



Revelations

First Evangelical Lutheran Church – 19419 Royalton Road – Strongsville Ohio 44149
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August

2019

Browse through the "Religion" section of any bookstore, and the titles beckon you on a journey to spirituality: How to Know God: The Soul's Journey into the Mystery of Mysteries, ...The Seat of the Soul, ...The Direct Path, ...7 Paths to God; and the list goes on. But what is this sense of spirituality that continues to capture the pen of so many?

For many, it is the simple yet sacred act of connecting with something greater than oneself. For example: Joan Borysenko, PhD, has devoted 35 years to the study of the world's great religions, and has distilled this definition: "Spirituality really is a deep sense of belonging to life, of finding it meaningful on every level." For her, spirituality and healing have the same definition: that is, coming into what she calls "right relationship," especially with ourselves, "so that our inside matches our outside — i.e., our values and dreams show up in how we actually live our life." "When we are in the right relationship", writes Borysenko, "we feel a sense of joy, a sense of peace, a sense of meaning; a sense of being comfortable in our own skin. It feels like a type of homecoming, a kind of belonging."

But Borysenko is just one voice among many when it comes to the importance of maintaining a spiritual life. The reality is we live in a world where there are many directions being given and words of advice being offered. Each comes with its own list of objectives, as well as its own road map when it comes to spiritual awareness and living the spiritual life. So, let me ask you, what does the word spirituality mean to you?

Is it simply living out the spiritual practices that you have come to know - things like going to church, prayer, meditation, diving into scripture? Or is there more to it? I believe that there is more to be understood and conquered if we are truly going to evolve when it comes to a greater sense of spirituality within our lives. I believe that it's adopting a way of life that allows us to go deeper with God, deeper into our faith, and deeper into our ability to love and practice the act of loving. Here is what I mean.

This is a list that I recently came across and one that I think deserves repeating. I see it as a great place to start any spiritual journey and I hope you will give it some thought. **"Forgive** – grant it and ask for it; **Practice Gratitude** – literally count your blessings; **Demonstrate Appreciation** – be thankful; **Give and Receive** – share your God given gifts as well as being open to receiving the gifts of others;

Cultivate Compassion – be generous when it comes to the needs and pains of others; **Honor the Sacredness of All Life** – show reverence; **Honor the Sabbath** – take time with God.”

All of these qualities allow for growth, a greater awareness of oneself, and ultimately a pathway that allows us to care and love at a greater level. It’s a means for us to travel to that place where we are able to choose things like optimism over cynicism, action over passivity, and even hope over despair; it’s a reminder that when we take deliberate steps, each and every one of us has the capacity to love our brothers and sisters at a far greater level than we currently do, or have yet to explore.

I want to encourage you to think about your own sense of spirituality. Do some reading, do some praying, and allow yourself to do some soul searching. Where is it that you stand right here and right now; where is it that God may be calling you to ultimately be?

Pastor Kathy

FORGIVE

PRACTICE GRATITUDE

DEMONSTRATE APPRECIATION

GIVE AND RECEIVE

CULTIVATE COMPASSION

HONOR THE SACREDNESS OF LIFE

HONOR THE SABBATH

Worship Notes for



Pentecost 8

Sunday, August 4

9:00 a.m. Contemporary Worship, Eucharist

10:30 a.m. ELW Setting 4, Eucharist

Pentecost 9

Sunday, August 11

9:00 a.m. Contemporary Worship

10:30 a.m. ELW Setting 4, Holy Baptism

Pentecost 10

Sunday, August 18

9:00 a.m. Contemporary Worship, Eucharist

10:30 a.m. ELW Setting 4, Eucharist

Pentecost 11

Sunday, August 25

10:30 a.m. ELW Setting 4 (one service only)
Summer Sunday Special Day!

Our **summer worship schedule** continues through **September 15**.

UPCOMING EVENTS

MISSION OPPORTUNITY AT NEW COVENANT

The members of New Covenant Lutheran Church in East Cleveland provide fresh produce to needy families in their neighborhood. If you are interested in assisting on **Saturday, August 24**, please contact Bruce Holderead.



It's almost time to get back to SUNDAY SCHOOL!

RALLY DAY IS SEPTEMBER 8TH

This Year's theme is JESUS IS HERE!

This is an opportunity for students to meet their teachers and parents to register their child for the upcoming year. Please stop by your child's classroom between 9:45 and 10:15 prior to attending worship that day. **Many special plans are in the works for an outstanding worship service together at 10:30 that day!** Our first day of regular class is September 15th at 9:45, and our teachers and aids are excited to share stories of Jesus and His love for them! The Adult Class will also begin on September 15 at 9:45 AM.





Each year the ELCA designates the second Sunday in September as a national day of service called **GOD'S WORK OUR HANDS**. All across the nation, ELCA churches will be making their presence known in the communities they serve. In past years, First Church has done a variety of service events from collecting books for a lending library, to preparing meals for the homeless, to repairing and landscaping a home for immigrants, to yard work for our homebound members, as well as collecting food for the Strongsville Food Bank.

This year's **GOD'S WORK OUR HANDS** service project will be held on **RALLY DAY, SEPTEMBER 8**. All ages are welcome to join in after the worship service (10:30 only this day) for a time of service dedicated to **KIDS HOPE USA**. A light lunch will be served before the project begins.

During the month of August, we will be collecting school supplies for Whitney and Surrarrer Elementary Schools. While the supplies may be used for any student, **KIDS HOPE** is active at both schools and certainly our **KIDS HOPE** students will benefit from these supplies. On the next page is a list of supplies with a corresponding collection date. Please be generous and place the supplies on the collection table outside the church office.



On **RALLY DAY**, the supplies will be sorted and packed into boxes for delivery. Please bring supplies on the dates listed and then **JOIN US** on September 8!



AUGUST 4
ELMER'S GLUE STICKS
#2 PENCILS
PINK BEVEL ERASERS
24 AND 48 PACK CRAYOLA CRAYONS
BLACK SHARPIES

AUGUST 11
WASHABLE MARKERS
LOW ODOR DRY ERASE MARKERS
WIDE RULED NOTEBOOK PAPER
SPIRAL NOTEBOOKS

August 18
Colored Pencils
Red Pens
Fiskar Scissors
Rulers (Standard and Metric)
Yellow Highlighters

August 25
Two-Pocket Folders (Red, Green, Yellow)
Quart and Gallon Size Ziploc Bags
3x5 White Index Cards
3x3 Post-it Notes

September 1
Paper Towels
Facial Tissues
Anti-Bacterial Wipes



In a recent blogpost, Emilie DeYoung, a psychologist who works closely with KIDS HOPE, wrote an interesting blog about trauma and its effects, especially on children. Based on her research, she shared the important elements of trauma.

- It is a response to a negative external event or series of events.

Many children experience life events which lead to their suffering trauma. These events include a wide range of situations such as abuse (physical or sexual), being abandoned or neglected, loss of loved ones, involvement with violence, incarceration of a family member, natural disasters, threats of terrorism, or living in a chaotic environment with unstable housing and finances. Trauma can be caused by a single event or a series of events.

- Trauma is a type of damage to the mind.

Research and brain imaging studies have revealed that trauma can change the way in which the brain functions. It can affect how emotions are regulated and can also disrupt cognitive processes. Some research shows that trauma may lead to chronic health issues like heart disease, obesity, or diabetes. Thus, trauma can have a negative impact on the health of children and can also affect how they function.

- Trauma surpasses a child's usual coping skills.

Usually, our brains are wired to handle certain amounts of stress, but a traumatic experience can overwhelm these natural mechanisms. Therefore, our brains may be unable to help us speak about the situation, or we may have nightmares or flashbacks about the situation.

- Trauma leaves a child temporarily helpless and unable to integrate the emotions involved with that experience.

In a stressful situation, most people utilize the response of "fight, flight, or freeze." However, the reaction to a traumatic experience may leave a child without any sense of control. Allowing trauma survivors to make simple choices helps them to gain a sense of having control.

- Trauma results in intense fear, horror, or helplessness.

The emotional responses to experiencing trauma can be quite profound. DeYoung states that, on a scale of one to ten, the emotions related to trauma might be eleven or even twenty! People can experience rage, terror, sadness, disappointment, horror, or numbness.

- Behavior may be dysregulated, disorganized, or agitated.

After experiencing a traumatic event, a child's behavior can be confusing. DeYoung stresses that **ALL BEHAVIOR IS COMMUNICATION**. Some kids may not be able to verbalize what they are thinking and feeling, so they communicate through their behavior. Therefore, even though the behavior can be frustrating, seeing past the behavior to the message kids are trying to communicate is important.

DeYoung says that in future posts, she will discuss the concept of trauma and what can be done. **Here is where our KIDS HOPE mentors and prayer partners come in.** Research reveals that the most significant factor that helps kids heal from traumatic events is a positive, healthy relationship with one adult. Those would be our mentors, supported in prayer by their prayer partners. They can be God's agents of change in our community and help kids maintain a strong positive connection to school and to caring adults. Having caring adults in their lives can change the path of a child's life.

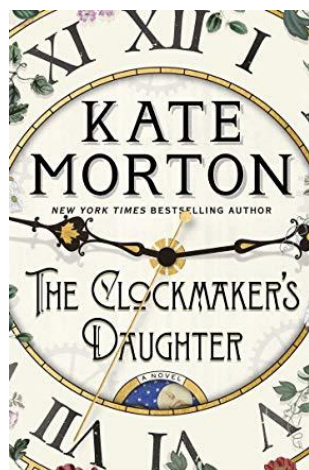
Thanks, Mentors and Prayer Partners, for the impact you have in helping kids cope with some of life's most difficult situations!

Gloria Reichert

Director
KIDS HOPE USA

WOW News

The Women's Book Club selection for August is **The Clockmaker's Daughter by Kate Morton**. We will meet on Friday, August 16 at 7:00 PM at a location to be determined. Please join us for discussion and fellowship. Contact Jen Kowalewski for more information.



August 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 10:00 Prayer and Care Group Secretary on Vacation	3
4 7:55 Praise Band Rehearsal 9:00 Contemporary Worship with Eucharist 10:30 Traditional Worship with Eucharist 10:00 Baby Shower In Fellowship Hall	5 6:30 Stewardship Team 7:00 AA	6 6:00 Crossroad Stitchers 7:00 Toastmaster's 7:30 Al-Anon	7	8	9	10 9:30 Strongsville Food Bank
11 7:55 Praise Band Rehearsal 9:00 Contemporary Worship 10:30 Traditional Worship 11:30 Baptism 4:45 CW Team	12 7:00 AA Anniversary Dinner	13 7:00 Toastmaster's 7:00 Celebration Team 7:30 Al-Anon	14	15	16 7:00 pm WOW Book Club	17
18 7:55 Praise Band Rehearsal 9:00 Contemporary Worship with Eucharist 10:30 Traditional Worship with Eucharist	19 7:00 AA	20 8:30 KHUSA Leadership Team Mtg. Secretary Returns 7:00 Council Meeting 7:00 Toastmaster's 7:30 Al-Anon	21 10:00 Lydia Circle	22	23	24
25 One Service Only 10:30 Traditional Worship Summer Sunday Special Day during the Worship Service	26 7:00 AA	27 7:00 Toastmaster's 7:30 Al-Anon	28	29	30	31

Pastor Charles Knerem
Pastor Kathleen Kluck

First Evangelical Lutheran Church
Office hours: Monday - Friday 8-2,

AUGUST VOLUNTEERS

Date	August 4	August 11	August 18	August 25 One Service
Acolytes Ellen Kolman 440-846-0947	Ty Worsencroft Tori Kakos	Hanna Carrossellia	Evan Hartman Paige Snyder	Olivia Brewer
Ushers – 9:00 Maureen Shorts 440-725-0445	Mike McNamara Stacey McNamara Al Hoffman Shelley Hoffman	Linda Browning Tom Newbould Renee Chaya Dave Chaya	Shelley Fetzer Hank Pekkola Pam Simpson Herb Simpson	
Ushers – 10:30 Dawn Evangelista 440-572-5327	Bob Jacob Brenda Jacob Dennis Beckman Jim Gist	June Zakrajsek Jim Zakrajsek Reiner Mueller Rolf Gaab	Ron Warzel Mary Jane Warzel Eddie Forse Lori Forse	Gladys Otto Alli Thellman Mary Barnes Alice Treiber
Readers Barb Krueger 440-238-9072	9:00 Tony Rugar 10:30 Pierre David	9:00 Audrey Kuntz 10:30 Abbey Uline	9:00 10:30 Dawn Evangelista	10:30 Bob Jacob
Communion Assistants 9:00 Barb Krueger 440-238-9072	Tony Rugar Melina Rugar Herb Simpson Alli Thellman		Gail Landfried Kelly Worsencroft	
Communion Assistants 10:30 Barb Krueger 440-238-9072	Debbie Dudas Jerry Krueger Barb Krueger Linda Walker		Kerry McLemore Jacquie McLemore Sandy Rath Greg Rath	
Nursery Bonnie Bailey 440-572-5044	Barb Krueger Eddie Forse	Bonnie Bailey	Gerri Sagan Barb Krueger	Sandy Treudler Megan Uline
Counting Team Schedule Terri Mosley 440-785-5177	Team 6 Wade Zwingler Mary Whitecar Pat Sauernheimer Daphne Leon	Team 1 Jim/Sheri Gist Gary/Mary Walters Dick Kiplinger	Team 2 Reiner Mueller Shelley Hoffman Al Hoffman Pierre David	Team 3 Gayle Kovach Rita Ross Christ Hamel Carol Paulini
Altar Guild Beth David 440-238-1281	Team 4 Pat Sauernheimer Janet Kaiser Sandy Kaskey	Team 1 Dawn Evangelista Sheri Gist Trish Nolder	Team 2 Ellen Kolman Beth David Billie Hoffman	Team3 Barb Krueger Lynn Stenger Shelley Hoffman Jacquie McLemore
Communion Bread Maryann Tower 440-238-0176	Sarah Jane Hess		Kendra Carter	

