



Lynnhurst Ledger

Lynnhurst United
Church of Christ

Volume 2019, Issue 45
November 24, 2019

Lynnhurst United Church of Christ is faithful to loving and honoring the still-speaking God while serving our community and welcoming everyone.

AROUND LYNNHURST

Sunday, November 24th

Worship Service	9:30 AM
Fellowship Time	10:30 AM
Sunday School	11:00 AM
Endowment Committee Meeting	11:00 PM
Stewardship Luncheon	12:00 PM
Friends Church	1:30 PM

Monday, November 25th

Dartball - Away (vs Garrs Lane UMC)	7:00 PM
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Tuesday, November 26th

Men's Bible Study	7:30 AM
Pastor's Office Hours	10 AM - 2PM

Tai Chi Class	10:30 AM
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Wednesday, November 27th

Thursday, November 28th Thanksgiving Office Closed



Friday, November 29th Office Closed

Saturday, November 30th

Friends Church	3:00 PM
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Sunday, December 1st 1st Sunday of Advent

Worship Service	9:30 AM
Fellowship Time	10:30 AM
Sunday School	11:00 AM
Friends Church	1:30 PM

COMMITMENT SUNDAY - NOVEMBER 24TH

Bring in your pledge cards and time & talent sheets.

Dear Church,

This week we kick off the holiday season. This season often brings high expectations for a cozy and festive time of year. However, for many this time of year is tinged with sadness, anxiety, or depression. Research (and common sense) suggests that one aspect of the Thanksgiving season can actually lift our spirits — expressing gratitude.

Gratitude is a thankful appreciation for what we receive, whether tangible or intangible. With gratitude, we acknowledge the goodness in our lives. In the process, we usually recognize that the source of that goodness lies at least partially outside ourselves. As a result, gratitude also helps us connect to something larger than themselves, to other people and to God.

Greater happiness is strongly and consistently associated with gratitude. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.

We feel and express gratitude in multiple ways. We can apply it to the past (retrieving positive memories and being thankful for elements of childhood or past blessings), the present (recognizing and counting our blessings), and the future (maintaining a hopeful and optimistic attitude).

Today I have a Thanksgiving prayer and a recipe for you.

Holy God, on Thanksgiving Day, we bow our hearts to you and pray. We give you thanks for all you've done, especially for the gift of Jesus, your Son. For beauty in nature, for joy and health, friends, and family. For daily provision, your mercy and care, these are the blessings you graciously share. So today we offer words of praise with a promise to follow you all of our days. Amen.

(Continued on page 4)

Join us for

Commitment Sunday Brunch

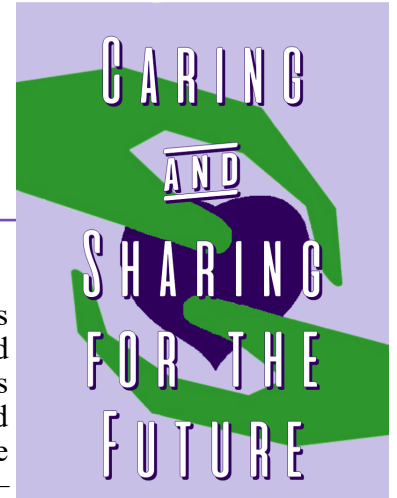
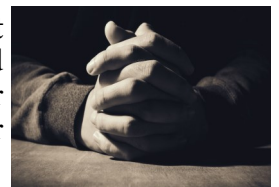
Sunday, November 24th
Following Sunday School
In the Fellowship Hall

This is a time to both celebrate our dedication to the Lord through his church, and to thank God for the blessings that make our generosity possible. Please join us for this time of fellowship.



Pray for Our Church Family this Stewardship Season

Stop whatever you are doing on **Wednesday mornings at 9:30 am** and pray for our congregation for **5 minutes.**





Joyous Singers

Directed by Anita Mowery Since 2000

Presents

A Christmas Choral

Wednesday, December 18 • 2:00 PM

Calvin Presbyterian Church
2501 Rudy Lane, Louisville 40207

Thursday, December 19 • 2:00 PM

Lake Forest Village
2400 Arnold Palmer Blvd., Louisville 40245

Concerts are **FREE** and open to the public!

The Joyous Singers serve the Kentuckiana community through the ministry of music. For information call 493.7509.

Scripture Readers

LOOK FOR AN EMAIL ON
WEDNESDAY OR THURSDAY OF
THE WEEK YOU ARE
SCHEDULED
DECEMBER

01
08
15 *TBA*
22
29

Fellowship Time Hosts/Hostesses

Sign Up Sheet On the
Bulletin Board by Church

DECEMBER

01 *Compton*
08 *Tiitsman*
15
22
29

Bob & Bobbie Entrican

129 Lantana Drive
Georgetown, TX 78633-4830

Bob - 469.964.5963

Bobbie - 214.914.7770

CHURCH WOMEN UNITED

*Holiday Celebration ~
Saturday, December 7*

Registration - 10 AM
Worship - 10:30 AM
Burnett Ave Baptist Church
6800 Hurstbourne Ln 40291

Poinsettia Orders

Beginning this Sunday, the 24th, poinsettia order forms will be available at the front of the sanctuary. You can choose between red, white and pink flowers. Each plant is \$10.50. Orders can be paid for with cash, check or via online giving. Last day to place an order will be December 5th.

SAVE THE DATE!

**ENDOWMENT
COMMITTEE MEETING**
Sunday, November 24th
@ 11:00 AM

**STEWARDSHIP
COMMITTEE MEETING**
Thursday, December 5th
@ 6:30 PM

CONSISTORY MEETING
Tuesday, December 10th
@ 6:30 PM



Please remember:

- * PRESENTS ARE NOT TO BE WRAPPED
- * Leave all tags on gifts.
- * Include a gift receipt if you have one in case things need to be exchanged for a different size.

PAL REQUESTS

- **FRESH FRUITS & VEGGIES** - Bring in on Sunday for the coming week
- **TARC TICKETS** - Tickets or Monetary Donations. The tickets are \$0.80 each.
- **GIFT CARDS** - Collecting \$10 gift cards to be given out as door prizes on Fridays.

Christmas for Brooklawn/Centerstone

Presents need to be returned to church by **Sunday December 8th** so we can get the gifts back to Brooklawn/Centerstone by their deadline.

The WISE Team is looking for a brochure rack to display mental health information in the main hall. They are hoping someone has one that is not needed rather than purchasing a new one. Please let Pastor Monica know if you have anything they could use.

BIRTHDAYS AND ANNIVERSARIES

**November 23 -
December 08**

Birthdays

- 12/02 Mikayla Flournoy
- 12/02 Mariah Flournoy
- 12/02 Jeff Murrell
- 12/06 Joni Jenkins

Anniversaries
None

**STEWARDSHIP SUNDAY
AND LUNCHEON**
Sunday, November 24th
Luncheon @ Noon

**PAL COMMITTEE
MEETING**
Tuesday, December 10th
@ 1:00 PM

**CONGREGATIONAL
MEETING**
Sunday December 15th

Many Men Have a Hard Time Talking About Depression, Especially Around the Holidays

Source: [Insider Louisville](#)

While most people associate the holidays with happiness, it can also be an especially challenging time for those suffering from depression. And an often-overlooked segment of society dealing with depression is middle-aged men.

The worst outcome for depression, of course, is suicide. In the U.S., white males commit suicide at a rate more than double that of any other group, and more men age 45-54 are victims than any other age ranges.

Dr. Jesse Wright, director of the University of Louisville Depression Center, said there are many reasons men don't get the help they need.

"For some reason men seem to have a harder time talking about it, identifying that they have it and getting help," Wright said. "We've seen right here in Louisville some terrible tragedies, even physicians that know about depression, know that help works, but for one reason or another didn't get that help and ended up as a suicide.

"In men, depression is often a silent killer. If it doesn't kill, it's a silent damager, to their careers, to their relationships with their family, to their own personal health."

Earlier this year, rock singer Chris Cornell took his own life at age 52, showing that fame and success don't protect some men from depression.

Wright believes that men fear the stigma associated with having depression, and many attempt to hide their feelings. Meanwhile, where women tend to have a deeper and more connected network of friends, men often feel alone. The men Wright counsels and treats don't always appear as deeply saddened, but their actions can reveal a hidden issue.

"There are a lot of guys who may have their only real friend is their wife or partner," Wright said. "And if that's troubled, then they don't have anybody. They have people they work with, and people they know, but they aren't close enough to really open up about their feelings and ask that person to help them. You see that with older guys.

By Dr. Jess Wright

Older people, if they lose their spouse of many years, they're sitting ducks."

Family members can help the men in their lives – especially during the holidays – by looking for signs of trouble and reaching out.

"It can turn up in different kind of ways," Wright said. "One of them is just a lot of irritability, lack of energy, not enjoying things like he used to. He used to go out and play tennis, or golf, or like to go to U of L basketball games with buddies. Maybe he played with a poker group. Then all of a sudden they're not involved in that."

Once a problem is identified, there are effective treatments, including counseling or even the use of anti-depressants. Wright said that prescription medications can have a mixed record — providing full remission for about 35 percent of patients, while 35 percent don't benefit.

In addition, Wright advises modifications in diet and exercise for the men he works with.

While he said some men he sees are open with their feelings, on average they are less likely to talk about what's going on inside their head.

"They tend to pull into themselves, isolate themselves, and it's a private affair with their minds. Their minds are attacking their body. They're riddled with negative thoughts, criticizing thoughts, thoughts that they're not making it, thoughts that they're a failure," he said. "It's a downward spiral moving deeper into the hole of depression. Then they get hopeless and ultimately suicidal."

Wright believes that depression centers in the U.S. – including the U of L's Depression Center, which specializes in treatment of depression and bipolar disorder – are following the lead of cancer centers, which were created to do research on the problem and also lessen the social stigma associated with it.



RECOGNIZING THE HIDDEN SIGNS OF DEPRESSION

Some people with depression may try to hide the signs from others, or they may not even realize that they have depression. Although the typical symptoms of depression, such as sadness or hopelessness, can be easy to recognize, there are symptoms that may be less obvious.

Get Help for yourself or someone else:

- Crisis Hotline ~ 2-1-1
- Centerstone Crisis Hotline ~ 1-800-221-0446
- Suicide Hotline ~ 1-800-273-8255

- Appetite and Weight Changes
- Changes in Sleeping Habits
- Alcohol or Drug Use
- Fatigue
- Forced Happiness
- Less Optimistic than Others
- Loss of Concentration
- Disinterest in Hobbies
- Physical Pain and Health Disorders
- Being Angry or irritable
- Low Sex Drive

(Continued from page 1)

Thanksgiving Nachos

INGREDIENTS

- 1 bag Ruffles potato chips
- 1 c. Gouda
- 1 c. cooked, shredded turkey
- 1 1/2 c. leftover stuffing
- 1 can cranberry sauce
- 1/2 c. turkey gravy

DIRECTIONS

Preheat oven to 375°.

As it heats, spread potato chips on a parchment-lined baking sheet. Top with half of the cheese, turkey, and stuffing. Top with more chips and remaining cheese, turkey and stuffing. Bake until the cheese has melted, 8 to 10 minutes.

Top with dollops of cranberry sauce and garnish with a drizzle of turkey gravy.

Blessings on the journey,

Pastor Monica

<https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>

<https://www.delish.com/holiday-recipes/thanksgiving/>

<https://www.womansday.com/life/g23705728/best-thanksgiving-prayer/?slide=2>



Save the Date

OPENING DAY

December 7th, 2019

HELP ERASE MEDICAL DEBT

The countdown to #GivingTuesday has arrived!

Help us reach our goal of \$50,000 by Tuesday, December 3rd.

Thousands living at or below the poverty level are hesitant to seek needed treatment because of the fear of staggering medical costs. Some are deciding between doctor visits and groceries. Medical debt has consumed their income. Perhaps you know a family member or neighbor faced with these overwhelming challenges. Support the UCC on Giving Tuesday by helping us to relieve the medical debt for thousands.

With your gift, we will purchase debt for pennies on the dollar through our partnership with RIP Medical Debt and forgive an unbearable financial burden for individuals and families.

Please visit our #GivingTuesday page to learn more and make a gift today.

[DONATE NOW!](#) or go to UCC.org to learn more.

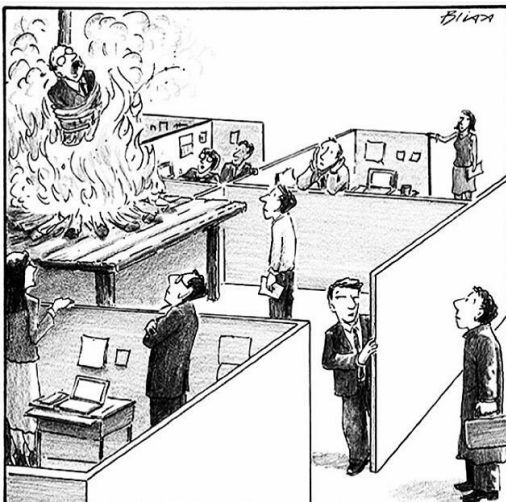
#GIVING TUESDAY

Did you know?

Lynnhurst has an online calendar that you can view from any device? You can view it anytime by going to our website at

www.lynnhurstchurch.org/calendar

You can also subscribe to the calendar via the website or our weekly online newsletter.



"He replied all."



"Listen, as your life coach, I have to tell you - you come off a bit yappy."



"Here, do all this work and I'll reward you by nitpicking every error you make."