



Peace Progress

Editor, Kay Glathar

February 2017

A Word from Our Pastor:

Dear Family of Peace,

I must admit that there are some areas in ministry that I feel not so equipped to handle. One of those areas is mental health. When I went to seminary, classes tended to cover Biblical interpretation and church history with less of an emphasis on issues related to mental health. After nine years of pastoral ministry, I have developed a desire to learn more and be better equipped to assist.

I can distinctly remember an event, while serving as a pastor in Florida, that I wish I would have had better tools to assist a troubled person. A non-member from the community showed up to my office one day asking me to perform an exorcism on their house. They explained that they had seen ghosts walking in and out of the house for the past week. Seeing these ghosts, the person decided to burn sage around the perimeter of the house to scare away the spirits. To no avail, they visited the church asking for the exorcism. I accepted the invitation and followed through by going to the house saying prayers in each room. But, I did very little in the way of caring for the actual person. A few months later, it was discovered that this person was suffering from severe mental illness.

It is not just the mentally ill who suffer, it is also their families. Families often express frustration about what can be done. One poll found that 74 percent of families with members that suffer from mental illness are dissatisfied with professional services. In the same study, only 8 percent stated confidence in mental health professionals.

The Christian Church has been slow too, in responding to help. Perhaps one of those reasons is that the Church has simply labeled mental illness

a "sin". By doing so and unfortunately, the church has chosen the route of avoidance. When support and effort are needed most, unhelpful labels have been given. Thankfully, times are changing. Many Christians today are working hard to bring about better awareness and care. I would like to be one of them.

Claims of mental illness do appear in the Bible. Paul is accused of being out of his mind. Consider the words of Festus, the Roman governor of Judea.

"And while Paul was saying this in his defense, Festus said in a loud voice, "Paul, you are out of your mind! Your great learning is driving you mad." But Paul said, "I am not out of my mind, most excellent Festus, but I utter words of sober truth." (Acts 26:24)

Many have thought that mental illness played a role in the lives of people like David, Saul, Nebuchadnezzar and Ezekiel.

The family of Peace would greatly benefit by becoming more aware of this issue. For this reason, we are going to set aside some time in adult Bible Study, once our Believe study is over, to the topic of mental illness. We do an adequate job in caring for those with physical challenges, how can we also intentionally care for those individuals and families that are challenged with mental illness?

I look forward to having these discussions and studies. Feel free to stop by and chat with me about your experience. I am available and would cherish the opportunity to pray with and learn more about you!

God's peace be with us,

Pastor J.

**Preparing for Worship**

The scripture lessons for the month of February:

February 5:

Isaiah 58:3-9a
I Corinthians 2:1-12
Matthew 5:21-37

February 19:

Leviticus 19:1-2, 9-18
I Corinthians 3:10-23
Matthew 5:38-48

February 12:

Deuteronomy 30:15-20
I Corinthians 3:1-9
Matthew 5:21-37

February 26:

Exodus 24:8-18
2 Peter 1:16-21
Matthew 17:1-9

Lutherwood Annual Meeting

Camp Lutherwood's Annual meeting is coming up and you are invited to attend. The meeting will be at Good Shepherd Lutheran Church in Albany on February 4, 2017 from 1:00-3:00pm. This is a special time to celebrate 2016 and look to the future! You will also be given the opportunity to engage in generative thinking and discussion with Pastor Chris Kramer and meet Jennifer, the new Director of Programs and Spiritual Renewal. Join us.

**Courage Against Prejudice:
A First-Hand Perspective**

All are welcome to attend Dean Rohrs presentation on Apartheid Conflict and Courage at the LaSells Stewart Center on Tuesday, February 7th at 7 pm. Active with the Red Cross in South Africa for more than 30 years, Dean Rohrs experienced Apartheid, and has since advocated for women and children through education and volunteer activities. Her presentation, "Scars of the Children," is a personal story of her journey to bring peace and change for women and children in South Africa and around the world. She worked as a nurse in Cape Town, South Africa, and as part of Dr. Christiaan Barnard's heart transplant team. Today, she is a philanthropist and leads groups of young people and Rotarians on missions to South Africa. Born to a British family, she grew up in Zambia and also lived in Malawi, Namibia. Dean Rohrs, her husband, Reinhold, and three children emigrated to Canada from South Af-

Fellowship Guidelines

Christian fellowship is an important part of developing our community here at Peace. As we gather together after our service on Sunday we have a chance to get to know each other and share a meal.

All the food and the hosting at our fellowship time is done by volunteers. Because this is a big job for our volunteers we have the following guidelines to help it go smoothly:

The first Sunday of the month is our full meal deal. This is the time to bring casseroles, salads, side dishes, cakes and pies.

All other Sundays are intended to be a light lunch type meal. Appropriate foods are sandwiches, vegetable and fruit trays, chips and dips, cookies, or brownies, all basically finger foods.

Whether a full meal or lunch/finger food Sunday the volunteers hosting fellowship are not expected to provide all the food. So whenever you can, feel free to help feed our growing congregation by bringing a dish to share.

If you bring a dish please label the container and please don't bring your best china. Accidents sometimes happen and dishes get lost, chipped or broken. Labeling what is in your dish is also important. We have people with food allergies who can't eat nuts, gluten, and spicy foods. Please try to provide information with the dish or speak to the volunteer hosting the fellowship so they know what you brought.

Attendance and Grace of Giving

DATE	COUNT	GRACE OF GIVING	
12/18/2016	102	Offering	\$3,389
12/25/2016	52	Offering	\$3,314
1/1/2017	83	Offering	\$4,869
1/8/2017	No Church Due to Weather		
1/15/2017	104	Offering	\$3,205



Preparing Kids for the Teen World

By Jim Fay

The way we discipline our children in grade school determines the type of teenagers they become. In elementary school, both right and wrong ways of disciplining work! However, while inappropriate methods may work during a child's younger years, they fail to prepare a child for adolescence. By following a few guidelines during the grade school years, parents can help their children glide through the teen years with minimal difficulty.

Guideline 1: Give your child as few rules as possible and as many as absolutely necessary – Generally, it's best to let the child make mistakes. Their consequences are usually far less severe in grade school than in high school.

Guideline 2: Let natural consequences occur – Grounding, anger or lectures teach the child to resent the parent rather than learn from natural consequences. Wise parents, taking a cue from the airlines, say, "We're leaving at eight o'clock. If you are ready at that time, you may go with us."

Guideline 3: Wise parents impose consequences to take care of themselves – Effective consequences that parents impose include isolation of the child or having the child perform extra work around the house to "pay the parents back" for family items they have abused. Wise parents say, "Why don't you take a walk around the block and cool off? We'll be happy to see your face again when there's a smile on it." When we take care of ourselves, children learn how to take care of themselves.

Guideline 4: Get the child's opinions and thoughts first – We ask with interest and without accusation.

Guideline 5: Parents should mean what they say, and only say it once – Often parents give warnings: "Now I mean it!" (which implies the parent usually doesn't!) Try instead, "Will you guys please take it outside now?" the kids may say, "What did we do?" A good response is, "Outside is the place to figure that out."

To make these approaches more meaningful, discuss their pros and cons with your spouse or a friend before implementing any of them with your child.

Ladies' Guild

Guild has been a part of Lutheran Women's Missionary League or LWML since 1950. Every woman at Peace Lutheran Church is a member of Guild and LWML, whether you attend the monthly meetings or not. We hope you will give the monthly meetings a try. They are not tedious or boring. Many decisions are made as to where we allocate the funds we have raised from the bazaar, and many of you contribute to that.

Lutheran Women in mission have been sharing the love of Jesus Christ for 75 years! And Peace has been for 56 years. In April, Peace will have the privilege and honor to host the Spring Zone Rally. We hope you mark your calendar to attend. It is a fun, inspirational meeting for the women from the Missouri Synod churches in the Willamette Zone.

One of the ways we spread the Gospel of Jesus Christ is through the collection of coins. These are called mites. We collect mites on the 2nd Sunday of January, March, May, July, September, and November. There is a new mite box available in your mailbox. As YOU pray and put your money in this box, you give more than silver and gold; TOGETHER we share the riches of CHRIST with the nations. As of December 31, 2016 LWML has raised \$1,640,166.31. Thank you for your support of LWML.

Submitted by Peggy Krueger

2016 Community Donations

Here is a short summary of what we have contributed to help the Philomath community this year. They are very appreciative of all the help we provide throughout the year.

Total Donations to Philomath Food Bank:

Pounds of food = 371.0

Pounds of produce = 195.0

Total of **566.0** pounds donated in 2016

June's Kids Closet:

41 Bags of clothes

Submitted by Jim Holroyd