



# Faith Lutheran Church

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## A Life in Balance: Emotional Health

April brings us our next aspect in the Balance Wheel - Emotional Health. Being emotionally healthy means feeling the full range of human emotions and expressing them appropriately. Self-awareness is the first step. Recognizing and honoring your own emotions and those of others – stress, contentment, anger, love, sadness, joy, resentment – will help you live life abundantly. This Sunday, April 2<sup>nd</sup> Jacquie Atkins will share our focus for this month’s Emotional Health topic. Please

take a moment and complete your Balanced Life Assessment for the topic of Emotional Health and post this Sunday in the hallway for the kickoff. It is three simple questions: a healthy habit to continue, an unhealthy habit to break and a healthy habit to start or resume.

If you are interested in helping to lead the Emotional Health aspect of our stewardship program, Life in

Balance, please contact Jacquie Atkins at [jacquie.atkins@gmail.com](mailto:jacquie.atkins@gmail.com) or [\(417\) 848-5479](tel:4178485479).



Jesus came so that we may have life and have it abundantly  
John 10:10

April 2017

### Upcoming Dates

- April 1 — Rummage Sale
- April 9 — Palm Sunday
- April 13 — Maundy Thursday
- April 14 — Good Friday
- April 16 — Easter

## Reformation 500 Bookstore

The 500th anniversary of the Reformation is fast approaching! Learn about Martin Luther, his writings, and the impact of the Reformation for the church

today. Discover a variety of resources on the Reformation for readers of all ages. Stop by the table in the narthex between February 26 and April 2 to place your

order and receive up to 50% off plus free shipping!





# It's OK to Not Be OK

You are grabbling your obligatory cup of coffee after church service, equipped with your hellos and fake smile plastered on your face. Person after person seem to ask the same stale, empty question, "How ya doing?" Oh, some may put a little twist on it to make it their own, "How's the world treating you?" or they turn the obvious into a statement/question, "Sun is shining and it sure is a beautiful day?" You flash your equipped smile (because you would never dare come to church without it) and say something along the lines of, "I'm great!" or "Absolutely wonderful day." or my favorite response "I'm ok." The person whom asked the question nods and moves on. It is so automatic we do not even process this interaction anymore. We do not process it as the person asking the question nor as the responder. This is one of the interactions in life we have become so unaware of that if we were to become real about it, I am curious if we would know how to respond.

Take the above scenario and let's get real. Now I am a true believer in discernment in regards to whom we share our personal information. I do not believe we should share our issues with everyone we meet nor do I believe that everyone needs to hear about every single personal ailment we are dealing with at the current moment or every ailment our dear Aunt Maggie is encountering. With that being said, I do believe that as the body of Christ, we are to function as the body (1 Corinthians 12:12-31) So as the body of Christ

when one part is ailing the entire body feels the ailment. The body is not fully functioning. When asked, "How ya doing?" as in the above example and you are struggling with the loss of a loved one respond, "It's a tough day for me, the loss of my mother is really bothering me today." Plastering on your fake smile and saying everything is fine, when in fact it is not fine, does not allow for your healing. Nor does it help the body of Christ.

As the asker of the question, **how** do you respond? We like to think we have the empathy and compassion to respond correctly. We would like to think that we always make people felt heard and valued when they share the unexpected answer to the "How are you?" question. But do we really? When someone is vulnerable and answers the question of "How are you?" and you don't get the expected response it can be shocking. It usually throws us off balance because it is unexpected. It is definitely not the normal response. I must admit, as a therapist, there have been many times I have not known what to say in response to someone's answer. I have found that at times the best response is a genuine, "I'm sorry. What can I do?" If you have experienced the loss of your mother, then sharing that experience with the other person is sometimes helpful. This empathetic response shows the responder that they are not alone in their grief. In their logical mind they know they are not alone but at the current moment it is their heart that is hurting. They may feel very alone in a crowded room. Possibly sharing a tip that helped you during your

grieving process would be helpful. I recommend to always ask before sharing, "Would it be ok if I shared with you something that helped me when I was grieving the loss of my mother on days that were especially difficult?" Be prepared for the responder to say there is nothing you can do for them now. This is a common response, and again, this is ok.

There are a never-ending stream of Christian clichés that people seem to pull out during times like this. You know the ones: God will never give you more than you can handle. If God brings you to it He'll bring you through it. Everything happens for a reason. I would like to caution against the use of these during the times that we get unexpected responses from the "How are you?" question. All the clichés and false hopes we easily fall back on to explain suffering do not come from the Bible nor do they come from God. We fall back on them as a default because it is natural, it is what we have always said and honestly most of us are just uncomfortable with other people's expression of emotion. Remember you do not have to have the magic answer. Mostly, people need to know that someone else cares and that someone truly heard their response. All our emotions come from God – from happy to sad and everyplace in between.

When it comes to *not being OK*, God has shown us many examples:

- Adam and Eve were not o.k. wandering in the wilderness after the fall
- The Israelites were not o.k. at the





hands of the Romans  
 Jesus lost his close friend Lazarus  
 and he was not ok, "Jesus  
 wept" John 11:35  
 At the time, it was not ok when  
 Jesus died the most gruesome  
 death  
 The early church faced persecution  
 and they spent a lot time not  
 ok

Be encouraged that when you are not  
 ok, God is ok. You are not weak, you  
 are not "less than" because you are in a  
 time of grief, sorrow or loss. Be vulner-  
 able and take off the mask when asked,

"How are you?" Be honest and respond  
 accordingly. If you are truly great then  
 say, "Great!" But if you are having a  
 tough day, remember: It is OK to not be  
 OK.

Are you in a season that is overwhelming  
 and feels like it is too much to bear? Help  
 is available. If you do not know where to  
 find help, please contact Pastor Josh,  
 Deacon Shannon or Jacquie Atkins. Your  
 request will be held in confidence.

If you would like to talk to a counselor,  
 there are many helpful and qualified  
 professionals at Wellspring Renewal

Center. Wellspring Renewal Center offers  
 counseling and therapy for people with  
 mood disorders, anxiety, PTSD, family  
 and marital conflicts, school and relation-  
 ship problems, issues related to addictive  
 behaviors and more. Call (501) 265-0046  
 or find more about their services at  
<http://wellspringrenewalcenter.com/>

Written by Jacquie Atkins



## Rummage Sale



It's that  
 time of  
 year  
 again for  
 our  
 spring  
 sale –  
 Saturday,  
 April 1. 7  
 a.m. to

noon. Because of soup and salad on  
 Wednesday, March 29, we will do the  
 bulk of our set up on Thursday,  
 March 30. You may bring your items  
 to the fellowship hall Wednesday  
 evening, March 29 when you come to  
 soup and salad, Thursday March 30,  
 10 a.m. to 6 p.m., and Friday, March  
 31, 10 a.m. to 6 p.m. If at all possi-  
 ble, please have your items

priced. Masking tape works well. We  
 need lots of workers to arrange our  
 articles. If you can help please call  
 Barb Osborn, 951-8174. Thank you in  
 advance for your donations and  
 time. Money raised from the rum-  
 mage sale is used for projects in the  
 community and around the church.

## Prayer List

**Colton Family** - loss of son  
**Cadence** - 2 yrs old, healing  
**David** (Suzanne U's cousin) - can-  
 cer  
**Pat Myrose** - healing  
**Kennedy Djimpe** - health issues  
**Terri Koopman** - continued heal-  
 ing  
**Family of Joe McBride** - peace,  
 comfort  
**Connie** (Chuck A's mom) - upcom-  
 ing surgery

**Rose Hoth** - healing of pain  
**Pat Clark** (Sheryl H's sister) - more  
 prayers for healing  
**Judy Dyke** (friend of Havelka's) -  
 metastatic cancer  
**Diane Palmer** - multiple health is-  
 sues, nicotine addiction  
**Andrew Sudman** - gall bladder sur-  
 gery  
**Family of Eric Oldnettle**  
**Bob Baxter** - family reconciliation  
 with sibling

**Jan Borkowski** - healing  
 from pneumonia and safe travel  
 back to Ohio for the summer

You are encouraged to notify the  
 church office if you have a prayer  
 concern. Please keep the infor-  
 mation updated so the congregation  
 can be informed regarding continu-  
 ing needs and answered prayers.



## April Birthdays

4/2 — Julie Anderson Charles

4/8 — Peter Kumpe

4/11 — Trudy Kumpe

4/16 — Sara Hoffman McMillian, Will Vachon

4/18 — Emily Summers

4/21 — John Knuteson

4/28—Lindsay Miller

4/30 — Barbara Osborn, Bev Twedt, Cecilia Miller

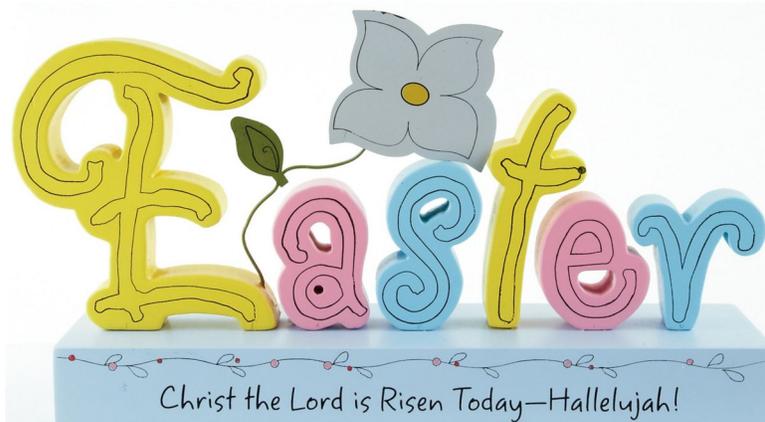
## Anniversary

4/12 — Peter and Trudy Kumpe



## Easter Breakfast

Join the youth in fellowship hall beginning at 8:30 a.m. for breakfast on Easter morning. There will be all kinds of goodies available. Bring the little ones for an Easter Egg hunt at 9:15. If you would like to donate goodies for the Easter eggs, please see Lizbeth.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Faith Formation Hour 10:00 Worship 11:30 Fellowship time		9 am Men meet at Panera 6 pm Handbells	10 am Bible Study 6 pm Soup Supper 7 pm Worship 8 pm Choir	7 am Via de Cristo fellowship 9:15 am Serve at the food pantry		9 am Altered Books
						1 Rummage Sale
2 Serve at Our House	3	4 10 am Block-builders	5	6 Bible and Brew 7 pm	7	8
9 Palm Sunday	10	11	12 5:00 p.m. church council	13 7 pm Maundy Thursday worship	14 9:30 am WELCA 7 pm Good Friday Worship	15 Block Builders 10 am—4 pm
16 Easter	17	18	19	20 Bible and Brew 7 pm	21	22
23	24	25	26	27	28	29
30						

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Www.[faithlutheranlr.org](http://faithlutheranlr.org)



Our mission is for all to  
 know, love, and serve



**Those Who Serve**

	April 2	April 9	April 16	April 23	April 30
Assisting	Ruth Anderson	Becky Del Rio	Jessica Jencks	Nia Indelicato	Chuck Anderson
Lector	Karen Cornwell	Lizbeth Huggins	Corey Jencks	Lynn Vachon	Lis Geoghegan
Intercessor	Steve Del Rio	Steve Del Rio	Steve Del Rio	Steve Del Rio	Steve Del Rio
First Touch	Lizbeth Huggins Barb Osborn Doris Sarver	John Knuteson Wayne and Dolores Turley	Peter and Trudy Kumpe Andreas and Kim Muller Barbara Sudman	Joe and Sharon Phillips Joe Mastropieri Karen Cornwell Margie Wesinger	John and Dianne Knuteson Don and Marcy Havelka Tom and Nora Holte
Acolyte	Jonathan Huggins	Jonathan Huggins	Jonathan Huggins	Karen Palmer	Karen Palmer
Crucifer	—	Gabe Huggins	Casey Cornwell	Casey Cornwell	Casey Cornwell
Bible Carrier			Gabe Huggins		
Altar Guild	Suzanne Unruh and Virginia Wilken				
Council	Tom Holte				

