



Blessings and Musings

The Lutheran Church of Our Blessed Savior

FEBRUARY, 2025

From the Pastor:

Pastor:
Kal Rissman
765-754-7381

**Church Council
President:**
David Shears

Vice President:
Shon Littlefield

Secretary:
Carol Shears

Treasurer:
Helen Gregory
Accountability

Other Members:
Andrea Barnett
Becky Howard
Donna Key-Kerr
Stephanie Salazar
Dick Zarse
Kim Zarse

Organist:
Parilesil Tanudjaja
Richard Thompson

Church Secretary:
Marilyn Pierce
765-717-2992
9 AM - Noon
Mon. Tues. Wed.
Thurs. and Fri.

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9:30 A.M.

Worship:
10:30 A.M.

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The Zarse Family

One of my responsibilities when I used to be the Spiritual Care Counselor at the treatment center was to listen to the moral inventories that patients would share. This is a type of cumulative confession of all of the things that the patient felt guilty about and a time to share issues of shame as well.

It strikes me that these two emotions of guilt and shame cause more human distress than almost any others. Guilt and shame sound like the same thing, but they actually come from two very different places.

Guilt is about doing and shame is about being. When a person does something that they know is wrong, they feel guilt. When they don't do something right that they were supposed to do, there is guilt. We used to call this the sins of commission and the sins of omission. They are the things we should not have done and the things we should have done, but didn't.

Guilt can sometimes be helpful, because we don't like that guilty feeling and we might decide to change ourselves so that we don't have to feel that anymore. Guilt then becomes motivation to change for the better.

The cure for guilt is confession and hopefully, forgiveness. In the Christian church we have known for centuries that "confession is good for the soul". That is why we start every worship service with the "Brief Order for Confession and Forgiveness". We want to start out with a clean slate in our relationship with the Lord and we know that guilt always causes distance in that relationship. So, we have some structures built into our worship and practices to deal with guilt. It is not well publicized, but Lutherans also have an order of service for private confession in which a parishioner deals individually with their specific guilt by sharing it with the pastor. Martin Luther was a great believer in private confession.

Although we have some things in place to help with our guilt, there does not seem to be very much to help us deal with that other troubling feeling of shame. Shame is not feeling bad about anything we have done, but rather is feeling bad about things that have been done to us by others. We might describe the difference between guilt and shame by the following statements. Guilt is about doing and shame is about being. Guilt means I did wrong and shame means I am wrong. Guilt is I did bad and shame is I am bad.

We could have a tremendous amount of shame and never have really done hardly anything that was bad, because shame comes to us from other unhealthy people. For example, all forms of abuse or neglect give a child great shame. If a child is being beaten regularly, they get the message that they are not worth

much, because we don't destroy that which is valuable. If a child is consistently neglected, they soon develop a rich spirit of nobodiness and worthlessness. I can recall some of the nasty nicknames that kids had in school and the effect that these had on the unfortunate victim of the verbal abuse. I also remember scrambling hard to make sure I didn't become one of those kids, because the biggest need for a child is the sense that they belong and are accepted.

All people have a certain amount of shame from living around other sinful people, but there are some folks who have had way more than their share of shame heaped on them. I remember the tearful sharing in group therapy of patients who heard things like: "What's wrong with you"? "Are you stupid or what"? "Can't you do anything right"? "I wish we had never had you".

The damage this kind of shaming can do is unimaginable. So, we need to find some way to counteract this damage. If the cure for guilt is confession, then the cure for shame is exposure. The shame-filled person needs to talk about the messages they received and how they felt hearing it. Oftentimes the person can look at things as an adult and recognize that the people shaming them were sick individuals and what they said was not true. As I told one of our patients, "If someone calls you a chair, does that mean you are a chair or does it mean that they are too sick or crazy to know the difference?" If we expose the shame, then we can go back and see if it was true or not and discard it if it was not.

Shame tends to make us believe that we are not alright just the way we are and we must either add something or take something away from ourselves to be o.k. Madison Avenue advertisements encourage this thinking by telling us that we might become o.k. if we could just get rid of that paunchy stomach, that gray hair, bald spot, crepey skin or saggy rear end. Or possibly we could add some things like: bigger muscles, larger breasts, a bigger house or more money. The message is that you are not alright just as you are.

Fortunately, that is not the message that we get from the Lord. The message there is that the Lord doesn't like to see us doing bad things, but that is only because He knows that will hurt us or hurt other people that He loves. The message of sending His Son is to show us that He is willing to do anything to be close to us and be in good relationship. The Old Testament lesson from last Sunday said it clearly, "For you are precious in My sight and honored and I love you." That is the antidote for guilt and shame.

TREASURER'S REPORT

ACCOUNTABILITY, INC.

Income for December
\$ 13,138.99
Income: Year to Date
\$ 106,428.78
Expenses for December
\$ 10,228.06
Expenses: Year to Date
\$ 101,999.09
Net Income for December
\$ 3,052.93
Year to Date
\$ 11,899.97

Wake up!

Wake up, all you citizens, hear your country's call,
Not to arms and violence, but peace for one and all.
Crush out hate and prejudice, fear and greed and sin,
Help bring back her dignity, restore her faith again.

Work hard for a common cause, don't let our country fall.
Make her proud and strong again, democracy for all.
Yes, make our country strong again, keep our flag
unfurled.
Make our country well again, respected by the world.

Make her whole and beautiful, work from sun to sun.
Stand tall and labor side by side, because there's so
much to be done.
Yes, make her whole and beautiful, united strong and
free,
Wake up, all you citizens, it's up to you and me.
—Pansy Myers Schroeder

God is present

A young girl who was returning from Sunday school sat by a man in a bus one day. The man, apparently an unbeliever, seeing her Sunday school paper, decided to make fun of her. "Tell me where God is and I'll give you an apple." The little girl said, "Sir, you tell me a place where God isn't, and I'll give you a basket of apples."

—Carl B. Rife



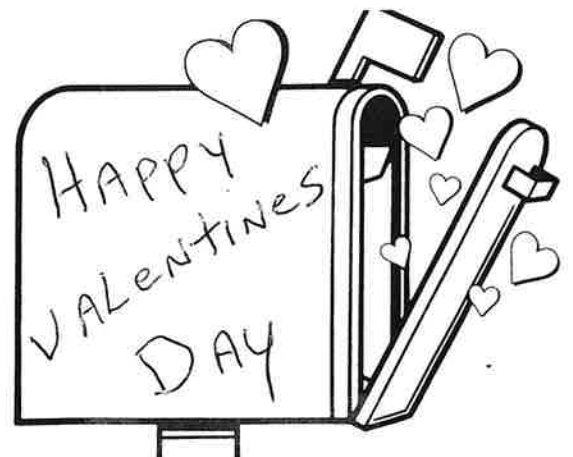
We five little Lutheran Mice have been COLD this month. This January has been bad for us little mice people.

The furnace in the basement went bad and a new furnace had to be bought. Now it is nicer in the basement for everybody and all of the mice.

Little mice like summer a lot better than winter. We don't handle snow, ice and cold very good but we like summer with 80 degree temperature or 90 or even 100 degrees. It would be nice if we could skip winter and have three seasons. All for that stand up and say YES!!!!

Even if we are cold we love all the members at The Lutheran Church Of Our Blessed Savior, and even Pastor Kal.

From Squeeky,
The Lutheran Church Mouse



Youth & Education

As we begin 2025, please take a moment and think about the educational opportunities at our church! They are fun, lively, motivating, and stretch our understanding of Christian beliefs. We may be a small church, but we have a lot to offer!

Sunday School for Children: 9:30 – taught by Andrea Barnett

Sunday School for Adults: 9:30 – taught by Donna Key-Kerr

'Free to Be' Bible Study for Adults: 1:00 taught by Pastor Kal @ St. John Lutheran

Please join us, all are welcome, and bring a friend . . . or more!!



25th Annual 'Souper Bowl of Caring' – Sunday, February 9th



Let's celebrate our 25th year, ¼ of a century long, consecutive participation of 'Souper Bowl of Caring' Sunday with fun and a delicious Soup, Sandwich, & Salad Pitch-In Lunch served downstairs after our service! A menu sign-up sheet is on the narthex table.

Our Sunday School students will entertain us with one of their super-cute & meaningful skits during the Children's Sermon time of our worship service.


We celebrate our individual abundance by donating canned food goods or money that will then be given to *Pete's Pantry*. FYI - \$1 donation purchases 5 lbs. of food through Second Harvest. That is good bang for the buck!!

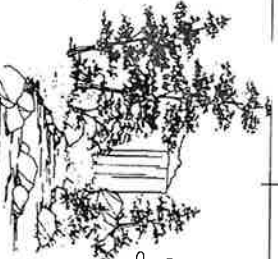
Dave's (Shears) Pies will donate 2 deliciously, freshly homemade fruit pies to be auctioned. All proceeds will go directly to *Pete's Pantry*. This has proven to be a much-awaited event, and our record price paid, at this time, is \$100 for a Pear Pie! Miss Layla Madden holds this record that is waiting to be broken!

Please contact Kim Zarse with any questions, and spread the word by bringing your family & friends. Let's share the JOY!!!

B.C. = Bible Class S. S. = Sunday School for children

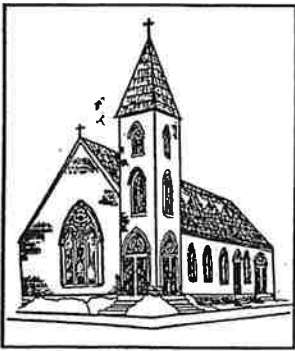
FEBRUARY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
2 9:30 am S.S. & B.C. 10:30 am Worship	3 9:00am Office 9:30 am Pantry	4. 9:00 am Office	5 9 am Office 4:30pm Warehouse open donations	6 9:00 am Office 9:30am Pantry 7 pm Choir Alexandria	7 9:00 am Office 1:00pm Bible Study St. John Elwood	8 10:00 am Warehouse open shopping only
9 9:30 am S.S. & B.C. 10:30 worship Super Bowl of Caring Lunch	10 9:00 am Office 9:30 am Pantry	11 9:00 am Office	12 9:00 am Office 4:30pm Warehouse open	13 9:00 am Office 9:30 am Pantry 7 pm Choir	14 9:00 am Office 1:00 pm Bible Study St. John Elwood	15
16 9:30 am S.S. & B.C. 10:30 am Worship	17 9:00 am Office 9:30 am Pantry	18 9:00 am Office	19 4:30pm Warehouse Open 6:00 pm Church Council	20 9:00 am Office 9:30 am Pantry 7 pm Choir	21 9:00 am Office 1:00 pm Bible Study St. John Elwood	22 10:00 am Warehouse Open Shopping only
23 9:30am S.S. & B. C. 10:30 am Worship	24	25 9:00 am Office	26 9:00am Office 4:30pm Warehouse open for donations	27 9:00am Office 9:30am Pantry 7 pm Choir	28 9:00am Office 1:00 pm Bible Study St. John Elwood	



*Let justice roll down
like waters,
and righteousness like
an overflowing stream.*

-Amos 5:24



**Lutheran Church
of Our Blessed Savior**
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Alexandria, IN 46001

Church Office
765-724-3671
Pastor Kal Rissman
Home: 765-754-7381



"It's like a tithe - I just keep 90%
of my commandments."

February Participants



ORGANIST

FEB. 2 Parikesit Tanudjaja
FEB. 9 Parikesit Tanudjaja
FEB. 16 Parikesit Tanudjaja
FEB. 23 Parikesit Tanudjaja

SOUND EQUIPMENT

JAN. 5 David Shears
FEB. 9 David Shears
FEB. 16 David Shears
FEB. 23 David Shears

LECTORS

Louisa Hamilton
Ron Haas
Carol Shears
Kathie Loser

ASSISTING MINISTER

Emily Closser
Shon Littlefield
Mike Thompson
Peggy Cox

ALTAR GUILD

Tina Gilman
Family

DEACONS

Steve Holcomb
George Bennett
Tina Gilman
Tammy DiRuzza