

# Visions of Hope

August 14, 2016



F4356 State Hwy 97  
Edgar, WI 54426

## Mission Statement:

Hope's Mission is to teach the bible and follow Christ's example by giving back to the community and those in need

## Website:

hope4centralwi.com

## Email:

hope4centralwi@yahoo.com

Sunday School

8:45-9:30 am

Bible Study

8:45-9:15 am

Sunday Worship

9:30 am

Communion

1st, 3rd and 5th Sundays

## Pastor:

David Lathrop

715-574-1419 (cell)

715-352-2555 (church)

## Secretary:

hopelcsec@gmail.com

## Duties List

August 21

August 28

## Ushers

Larry Peterson

Chad Bender

Russ Bauman

Scott Bauman

## Greeters

Gwen Bauman

Russ Bauman

## Readers

Chad Bender

Gary Ludwig

FROM THE  
PASTOR 

Summer is rapidly coming to an end and this means confirmation classes will be starting up again. Confirmation involves learning the basics of the Christian faith utilizing Luther's Small Catechism. Confirmation classes run for 2 school years with the actual confirmation taking place on Reformation Sunday (near the end of October) of the next year after completion of the classes and other requirements. Those entering 7<sup>th</sup> grade are eligible to join the confirmation program. Confirmation classes meet on Wednesdays 6:00-7:00 pm, beginning on September 14.

*Matthew 6:25-27* <sup>25</sup> "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?" <sup>26</sup> Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? <sup>27</sup> Can any one of you by worrying add a single hour to your life?

There once was a girl who wanted to get away from her abusive home life. This girl begged the case worker from child welfare to put her into foster care. The girl claimed her Dad hit her. The caseworker did not believe her, she asked, "What do you mean, your Dad hit you? You don't have a mark on you" to which the little girl replied, "My dad knows where to hit so it doesn't show". Many of us have bruises that don't show. For many years I lived with depression. I grew up in a family where it wasn't safe to be myself or express my emotions. I learned to stuff my emotions down and eventually forgot how to feel them. I thought that, in so many ways, I wasn't enough. Regardless of what I achieved, my efforts were never enough, I was never enough. I was continually told I deserved every bad thing that ever happened to me.

It took years of therapy, personal development and *wanting to change* in order to live life the way I do today. *To change something, you have to be aware of the thing you want to change.* Along my journey, the biggest lesson I learned is this: **Nothing in your life changes until you change.** Let me repeat that. **Nothing in your life changes until you change.** And another big thing, you can't change other people to meet your standard and needs. News flash, I'm human so it took me a while to figure that out.

At first I did what I learned from my parents: I blamed all my problems on the people closest to me and wondered why my relationships were a disaster. If only *those people* would meet my expectations of them, my life would be so much better. If my Dad couldn't get work, that meant that someone was "out to get him". If the house burned down while he was out getting drunk, that was my 12 year old brother's fault, he should have kept closer watch on us. I think we all know how well that works. Not! Ok, here is the lifesaving part; I found Jesus and learned that He was someone I could always depend on. It seemed almost miraculous that the more I changed, the happier I became. By deliberately letting go of all the drama that had become part of my daily life, I paused enough to begin to see my patterns. I was blaming everyone and anyone for my failures in life and I let others steal my joy. How silly I was to give up my inner peace to someone who didn't deserve that power over me.

Feeling depressed about your future? Is anxiety keeping you from enjoying your life? Strong negative emotions can smother the joy and happiness that's always inside you. While neither of these feelings can be turned off like a light switch, there is a practice that can change your life in dramatic and positive ways over time. As I researched this topic the one constant was:

- We are not in control
- We need to pray more and worry less
- Don't give anyone the power to suck the joy out of your life.
- Breathe deep
- Pray, Pray, Pray

Pause to notice:

- What are you doing that triggers that negative feeling?
- What you're thinking or focusing on, is it negative?
- Do the things you worry about ever come true?
- How are you responding to your environment or outside influences?
- Is a negative person trying to suck the joy out of you?
- How are you feeling emotionally?

The most important aspect of mindfulness is to do all this *without judging*. This means that everything simply *is*. You are not right or wrong, good or bad, stupid or smart, enough or inadequate, ugly or beautiful. All of that, all the judging, is just an excuse you're telling yourself so you can worry and fret. It's how we decide the things we are anxious and depressed about. If these make believe stories help you to feel better, then feel free to continue with them. If the stories make you feel depressed, anxious or any other emotion that you don't want, consider this your opportunity change the ending to your story.

Although I could see my patterns, I had no idea how to act differently. I started to catch myself saying the things that had led to even more drama. I started saying a short prayer before responding, by allowing that fraction of a moment before responding, I often chose no response. I chose to listen for God. With time, practice and lots of experimentation, I started to put the pieces together to understand the kind of person I wanted to be. Then I took more time to understand how to think, believe and act in ways that led to a happier me. I took a long time to completely give up my desire to take charge and be in charge. You know the old saying, "Let go and let God". And here I am repeating myself, pray, pray, pray.

Every now and then I still feel a little anxious or depressed. When I don't catch it right away, I notice that I try to smother the feelings with false laughter and fake smiles. On the other hand some people choose shopping, eating, drugs or excessive drinking. As I put on a false front, I'm more aware of what I'm doing. I'm avoiding facing difficult emotions. I'm trying not to feel my feelings. Knowing how destructive these choices can be and that they never solve the problem, I've learned to make new choices.

**God is there for you.** He created you because He loves you more than you can ever imagine. When I'm anxious, I stop and take a few deep breaths, and pray. I realize that I'm creating my anxiety by envisioning a negative situation that probably will never happen anyway. I slowly and gently say, "God, be here now." Then I realize that everything is just fine here in the present moment and I can learn to make the most of every moment of the day God has given me. Then I smile and thank God.

When I'm feeling depressed, I stop and take a few deep breaths. I ask myself what's causing my feelings of depression. Then I pause to listen and feel what comes up in my mind and body. Sometimes I'm feeling lonely, and I feel that in my heart. Other times I'm feeling angry and resentful, and I feel that in my stomach. I ask myself what I can do to feed and nurture my positive needs in my life. I no longer hope or expect anyone else to do that for me because it's impossible. God is there for you but, don't expect that He will solve all the problems you might have without your help.

The next time you're feeling depressed, anxious or any other unwanted emotion, be gentle with yourself as you walk through these steps:

1. Pause: Take a fraction of a second to notice the feeling and label it. Ask for God's help.
2. Be in the present moment: Notice that the source of your emotion is likely your interpretation of the past or a story about an unlikely future. Don't let your past ruin your future, that past is just that, past. Chances are you can't change the pass.
3. Notice what you're focusing on: what negative things are you telling yourself? Is it true? Would someone who cares for you agree?
4. Change how you see your world: God would not have created you if He thought you not worthy. Your reality is not only as you see it, but learn to see yourself in the eyes of your Lord and God.
5. Your world can't make you happy: Only you can decide to be happy. Nothing outside of you has the power to make you happy, sad or anything else unless you give it the power to do so. Choose your own happiness.
6. Don't try to compensate by overdoing things (work, drinking, drugs, shopping, working out, eating, etc.): This only makes the issues and feelings worse by masking them. Have the courage to feel your feelings and work with them. When you do, they will begin to dissolve.
7. Pray every day: These changes don't happen overnight. It takes daily practice. Some days will be better than others. Don't judge your progress. Real progress is made in almost imperceptible steps over time. Be patient and persistent. You're so worth it. Always remember, God created you for a reason, and one of those reasons is He loves you and wants you to be happy.

So here is the big question, do I think conquering anxiety and depression is easy or a onetime fix? For those of us going through anxiety or depression, everyday can be a challenge. However, making the choice to make your life happy and healthy is a big first step. But, I think anything is possible with the help of God, not easy, but possible.

*Matthew 6:34<sup>34</sup> Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.*

Your servant in Christ  
Rosie Schilling

# Hope's Happenings



Sunday:	August 14	Attendance 75
Offering:	Regular	\$1785.00
	Building	\$360.00
	Mission	\$100.00
	Sunday School	\$6.02
	Total	\$2251.02

There is a Ladies Day at Camp Forest Springs on Thursday, September 20. The cost is \$20. Contact Rosie Bauman [rustyroosedairy@gmail.com](mailto:rustyroosedairy@gmail.com) or 715-573-0524 if interested. She will check times if there is any interest.

## PRAYER CONCERNS: Please remember the following people in your prayers



Ione Lathrop—hospitalized—Stroke—Pastor Dave's mother  
John Hamann—home rehabbing from broken hip  
Jerry Harmon—aneurysm in stomach that burst—brother-in-law of Rose Schilling  
Kim Heller—breast cancer—cousin of Jodi Krause  
Gloria Everhard—breast cancer (sister to Kim Heller) - cousin of Jodi Krause  
Don Hansen—Bladder cancer—undergoing chemo treatments in Florida  
Paulette Kroll—Myleloid Leukemia—receiving chemo treatments in Milwaukee  
Bill Brayton—DeEtta's brother  
Jim Decker—chemo for lymphoma—friend of the Streckert's  
Amy—cancer—friend of Barb Mohr-Borchardt  
Dylan, Logan Weichelt—sons of Bryan & Stacey  
Sawyer Mueller—microcephaly—Daryl & Beth's son  
Annette Schultz—breast cancer—Tom Kirsch's sister  
Jennifer Bohman—prayers of healing  
Dennis Bohman—Colby Nursing Home



Our July and August Mission Project of collecting school supplies that will be given to local school children and LWR will be ending **Sunday, August 21**.

If you haven't shopped for this mission project the following are additional items needed: Folders, Blunt scissors, Backpacks, Pens (blue or black) and Erasers. Please put supplies in container next to coffee counter. Any questions contact: Audrey Kamenick (715-352-2714) or Gayle Werner ((715-352-2971). We will be **packing ALL kits on Tuesday, August 23, 6:30 pm**



Sunday School is quickly approaching. Our first day for the year will be September 11. If your child has not attended Sunday School before (age three or new to Hope Sunday school program) please contact Michelle Bauman or Jen Kunkel to sign up.

We are also looking for volunteers to help teach Sunday School. What a great way to start your Sunday by helping Hope's youth to grow in their faith! No experience is needed!! Please contact Michelle or Jen if interested.

Our next Women's Event will be on Tuesday, August 23. Everyone is welcome and beginning at 6:30 pm, we will be packing backpacks for local schools and School Kits for Lutheran World Relief. Also, if there is anything that you would like discussed before the officers or members of the Women's Group, please bring it to the attention of one of the officers - Rosie Bauman, Audrey Kamenick, Jen Kunkel, Rose Schilling, Sondra Streckert or Gayle Werner so we can handle it that night as well. Thank you in advance for your help.



## Small Groups

Rosie Bauman will be starting 1 or 2 small groups if there is enough interest. Possibilities are 1 on Wednesday evening at 7:30pm plus a morning one at 10:30 on either Friday or Wednesday. Please let her know if you are at all interested. Possible subjects are "Living your life without Fear" or "You'll get Through This" by Max Lucado