



**Christ the King
Lutheran Church
"Where We Are
About God's Grace
For God's People"**

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The King's Herald

May 2021

Congratulations Graduates

Jeremiah 29:11—"For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future".

On Sunday, May 23rd we will recognize our high school graduates. We give thanks to God for Isaac Berthaume & Brett Schlenvogt, 2021 high school graduates from Escanaba Area High School. Be sure to congratulate them, pray for them, and check in with them to see where God is leading them.



College Scholarships Available

In August checks will be distributed to students who apply and are approved for a scholarship from the Robert & Dorothy Loodeen and Helmer Johnson Scholarship Funds. Applications are available on the desk in the church office. Stop by and pick one up, fill it out and return by Sunday, June 6th. All applicants must personally meet with the Scholarship Committee at a time yet to be determined.

Geraniums For Pentecost

We celebrate Pentecost on Sunday, May 23rd commemorating the descent of the Holy Spirit on the Apostles and other disciples following the Crucifixion, Resurrection, and Ascension of Jesus



Christ (Acts of the Apostles, chapter 2), and it marks the beginning of the Christian church's mission to the world. The liturgical color for this day is red therefore we will be adorning the sanctuary with red geraniums. If you would like to provide a plant in memory or honor of a loved one we invite you to notify the church office.

The cost is \$4. All memorials will be listed in the bulletin that weekend. Please wear red that weekend too!



From the Pastor's Desk

Overcoming Shame (part two)

Those who research shame have discovered [the habits](#) that expand our emotional capacity and break the power of shame. None of these habits are new; they are biblical habits.

Contemplation

The black hole of shame suffocates us. Contemplation pulls us out of this darkness. “I have set the Lord continually before me; Because He is at my right hand, I will not be shaken. ([Psalm 16: 8](#)). Contemplation gets us outside the gravity of our toxic emotions and connects us to something bigger than ourselves.

In contemplation, I experience God's acceptance, and it doesn't matter if I messed up 5 minutes ago or 5 months ago. God never withdraws or withholds his acceptance. It either of those was present it would reinforce our toxic emotions.

In contemplation, we experience connection and this creates space for gratitude.

According to brain research, gratitude boosts dopamine and serotonin in the brain and is a powerful antidote to shame. These two substances impact our motivational center.

Gratitude, unlike shame, motivates a long-term transformation.

My own practice involves sitting in God's presence as I settle into his acceptance. I focus on my acceptance through deep breathing. I may repeat a phrase like “God is with me”. As this sense of acceptance grows, I experience



gratitude and then I focus on specific memories (or sometimes vice versa). One of my favorite memories is the time I taught my son to ride a bike. I also picture my wedding day and all the people eating homemade tamales.

Pick memories that give you joy and turn them over in your mind again and again. You are rewarding your brain with new habits instead of the shame habit. The Bible encourages us to practice gratitude:

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Mindfulness

What is mindfulness? One dictionary defined it this way:

“a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations.”

The Psalms encourage mindfulness. A good example is [Psalm 42](#):

⁹ I say to God my Rock,

“Why have you forgotten me?

Why must I go about mourning,
oppressed by the enemy?”

¹⁰ My bones suffer mortal agony
as my foes taunt me,
saying to me all day long,

“Where is your God?”

¹¹ Why, my soul, are you downcast
Why so disturbed within me?

Notice how the psalmist names his emotions, thoughts and bodily sensations (my bones suffer mortal agony). He doesn't censure them.

Research shows that naming our negative emotions diminishes their power. Brene Brown says, 'that shame cannot survive being spoken.'

In the bible "naming" something gives you authority over it. Adam names the animals, the demons try to name Jesus. By naming our emotions we gain power over them.

We are fallible, broken, human beings living in a fallen world. Shame tells us we "should" be able to rise above this by ourselves. This is just not true. We are dependent human beings that need God and others.

A favorite line of mine hangs over a therapist's door it says: 'Today I will not "should" upon myself.'

Community

Shame is all about isolation. When we talk about our struggles with others, we break shame's power. This is a fundamental conclusion of shame research. I remember a woman who confessed that in the depths of her alcoholism, she had made numerous poor choices. I listened to her story without judgment and pronounced forgiveness for her as I read [john 1:9](#):

"If we confess our sins, he is faithful and just to forgive our sins and cleanse us from all unrighteousness."

This woman experienced empathy from God (and me) and it healed her shame.

But shame also cannot survive a hug: "A hug especially a long one, releases a neurotransmitter and hormone oxytocin, which re-

duces the reactivity of the amygdala."

Talking about our shame and being hugged vaporizes this toxic emotion..

Choices

'You are such a failure' suffocates our motivation to grow. When I listen to these voices, I undermine my capacity for growth. Research shows we push shame away by deciding. We form the habit of undermining this toxic emotion by "deciding" to defy the voice of shame.

I chose regret instead of shame. Regret embraces remorse for past mistakes while shame judges your value as a human being. 'Regret', as opposed to 'shame', motivates decisions. In his book "5 Days to Your Best Year Ever", [Michael Hyatt](#) writes this:

'The [researchers](#) found that "Feelings of dissatisfaction and disappointment are strongest where the chances for corrective reaction are clearest." In other words, regrets don't just flow backward like a blocked sewer pipe, oozing bad past experiences. They also point forward to new and hopeful possibilities. They called their finding the Opportunity Principle, and it's almost 180 degrees from our typical assumptions.'

My shame tells me "you suck as a parent". But this does not move me forward. Instead, I let my areas of weakness become a source of regret and this motivates decisions that make me a better parent. I decided, for instance, to tuck my daughter into bed every night as I ask about her day and pray for her. I am doing this because I regret not being more intentional with her. These kinds of choices diminish the grip of shame in my life and I grow as a parent (I have a long way to go).

Four Choices = Four Habits

And so we have 4 choices that form 4 habits that corral shame in our lives:

- *Contemplation*
- *Mindfulness*
- *Community*
- *Choices*

Office Position Update

The Executive Committee recently held a number of interviews for the position of Church Office Administrator. They have narrowed it down to one individual and have invited her to spend an afternoon with Arlene to get a hands on feel for what the job entails. Where we go from here is all determined upon how that job shadowing day goes.

Please pray for your church that as we transition into working with a new person as secretary we remember to be patient and understanding. Arlene's last day is Monday, May 31st. Being that is Memorial Day her last day on the job will be Thursday, May 27th.

You are where **God** wants you to be at this very moment. Every experience part of His divine plan.

In The Parish Family

Home from the hospital: *Tom (Duke) Raeder*, Bellin, Green Bay

Home from the nursing home: *Sandy Jacobson* is now home and continuing to make great progress.

Our Sympathy—*"And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am"* - John 14:3

Scott Nault, son of Darwin & Louise Nault passed away Friday, April 23 after more than 10 years of struggling with his short term memory following brain surgery. Scott's loving family stood by his side often frustrated that they couldn't do more for him. But they can take comfort in knowing they gave him the best possible life helping him to keep his independence. Funeral services were held at Christ the King on Thursday, April 29th with Pastor Lon officiating,.

We also keep Linda Bonifas and her family in prayer as her brother, *Chuck Peterson* passed away after a very brief illness. No service arrangements have been scheduled as of yet.

Prayers for those in need: *Steve Tufnell, Tom (Duke) Raeder, Phyliss Eastman, Sandy Jacobson, Debbie Renken* (sister of Bob VanEffen) *Arnold Johnson* (friend of June Pearson).



Sunday School

Usually in May we are looking towards wrapping up many of our activities until fall. Given the predicament the Covid-19 pandemic has left churches in our Sunday School program never got underway. We have two women willing to work with the program and will be looking to launching Sunday School with a Rally Day celebration in the fall.

First Communion Instruction

Now that restrictions have been loosening up with more and more individuals receiving their vaccination we are looking to catch up on certain things. We would like to meet with our third and fourth graders and conduct first communion study. If you would like your child to be included in this group we ask that you contact the church office.



Once the students have concluded their instruction a time for them to celebrate Holy Communion will be arranged.

Readings For May

May 2 —The Fifth Sunday of Easter
Acts 8:26-40; Ps. 22:26-31; 1 John 4:7-21;
John 15:1-8

May 9 —The Sixth Sunday of Easter
Acts 10:44-48; Ps. 98; 1 John 5:1-6;
John 15:9-17

May 16 —The Seventh Sunday of Easter
Acts 1:15-17, 21-26; Ps. 1; 1 John 5:9-13;
John 17:6-19

May 23 —The Day of Pentecost
Acts 2:1-21; Ps. 104: 24-34, 35b; Romans
8:22-27; John 15:26-27; 16:4b-15

May 30—The Holy Trinity
Isaiah 6:1-8; Ps. 29; Romans 8:12-17;
John 3:1-17

Let Us Pray For Those Celebrating Birthdays On:

- May 1: Dustin Heath
- May 2: Johnny Schlenvogt
- May 3: Lynn Chylek
- May 4: Dan Possi
- May 8: Pat Johnson, Tyler McDonald, Isabelle Pascoe
- May 13: Mary Anderson, Nick Beattie, Alexis Dahlgren
- May 14: Judy Possi
- May 15: Gary Lehman
- May 16: Alex Lindstrom
- May 17: Fay Runkel
- May 18: Jeff Carlson
- May 20: Colleen Hendrickson
- May 28: Jason Pascoe, Hannah Trombley



Please Note: If we have your birthday or your family members birthday listed incorrectly or if it isn't listed at all please let the office know.

Church Council Positions To Be Filled

Nancy Norberg served as the Vice President of the Church Council. With her death and the resignation of a couple other members we currently are running without a complete board. It is with a grateful heart that we express our gratitude to our current council members. They are doing the best they can as we move forward after a year of tough times.

It's our goal to fill these positions until we hold our next annual meeting in February. At that time you are done or you may ask to be placed on the ballot. Please contact any member of our council if you have questions or would like to fill one of these positions. The board members are Jim Bonifas, Roland Jacobson, Sally Farrell, Connie Schmidt, Pat Johnson, & Bob VanEffen.

Heartfelt Thanks

Sandy Jacobson is now home and doing better every day. She would like to thank everyone for their prayers, gifts and calls. God bless everyone and Christ the King.

Memorials

The following memorial was given to the Memorial Fund in memory of:

Scott Nault

by Jan Mills, Tony & Arlene Cody

Chuck Peterson

by Tony & Arlene Cody

The following memorial was given to the Quilters for their ministry in memory of:

Scott Nault

by Family & Friends

Blood Drive—May 20th

The outreach committee of Immanuel Lutheran Church will be hosting a blood drive on Thursday May 20th at 600 S. Lincoln Rd, Es-



canaba. The Red Cross would like to have between 30-45 donors.

We ask you to consider being a donor at this

event and encourage family and friends, as there is a critical need for blood. If you would like to donate, please contact Immanuel at 786-6771

or immanuel@immanuelescanaba.org to get your name on the list. As May 20th approaches, you will be called to set your appointment time. Other questions can be directed to Barb Noblet at 786-5917.

Card of Thanks

Dear friends at Christ the King,

Thank you for your many prayers for us and Scott over the years. You have helped us get through each day.

Thanks to Pastor Lon for the beautiful service, to Arlene for her endless help, Jim Bonifas & Jerry Eis for assistance with preparing for the funeral. We are comforted in the knowledge that our beloved son is at peace with Jesus, now and forever.

Love,

Darwin & Louise Nault



2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 5:00 Communion Service
2 10:30 Communion Service	3 9:00 Quilting	4 5:45 Tops Mtg.	5 10:00 Bible Study	6 10:00 Coffee with the Staff	7	8 5:00 Communion Service
9 10:30 Communion Service	10 9:00 Quilting	11 5:45 Tops Mtg.	12 10:00 Bible Study	13 10:00 Coffee with the Staff	14	15 5:00 Communion Service
Synod Assembly (virtual)						
16 10:30 Communion Service,	17 9:00 Quilting	18 5:45 Tops Mtg.	19 10:00 Bible Study 6:15 Church Council Mtg.	20 10:00 Coffee with the Staff 6:	21	22 5:00 Communion Service
23 Pentecost Sunday 10:30 Communion Service Recognition of our Graduates	24 9:00 Quilting	25 5:45 Tops Mtg.	26 10:00 Bible Study	27 10:00 Coffee with the Staff	28	29 5:00 Communion Service
30 10:30 Communion Service	31 Memorial Day Church Office Closed					

**Christ the King Lutheran
Church**

1230 North 18th Street
Escanaba, Michigan 49829

We're on the Web!
www.ctlk-escanaba.org

This issue of the King's Herald is sponsored by Gayle Stoykovich in memory of James P. & James A. Stasewich

**KING'S HERALD
May 2021**

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CHURCH OFFICE ADMINISTRATOR

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WORSHIP SCHEDULE:

Saturday—5:00 p.m. Worship

Sunday— 10:30 Worship

Holy Communion is celebrated at every Saturday and Sunday service.