

October 2022

The blessings (and curses) of options



by Rev. Jim Person

If you have a gym membership with 24/7 access to a plethora of equipment and a myriad of exercise options for every muscle in your body, consider yourself blessed, (and cursed). Or if, like me, you have a home gym in your garage, and/or basement, and/or church and a bunch of equipment acquired over the years, consider yourself blessed, (and cursed).

Like many things in life, our options for health and fitness are what we make of them. For instance, if you have access to all sorts of options you are blessed to have choices as to which ones you choose. You may do dozens of exercises per body part, or you may choose only a few movements that work the whole body at once. You can choose to exercise for hours on end, or just a few minutes a week. You can work out any time as it fits your schedule and energy level. All those options would seem to be a blessing to anyone who wants to improve their health and fitness.

On the other hand, we can become stymied by having an overwhelming number of things to choose from. What will I do? When will (can) I do it? Where do I feel comfortable? What do I need most? The host of choices can lead to *decision fatigue* in which the mind becomes fatigued after a sustained period of decision

making. We get worn out from trying to decide what activity to do. Eventually the couch, TV, and refrigerator seem like the best opportunities. It doesn't help our health and fitness but it might take our minds off the decision making for a while.

The blessing of not having so many options is, of course, less likelihood of decision fatigue. Pushups, squats, planks, and a few other calisthenics are what you must choose from, and this can be a good thing. Instead of deciding what to do you simply do what you can when you can. Some very healthy individuals with admirable physiques have used nothing but bodyweight exercise and some type of aerobics, along with sensible nutrition, to get and remain in good health.

Another blessing-curse paradox lies in the overwhelming amount of information (and misinformation) available from books, the internet, physicians, and well-meaning friends. They provide a nearly endless variety of advice on how to reach our goals. They are even quick to tell us what our goals should be. Perhaps the best approach is to first decide if you want to make changes and why. Medical professionals are a better starting point than supermarket tabloids. Make decisions for you, not for anyone else. How do you feel? Are you healthy? (Health has been defined as the optimal interplay of the organs. If your organs play well together, you may be OK).

Blessings and curses are largely dependent upon what we make of our situation. Choose whatever brings you closest to being who God is calling you to be.



Health Care Facilities: Ruth Dunkelberger, Ruth Shepard.

At home: Joan Carroll, Eleanor Conrad, Marilyn Eckert, Jeanne Fry, Martha & Dick Hoffner, Bruce & Sara Miller.

Everyone affected by the COVID-19 virus in any way.

All involved in the conflict in the Ukraine.

Our Congregation and members of Council during our transition process.

Please contact the office (717-582-4356) with additions, corrections or deletions.



A big thank you to all of you for your generosity which has allowed us to continue paying our church expenses, and serving those in need in our community. We may be small, but we are "scrappy" and with God's help we will continue to serve in this place. God's Blessings to Each of You!

Financial Report –

August 1, 2022 through August 31, 2022
to date

Jan. 1 – August 31, 2022 year

Income \$7,013.70

Income \$101,468.38

Expenses - \$4,671.75

Expenses - \$ 94,378.93

\$2,341.95

\$ 7,089.45

CALENDAR FOR October 2022 Remember service time is 10:30 am

October 2 – Worship with communion

October 4 – Grief Share in the Sunday School room 6 pm – 8 pm
Tai Chi class in the parking lot 6 – 7 pm

October 6 - Grief Share in the Sunday School room 6 pm – 8 pm
Tai Chi class in the parking lot 6 – 7 pm

October 9 - Worship

October 11 – Church Council meets at 7 p.m. in the Sunday school room
Tai Chi class in the parking lot 6 – 7 pm

October 13 – Grief Share in the Sunday School room 6 pm – 8 pm
Tai Chi class in the parking lot 6 – 7 pm

**October 15 – Memorial service at West Perry Middle School, Elliottsburg, PA
For Carson Holman at noon.**

October 16 - Worship

October 18 – Tai Chi class in the parking lot 6 – 7 pm

**October 20 - Grief Share in the Sunday School room 6 pm – 8 pm
Tai Chi class in the parking lot 6 – 7 pm**

Pastor Kevin will be away October 20 through November 3, 2022

October 23 – Worship with leading our service

**October 25 - Grief Share in the Sunday School room 6 pm – 8 pm
Tai Chi class in the parking lot 6 – 7 pm**

**October 27 - Grief Share in the Sunday School room 6 pm – 8 pm
Tai Chi class in the parking lot 6 – 7 pm**

October 30 – Reformation Sunday with communion



Lectors for October are: Oct. 2 – Sue Swenson
Oct. 9 – Sally Ann Ely
Oct. 16 – Ashley Eckert
Oct. 23 – Erin Eckert
Oct. 30 – Bev Shirk

Lectors contact Sue Adams if you need copies of the lessons.



Scripture lessons for the month of October –

October 2

Habakkuk 1:1-4; 2:1-4
Psalm 37
2 Timothy 1:1-14
Luke 17: 5-10

October 9

2 Kings 5: 1-3, 7-15c
Psalm 111
2 Timothy 2: 8-15
Luke 17: 11-19

October 16

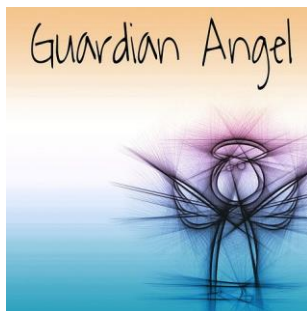
Genesis 32: 22-31
Psalm 121
2 Timothy 3:14 – 4:5
Luke 18: 1- 8

October 23

Jeremiah 14: 7-10, 19-22
Psalm 84: 1-7
2 Timothy 4: 6-8, 16-18
Luke 18: 9-14

October 30

Isaiah 1: 10-18
Psalm 32: 1-7
2 Thessalonians 1: 1-4, 11-12
Luke 19: 1-10



“GUARDIAN ANGEL PROJECT”

Our Guardian Angel Project continues under the direction of Jayne and Ashley Eckert. Our next collections will be for Thanksgiving. If you would like to donate items, please place them in the grocery cart in the Sunday School Room. All of our families are extremely thankful for the food we provide. Let us continue to help cut down food insecurity in our community.



TAI CHI for Arthritis

Tai Chi for Arthritis will be offered here every Tuesday and Thursday evening
6-7 p.m. now through November 17, 2022.

Classes will be held outside weather permitting and
in the Parish House in case of bad or cold weather.



The Grief Share Program is running now through November 17, 2022, from 6 to 8 p.m. in the Sunday School Room. Grief Share is a Christian Based Program for people grieving the death of a family member or friend.



**We are searching for people to serve on a CALL committee
and on the Church Council, if we are to continue to worship in this place. Please
prayerfully consider these needs.**

**Contact Olive Stoops or Gay Weller if you
choose to help us out.**

Healthy Halloween Nutrition Food Word Search Puzzle!

There is more to Halloween than just candy. Find these Halloween words!

- | | | | | |
|---------|---------|---------|--------|---------|
| spiders | costume | nuts | orange | popcorn |
| pumpkin | seeds | raisins | black | fangs |
| treats | tricks | patch | apples | broom |



CROSSWORD

MATTHEW 23

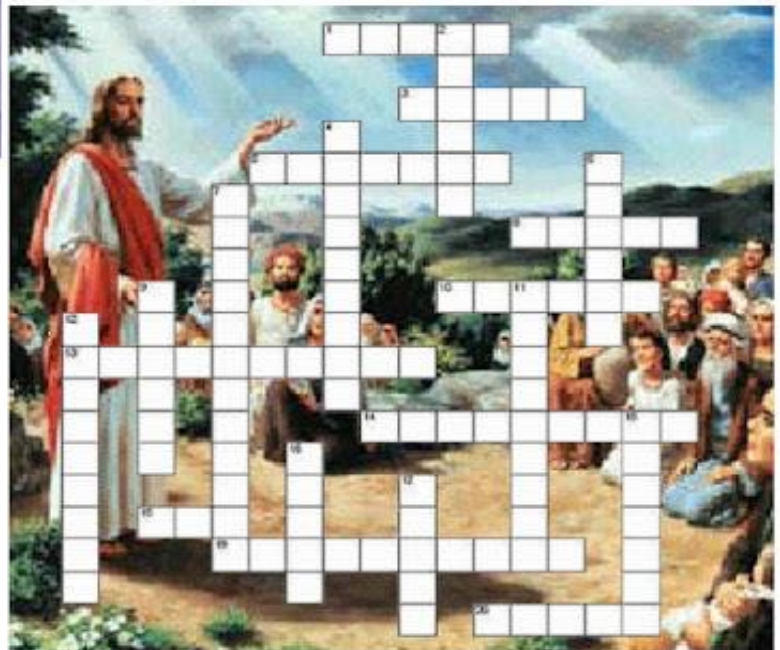
Read Matthew 23, then solve this puzzle of words taken from that chapter.

Across

- 1 Tenth part
- 3 Jewish teacher
- 5 Jewish lawyers
- 8 Place of burial
- 10 House of worship
- 13 Pretending people
- 14 Followers
- 18 Deep distress
- 19 Jewish houses of worship
- 20 Red fluid

Down

- 2 Abode of God
- 4 New convert
- 6 Modest
- 7 Small leather boxes
- 9 Poison snakes
- 11 Large group of people
- 12 Jewish sect
- 15 Elevated rank
- 16 Unseeing
- 17 Silly people





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