



## ***In This Issue***

El Salvador Update.....	6
Children, Youth and Families.....	4
Council Communications.....	8
Featured Member.....	8
Organ Update.....	9
Prayer List.....	10



**St. John's Lutheran**  
20275 Davidson Road  
Brookfield, WI 53045  
262-786-6887

## ***Follow Us***

Website: [www.makedisciples.com](http://www.makedisciples.com)  
Facebook: [@MakeDisciplesSJL](https://www.facebook.com/MakeDisciplesSJL)  
Instagram: [stjohnsbrookfield](https://www.instagram.com/stjohnsbrookfield)  
Twitter: [@Makedisciples](https://twitter.com/Makedisciples)

## Great Expectations

The theme of our Lenten journey this year will be one of expectations. We carry around with us expectations of almost everything. We have expectations of ourselves, of others, our institutions and government, as consumers and business owners, as bosses and workers – in all spheres of life. Often, we do not question our expectations or even know from where they come or how they may affect our relationships. When conflicts arise, we look to whether someone has either met or not met our expectations and get frustrated and angered when others have not met them. But do we consider whether our expectations are realistic or unrealistic? Like sin, are we better able to see others fall short, not questioning ourselves of whether we have set the “bar too high”? Conversely if we have low expectations, are we settling for substandard performances or perhaps that we send a message that we really do not care enough about the other to invest the time or energy required to make the relationship work.

Today there are so many expectations placed on us from so many sources that it may be difficult to live up to them. Young persons in many communities have expectations to succeed, whatever success means to that family or that community. Many young people have spoken and unspoken expectations placed upon them from families, friends, and schools. When I was a senior in high school I went to a meeting with a representative from Harvard. The meeting was held at the Mayo Foundation in Rochester, Minnesota, and the room was full of high school seniors and parents who were Harvard alumni. When the rep from Harvard asked us how many intended to go into medicine, everyone – except for me - raised their hand. It seemed that there were a number of expectations placed on those high school students. Whether or not those expectations were good or not or whether the students felt tremendous pressure to live up to them I cannot say.

From our faith traditions and beliefs we may also have expressed and unexpressed expectations. For examples, what expectations do we have of God? What are God’s expectations of us? What are the expectations we have of church and the church of us? What are the expectations we have in our Christian life – of sin, grace, life, death, discipleship,

These are the questions we will explore in our Lenten sermon series: Great Expectations. Pastors Frank Janzow, Karen Natterstad and I will be preaching on selected Biblical texts that shed light on this theme and these topics. We will also explore these questions in our Tuesday evening and Saturday morning adult discussion groups, beginning with the Saturday after Ash Wednesday.

We look forward to our Lenten journey. I hope you will join us!

*Pastor Brian*

## What’s New?

### Lenten Kits

Lenten kits containing an alleluia, ashes, a bread recipe and a Lenten schedule are available February 1-9 on the porch. There is a labeled Lenten Kit for every household at St. John’s. Come to the porch at your convenience to get your Lenten Kit.



### Lenten Devotions

There are three free devotions available.

1. Family devotion booklets are on the porch. Families please take one with your Lenten Kit.
2. Fifty copies of “Living Well” Lenten devotional books are available on the porch.
3. Online devotions through Outreach for Hope. Sign up for the daily devotions: [Lenten Devotions – Outreach For Hope](#)

### Lenten Worship

Virtual, recorded worship services will guide us through Lent.

Sunday worship will present the theme of “Great Expectations.”

Wednesday worships:

Ash Wednesday - traditional service utilizing ashes from the Lenten Kits.

Lent Wednesdays - using Holden Evening Prayer liturgy.

For more information on the schedule, see page 3.

## Outreach Focus



### The Women's Center is Outreach Offering Focus for February

The Women's Center (TWC) of Waukesha County is an independent, non-profit human service agency serving the Waukesha area. It provides safety, shelter and support to help women and their families who are impacted by domestic abuse, sexual violence, child abuse and human trafficking.

To assist them during this time of the continuing pandemic and social unrest, our monthly donations emphasis for February will focus on the following items:

- Kleenex/tissues
- paper towels
- toilet paper
- diapers (sizes 5 & 6)
- Ziploc bags (small, medium and gallon sizes).

Donations may be placed in the large bin on the porch at St. John's. Thank you for your help.

## Ash Wednesday

February 17

Worship Online

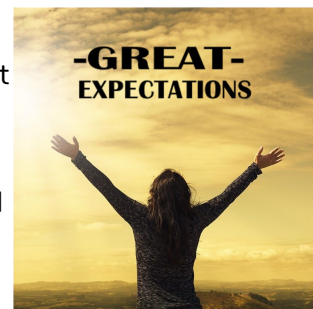
Ashes available in the Lenten Kits



## Great Expectations

Pastors Frank Janzow, Karen Natterstad, and Brian Halverson will present the theme of "Great Expectations" during Lent. These topics will be the basis for the Sunday sermons and the adult education discussions on Tuesday evenings and Saturday mornings.

[Sign up for one or both Adult Ed Sessions](#)



Lent 1	Christ/Messiah: Miracle or Marvel	Pastor Brian
Lent 2	Discipleship: Accepting Your Assignment	Pastor Karen
Lent 3	Connections: Born to Belong	Pastor Frank
Lent 4	Covenant: Let's Make A Deal	Pastor Brian
Lent 5	Sin and Grace: A Work in Progress	Pastor Karen
Palm Sunday	Life and Death: To Die For	Pastor Frank

*Weekly Wednesday Lenten worship will be recorded using the Holden Evening Prayer liturgy.*



**The window will be open February 1-15, 2021!**

**Applications being accepted for St. John's Mission Endowment Grants during this time.**

**If you would like your service project considered for a grant, fill out the form on the St. John's website.**  
(Paper copies are available on the St. John's porch.  
Please return completed forms to the church drop box.)



# Children, Youth & Families

## 5<sup>th</sup> & 6<sup>th</sup> Grade Pre-Confirmation Class

February 14 and 28

Meet via Zoom

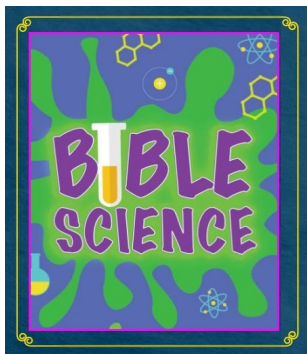
Every Other Sunday Evening  
4:00-5:00pm

Join us for Fellowship, team building, and to continue our journey through the Bible!



## Sunday School Theme

Join us Sunday evenings from 6:30 -7:00 p.m. for our Sunday School Pajama Party Zoom! Our first unit for the new year is Bible Science! Program details are available from Joanna. [josalinas2014@gmail.com](mailto:josalinas2014@gmail.com)



Available on the porch  
February 1-9

Lenten  
KITS



## 7<sup>th</sup> & 8<sup>th</sup> Grade Confirmation Class

February 7

Meet via Zoom, 3:30-4:30 p.m.

February 14

Meet via Zoom, 4:30-5:30 p.m.



## Faith Awards

Coming in February, all students and scouts in Kindergarten through 12<sup>th</sup> grade will have the opportunity to earn the P.R.A.Y. Faith Award for their appropriate grade level at St. John's. We offer this programming every two years.

Registration for St. John's families opens soon.

More information here: [PRAY Flyer](#)



## Contact Joanna with Toddler to 8th Grade Questions

Joanna is currently working from home and picking up mail a few times a month. She is available by email at [josalinas2014@gmail.com](mailto:josalinas2014@gmail.com) or by call or text at 262-278-8021. M-F from 8:00 - 1:00.

Joanna sends out weekly Children, Youth and Family emails with the Sunday School video links and other resources. If you are not receiving those emails and would like to, let Joanna know!



# Children, Youth & Families

## Youth Group

In February and March, the Pastors Brian and Frank will lead the high school youth discussion series on the topic of Expectations. The list of Great Expectations topics is on page 3. These are topics that we can explore more deeply as it relates to our faith life. We hope that all of our high school students will join us for these conversations!



Meet via Zoom  
every Sunday  
evening  
7:00-7:45 p.m.

## Snow Tubing at The Rock

February 20, 3:00-5:00 p.m.

[Sign up](#) by Wednesday, February 17.

Stephanie will contact those signed up with details.



## 9th Grade Confirmation

Meet via Zoom every other Sunday evening  
4:30-5:30 p.m.

**Upcoming dates:**  
February 14, February 28  
March 14, March 28



## Updated Contact Information

Youth Parents, please be on the lookout in your emails for a message in regards to updating your and your students contact information so that we are better able to reach you. If you do not receive an email by February 7, please contact me at [ministry@makedisciples.com](mailto:ministry@makedisciples.com).



## My Faith Statement

1 Corinthians 10:13 "No testing has overtaken you that is not common to everyone. God is faithful, and he will not let you be tested beyond your strength, but with the testing, he will also provide the way out so that you may be able to endure it." NRSV

I chose this verse long before the COVID pandemic was even a thing. I chose it because I liked the message. As we've journeyed through this pandemic, it's become more and more relevant. We've all been tested in ways we could never have imagined. We're facing isolation, changing habits, losing plans, and things we were looking forward to. These are all things we would never have thought we'd experience. But through all of this, there are also new places and ways to see God's presence. I'd like to talk about a few of these ways I've seen him show up recently.

The ways I may have imagined him "being there" aren't all the ways he's shown up. Over the past few months, some of my friends and I have started talking a lot more about our faith and discussing the ways that we are staying encouraged and focused on the positive, including swapping our favorite Christian songs and artists and sharing inspirational bible verses and devotions. I see this as a new way God is acting in my life to keep me encouraged by placing additional people around me who care about their faith in many of the same ways as I do.

Another way I've seen God appear is in all the good people he's put all around us. I mean this in a lot of different ways. All the essential workers still out there keeping the world turning while we aren't. Even all the little sacrifices we're making every day to help protect others and ourselves. And finally: all the people he's called to help. My brother Malachi, with the help of our church community, recently assembled and donated 126 "COVID Care Kits" for some of the people at our sister church in Milwaukee. He was called to make a difference to the people these kits are going to.

God is faithful. He loves us and will not let us be tested in any way that we can't grow stronger from. He puts amazing people and experiences in our lives for us to learn from. It's up to us to look for and recognize his work in our lives.

by Ariella Beyerlein





# Update From Our Friends in El Salvador

Thanks to the generous hearts at St. John's, school supplies and backpacks were purchased, blessed, and handed out to all 69 scholarship students! School started mid-January. At this time because of a new wide spread of COVID-19 in the community, school will remain at home. It is still their desire and prayer to be back in the classroom soon.

Thank you also to all of the special sponsors who have been the light of Christ and blessed these students with the gift of education again in 2021! As students graduate from the program, each year brings new students who need sponsors. Our brothers and sisters in El Salvador have faith (trust) that we will continue to support the educational needs of their children. This year seven new students were added: Michael, Wendy, Genesis, Gabriela,



Maria, Franklin, and Juan. Pictured here are two of our newest students in need of sponsors. Michael Stanley Martinez Alfaro is starting the 6<sup>th</sup> grade. You can support Michael with a scholarship of \$275 for the entire year. Genesis



Jireh Vasquez Cornejo is entering the 2<sup>nd</sup> grade and as you can see, she loves to color! Her gift would be \$150.

Sponsoring a child is a very personal way to show God's love to a child in need. Your sponsorship goes directly to the child and begins making a difference on day one!

The child will receive a monthly stipend to meet their scholastic needs. Some sponsors enjoy writing to their students and getting to know them while others are good with just praying and supporting them. All are special in God's eyes.

Please let me know soon if you are interested in sponsoring Michael, Genesis or one of the other new students.

As always, thank you for sharing your gifts with the children of El Salvador.

Mary Beth Gubbins  
[marybethgubbins@wi.rr.com](mailto:marybethgubbins@wi.rr.com)

## Amor y Amistad

In El Salvador, February is celebrated as the month of Amor y Amistad, which means love and friendship. One tradition which is celebrated in churches, neighborhoods and workplaces is The Secret Friend. People who wish to participate put their names into a hat, then each person draws the name of their secret friend. In a community, secret friends put little notes under their friends' doors, sometimes with small gifts, over a period of a week or two. The Big Reveal happens at a big valentine party and gifts are exchanged. Sometimes there is cake at the party, but more often there are pasteles (small fried pastries filled with a savory meat and vegetable mix) and magdalenas (shortbread cookies with a red cherry on top).

The Mission of Healing has traditionally taken place during February, which means the US team members get to participate in all of the fun. Here is a picture from the 2020 Secret Friends party in Los Héroes, featuring Marcy (President of All Peoples congregation) and her little friend.



# Troop 16

by Troop Historian, Jacob Nienhaus

## Winter Blast

Five scouts of our troop participated in the Council Winter Blast at Johnson Creek High School. Three scouts: Jacob Nienhaus, Jon McMahon, and Nolan Nelson taught Wolf Cub Scouts map and compass skills. Over 300 total scouts attended the Winter Blast. The staff and participants were treated to pizza and ice cream. The event lasted all day Saturday and was a "Winter Blast".



## Community Service

Part of scouting is community service.

This year we served at the church Farmer's Market, Elk's Club, Rotary Pancake Breakfast, and Scouting for Food. We built benches for the county park system for an Eagle Project.

Many of the scouts did individual service, with a total of 1000 hours.

## Garcade

Christmas Break Activity was held at the Garcade in Menomonee Falls.

An hour into playing the arcade games there was a power failure limiting half of the games. Fifteen minutes later, the remaining arcade games blew the fuse. After returning from a lunch break, the power remained silent. We were gratefully invited back to The Garcade at our next meeting.

## Meetings

We continue to scramble to find meeting places.

At the Town of Brookfield, Selle demonstrated pencil lashings.

At the scout office we worked on advancement as well as Mr. Mathes talking about animal life in Poplar Creek.

## Troop Roles

Blake Chartier is our Troop Librarian. He looks over and organizes our Merit Badge Book library.

## Monthly Rank Advancement

Jonathon McMahon - Second Class

## December Participation Honors

- 1 Zac Watson, Matt Watson
- 2 Will McCoy
- 3 Nolan Nelson
- 4 Jacob Balzer, Jon McMahon

# February Birthdays

- |                     |                     |                         |
|---------------------|---------------------|-------------------------|
| 1 Mary Beth Gubbins | 10 Robert Poth      | 17 Nicolas Luebstorff   |
| 1 Stephanie Slater  | 10 Brian Reed       | 17 Declan Pirlot        |
| 2 Karen Aamot       | 11 Marion Holmberg  | 17 Jenny Rouse          |
| 2 Kenn Anderson     | 11 Steve Johnson    | 18 Patrice Krimpelbein  |
| 3 Ryan Logan        | 12 Gary Hintz       | 18 Nick Vetta           |
| 5 Ariella Beyerlein | 12 Steve Quam       | 18 Lisa Weiss-Cornelius |
| 6 Lia Holmberg      | 13 Jessica Everts   | 19 Pamela Moore         |
| 6 Shirley Kerschke  | 14 Jan Schemberger  | 20 Tierney Athorp       |
| 7 Ron Novak         | 15 Ken Paulsen      | 20 Karissa Klink        |
| 7 Karen Pingel      | 15 LoRayne Schmidt  | 20 Skip Webb            |
| 8 Debbie Allard     | 16 Mandi Barz       | 20 Beckham Zahn         |
| 8 Katie Pavlichek   | 16 Gary Ertel       | 21 Todd Vogelsang       |
| 8 Dave Sidebottom   | 16 Callum Reinfeldt | 22 Sam Salinas          |
| 9 Jim Holmberg      | 16 Mary Tollander   | 23 Ron Riesen           |
| 9 Bill Schmidt      | 17 Ruth Dillon      | 23 Steven Schellin      |
|                     |                     | 24 Jenna Gumm           |
|                     |                     | 25 Dave Peterson        |
|                     |                     | 25 Pam Truax            |
|                     |                     | 25 Dolores Wuttke       |
|                     |                     | 26 Darlene Bahr         |
|                     |                     | 26 Max Bohne            |
|                     |                     | 26 Josh Brooks          |
|                     |                     | 26 Adrian Williams      |
|                     |                     | 28 Jackson Schilling    |





# Music Notes

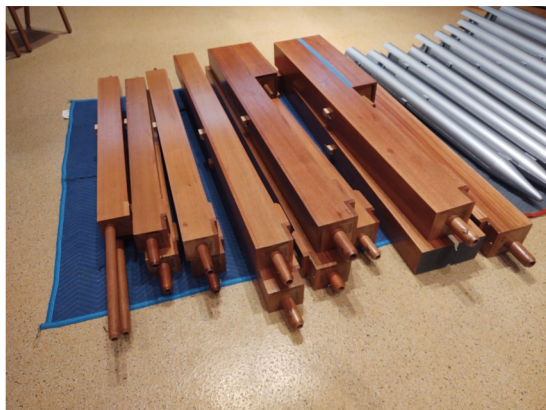
## An update on the organ work:

Berghaus pipe organ builders came with a moving van on Jan. 6 to lovingly remove all of the pipes to be sent to the shop to be cleaned and repaired.

We have two ranks being made that are replacing the 8' Principal and 4' Octave to balance better in our sanctuary. Installation and revoicing will take place sometime in February.

Do you want to learn more about Pipe Organs? Check out the American Guild of Organists "Young Person's Guide to the Organ"

<https://www.agohq.org/young-persons-guide/>



# Ash Wednesday

## Ash Wednesday worship

February 17

Worship Online

Ashes available in the Lenten Kits



Each year, Ash Wednesday marks the beginning of Lent and is always 46 days before Easter Sunday. Lent is a 40-day season (not counting Sundays) marked by repentance, fasting, reflection, and ultimately celebration. The 40-day period represents Christ's time of temptation in the wilderness, where he fasted and where Satan tempted him.

Ash Wednesday is traditionally observed by Western Christians. It is observed by Catholics in the Roman Rite, Anglicans, Lutherans, Methodists, Moravians, and Independent Catholics, as well as by many from the Reformed faith.

Ash Wednesday is a solemn reminder of human mortality and the need for reconciliation with God. It marks the beginning of the penitential Lenten season.

There is no mention of Ash Wednesday in the Bible. But there is a tradition of donning ashes as a sign of penitence that predates Jesus. In the Old Testament, Job repents "in dust and ashes," and there are other associations of ashes and repentance in Esther, Samuel, Isaiah and Jeremiah.

Lenten kits that contain ashes and directions for preparing the ashes will be available on the porch February 1-9.



# Council Communications

Fellow Disciples,

I pray this news finds you healthy and well. Following are highlights from the January 11 Council meeting.

## President Report

- Our \$76,300 Paycheck Protection Program (PPP) Loan has been forgiven! Full details below in the Financial section.
- Council is preparing for the upcoming virtual (via Zoom) Congregational Meeting on Sunday, January 31 at 10:30 a.m.
- Listening sessions regarding the preliminary 2021 budget were held January 4 and 6. Thank you to those who attended and provided feedback.
- Council was given an update on the current status of the Master Plan work with GROTH Design. A write up of that work can be found in the Congregational Meeting reports.
- Council would like to THANK ALL of those involved in the season of Advent and Christmas celebrations. From the craftsmanship, artistic details, and musical talents; to the daily readings and creativity of a live online pageant, St. John's dedication to share the good news was absolutely astonishing and heartwarming. We are grateful!

## Financial Report

- Last year, St. John's was blessed to receive a \$76,300 loan under the government funded

Paycheck Protection Program (PPP) Loan. The PPP Loan allowed us to retain and pay all the Preschool and St. John's staff their full budgeted salaries. This loan was broken down based on the payroll budgets of the Preschool \$12,640.58 and St. John's \$63,659.42. By following the PPP Loan guidelines, we applied for loan forgiveness and are happy to announce our loan was completely forgiven. A wonderful and uplifting start to 2021.

- December's giving was up, and the overall 2020 financials finished strong. Thank you, we continue to be blessed with your faithful giving.
- With the strong finish to 2020. Council approved the financial team's recommendation to move \$63,000 to the Capital Improvement Account.

## Transition Team

- The team is meeting on January 12 to review the current state of COVID cases, hospitalization numbers, vaccine rates, and latest CDC guidelines. Additional information can be found in the Congregation Meeting packet.

Please reach out to me or the council members with any questions you may have.

Praying for peace and good health to all,

Brian Zach, President

# Featured Member

## Charter Member Kenneth Paulsen

by LoRayne Schmidt



Ken lives in Shorehaven in Oconomowoc, Wisconsin. These are Ken's recollections of the beginnings of our church.

In 1962, a mission church was built by the synod and Pastor Baumbach was assigned to the church. He began by traveling through the neighborhoods and inviting people to come and worship. Ken said that he was up on his roof putting on a chimney cap when Pastor came by for a visit. Ken came down off the roof and then pastor visited with him and Sandy. (Zacchaeus, you come down, I'm going to your house today).

They joined the new mission church and it was the beginning of a long faithful and active membership. Both Ken and Sandy were presidents of the

(Continued on page 12)

# About Us

## Welcome Statement

At St. John's we align with Paul's words in Romans 15:7 "Welcome one another, therefore, just as Christ has welcomed you, for the glory of God." We welcome one another all who are seeking God's love and grace. We welcome all because God welcomes all, regardless of race, age or culture, sexual orientation, gender identity, gender expression, or relationship status. We welcome all without regard to physical or mental health, socio-economic circumstances, or anything that too often divides us. Our unity is in our commitment to the ways, grace and love of Christ.

## Core Values of St. John's:

- Serving our world, locally and globally;
- Inspiring worship and music that honor God;
- Nurturing relationships with one another as Jesus walks with us;
- Growing in God's grace through education and discipleship;
- Engaging children and youth in the life of the church.

# Contact Us

## Office Hours

The St. John's office is closed until further guidance from the Transition Team.

## Church

phone/fax: 262-786-6887  
email: to email a staff member, please click on their website photo

## Preschool

phone: 262-786-4298  
stjohnspreschoolbrookfield@gmail.com

# Follow Us

Website: [www.makedisciples.com](http://www.makedisciples.com)

Facebook: [@MakeDisciplesSJL](https://www.facebook.com/MakeDisciplesSJL)

Instagram: [stjohnsbrookfield](https://www.instagram.com/stjohnsbrookfield)

# Praying for Our Church Family

## We pray for those who are battling illness:

Mary S  
Barb K  
Doris K  
Dorothy E  
Floyd K  
John G  
Ken B  
Steve W  
Tim M  
Hope H  
Connie P  
Frank J  
Gregg and Joy M's Grandson Cole  
Sharlene W  
Peg M  
Rand S  
Sharon Mahoney's Friend Betty

Brittany L's Family Member  
Kim S

Bonnie S's sister Jeanne and BIL  
Dennis W

## We pray for those who have upcoming or recently undergone surgery:

Linda E

## We pray for those who just need to know that we are with them:

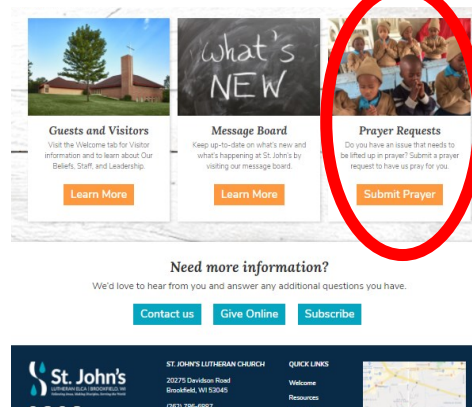
Ann Marie H

## We pray for those who have new and exciting adventures coming:

Paul and Steph M

To help us to stay connected, we will be sharing the list with you monthly. Prayers may be for thanksgiving, hope and/or healing. The requests may be immediate, short or long term.

Prayer requests may be submitted at the bottom of the website [www.makedisciples.com](http://www.makedisciples.com).





# Calendar of events for February 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 11:30a Hope Center meal	<b>2</b> 8:30a virtual property team 10:00a virtual staff mtg 6:30p virtual Transition Task Force mtg 7:00p virtual adult ed	<b>3</b> 5:15p virtual Kids of the Kingdom	<b>4</b> 3:00p virtual Finance Team meeting	<b>5</b> 6:15a virtual men's group	<b>6</b> 8:30a virtual men's group 9:30a virtual Adult Ed
Lenten Kit pick up from porch						
<b>7</b> Worship online 3:30p virtual 7/8 confirm 6:30p virtual Sunday School Pajama Party	<b>8</b> 11:30a Hope Center meal 6:30p virtual council mtg	<b>9</b> 8:30a virtual property team 9:00a virtual Bible study 10:00a virtual staff mtg	<b>10</b> 5:15p virtual Kids of the Kingdom	<b>11</b> 6:30p virtual Master Planning meeting	<b>12</b> 6:15a virtual men's group	<b>13</b> 8:30a virtual men's group 9:30a virtual Adult Ed
Lenten Kit pick up from porch						
<b>14</b> Transfiguration Worship online 4:00p virtual 5th and 6th Graders 4:30p virtual 9th gr conf 6:30p virtual Sunday School Pajama Party 7:00p virtual HS Youth Grp	<b>15</b> 11:30a Hope Center meal	<b>16</b> 8:30a virtual property 10:00a virtual staff mtg	<b>17</b> Ash Wednesday Worship online* 5:15p virtual Kids of the Kingdom  *ashes supplied in your Lenten Kit	<b>18</b>	<b>19</b> 6:15a virtual men's group 9:00a virtual Friday Book Club 7:00p virtual Women of Faith book club	<b>20</b> 8:30a virtual men's group 9:30a virtual Adult Ed 3:00p youth snow tubing
<b>21</b> Lent 1 Worship online 4:30p virtual 7/8 confirm 7:00p virtual HS Youth Grp	<b>22</b> 11:30a Hope Center meal	<b>23</b> 8:30a virtual property team 9:00a virtual Bible study 10:00a virtual staff mtg 7:00p virtual adult ed	<b>24</b> Worship online 5:15p virtual Kids of the Kingdom	<b>25</b>	<b>26</b> 6:15a virtual men's group	<b>27</b> 8:30a virtual men's group 9:30a virtual Adult Ed
<b>28</b> Lent 2 Worship online 4:00p virtual 5th and 6th Graders 4:30p virtual 9th gr conf 7:00p virtual HS Youth Grp	<b>1</b> 11:30a Hope Center meal	<b>2</b> 8:30a virtual property team 10:00a virtual staff mtg 7:00p virtual adult ed	<b>3</b> Worship online 5:15p virtual Kids of the Kingdom	<b>4</b> 3:00p virtual Finance Team meeting	<b>5</b> 6:15a virtual men's group	<b>6</b> 8:30a virtual men's group 9:30a virtual Adult Ed

# Faith and Spirituality article from NAMI

As we learn more and more about the connections between the mind and body, it becomes clear that spirituality, religion and faith can help some individuals live well with mental health conditions. Some individuals and families turn to faith in times of crisis to help in their recovery while others find that spiritual practices help them continue to manage their mental health.

## How Faith Can Help

Some people find that religion and individual spirituality have a positive impact their physical and mental health.

## Meditation

One practice that has received a lot of attention is contemplative prayer and meditation. Many people have found that 10-20 minutes of meditation is beneficial to their mental well-being.

Other have found relaxation through other contemplative practices. The daily ritual prayers of Islam and the Catholic practice of praying with rosary beads, for instance, are religious rituals that can invoke a meditative response.

## Togetherness

Religion offers other supports for mental health as well. One of the most popular ways to interact with the community is to attend congregational gatherings such as Sunday church, Saturday Torah readings, prayer meetings or full-moon celebrations at Hindu temples.

These group religious rituals provide structured social activities that cause relatively little anxiety and benefit our health directly. Places of worship may also offer a number of resources and social activities that can encourage and support people living with a mental health condition and their families, providing additional benefits through community connections

## A Sense Of Understanding

For some, the most important aspect of religion is that it offers ways to understand our experiences. The major world religions each offer explanations of why suffering exists in the world. Turning to these explanations brings comfort to many people confronting illness. The "why me?" question can never be answered entirely by medical science, and some people find the answers they seek in religion.

## Helping Others

Volunteering and participating in our communities can have positive impacts on our health and well-being. Most religious organizations provide opportunities to help others, which can improve our mood and reduce anxiety.



# Featured Member

*(Continued from page 9)*

congregation and members of many committees over the years. As we tried to remember all of the charter members, Ken said that we should look on the large flip chart display showing pictures of the past. Ken also has a photo directory from 1972 featuring many of our older members in their 20's and 30's.

Ken has a art degree from Valparaiso and still loves to paint. He has an office/art studio in his apartment where he continues to enjoy painting. He has had an art show at Shorehaven showing his many beautiful works.

After Sandy's death seven years ago, he painted the picture of Jesus in her memory and to celebrate the sure hope of our resurrection. He shared that painting for a few years in our church. It was featured in the sanctuary area. It is also used occasionally on the large screen in front of the church. He now has it in his home and it will belong to his grandson someday.

Ken will be 88 in February, stays active, and enjoys his artistic hobby.

