



# The Spirit

OCTOBER 2018

A monthly publication of  
Holy Spirit Lutheran Church

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## MENTAL HEALTH AWARENESS

Pastor William Matlack

I was prompted to write this Newsletter article after reading a Blog titled, "I Needed Help and I'm Glad I Finally Asked." It was written by someone I have known for many years.



Here is what this person wrote:

*"Mental Health is a hot topic these days. Personally, I thought the term was stupid. Until I needed to come to terms with my own... that brings us to what was the best decision of my life. To ask for help. I made the call one morning to a therapist and scheduled an appointment. I asked for someone to talk to and they listened. They helped me recognize things I knew but refused to acknowledge. It became ok for me to ask for help. And that's why I am writing this. It's ok to ask for help."*

*I was the most anti-therapy person for quite some time. I never thought it was for me. I thought it was for the weak and I prided myself on my mental strength. Yet, it was exactly what I needed. It wasn't weak to ask for help. Asking for help and admitting you have issues is where true strength comes from. So don't bottle it up, don't tough it out. Instead, make that call because I sure as hell wish I had sooner. It's a good life out there; we all just need someone to talk to about it sometimes when we hit those bumps in the road. I'm glad I asked for that assistance. I needed it. Just wish I knew that sooner".*

I am so glad that this person found the help needed and is doing so well!

This brings me to an incident in my life that became the catalyst for decisions that I made in the next few years of my life!

*"On March 12, 2003, I received a phone call that I'll never forget. One of my youth, who was only 13 at the time had committed suicide. 15 years have gone by and yet every year on that date I remember George.*

*I wrote a newsletter article in April of that year expressing my thoughts on his death.*

*Words can never express how I have felt over the past weeks! As I write this article for the April newsletter, I am continually reminded of the tragedy that took place on March 12<sup>th</sup>.*

*In my sermon on March 16<sup>th</sup>, I began with these words: 'It's been a tough week! Wednesday*

*morning I received a call from a church member and then the Hudson Police about George's death. What a tragedy! What an awful thing to happen to any family! I arrived at the home about 8:40 am. The coroner & police were still there. I spent time with the family, just being there. I returned that afternoon, Thurs & Sat. No one plans for such a terrible event. I've never had to deal w/this before in my ministry & pray I never will again!*

*I want to say thanks to all who have been supportive. This is indeed the most difficult part of ministry & the most difficult thing I have ever had to do!*

*In my funeral message I told the family: 'I must say that I am deeply grieved at this tragedy. It is the hardest thing I have ever had to do in over 16 years as a pastor. It's been very difficult for me to find the right words. After all, what can I say?'*

*The death of someone we love can shake our very foundations & when that person is so young and so full of potential and hope ---- the feelings of grief and loss are even more overwhelming.*

*The Next March we hosted a Mental Health Awareness Sunday in George's Memory. His mother and older sister spoke as well as a few of his classmates.*

In September 2004 I wrote another article on Mental Health Awareness:

*"On March 7th, we had a Mental Health Awareness Sunday. Since then, I have found many people within Rejoice! And beyond that suffer from Mental Health Issues. In fact, 1 in 4 families have someone in their family who suffers these very issues.*

*I can relate. On August 8<sup>th</sup> I shared the following: When we celebrated Mental Health Awareness Sunday on March 8th I mentioned that I, myself, had struggled with depression 12 years ago.*

*When a person has this problem, it often re-occurs. In my case, over the past year I have once again struggled with depression. In order to work through the issues that have led to my depression have been seeing a Therapist for the past 6 months.*

*I have received much support from many people. I thank you for that & I look forward to many years together."*

Ironically, I resigned in November of that same year and ended my ministry there in January.

What I've learned is that life is a journey. Everyone's journeys are different, but no less important than anyone else.

I thank God for the support of family and friends and my hope for anyone dealing with Mental Health issues, is that you get help! Don't do what George and others have done. Find someone, anyone to talk to and be open and honest about your struggles. You will be glad that you did.



**Belonging to Each Other In Christ Jesus  
2018 Stewardship Emphasis**

<b>October 14</b>	<b>First Stewardship Sunday</b>
<b>October 21</b>	<b>Second Stewardship Sunday</b>
<b>October 28</b>	<b>Reformation Sunday</b>
<b>November 4</b>	<b>All Saints Sunday</b>
<b>November 11</b>	<b>Stewardship Sunday</b>

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**FALL  
BAKE & PLANT  
SALE**

**JOIN US!  
SATURDAY  
OCTOBER 6, 2018  
10 a.m. - 2 p.m.**

**Holy Spirit Lutheran Church**  
4800 Orchard Lake Rd.  
West Bloomfield, MI 48323  
(across from West Bloomfield High School)

Sponsored by Holy Spirit Lutheran Church WELCA



**Tuesdays @ 10 AM**

We meet 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  
Tuesdays @ 9 AM**

Please bring a yoga mat for floor poses.

Instructor is Tina Green.

\$4.00 per class.



**Tuesday, October 2  
@ 6:30 PM  
for food & fellowship**

The Lodge Grill & Bar  
2812 Orchard Lake Rd  
Keego Harbor

All men of Holy Spirit  
invited to attend.

**Dinner with Friends  
Friday, October 12 @6:30 PM**



6225 Highland Road  
Waterford

Please see the  
bulletin board to sign up.

Women <sup>of the</sup> ELCA 

**Meets Thursday,  
October 18 @ 6 PM**

Hosted by Ruth Dziuba

Please see the  
bulletin board to sign up.

All women of Holy Spirit  
invited to attend.



**Thursday,  
October 25 @ 7 PM**

***The Tusk That Did The  
Damage by Tania James***

*The Tusk That Did the Damage* is an utterly contemporary story about an ancient and majestic elephant, and his dangerous connection to the land and the people around him.



### Birthdays

Chase Miller	October 1
Bill Thayer	October 1
Sam Bergman	October 2
Hal Adams	October 3
Lauren Clark	October 14
Arnold Reed, Jr	October 16
Al Grabenstein	October 20
Carol Barratt	October 22
Karen Figi	October 27
Andy Meyer	October 28
Bonnie Sweda	October 29

### Anniversaries

Lilly & Michael Moore	October 1
Andy & Charlene Meyer	October 17
Heinz & Petra Mattern	October 19



### Travel Café

**Meets Tuesday, October 23 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!

### Bavarian Brunch

**Sunday, October 28 following  
Reformation Day German Service**



Join us for a Bavarian Brunch with authentic German fare prepared by Petra Mattern and friends following the Reformation Day German service on Sunday, October 28. Ticket information will be available soon.

## Serving Us in October

10/7	10/14	10/21	10/28
<b>Lector &amp; Greeter</b>  Kathy Chiaravalli	<b>Lector &amp; Greeter</b>  Terry Rowland	<b>Lector &amp; Greeter</b>  Ruth Dziuba	<b>Lector &amp; Greeter</b>  Dennis Kunkel
<b>Ushers</b>  Dan Bergman George Kuljurgis Andy Meyer Bob Frick	<b>Ushers</b>  Dennis Kunkel Doug Opthoff Bill Thayer Tom Sweda Bob Burns	<b>Ushers</b>  Jarrod Dixel Jeff Parko Stan Samuelsen Lukas Mattern Roy Salowich Tim Moore Greg Wolenberg	<b>Ushers</b>  Janet Martin Mary Martin Hilda Sawicki Jeanne Myers
<b>Counters</b>  Ken Casagrande Stan Samuelsen	<b>Counters</b>  George & Chris Kuljurgis, Jeanne Myers or Sandy Thayer	<b>Counters</b>  Nancy Green Barb Kunkel	<b>Counters</b>  Janet Martin Mary Martin
<b>Altar Guild</b>  Sandy Thayer			

## OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
30	1	2	3	4	5	6
Choir 8:45 AM Worship 10 AM Sunday School NA 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	Zumba 9:30 AM Bake & Plant Sale 10 AM – 2 PM
7	8	9	10	11	12	13
Choir 8:45 AM Worship 10 AM Sunday School NA 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	Dinner with Friends 6:30 PM AA Meeting 7:30 PM	Zumba 9:30 AM
14	15	16	17	18	19	20
Choir 8:45 AM Worship 10 AM Sunday School NA 7:30 PM	Zumba 6:30 PM Finance Meeting 7 PM	Yoga 9 AM Prayer Shawls 10 AM Council Meeting 7 PM	Adult Study 10 AM Bells Rehearsal 7 PM	WELCA 6 PM Zumba 6:30 PM	AA Meeting 7:30 PM	Zumba 9:30 AM
21	22	23	24	25	26	27
Choir 8:45 AM Worship 10 AM Sunday School NA 7:30 PM	Zumba 6:30 PM	Yoga 9 AM Prayer Shawls 10 AM Travel Café 7:30 PM	Adult Study 10 AM Bells Rehearsal 7 PM	Zumba 6:30 PM Book Club 7 PM	AA Meeting 7:30 PM	Zumba 9:30 AM
28	29	30	31	1	2	3
Choir 8:45 AM Worship 10 AM Sunday School Bavarian Brunch NA 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	Zumba 9:30 AM

**Welcome**

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

**Worship**

10:00 AM Sunday Worship

**Christian Education**

10:45 AM Sunday School  
(September through June)

**Connect With HSLC**

[spiritdrivenchurch.com](http://spiritdrivenchurch.com)

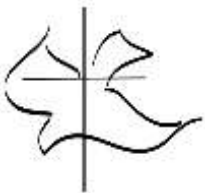
 [facebook.com/spiritdrivenchurch](https://facebook.com/spiritdrivenchurch)

**Contact HSLC**

248-682-5441

[office@spiritdrivenchurch.com](mailto:office@spiritdrivenchurch.com)

*A Monthly Publication of*  
**Holy Spirit Lutheran Church**  
4800 Orchard Lake Road  
West Bloomfield, MI 48323



**Pastor William J. Matlack**

**Our Mission**

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



**JOIN US!**  
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