

Blessings and Musings

The Lutheran Church of Our Blessed Savior

JULY, 2021

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Kal Rissman
765-754-7381

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President:**
Tina Gilman

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Dr. Herb Berner

Secretary:
Bethany Bennett

Treasurer:

Other Members:
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Becca Key-Kerr
Donna Key-Kerr
Marilyn Pierce
Stephanie Salazar
Dick Zarse

Organist:
Marilyn Pierce

Church Secretary:
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Worship:
10:30 A.M.

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From the Pastor:

I was given a book recently that I have found very interesting. It is written by Dr. Bruce Perry who is a neuroscientist and a psychiatrist. He has studied the human brain his entire career from both of these perspectives and has come to some conclusions that are very helpful in understanding people and why they act the way that they do. I also think that his ideas have great application for the Christian faith.

The title of the book is "What happened to you?" The premise of the book is that rather than look at people who are doing strange and harmful things and asking what is wrong with them, it is more helpful and loving to ask them "what happened to you?"

All of us have experienced people who are difficult, quirky, dangerous and just downright weird and we usually end up saying things like "what's wrong with you", "you are nuts" or "you ain't right". This tends to focus on the person as defective, bad and worthless. It is in short, a very shaming message and does not help, because that person is most certainly already filled with shame and doesn't really need any more.

Focusing on the question, "what happened to you", is much more helpful, because it gets at the root of how our brain development was affected by certain traumatic events and lets the person know that the trauma was not their fault and their reactions now make sense as a kind of coping mechanism in response to that trauma. Unfortunately, many of these coping mechanisms no longer are helpful in daily life and changes do need to be made.

Dr. Perry uses the example of a Korean War veteran who was out walking with his girlfriend when a car backfired. The man dropped to the ground and hit his girlfriend when she tried to comfort him. He could not sleep the rest of the night. He said that in Korea if you didn't get down you were dead and if you fell asleep you were dead. His lower brain functions responded before his higher brain cortex could think, process and make sense of what he had heard.

That man was 24 years old when he was in Korea. Imagine how much more deeply affected a human brain would be if trauma happened when it was only a baby or a child. This is when the brain is developing at a very rapid rate and traumatic events will have an even more damaging result during a time when the lower brain is all a child has. The child's view of the world is being altered by the painful experiences. This actually changes the way the brain is formed.

A study by the National Survey of Children's Health found that almost 50 %

of the children in the United States have had at least one significant traumatic event or more in their life. A recent study from 2019 by the Center for Disease Control reported that 60% of adults had experienced at least one traumatic event in their life and almost a quarter of these persons reported having at least 3 traumatic events.

Traumatic events are much more than someone just having a bad day. They include things like: physical abuse that left marks and blood, sexual abuse, parents that were too drunk or high to care for you, other addiction, having a member of the family go to prison, attempted suicide, death of a child, extreme neglect as a child, being reared in a family that did not love you or think you were important, vehicle accidents and military combat.

The younger we are at the time of a traumatic event, the more negative effect it will have in a person's development, because the lower brain is all a child has to go on at that time and it will shape the world view of that child. Trauma actually causes the infant's brain to develop differently and then the child reacts differently to life situations later on.

Thus, whenever we meet a person that is behaving badly or is irritating to us in some way, it would be far more helpful rather than thinking, "What's wrong with you", to instead wonder "What happened to you"? None of us grew up in a vacuum. We all grew up somewhere with someone and that has led us to be who we are today. For those of us who grew up in relatively sane and loving families, there is not enough money in the world that we would trade to be someone who grew up with abuse, neglect, guilt and shame. It makes all the difference in the world in how we view people and view the world.

Even in the Christian Church we tend to be unaware of the tremendous effect that traumatic events can have on people. We tend to either ignore it or just say that bad things may have happened, but these irritating people should just "get over it". We have structures in our worship service to deal with guilt. We have the Brief Order for Confession and Forgiveness. But we don't really have any structures to deal with shame. Shame needs exposure and acceptance to be healed. Shame needs some format where people can share what has been done to them to give them a sense of dirtiness and worthlessness. They need to share, "This is what happened to me" and then be accepted.

This is exactly what Jesus did when dealing with people who had issues. He looked at them with compassion and took their pain into consideration and didn't ask what was wrong with them, but what had happened to them and loved them.

From the
CHURCH
Mouse



We five little Lutheran Church mice have really been busy watching all activity around the church in June and it only is the 3rd of June.

All the wood tables will at some point be taken out of the church. The pantry picked three better tables to use. Five tables are going to Pastor Kal's to use when we have the annual church picnic. The rest will go to the metal drive.

The pantry volunteers sanitized all the purple chairs, white tables and white chairs. They put all the white tables on roller carts and stored them in front of the folded white chairs.

Pete's Pantry paid for having all the carpet in the basement cleaned. We little mice had fun watching the two men clean the carpet. The carpet looks so nice that we five church mice didn't want to walk on it and get it dirty.

On Thursday we watched the people come in to get their groceries. They had to have their temperature taken, wear a mask, use sanitizer, and keep 6ft between themselves.

We five mice were afraid that Sue Allen would take our temps and she did! We had to wear our masks. Do you know how hard it is for mice to sanitize our four feet? We watched out for Sue because she might have come for us to give us a bath and we had enough

sanitizer for one day. Be on the look out for Sue because she might come after you and take your temperature and make you use sanitizer. Remember she is an RN Nurse and knows the rules.

**From Squeaky,
The Lutheran Church Mouse**

IN APPRECIATION:

During our last church council meeting, there was discussion about the gratefulness we have for people in this congregation who toil faithfully, doing their different tasks with no compensation and no expectation of recognition. However this work is noticed and we just want to say thank you.

For example, Mike Thompson mows our lawn, trims our bushes, gives us our Christmas tree and keeps the grounds looking nice, all with his own equipment and fuel. He has done this for decades.

Nancy Sowers has taken care of our finances for decades and we appreciate even more what she has done now that we are struggling to replace her.

Marilyn Pierce has given us beautiful music for our worship for decades and we appreciate her dedication and talent.

June Zirkle has made sure that our worship service has supplies and runs smoothly for decades also.

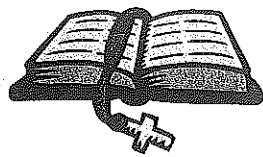
Many others do work also that may go unnoticed, but we do notice and the Lord notices and that is enough. Thank you.

Congratulations!



CONGRATULATIONS

Jackie (Closser) Novinger, daughter of Emily and Jeff Closser, is one of four standout student-athletes that was selected to the 2121 class of the Butler Athletics Hall of Fame. Jackie played on the women's basketball team from 2003-2007. Jackie's name is all over Butler's women's basketball record book. Jackie was a two-time all conference first team selection who scored 1,343 points in her career, a total that is 11th in the programs history. Her career also includes 439 assists which is fifth in Butler's program history. Jackie had 271 three pointers, the most in the programs history! Our congregation sends a huge CONGRATULATIONS to Jackie on being inducted into Butler University's Athletics Hall of Fame. We are very proud!



READ ANY GOOD BOOKS LATELY?

The adult Sunday School Class thinks this might be a good one. The remarkable book of Revelations. This sixty-sixth and final book can be exciting, enriching and even fun. Yes, fun! Come join the class and start to discover the richness of Revelation and how it can deepen your walk of faith. Time: 9:30-10:20.

I have no greater joy than to hear that my children are walking in the truth.

3 John 1:4

Our Sunday School children don't always "walk" but they are having a fun filled hour learning the truth about Jesus with the famous and loved, Ms. Andrea. Each Sunday there is a new Bible story, craft, songs, snack, games and play. They will continue to meet through the summer too with a few holiday exceptions. Time: 9:30-10:20.

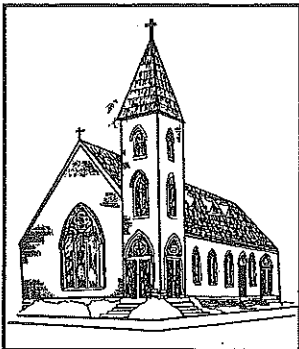
A TIME FOR
GIVING

BACK 2 SCHOOL RALLY FUNDRAISER

This is the 13th year for the Annual Back to School Rally. Our congregation has been one of several churches that have supported this community ministry. Beginning June 27, 2021 through July 18, 2021 our congregation will again be taking monetary donations to help purchase school supplies for grades K-8th. Students enrolled in Alexandria Schools can benefit from these free school supplies. The leaders will once again be holding a container for any donations at the end of each service. Checks can also be made out to Donna Key-Kerr and mailed to our church office. This is an amazing ministry that helps many families. Thank you in advance for your support!

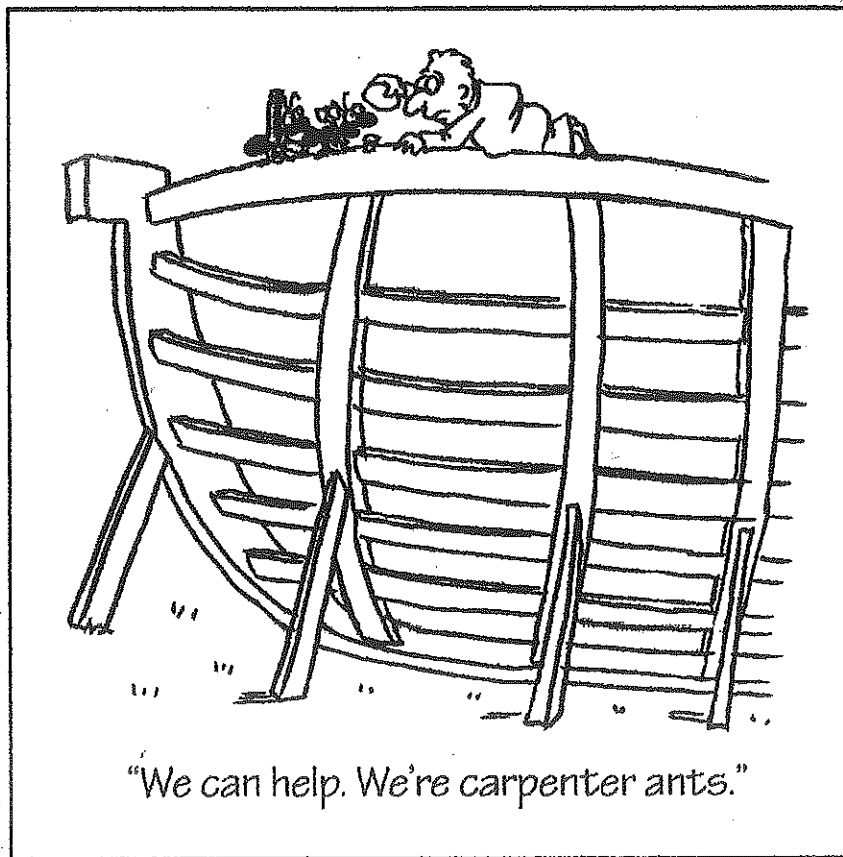
JULY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:00am Office 9:30-10:50am Pete's Pantry	2 9:00am Office	3
4 9:30am S.S. & B.C. 10:30am Worship	5 9:00am Office 9:30-10:50am Pete's Pantry	6 9:00am Office	7 9:00am Office 9:30-10:50am Pete's Pantry	8 9:00am Office 9:30-10:50am Pete's Pantry	9 9:00am Office	10
11 9:30am S.S. & B.C. 10:30am Worship	12 9 am Office 9:30-10:50am Pete's Pantry	13 9:00am Office	14 9:00am Office 9:30- 10:50am Pantry	15 9:00am Office 9:30-10:50am Pete's Pantry	16 9:00am Office	17
18 9:30am S.S. & B.C. 10:30am Worship	19 9:00am Office 9:30-10:50am Pete's Pantry	20 9:00am Office	21 9:00am Office 9:30- 10:50am Pantry 6:30 pm Church Council	22 9:00am Office 9:30-10:50am Pete's Pantry	23 9:00am Office	24
25 9:30am S.S./B.C. 10:30am Worship	26 9:00am Office 9:30-10:50am Pete's Pantry	27 9:00am Office	28 9:00am Office 9:30-10:50am Pete's Pantry	29	30	31



**Lutheran Church
of Our Blessed Savior**
309 West Washington
PO Box 206
Alexandria, IN 46001

Church Office
765-724-3671
Pastor Kal Rissman
Home: 765-754-7381



July Participants



ORGANIST

4 Marilyn Pierce
11 Marilyn Pierce
18 Marilyn Pierce
25 Marilyn Pierce

SOUND EQUIPMENT

4 David Shears
11 David Shears
18 David Shears
25 David Shears

LECTORS

Donna Key-Kerr
Audrey Salazar
Becca Key-Kerr
Dr. Herb Berner

ASSISTING MINISTERS

Shon Littlefield
Andrea Barnett
Emily Closser
Peggy Cox

ALTAR GUILD

Debbie Rissman
Susie Remington

DEACONS

Steve Holcomb
Donna Key-Kerr
George Bennett
Tina Gilman