



# Blessings and Musings

## The Lutheran Church of Our Blessed Savior

### OCTOBER, 2021

**Pastor:**  
Kal Rissman  
765-754-7381

**Church Council  
President:**  
Tina Gilman

**Vice President:**  
Dr. Herb Berner

**Secretary:**  
Bethany Bennett

**Treasurer:**

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

**Organist:**  
Marilyn Pierce

**Church Secretary:**  
Marilyn Pierce  
765-717-2992  
9 AM - Noon  
Mon. Tues. Wed.  
Thurs. and Fri.

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765-724-3671

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**Sunday School:**  
9:30 A.M.

**Worship:**  
10:30 A.M.

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#### From the Pastor:

As I have told you before, I have trouble staying asleep most nights. When playing Solitaire or Parcheesi doesn't get me sleepy, I sometimes resort to turning on the television and hope the droning will make me drowsy. But sometimes I find something new and bizarre and it catches my interest and I just keep watching.

The new show that caught my eye is on Channel 236. It is not on a regular schedule, but every once in a while I run across it and have to watch. The title of the show is "Botched" and as the name implies, it is about two plastic surgeons who specialize in fixing botched surgeries. Sometimes Dr. Nassif and Dr. Dubrow are dealing with cases where people have been in accidents and need reconstructive surgery. There are other cases of birth defects that need reconstruction as well.

However, the cases that really make me take notice are the ones where there is nothing wrong with the person, but they just want the Doctors to change them to look a certain way. There are numerous breast augmentations and quite a few tummy tucks and even the occasional "Brazilian Butt Lift", but then there are also some really bizarre requests. One woman wanted to look artificial, exactly like a Barbie Doll and wanted not only augmented breasts, but wanted to have several ribs taken out to make her waist unnaturally small. Another patient wanted to look like a cartoon character. Yet another man wanted to look like a superhero and had fake abdominal muscles installed.

There is no end to the weird requests that their patients have, but fortunately, these surgeons will not do surgery if it is dangerous to the person's health. They will not cut out healthy tissue, just for the sake of having a certain look and that is admirable.

But the word that keeps turning in my brain every time I watch these bizarre surgery requests is "shame". It is abundantly clear to me that these are folks who are trying desperately to cover up their shame issues in some way. Shame is the feeling that I am not o.k. just the way I am. Shame comes to us from other people who treat us badly in some way. It could be from physical abuse, sexual abuse, verbal abuse or spiritual abuse. It could be the opposite of abuse, which is neglect and abandonment. There are millions of people who have never really done anything bad in their lives and yet feel bad, worthless and dirty because someone else dumped that shame on them at some point in their lives, usually when they were young.

When we have shame we believe that we have to either add something to ourselves or take something away from ourselves to be alright. We might try to add bigger muscles, bigger breasts, bigger houses and fatter wallets. Or, we might try to take away 40 pounds, bald spots, crepe skin or spider veins and then we will be o.k.

The story concerning the advent of shame comes from Genesis 3 when Adam and Eve are disobedient and eat the forbidden fruit that God told them not to eat. Their eyes were opened and they suddenly realized that they were naked. The Lord said to them, "Who told you that you were naked"? In other words, where did you get the notion that you literally of your naked self, just the way I made you, were not alright? Adam and Eve had to add something to themselves to be o.k., so they added fig leaves.

All of us have a certain amount of shame. You can't go through life and never get shamed. However, there are some folks who have way more than their share of that feeling of not being alright just the way they are and they try desperately to cover it up by adding something or taking something away.

This does not mean that we should never make any attempts to improve ourselves. We can exercise and eat well and take care of our skin and wear decent clothes and feel good about ourselves. However, it is important to remember that we are always alright just the way we are. No amount of plastic surgery is going to make us acceptable in our own eyes until we are convinced that other people can love us the way we are and the Lord loves us as we are and He always has. We are never "botched" in His eyes.

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### **"Dampening" the Spirit**

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Pastor George Ross tells about the time he was called upon to speak at the Sunday School chapel service because the person in charge had the flu.

"The topic that morning was the Holy Ghost. I tried to explain to the boys and girls that the Holy Ghost is God inside us. I told one little boy, by the name of David, to put his hand inside his shirt, which he obediently did. Reminding him that God was inside, I asked: 'Now, David, what does God feel like?' He furrowed his forehead in thought and then answered soberly, 'Damp. It feels damp.'"

*-Homiletics*



## DEATH

### WALLACE GILBERT VAN ERMAN

Born: August 1, 1921

Died: August 27, 2021

Buried: September 5, 2021

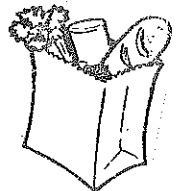


We five little Lutheran Church mice would like to tell what good things that have happened this month. Dick Zarse is kept busy with being Deacon of Property. There seems there are a lot of things that can go wrong, just like at your house. Did you notice the tree in front of the church and the two trees facing Black Street? **They were trimmed** and look a lot better. Did you notice there are no more dead trees facing the pink house south of the parking lot? **ALL CUT DOWN.** Two light bulbs were replaced in the church office. That really made things bright again. June Zirkle had the fair linen on the altar dry cleaned and she also fills the candles with oil for each service. Donna Key-Kerr and her crew are keeping Pete's Pantry going each week and that is not an easy job. Pastor Kal helps to bring in the food on Mondays when the truck comes from Second

Harvest. If we mice hear a lawn mower running, we go looking for Mike Thompson because he is cutting the grass and he also trims the bushes. He does a great job. We Lutheran mice say **THANK YOU** to all the members who do extra things around the church.

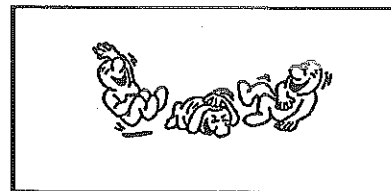
**Squeaky,**

**The Lutheran Church Mouse**



## PETE'S PANTRY


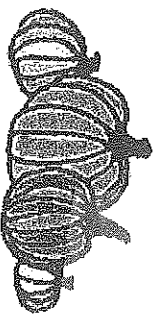
Pete's Pantry would like to thank you for your continued prayers, support and donations. Did you know that Pete's Pantry can buy a pound of food for every 19 cents raised? Besides monetary donations the Pantry could really use item donations of can soup, cereals, shampoo, body wash, toothpaste, deodorant and feminine products during the month of October. There is a floor basket in the narthex for any donations. Thank you again!

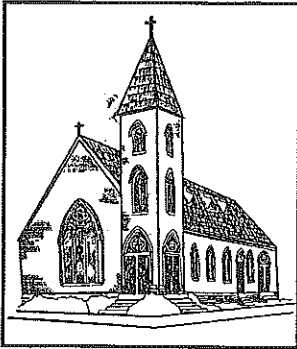


**Question:** How many Pastoral Counselors does it take to change a light bulb ?

**Answer:** Only one, but the light bulb has to really want to change.

# OCTOBER 2021

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



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of Our Blessed Savior**  
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Alexandria, IN 46001

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



Jesus — the original child advocate

## October Participants



### ORGANIST

3 Picnic  
10 Marilyn Pierce  
17 Marilyn Pierce  
24 Marilyn Pierce  
31 Marilyn Pierce

### SOUND EQUIPMENT

3 David Shears  
10 David Shears  
17 David Shears  
24 David Shears  
31 David Shears

### LECTORS

Becca Key-Kerr  
Dr. Herb Berner  
Janice Feldheiser  
Stephanie Salazar  
Carol Shears

### ASSISTING MINISTERS

Picnic  
Andrea Barnett  
Shon Littlefield  
Emily Closser  
Dick Zarse

### ALTAR GUILD

Bonnie Haas  
Tammy DiRuzza

### DEACONS

Picnic  
Tiina Gilman  
Donna Key  
Becky Howard  
Tammy DiRuzza