



The Spirit

AUGUST 2018

*A monthly publication of
Holy Spirit Lutheran Church*

A GREAT LESSON ON STRESS

PASTOR WILLIAM MATLACK

A young lady confidently walked around the room with a raised glass of water while leading a seminar and explaining stress management to her audience. Everyone knew she was going to ask the ultimate question, 'Half empty or half full?'



She fooled them all. "How heavy is this glass of water?" she inquired with a smile. Answers called out ranged from 8 ounces to 20 ounces.

She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm.

If I hold it for a day, you'll have to call an ambulance. In each case it's the same weight, but the longer I hold it, the heavier it becomes."

She continued, "and that's the way it is with stress. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on."

"As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden - holding stress longer and better each time practiced

So, as early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night. Pick them up again tomorrow if you must.

Thank you to Roy and Carole Salowich for sending me this!



Please Contact the Church Office When...

- ❖ A member of your family is **admitted to the hospital**, so visits can be made and the proper people notified.
- ❖ A **new family** moves into your neighborhood.
- ❖ A **significant event is happening** in your life or in the life of someone you love.
- ❖ A **new baby** arrives in your family.
- ❖ Your **home phone number, address or email has changed** so that our records can be updated.
- ❖ Planning your **wedding** and especially before setting the wedding date.
- ❖ Before making **funeral** arrangements.
- ❖ You are **planning to move**, either out-of-town or locally.
- ❖ When you **need information** about some process or happening in church life or when you have **questions about your faith**.
- ❖ You **feel the church can assist you** in any way.

Have something you want to share?

- ❖ **Bulletin announcements** due by 10 AM Wednesdays.
- ❖ **Newsletter articles of interest** due by the 15th of each month.
- ❖ Email Cheryl:
hslcofficermanager@gmail.com

Holy Spirit: A Praying Community As you pray throughout your days include...

Remember in prayer all those who suffer daily from chronic pain and its physical, mental and spiritual effects; pray they find hope, effective treatments without addiction and relief from their pain.

Continue praying for all who are recovering from natural disasters, severe weather, flooding and wildfires; ask God to stir an enduring hope, resilience and spirit of mutual care in people as they face the lengthy, difficult and emotional work of grieving loss and rebuilding lives and communities.

Just as God has fed, nourished and sustained us in body and spirit, pray we too are generous with our resources, abundance and witness for the sake of our neighbors who are hungry or food insecure, and for the sake of those who long for the hope and good news we know in Jesus Christ.

Pray for humility and courage to be imitators of God and put aside anger, bitterness, slander, dishonesty and cruelty, and be – as urged in Ephesians – kind, tenderhearted and forgiving of one another as God in Christ has been for us.

Pray for help in discerning, living and walking in God's ways and wisdom, especially when we feel uneasy or uncertain of God's ways in the midst of popular culture, social norms, diverse values, current politics, peer pressure or other powerful influences in our daily life.

Remember in prayer people and situations – nearby and globally – that have slipped from our memory, prayers, daily conversations or media coverage; pray these people and concerns in the world live in us and are not easily forgotten.

Pray to be “strong in the Lord and in the strength of his power” when confronted by difficulties, threats or the darkness of evil and that we are always ready to proclaim the gospel of peace and pray for the needs and concerns of others.



**Prayer Shawl Ministry
Each Tuesday at 10 AM**

The Prayer Shawl Ministry meets to knit, crochet or do handwork together. Please join us and bring a project to work on or we can supply you with yarn to make a prayer shawl. We continue the fellowship by going out to lunch afterwards.

**Adult Basic Yoga Class
Each Tuesday at 9 AM**

Yoga Flow consists of simple basic poses with on-hand modifications available. The class is geared toward developing a yoga practice that does not intimidate. Please bring a yoga mat for floor poses. \$4.00 per class. Tina Green is the instructor.



**Men's Group meets Tuesday,
August 7 at 6:30 PM
for food & fellowship**



The Lodge Grill & Bar
2812 Orchard Lake Rd
Keego Harbor

All men of Holy Spirit
are invited to attend.

**Dinner with Friends
Friday, August 10 at 6:30 PM**



3003 Commerce Crossing
Commerce Twp, MI 48390

Please see the
bulletin board to sign up.



**WELCA meets
Thursday, August 16 at 6 PM**

Hosted by Hilda Sawicki

Please see the
bulletin board to sign up.



**Book Club
Thursday, August 23 at 7 PM**

*Before We Visit the Goddess
by Chitra Banerjee Divakaruni*

A beautiful, powerful novel about three generations of mothers and daughters who must discover their greatest source of strength in one another—a masterful, brilliant tale of a family both united and torn apart by ambition and love.

Special Guest Musician
Sunday, August 12
Marilyn Maxwell
(Fondly known as: Shuga)



Statement of intent:

Spirited senior citizen who still has a lot of life to live, offering her talents of over 50 years' experience as a key ingredient to a successful production.

Vocalist, Actress and Production Assistant:

- My father put me on a box when I was 7 and had me sing before he preached. I did it until he preached his last sermon
- Participated in Glee Club throughout elementary, Junior High and High School
- Part of the Audio Visual Staff in High School
- Community Youth Ensemble
- Southeastern Michigan Community Choir
- Choir Director for 40 years
- Character actress in multiple church drama department productions
- Stage manager and drama coach
- Acted with Redford Suburban League 1990 production of "Cutting Room Classics"
- Livonia Civic Chorus
- Hasting Street Blues Band
- The Sugar Factory Band
- The In Good Company Band
- Gene-N-Tonics Band



Travel Café

Travel Café makes its debut at Holy Spirit on Tuesday, August 28 at 7:30 PM.

Everyone is welcome to this free event. Each month, three presenters will share photos and stories from recent trips, with time before and after for refreshments and conversation. **If you would like to present a trip, please contact Kathy Chiaravalli.**

Feel free to invite others!

Travel Café 1: Tuesday August 28, 7:30 pm
 Machu Picchu
 Greece – Ionian Islands
 Tanzania

Travel Café 2: Tuesday September 25, 7:30 pm
 The Azores
 TBD
 TBD

Travel Café 3: Tuesday October 23, 7:30 pm
 TBD
 TBD
 TBD

HSLC is helping St. Peter's Lutheran Church to collect Baby-Child Blankets

Blankets are for patients (babies & children)
of Children's Hospital of Michigan, DMC



The goal is to collect as many blankets for ill children as possible. We want to let them know we care and pray for them.

Give a child something to snuggle with.

Won't you please make or donate at least one?

- Any size
- Any color
- **MUST be washable**
- Any fabric or yarn
- Knit, crocheted, sewn, quilted, hand tied
- NEW

Blankets will be dropped off at
St. Peter's Lutheran Church
11423 Chicago Road
Warren, MI 48093

Phone: 586.979.3850

Email: stpeters_church@sbcglobal.net



Birthdays

Rose Filipp	August 1
Jonathan Voorhees	August 1
Jeff Buckler	August 9
Heinz Mattern	August 9
Lorry Prus	August 10
Nancy Fish	August 11
Jarrold Dixel	August 14
Jennie Sweda	August 15
Marge Dronsella	August 22
Bob Burns	August 23
Lorraine Eliason	August 23
Liesa Helfer	August 23
Ralph Green	August 27
Cort Yohn	August 30
Sue Gates	August 31

Anniversaries

Jerry & Linda Iverson	August 3
Dan & Melanie Bergman	August 5
Mimi & Shawn Curlee	August 13
Norm & Carolyn Werner	August 13
Jarrold & Sophia Dixel	August 14
Matthew & Nicole Voorhees	August 14
Hal & Sue Adams	August 20
Matthew & Krystina Sawicki	August 28

Serving Us During Worship In August

8/5	8/12	8/19	8/25	8/26
Lector & Greeter Mark Filipp	Lector & Greeter Liesa Helfer	Lector & Greeter <i>Please Volunteer</i>	Lector & Greeter <i>Please Volunteer</i>	Lector & Greeter Norm Werner
Ushers Dan Bergman George Kuljurgis Andy Meyer Bob Frick	Ushers Dennis Kunkel Doug Opthoff Bill Thayer Tom Sweda Bob Burns	Ushers Jarrod Dixel Jeff Parko Stan Samuelsen Lukas Mattern	---	Ushers Janet Martin Mary Martin Hilda Sawicki Jeanne Myers
Counters Nancy Green Barb Kunkel	Counters Janet Martin Mary Martin	Counters Dan Bergman Marian Rowland	---	Counters Ken Casagrande Stan Samuelsen
Altar Flowers Andy & Charlene Meyer	Altar Flowers Mary Martin	Altar Flowers Heinz & Petra Mattern	---	Altar Flowers Gary Gates
Coffee Hour <i>Please Sign Up</i>	Coffee Hour <i>Please Sign Up</i>	Coffee Hour Petra & Heinz Mattern	---	Coffee Hour <i>Please Sign Up</i>
Sanctuary Candle Given by Mary Martin in memory of her parents Given by the Mattern Family				
Altar Guild Donna Opthoff & Marian Rowland				

Coming Up in August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
Worship 10 AM NA Meeting 7:30 PM	 Zumba 6:30 PM	Yoga 9 AM Prayer Shawls 10 AM	Adult Study 10 AM Bells Rehearsal 7 PM	 Zumba 6:30 PM	 AA Meeting 7:30 PM	WB Band Boosters Car Wash 10 AM Zumba 9:30 AM
5	6	7	8	9	10	11
Worship 10 AM NA Meeting 7:30 PM	 Zumba 6:30 PM	State Primary Election Prayer Shawls 10 AM Men's Group 6:30 PM	Adult Study 10 AM Bells Rehearsal 7 PM	 Zumba 6:30 PM	Dinner with Friends 6:30 PM AA Meeting 7:30 PM	 Zumba 9:30 AM
12	13	14	15	16	17	18
Worship 10 AM w/Special Music by Marilyn Maxwell NA Meeting 7:30 PM	 Zumba 6:30 PM	Yoga 9 AM Prayer Shawls 10 AM	Adult Study 10 AM Bells Rehearsal 7 PM	 Zumba 6:30 PM WELCA 6 PM	 AA Meeting 7:30 PM	 Zumba 9:30 AM
19	20	21	22	23	24	25
Worship 10 AM w/Special Music by Heinz Mattern NA Meeting 7:30 PM	 Zumba 6:30 PM Finance Meeting 7 PM	Yoga 9 AM Prayer Shawls 10 AM Council Meeting 7 PM	 Bells Rehearsal 7 PM	 Zumba 6:30 PM Book Club 7 PM	 AA Meeting 7:30 PM	Zumba 9:30 AM Worship 5 PM
26	27	28	29	30	31	1
Worship 10 AM NA Meeting 7:30 PM	 Zumba 6:30 PM	Yoga 9 AM Prayer Shawls 10 AM Travel Café 7:30 PM	 Bells Rehearsal 7 PM	 Zumba 6:30 PM	 AA Meeting 7:30 PM	 Zumba 9:30 AM

Welcome

We warmly invite you to join us for worship, study, and activities.

Worship

10:00 AM Sunday Worship
5:00 PM Saturday Worship
(Every Fourth Saturday)

Christian Education

10:45 AM Sunday School
(September through June)

Connect With HSLC

spiritdrivenchurch.com

 [facebook.com/spiritdrivenchurch](https://www.facebook.com/spiritdrivenchurch)

Contact HSLC

248-682-5441

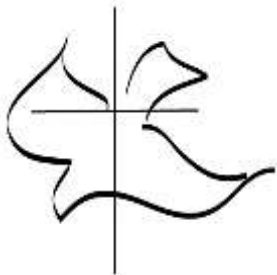
office@spiritdrivenchurch.com

A Monthly Publication of

Holy Spirit Lutheran Church

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Pastor William J. Matlack

Our Mission: We are CALLED by Christ in Baptism, GATHERED into community and SENT out to share God's grace.



August 25, 2018