 2013, Allen describes the thinking behind his Anxiety monster. "The Anxiety monster, for example, was inspired by the secretive and furtive habits of rodents. The dark colors represent the oppressive feelings that Allen associates with feeling anxious, and the bright pink tail symbolizes an anxiety-related panic attack. He included a clock to demonstrate how anxious he often feels about future events."

The article goes on to tell about what goes into making his monsters. "In his new watercolor collection, Real

Monsters, Allen gives form to the serious illness including Borderline Personality Disorder, Schizophrenia, and Depression. He researches each condition and adds to the drawing as his understanding of the particular disorder comes into focus.

Over the next few weeks, we will be exploring these monsters here in the newsletter and the illnesses they are associated with. To learn more about Toby Allen and his "Real Monsters," check out his website: <https://www.zestydoesthings.com>



Anxiety

The anxiety monster is small enough to sit on its victims shoulder and whisper things into their unconscious eliciting fearful thoughts and irrational worries. The anxiety monster is often seen as weak in comparison to others, but it is one of the most common and very hard to get rid of.

They often carry small objects often linked to their victim's anxieties such as clocks which represent a common but irrational fear of things that might never happen. No-one has ever seen the face of the anxiety monster for it always wears a skull as a mask.



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

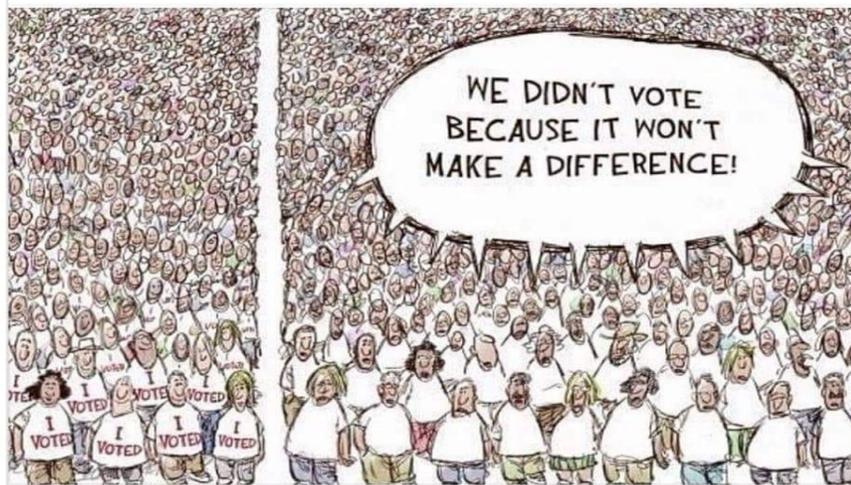
| | | | |
|--------------------|-------------------|----------------------|------------------|
| <i>Foot Locker</i> | <i>Wal-Mart</i> | <i>Game Stop</i> | <i>Subway</i> |
| <i>Kroger</i> | <i>Target</i> | <i>Amazon</i> | <i>iTunes</i> |
| <i>Dairy Queen</i> | <i>Starbucks</i> | <i>Lyft/Uber</i> | <i>Walgreens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



PAL Youth Retreat at Cedar Ridge This Weekend

This Sunday, 20 youth from the PAL Center will be going on a retreat at Cedar Ridge Camp. These students earned the tickets shown above when they attended and participated in programs, and showed good teamwork and leadership skills.

The Youth will be meeting at 12:30 PM on Sunday and it would be really nice to have members of the congregation come and see them off! If you are available Sunday, please stay after Sunday school to say Hi to our youth and wish them a grand adventure!



VOTE NOVEMBER 5TH! Your vote makes a difference!

South Louisville Community Ministries - Urgent Volunteer Needs!

- **Front Desk Support - Fridays, Anytime from 8:30-4:00 at 415 1/2 Ashland Ave** - We like to call this position the "Welcome Manager" You're the first person someone talks to and sees when they need assistance so we're looking for someone compassionate and patient. You will never be bored and you'll get to know a lot of neighbors! We do ask that you're comfortable with the computer and on the phone communicating clearly with people who are in crisis.
- **Food Pantry Assistant - Mondays and/or On Call from 12:45-3:30 at Ashland Ave** - We're looking for someone we can call upon if one of the other trusty volunteers is out of town or out sick. You'll pack food orders for 12-20 families in crisis, and we need someone who can be on their feet, lift food down from shelves and is organized.
- **Intake/Client Interviewer - Flexible** - If you want to get to know your neighbor, listen to them patiently, and give them clear, helpful info, this is the job for you.
- **Meals on Wheels Driver - Wednesdays from 10:30-12:00** - Do you work from home? Are your hours flexible? We're looking for someone to take a long lunch to deliver meals to homebound seniors in South Louisville. All you need is a car and a valid drivers license! (Even once a month is super helpful!)

Interested? You can email nishakishop@slcm.org, fill out the form on our website (slcm.org), or call 502.361.7763.

