

THE

KING'S HERALD

OCTOBER 2020



CHRIST the KING LUTHERAN CHURCH

As the body of Christ, we are called and sent to love and serve the world.



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Pastor Emeritus
Rev. Loren Van Oort

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Hillary Doerries

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Jill Harms

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Sarah Felde

**Youth Formation
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Faith Jordan

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Adam Raschka

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**The King's Herald
Layout & Design**
Shawn Freehling

*The King's Herald is a monthly newsletter of Christ the King Lutheran Church. It can also be found under the "King's Herald" tab on our website:
www.ctkluth.com*

SITTING ON HOLY GROUND



"Now when Job's three friends heard of all these troubles that had come upon him, each of them set out from his home—Eliphaz the Temanite, Bildad the Shuhite, and Zophar the Naamathite. They met together to go and console and comfort him. When they saw him from a distance, they did not recognize him, and they raised their voices and wept aloud; they tore their robes and threw dust in the air upon their heads. They sat with him on the ground seven days and seven nights, and no one spoke a word to him, for they saw that his suffering was very great."

Job 2:11-13

What do you say to someone like Job...someone who is really suffering?

Our human urge is to want to say something hopeful, some word of promise that will ease the pain. But as Job's friends teach us, no words can do that. When Job's friends see him suffering, they don't say anything. They simply sit with him. And grieve with him. For seven days.

I read a Facebook post this week from someone who knows the wisdom of that. Lindsay wrote quite openly and honestly about being in a very dark place. She wrote about her struggle and her suffering. She wrote about all the phone calls she made to doctor's offices, the messages she left, the three-week waiting list to see a psychiatrist. Then she wrote about the unexpected call from her primary care physician, who had been on vacation. This physician, whom Lindsay calls her "lifesaver," not only talked her through how to remove the toxic medication from her body, "she sat with me on the phone while I cried and she cried too."

facebook

Trigger Warning: Yesterday was World Suicide Prevention Day. During my life, I have sat with people who were suffering and can not see their value on this earth. I, myself, have questioned whether I am too much of a burden on my family and they would be better off without me in this life.

Four years ago I was in the darkest place I have ever been. I had switched medications for my rare disease and over four weeks had gradually increased the medication to achieve the desired outcome. As the dose increased I began to have visions of ending my suffering. Every time I closed my eyes, I would see myself sitting on my bathroom floor, popping pill after pill, easing my pain forever, quietly asking for help while my husband and children slept in their rooms nearby.

I knew in my heart that I would not hurt myself, and I reached out to the doctor who prescribed the medication. I called their office and told them the medication was causing me to have thoughts of hurting myself and was told they would pass along the message. A few hours later, I would call back. The next day the same. No one ever returned my call. This went on for days calling different offices asking for help with tapering off this drug that was causing me so much pain. I didn't sleep for nearly a week. Every time I closed my eyes, I'd see that vision of me on the bathroom floor. I stayed awake, scared, and John would hold me while I cried. One doctor's nurse finally returned my call and suggested they could put me on a three week wait list to see a psychiatrist. I started tapering myself with the fear of knowing if I tapered too quickly, my suicidal thoughts may increase. I was scared and I felt very alone...even though my family was surrounding me. I was broken, but I was not giving up.

On day five, my lifesaver, my primary care physician, who was off that week called me at home after hours and walked me through the process to remove this toxic medication from my body. She sat with me on the phone while I cried and she cried too.

Please be the one who returns the call. Please be the friend who sits in the darkness. Please #bethe1 Please let me be the one for you.

It is painful for me to share this story as I always want to be seen as the strong one. But I realize that genuine authenticity takes more strength than pretending. I do not share this story for sympathy but rather understanding that mental health (and suicide) can grab anyone...the strong, the educated, the mom, the brave, the happy, the one who appears to have it perfectly together....anyone. To those who continue to sit with me, I owe you more than I can express. To those who have let me help carry your burdens, thank you. Together, our crosses become much easier to carry, and my life is better with YOU in it ❤️

👍❤️🙏 225

82 Comments

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“Please be the friend who sits in the darkness,” writes Lindsay. “Please let me be the one for you.”*

If COVID-19 were not a thing, I would be lifting up the 7th Annual Hymn Festival of Healing and Hope. Along with beautiful music, this has been a way for Christ the King to say to all who struggle with mental health, “We see you. And we stand with you.” It has become Hillary’s passion.

Instead of the Hymn Festival this year, Hillary has organized people to share, Lindsay-style, about their experiences with Fresh Hope, GriefShare, and other ministries of “sitting with.” Watch for more information about these videos as they become available on the CtK website, Facebook, YouTube, and other media. Please watch as you are able.

It will be a good reminder of Job’s lesser-known but all-important message: Sitting in the darkness with someone is a great gift. It is holy work. Whether you are allowing someone else to join you or you are joining another in the darkness, to take up this sacred work is to sit upon holy ground.

Peace,

Pastor Caroline

*These quotes have been used with the author’s permission.

CtK TO OFFER UNIQUE VIDEO SERIES IN HONOR OF NATIONAL MENTAL HEALTH AWARENESS WEEK

In lieu of what would have been our 7th Annual Hymn Festival of Healing and Hope, Seasons Counseling of Michiana and Christ the King have embarked on a new creative collaboration to commemorate National Mental Health Awareness Week 2020.

During the first full week of October, we will present a series of five short videos highlighting different themes of mental health and wellness. Each video will either spotlight a ministry of care at CtK or offer insights from mental health professionals in our community. Topics include GriefShare, Fresh Hope for Mental Health, anxiety in the time of COVID, and a preview of new and developing ministries devoted to the emotional and social health of our young people.

The first video will be published on CtK’s YouTube channel and Facebook page on Monday, October 5. New videos will be posted each day through Friday, October 9, so be sure to check these platforms daily. Also keep an eye out for a Constant Contact message with links to all five videos.

The Mental Health Ministry Team at CtK thanks you for your continued support of our ministries of care that provide hope, healing, and recovery to both members of this congregation and the surrounding community. Through your generous contributions, dedication, and prayers, we are confident that together, we can make CtK a place of welcome and belonging for all people.

Peace,

Hillary Doerries

Director of Music Ministries and Fresh Hope facilitator



GriefShare Continues

The third session of GriefShare is now under way. Each session is 13 weeks long but can be joined at any time. If you know anyone who is struggling with grief, please encourage them to consider joining this program. The in-person group meets on Tuesdays from 10 a.m. to noon in Van Oort Hall, while the virtual group meets on Thursdays via Zoom from 7:30 to 8:30 p.m. For more information or to register, please visit www.ctluth.com/griefshare.

GOD'S WORK. OUR HANDS... THANK YOU!



Thank you to all of the volunteers at last month's wildly successful God's Work Our Hands!

Thank you to the over 30 rummage sorting volunteers who blasted through the bags of clothing and more, yielding over 75 boxes and 3 garbage bags full of sorted items. This freed up half of a storage bin! We are now set for consolidation at the storage sheds. Volunteers worked steadily yet held conversations with others they had not seen for a while.

Thank you to the Roach Brothers who raised almost \$200 to benefit the Center For the Homeless.



Thank you to the more than 10 volunteers who read storybooks for the Swanson school children.

Thank you to the volunteers who helped create over 15 pairs of shoes to be donated to children in Uganda. That's 15 fewer Ugandan children who will have to worry about catching parasites just from walking.

Thank you to the 20 people who donated mums to Healthwin Specialized Care.

And thank you to Jill for dreaming, implementing, and completing such a challenging task this year!



HAPPENING AT CtK

Adult Study Opportunities

Looking to incorporate new opportunities for faith and fellowship into your fall? Consider checking out these ongoing adult study groups at CtK:

- **Adult Bible Study** meets Wednesday mornings at 10 a.m. Join them in Room 500 for a closer look at the Gospel of Matthew, supplemented by a word-by-word film adaptation.
- **Parsing Scripture with Pastor Steve** meets in Van Oort Hall on Sunday mornings after drive-in worship, and on Mondays at 7 p.m. via Zoom. Stop in for a closer look at each week's gospel reading. More information is available on the CtK website at <https://www.ctluth.com/ps2.html>.
- The **Women on Wednesday** group meets selected Wednesdays at 3 p.m. for Bible studies from *Gather* magazine. Stay tuned or be in touch for a list of upcoming dates.
- The **Women's Journey** group meets Wednesday mornings at 10 a.m. via Zoom for conversation about books and other materials chosen by group members. Meeting link available upon request.
- The **Men's Study Group** meets the second and fourth Thursday of each month at 8:30 a.m. in Room 500. They are currently wrapping up a DVD and discussion series on the history of Christianity from the Reformation to today.

New faces are always welcome!

For more information, please contact Sarah Felde at sfelde@ctluth.com or (317) 627-1707.

CROP HUNGER WALK

ENDING HUNGER ONE STEP AT A TIME

CROP Hunger Walk

Over the past 25 years, thousands of walkers have raised more than \$966,000 through the St. Joseph County CROP Hunger Walk.

This year, because of the coronavirus pandemic and the need to prioritize the safety of walkers and volunteers, the St. Joseph County CROP Hunger Walk will be held virtually. Twenty-five percent of the money raised through the event will fund local food banks. You can donate to this cause at the Give link on the CtK website throughout the month of October. Learn more about this organization and the virtual walk by visiting <https://www.crophungerwalk.org/southbendin/>.



Thanks to all from Christ the King Lutheran Church for the recent donations including a pink blanket with white trim, a white blanket with pink trim, a white blanket with multicolored yarn through it, one bottle of baby wash and one bottle of baby lotion. Even though Crib Club is not open right now, Women's Care Center is open and the counselors are seeing clients everyday and distributing needed items. Thank you so much for your continued support.

Sandy Whiteman



Families: Join Us for Sunday School

Sunday School is back—and meeting outdoors! Join us after drive-in worship on the hill behind the parking lot. We'll meet for 25–30 minutes for stories, activities, songs, and a take-home craft. Bring your masks and a blanket or lawn chair to sit on.

Although the lessons are tailored for children grade 5 and younger, all are welcome!

HAPPENING AT CtK

Fall Fellowship Festival and Hayride Saturday, October 17, at Bendix Woods 3:30–8 p.m.

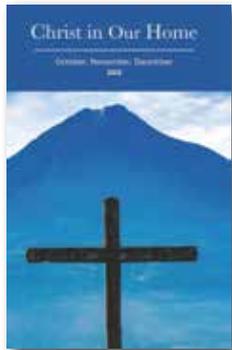


Due to the pandemic, CtK will not host our annual Trunk-or-Treat event this year. Instead, mark your calendars for the Fall Fellowship Festival and Hayride at **Bendix Woods County Park** on **Saturday, October 17**, from **3:30 to 8 p.m.** Join your CtK family at the **Glenn Bauer Shelter** (56960 Timothy Road, New Carlisle) for a variety of fun fall activities in a safe, outdoor environment.

- **Costume contest:** Come dressed in your Halloween best and potentially win a prize.
- **Hayrides:** Hayrides will be available from 3:30 to 8 p.m. Only two families (or 10 people) can ride at one time to ensure safe social distancing.
- **Nature hikes:** Take a walk with your family or join some friends to enjoy all the beauty the park has to offer.
- **Picnic:** Please BYO everything—food, drinks, chairs, etc. Due to COVID, CtK will not provide food or beverages of any kind.
- **Bonfire:** We'll have a bonfire next to the pavilion, so feel free to bring the tools and ingredients necessary for s'mores.

To protect ourselves and others, everyone is expected to wear a mask at this event. Also, the indoor portion of the Glenn Bauer Shelter will be open for use by a limited number of people.

Booklets Available



The *Christ in Our Home* booklet for October, November, and December is now available.

Copies can be found in a box in the front office vestibule or in the narthex vestibule. If you aren't able to leave your home, please contact **Geoff**

Layman at (574) 302.1070 or glayman@nd.edu, and he will make sure a member of "God's Army" delivers one to you.

Rummage Sort Sunday, October 18 52336 Ash Road, Granger 1:00–4 p.m.

Would you like to help a good cause while enjoying fellowship with your CtK friends and family? If so, join us at the storage units to organize items for the rummage sale. Proceeds from the sale help many of our CtK missions, and this pre-preparation will make it possible for us to continue taking donations throughout the winter months.

Contact Don Zervas at (574) 261-2370 or Chuck Trundle at (574) 360-8414 for the code to get into the units. Please remember to wear a mask at the sort!

GriefShare "Surviving the Holidays" Workshop Saturday, November 14, in Van Oort Hall 10:00 a.m.–1:00 p.m.

If you are grieving or know someone who lost a loved one, please join us for our "Surviving the Holidays" GriefShare workshop. We'll discuss how to survive the weeks surrounding Thanksgiving and Christmas and prepare you to get through these holidays knowing that everything has changed. Lunch will be provided after the two-hour workshop. For more information or to register, please visit www.ctlkuth.com/griefshare.

HAPPENING AT CtK

Sunday Morning Youth Crew in the Outdoor Chapel

All 6th through 12th graders are welcome to join us in the outdoor chapel every Sunday morning after drive-in worship for "Youth Crew," from about 10:15 to 11 a.m. It's a time to connect and share, talk about life and faith, and discuss a variety of interesting topics together. We often have snacks too! We plan to meet weekly throughout the fall, as long as the weather allows, so come and join us while it's still warm enough!

Sunday Night Live! (SNL)

Our lively Sunday evening program for youth is now underway! Confirmation students in grades 6 through 8 will join Pastor Brad on Zoom two evenings per month, from 5 to 6 p.m. This fall, our focus is on the Ten Commandments. Upcoming meeting dates are October 4 and October 18. For the complete schedule or more information, please contact Faith Jordan at tfjordan3@comcast.net.

High School Campfires

Our high school group had their first fall campfire on September 11 and enjoyed hanging out and talking by the fire, as well as eating s'mores. If you missed the first one, don't worry, there's "s'more" of these Friday night fires to come! Plan on joining us on October 2 from 7 to 9 p.m. at the firepit on the hill behind CtK. Please bring your own chair and a mask, and we'll provide the rest!

Rite of Confirmation

Four of our CtK 9th graders have completed the confirmation program and are ready for their Affirmation of Baptism (Rite of Confirmation) on October 25. Ava Harms, Lia Pinckert, Evelyn Shrou, and Bradley Thornton have also finished their amazing faith projects and will share them with CtK by way of a video posted online. Congratulations to these young people and their families!

CtK BUSINESS UPDATE

FINANCIAL GIVING STATEMENT – AUGUST 31, 2020

Summary of Missional/Charitable Gifts

	<u>AUGUST</u>	<u>YTD</u>
ELCA Mission Work	\$235	\$2,619
Community Mission	\$10,448	\$86,869
International Mission	\$8	\$23,649
INTO Mission Fund	\$10	\$4,999
Seminary Fund	\$330	\$11,524
CMG	\$680	\$66,407
Sunday School	\$153	\$7,692
Youth Activities	\$8	\$24,987
	<u>\$11,871</u>	<u>\$228,737</u>

Operating Outlook *(Monies used to pay benevolence to I/K Synod, utilities, staff salaries, and programming expenses)*

	<u>AUGUST</u>
Income	\$54,523
Expenditures	\$53,902
Surplus (Deficit)	\$621

	<u>AUGUST</u>
Trust Memorial Fund	\$5,624
Trust Endowment Fund	\$120,944
Total	<u>\$126,567</u>

July Loose Offerings

Madison School	\$326
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CHRIST the KING LUTHERAN CHURCH

17195 Cleveland Road
South Bend, IN 46635

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SOUTH BEND, IN
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*A congregation of the Evangelical
Lutheran Church in America
"God's Work. Our Hands."*

RETURN SERVICE REQUESTED

Holy Communion

Bring your own to Sunday Drive-In
Service or Worship on the Web.

Office Hours

9 a.m. - 2 p.m.
Monday through Friday
Phone: (574) 272.4306

Seasons Counseling Center

(574) 277.0274

Executive Director

Alexandra Sobieski

Director of Operations

Deborah Campoli

Business Director

Don Zervas

Professional counselors available by appointment.



*"...[For] God did not give us a spirit of cowardice, but rather
a spirit of power and of love and of self-discipline."*

2 Timothy 1:7



With the above words of holy encouragement ringing in our ears, this is how we as Christ the King will continue to proclaim God's love and grace, connect with each other in spite of "social distancing," and serve one another and the world around us. We have created a "new normal" by providing many different virtual opportunities to stay connected to CtK.

SUNDAY WORSHIP

There are two ways you can worship with fellow CtK members and guests each Sunday: Drive-in worship in the parking lot at 9:30 a.m. or Holy Communion under the canopy at 11:15 a.m. Visit ctkluth.com for more information.

WORSHIP ON THE WEB

We invite everyone to join us each Sunday either at their regularly scheduled worship time or any time during the day or week to celebrate worship. Visit www.ctkluth.com/worship to find a worship video, the worship folder for Sunday's service, Taking Faith Home questions for discussion, and an online donation link to continue your tradition of giving at worship.

WAYS TO CONNECT

Some groups and studies are meeting in person, and some continue to meet via Zoom (a free service that allows participants to "meet" through the Internet). Please visit www.ctkluth.com or call the church office for more information.