



GraceNet

Knoxville, TN

October 2015

Feeling Depressed

From time to time everyone feels down or blue. It is part of life and no one is spared. There is such a thing as clinical depression which I believe is largely a physical ailment. It is a brain chemistry problem and requires treatment like any other disease. I will not be addressing this kind of illness.

Think of all the people in the Bible who had terrible "down times." Of course there is Job who wished he hadn't been born. There is King David who pours out prayers that demonstrate that he endured tremendous darkness. Jeremiah was called the "weeping prophet" who continually had periods of depression and hopelessness.

There are also famous Christians who are renowned for suffering times of melancholy. The ones that quickly come to mind are: Martin Luther, John Bunyan, Charles Spurgeon, and Mother Teresa. Like the Biblical characters they faced incredible challenges and heartaches. We might say they had a right to feel down.

But you and I also experience bad things: loss, tragedies and stressful challenges. Well-meaning Christian brothers and sisters will often try to cheer us up with breezy banalities or even castigate us saying that with all our blessings we have we shouldn't be feeling the way we do. They may even throw a Bible passage at us. It is true that the Word exhorts us to rejoice and rejoice again but what we throw at the down and out is more akin to "pull yourself together" than what the Spirit can do to rescue us.

I asked myself, what helps me in my dark times? I came up with 3 "W"s. I hope these will be helpful to you.

Worship When feeling unsettled, a worship service helps greatly. It is primarily the singing that relieves the gloom. Majestic hymns and contemporary songs lift me up. The hymn "In Christ Alone," never fails to move me. Scores of contemporary songs cut through the darkness and let the light pour into my

soul. But the key for me is to sing them or if it is a solo or choir number to listen intensely – in a sense to participate. I pity those who, for whatever reason, cannot sing (or make a joyful noise). Even secular people know that power of music and lyrics to lift us, as concert venues prove. Whether it is classical music or pop, hymns or praise songs, music is a powerful weapon against depression.

Wait The Word of God continually tells us to "Wait on the Lord." Most of us do not like waiting, but God uses it to build our faith in Him. It is altogether evident that God purposely tries our patience. "This too shall pass." And yet, God makes us wait. It is all about trust. Abraham had to wait until he was 100 to have his first child by Sarah, though he had been promised many descendants. I could take you through the entire Bible and show you how all the great believers had to wait. I try to remind myself that God is doing something in my life when He calls me to be patient – to wait. And I know He is!

Whatever Happens In the bleakest of times, I go to one Scripture over and over again. Romans 8:28 "And we know that all things work together for the good to those who love Him and are called according to His purpose." There are many other promises made to believers that I rehearse and try to call to mind when I'm down. God promises to help us, forgive us, heal us, encourage us, give us our physical needs, and take us to heaven. We are children of a loving Father. Whatever happens to us does not nullify that fact or His promises to us. Those promises are a beam of light that can dispel the darkness.

(Continued on page 2)

Feeling Depressed

(Continued)

The next time you are feeling low head to a worship service and sing! Then think about what God is doing in your life when He makes you wait it out. And finally start memorizing some of those wonderful promises God has made to all who believe in His Son, our Savior Jesus Christ.

~ Pastor Rich



October is **Pastor Appreciation Month**. Lift Pastor Rich, Pastor Justin, Pastor Mark and their families up in special prayer during this time, and let them know how much they are loved and appreciated at Grace.

Our Grace Family

Meet Joy Akeley

You can almost always run into Joy on any given Sunday morning. She sits at one of the tables adjoining the Family Life Center. And you will find her to be a wonderfully fluent conversationalist. Joy seems very pleased to be a resident of the Sunny South, but then that is understandable when you consider her birthplace of Presque Isle, Maine. You have to have a very strong constitution to survive those blustery winters. Joy's non-biological family include Louise and Jim Wuebker, people who chose to love Joy for exactly who she really was and still is---a very compassionate, caring person! She is single and has no pets at this time (perhaps I could convince her to dog-sit for my Shamie on occasion). Her most interesting job experience involved work as a food service manager at Rutger's University. So you see, food plays a large role in her field of interests. Bet you could tempt her with a wonderfully baked custard or plum pudding. But if she aspired to something different, Joy would serve her fellow man as a private nurse. You can see her compassion readily once again! When she was a little girl, Joy had been ill and bedridden, and her Dad carried her to a chair and took her outdoors to see the fireworks on July 4th, so this is her very favorite memory. Yet her dream wish would allow her to travel around the world, taking time to really see its many wonders and meet people from all over. A trip to the past has her relishing her Mother's plant stand, which she cherishes. Do take a few moments to interact with Joy if you have not done so already. You will learn much from her and it will be an enriching experience!



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Articles for GraceNet are due by the **1st of each month** for the following month's edition.

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If you have a special event you would like to have publicized in GraceNet, please submit the information to

Debbie Booher by the 1st of each month for publication in the following month's newsletter.

New Titles for October

Reflections on the person of Jesus in the Gospels, prayer, and strength through weakness are the themes of five new non-fiction titles in the library.

Discovering Jesus: Why Four Gospels to Portray One Person? by T.D. Alexander (226 Ale): Few Christians, even those well-read in the Bible, are able to differentiate with certainty the distinctive themes of each of the Gospels. Because the contents of Matthew, Mark, and Luke overlap significantly, they tend to blur in our memories. Only John seems to stand apart. Alexander's short book brings clarity where there may be confusion and brings to life a clearer, more concise and complete knowledge of whom Jesus Christ was and still is today.

Prayer is the focus of three new titles:

The Circle Maker: Praying Circles Around Your Biggest Dreams and Greatest Fears by Mark Batterson (248.3 Bat): Using the legend of Honi, an eccentric sage who lived outside Jerusalem in the first century B.C., Batterson presents a means for praying by drawing prayer circles around your hopes, family, problems, and God's promises. The life-changing truth discovered: **"God Honors Bold Prayers and Bold Prayers Honor God."**

Praying Circles Around Your Children by Mark Batterson (248.3 Bat): Using principles from the previous title, Batterson blends biblical and practical advice to refashion how to pray for your children by sharing five prayer circles.

PUSH—Pray Until Something Happens: Divine Principles for Praying with Confidence, Discerning God's Will, and Blessing Others by Jurgen Matthesius (248.3 Mat): Prayer is that which connects the mortal and temporary to that which is divine and eternal. Today, there is a conflict between our "instant generation" and the persistence we are directed to practice when exercising the powerful privileges of prayer. Presented in these chapters is a powerful formula revealed in the Bible that will outline how we are to "pray without ceasing." (1 Thessalonians 5:17)

The Power of Weakness: Embracing the True Source of Strength by Dan Schaeffer (248.4 Sch): Schaeffer explores the counter-cultural concept laid out by the Apostle Paul when he stated, "When I am weak, then I am strong" (2 Corinthians 12: 10). God longs to use our limitations to display His greatness. We need to shift our focus from our abilities and inabilities to God, and thereby give God the glory when He accomplishes for us and through us that which we could never have done.

New On Audio/Visual

Do You Believe? (B-R/DVD Fic Do) A dozen different people, all moving in different directions are searching for something. When their lives intersect, each discovers there is power in the Cross of Christ even if they are not yet believers. (on Blu-Ray and DVD).

Redeeming Love by Francine Rivers (MP3 Fic Riv) Loosely based on the story of the prophet Hosea, Michael Hosea, a farmer, is instructed by God to marry Angel, a prostitute in a brothel in the California area during the days of the Gold Rush. Michael must convince Angel that she is truly loved both by him and by God. (Also available in book format {Fic Riv}).

New Fiction Selections

Where Treasure Hides by Johnnie Alexander (Fic Ale): As interest rises in World War II and especially the fate of priceless art pieces stolen by the Nazis, authors are writing more Christian historical fiction about it. When WWII breaks out, artist Alison Schuyler works with the Dutch Underground saving Jewish children and priceless art while her love, British Army Captain Ian Devlin fights for freedom. Time and the war are struggling to keep them apart.

The Gift: Prairie State Friends by Wanda E. Brunstetter book two (Fic Bru): Leah Mast and Adam Beachy are the objects of a modern-day Amish marriage of convenience. They will need to put aside their differences for the sake of Adam's nieces for whom he has become father when a tragedy strikes their parents.

The Friends of Jesus by Karen Kingsbury (Fic Kin): Meet some of Jesus's closest friends as they tell their stories in an emotional and powerful narrative. Among those whose stories are told are Simon the Leper, Martha, Jairus, Mary Magdalene, Peter, and John.

A House Divided by Robert Whitlow (Fic Whi): Whitlow, the John Grisham of Christian fiction, tells the story of Corbin Gage, the legal champion of the downtrodden. Corbin finds himself embroiled in a high-stakes tort case on behalf of two boys with non-Hodgkin's lymphoma contracted from chemical exposure by a fertilizer company that is the largest employer in the area.

These and other new materials will be on display throughout the month along with materials on MARTIN LUTHER and the REFORMATION.



~Mary Schultz

Fall Festival Saturday, October 17 10 a.m. to 1 p.m.

WHAT WE NEED:



Hay Haulers

Want to get your workout in for the day (or week)? We have hay that needs to be moved to the church parking lot on Fri., October 16, and we'll need trailers or trucks to haul it. This will not take long – there are only about 70 bales, so a few good men and women can do this in short order!

Decorators!

If you have a flair for decorating, we need you! We'll be setting up on Fri., October 16 & the morning of Sat., October 17

Sound/Music Engineer

Ok, you don't really have to be an engineer, but we need lots of music to keep the atmosphere festive. Can you load an iPod with great music and then be at the Fall Festival to make sure the hits keep playing? We need you!



Face Painters

Kids love to have their faces painted, so whether you've done this before or not, your services are needed. This is easy to do and a real crowd pleaser, so come out and channel your inner Rembrandt!

Cupcake/Cake Walk/Pie

I'm looking for someone to lead this. I'd like to have a cake walk every 1/2 hour during the Festival. It's so simple and is such a fun activity, because who doesn't love to win baked goods? We need bakers as well, so if you have a fabulous cake that you love to bake and will share, let us know!

Games

Do you have an idea for a fun game that you're willing to provide for the festival? I'd love to hear it!

Registration Table

You're the first people our guests will meet, so we want to make a great first impression. If you love kids (& adults too) & are willing to serve at the registration table, we want you!

CONTACT:

AdriAnne Kothe
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865-776-9804

I attend the 9:30 service and sit on the left side of the sanctuary (not that I'm set in my ways or anything). Feel free to grab me and let me know what you're willing to do!

Inflatable Keepers

We will have several inflatables at the Fall Festival. We need volunteers to man each inflatable to make sure the children use them properly and to keep things safe.

Food Service

A Fall Festival is just not complete without food, and we'll need some help manning the food booth. Please let us know if you can lend a hand in filling some tummies!

Clean Up Crew

As with all events, we will need help putting everything back in its place after the festivities end. It would be great to have a few folks who can come in near the end to help, as the crew that will have worked all day will be dog tired. Fresh faces at this point would be terrific!

The Swan

Martin Luther had been taught that John Hus (also spelled Huss) was a heretic. Hus had been burned at the stake 102 years before Luther posted his 95 Theses and touched off the Reformation in 1517. But, one day Luther found a volume of Hus' sermons in the monastery library, and was surprised that they did not read like a heresy. Rather, they presented clear expositions of the Scriptures.

Hus was from Bohemia. His name in Czech means "goose." He was put on trial for false teaching. He was given free passage to depart, but was arrested again before he could leave the building and was sentenced to death, which came very soon by burning at the stake. As Hus was dying, he gave a prophecy. There are different versions of the prophecy, but the gist was, "You are cooking this goose, but there is a swan (or an eagle) coming in 100 years whom you will not be able to touch." Martin Luther was called "The Swan" by his friends. In northern Germany it is not uncommon to see weather vanes featuring a swan on the roof of churches. In 1983 Aid Association for Lutherans (now Thrivent) produced a 38 minute film on Luther's life and work. It begins and ends with a close up image of a swan on a stream.

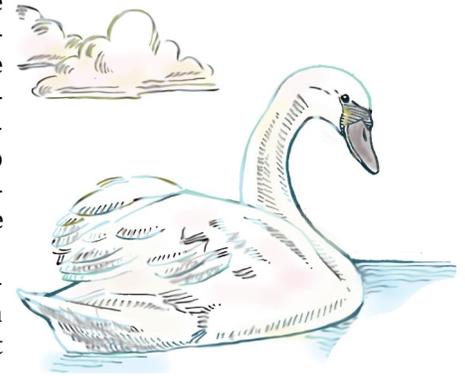
In 1521 Martin Luther was summoned to an Imperial Diet (a general assembly) of the Holy Roman Empire at Worms where he appeared before Emperor Charles V to defend his teaching. It was there that he was condemned as a heretic, even though many in Worms were familiar with Luther's writings and received him as a celebrity. Although he could be put to death on sight by anyone in the Empire who encountered him, he was promised a safe conduct for the journey back to Wittenberg, a ten day journey in a wagon. Luther knew well the story of John Hus' martyrdom and

would not have derived much comfort from the promise of a safe conduct. Not far from Wittenberg and home, knights on horses bearing none of the usual identifying insignia suddenly came out of the woods and spirited Luther off to parts unknown. Many were sure he was dead. But, the knights had been sent by Frederick, the Wise; Luther's prince and protector. They took him to the safety of Wartburg Castle. Frightening as it sounds, Luther must have had advance warning. When the knights first appeared, Luther allegedly said to Philipp Melancthon, "We are among friends."

At the Wartburg Luther grew a beard and hid out as Knight George.

The castle was very near to Eisenach where Luther had attended school as a child. He could look out and see familiar sights from his youth. While at the Wartburg Luther translated the New Testament into a good colloquial German.

The faith delivered to us comes at a higher price than we know.



~ Rev. Phil Bohlken

Reformation Cornerstones

Every October, many Protestants celebrate the work of reformers who brought about much-needed change in the Christian church. At the center of their contributions were four teachings:

- Scripture alone: The supremacy of the Bible as the surest guide for faith and life.
- Grace alone: The supremacy of God's undeserved love. God counts us "right" with him when we accept his free gifts of forgiveness and salvation.
- Faith alone: The supremacy of faith. Only by believing and trusting in God's promises, and through no works or achievement of our own, do we receive eternal life.
- The priesthood of all believers: Christians are "members of one another" (Ephesians 4:25, NRSV). In God's eyes, Christians are all on the same level. We each have a ministry to fulfill to one another and to people outside the faith. Martin Luther said we're "reciprocally and mutually one."

Sola Gratia
Grace Alone

Sola Fide
Faith Alone

Sola Scriptura
Scripture Alone

Save These Dates on Your 2016 Calendar



2016 Sports Camp
June 12-16, 2016
Grace Lutheran Church

2016 Summer Camp
July 23-29, 2016
John Knox Center



HealthLine is a 30-minute Medical Education television show hosted by Grace's very own Sheila Wittke.

AIR TIME: Monday Mornings at 11:00 a.m.

STATIONS:

CTV COMCAST Cable Channel 12 (Knoxville)

CTV CHARTER 193 + WOW Channel 6 (Farragut)

AT&T U-Verse Channel 99

OCTOBER 2015 SCHEDULE OF TOPICS AND GUESTS

- 05 - Ovarian Cysts - Dr. Susan Schwartz
- 12 - Throwing Injuries of Elbow and Shoulder - Dr. Joshua R. Johnson
- 19 - Understanding Glaucoma: Leading Cause of Blindness -
Dr. Matthew D. Lowrance
- 26 - Urinary & Bowel Incontinence - Dr. Bryce Bowling





**It's
Fall Festival
Time at
Grace!!!**

**Saturday, October 17
10 a.m. - 1 p.m.**

*Grace Lutheran Church-LCMS
9076 Middlebrook Pike
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E-mail address: glc@visitgrace.org
Sunday Worship: 8:00 a.m. (Traditional) and
9:30 a.m. (Blended)/11:00 a.m. (Contemporary)
Wednesday Worship: 6:30 p.m. (Blended)
Sunday School & Bible Classes @ 9:30 a.m./11:00 a.m.*

RETURN SERVICE REQUESTED

TO:

