



Emmanuel Lutheran Church

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Office Hours: Wednesday 10-3, Thursday 9-1

October 16, 2024

This is a two-week mailing.
Save your bulletin for Reformation Sunday, October 27.

Healing Sunday – October 20

Jesus was and is a healer. The Gospels are full of healing stories. In the New Testament book of James, we are instructed:

¹³ Are any among you suffering? They should pray. Are any cheerful? They should sing songs of praise. ¹⁴ Are any among you sick? They should call for the elders of the church and have them pray over them, anointing them with oil in the name of the Lord. ¹⁵ The prayer of faith will save the sick, and the Lord will raise them up, and anyone who has committed sins will be forgiven. ¹⁶ Therefore confess your sins to one another and pray for one another, so that you may be healed.

This Sunday we are including time during worship when you can come for individual prayers for healing with anointing with oil. Come for yourself and on behalf of others also.

Laurie Barnett-Levine will be our special guest this Sunday. She is the Chief Executive Officer for Mental Health America of Southwestern PA. She is also a member and leader at Parkway Jewish Synagogue. The last page of this mailing is a gift from her.

Spiritual and mental health – which are not the same but are profoundly intertwined – will be highlighted. Please remember that you can turn to your pastor or other members of the congregation for prayer, confession, consolation.

And remember the 988 Lifeline which offers 24/7 call, text and chat access to trained crisis counselors who can help people experiencing suicidal, substance use, and/or mental health crisis, or any other kind of emotional distress. People can also call, text or chat 988 if they are worried about a loved one who may need crisis support.

ANTI-SEMITISM TRAINING – This Sunday, October 20, 2024

The pastors of the ELCA congregations in the eastern suburbs of Pittsburgh have organized an anti-Semitism training through the Holocaust Center in Pittsburgh. We have planned this for Sunday afternoon, October 20, at **St. John's Lutheran Church** in North Versailles. Lunch will be provided at 12:30 and the program will follow. Email dmaurizi@stjohnsnorthversailles.com or call 412-824-0277 to reserve your spot and so we can plan for lunch.

REFORMATION SUNDAY – October 27

On this day, we remember that Martin Luther challenged the Roman Catholic Church so that everyone could clearly hear the good news of God's forgiveness. May God continue to raise up reformers who challenge us to proclaim the Gospel clearly.

We welcome Thomas Lalor as our guest musician.

WEAR RED!!

ALL SAINTS SUNDAY – November 3

We honor those who have died for their faith in Jesus Christ. We give thanks for all those who have died and now cheer us on until we join them in God's glory.

Spaghetti Dinner – October 6, 2024

We had a great turnout for our annual spaghetti dinner. So far we raised \$2,305 to be split 50/50 with Meals for Friends. Thank you to Thrivent Financial for the Action Grant of \$250 towards expenses for this event. Thank you to the funeral homes and other contributors who support Meals for Friends and help Emmanuel host Meals for Friends.

We froze the extra sauce and still have a few containers for sale for \$5.00 if anyone would like to purchase them.



To order altar flowers for our weekly worship services, contact Judy Mayhood (412-760-0986), call the church office, or sign up on the Flower Chart in the entry way. The cost is \$50, or \$25 per vase. You can pay for flowers online or by check.

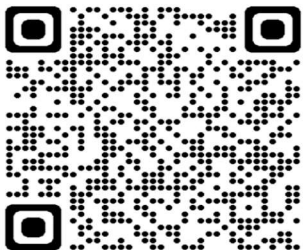
PRAYER REQUESTS: Call Pastor Theophilus for yourself or others to be included in prayer. Contact Marsha Kennedy also; she sends cards to let people know that we are praying for them. You can reach Marsha at 412-824-4966 or Marsha_Kennedy@verizon.net or 415 Kingston Drive, Pittsburgh, PA 15235.

Worship and pray in person in the sanctuary OR

By phone: Call 312-626-6799. When prompted, enter the meeting ID 923 3815 0341.

By computer or smartphone: Go to www.zoom.us. Enter Meeting ID 923 3815 0341.

At home without technology: Read the bulletin. Read the Scripture. Pray. Meditate.



THANK YOU FOR YOUR GENEROUS GIVING. You may give in person, send a contribution in the mail or donate online.

Go to <https://www.emmanuelutheraneastmont.org/> and you'll see the link. Or use the QR code for easy connection on your smart phone.

Love Any Way Feast at Emmanuel – Sunday evening, November 3

Pastor Linda received (won) a grant from Lutheran Advocacy Ministry in PA to host a Love Anyway Feast. Come and join people of different faiths, cultures, philosophical or political persuasions. Celebrate what we share in common, and gain understanding and respect for our differences. Beverages and welcoming food. Bring an ethnic dish to share.

Sun., Oct. 20 – Healing Service

Sun., Oct. 20, 12:30 pm – Anti-Semitism Training at St. John’s

Sun., Oct. 27 – Reformation Sunday

Mon., Oct. 28, 10:00 am – WIHP Meeting

Sun., Nov. 3 – All Saints Sunday



What does the ELCA teach about ????

This fall, we are studying six of the social statements using a series prepared by United Lutheran Seminary (Gettysburg and Philadelphia). **You can participate on Sunday after worship on selected Sundays. You can also watch the recorded presentation at home on YouTube.**

The topics are

Sexism and Justice -

ELCA Earth’s Climate Crisis Study Guide -

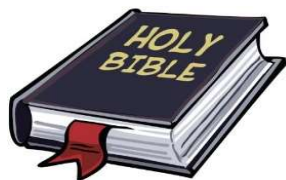
Freed in Christ: Race, Ethnicity, and Culture -

The dates at Emmanuel are

October 27

November 3

November 10



BIBLE BOOKS OF THE MONTH: Hosea and Micah

The Bible Books of the Month for October are Hosea and Micah. As a reminder, introductions to all the Bible Books of the Month can also be found on the home page of our website, www.emmanuelutheraneastmont.org.

What is Community 341?

You may have noticed in the bulletin that the Lutheran Agency for October is “Community 341” and wondered what that’s about.

First, the name: The 3 represents the collaboration of Lutherans, Presbyterians and the Brookline city neighborhood. The 4 is on behalf of the 1, Christ for everyone one! They are “by, for and with” the folks God has called them to serve. Community 341’s mission is to feed and nurture folks physically and spiritually. They were founded in 2015 with a worship service and meals held in Miesel Hall of St. Mark’s Lutheran church in Brookline. Their call to feed a struggling community with hospitality and love was met by serving boxed meals and communion to go every Wednesday. God’s abundant love has provided Meal Partners from a variety of churches and groups that serve on designated Wednesdays, as well as faithful Ministry Partners who provide monetary support. They average 50 meals per week and any meals not distributed are donated to Brookline Meals on Wheels for their clients.

More information can be found on the synod’s website at <https://www.swpasynod.org/stories/october-calendar-of-causes-1?rq=community%20341>

GETTING OUT OF THINKING TRAPS

TOOLS
2
THRIVE



It's easy to fall into negative thinking patterns and spend time bullying yourself, dwelling on the past, or worrying about the future. It's part of how we're wired – the human brain reacts more intensely to negative events than to positive ones and is more likely to remember insults than praise. During tough times, negative thoughts are especially likely to spiral out of control. When these thoughts make something out to be worse in your head than it is in reality, they are called cognitive distortions.

COMMON COGNITIVE DISTORTIONS

Overgeneralization: Making a broad statement based off one situation or piece of evidence.

Personalization: Blaming yourself for events beyond your control; taking things personally when they aren't actually connected to you.

Filtering: Focusing on the negative details of a situation while ignoring the positive.

All-or-Nothing Thinking: Only seeing the extremes of a situation.

Catastrophizing: Blowing things out of proportion; dwelling on the worst possible outcomes.

Jumping to Conclusions: Judging or deciding something without all the facts.

Emotional Reasoning: Thinking that however you feel is fully and unarguably true. **Discounting the Positive:** Explaining all positives away as luck or coincidence.

"Should" Statements: Making yourself feel guilty by pointing out what you should or shouldn't be doing, feeling, or thinking.

TIPS FOR CHALLENGING NEGATIVE THOUGHTS



Reframe. Think of a different way to view the situation. If your negative thought is "I can't do anything right," a kinder way to reframe it is, "I messed up, but nobody's perfect," or a more constructive thought is "I messed up, but now I know to prepare more for next time." It can be hard to do this when you're feeling down on yourself, so ask yourself what you'd tell your best friend if they were saying those things about themselves.



Prove yourself wrong. The things you do impact how you feel – what actions can you take to combat your negative thoughts? For instance, if you're telling yourself you aren't smart because you don't understand how the stock market works, learn more about a subject you understand and enjoy, like history. If you feel like no one cares about you, call a friend. Give yourself evidence that these thoughts aren't entirely true.



Counter negative thoughts with positive ones. When you catch your inner dialogue being mean to you, make yourself say something nice to balance it out. This may feel cheesy at first and self-love can be hard, so don't give up if it feels awkward in the beginning. Name things you love, like, or even just don't hate about yourself – we all have to start somewhere!



Remember: thoughts aren't facts. Your thoughts and feelings are valid, but they aren't always reality. You might feel ugly, but that doesn't mean you are. Often times we can be our own worst enemies – other people are seeing us in a much nicer light than how we see ourselves.

FAST FACTS



Of people who took an anxiety screen at mhascreening.org in 2020, 64% felt afraid, as if something awful might happen at least half of the time or nearly every day.¹



Half of people who took a depression screen at mhascreening.org in 2020 felt that they were a failure or had let themselves or their families down nearly every day.²



One study found that 85% of what we worry about never happens at all, and in the 15% of times where worries came true, 79% of people handled the difficulty better than expected, or learned a valuable lesson.³

TAKING A MENTAL HEALTH SCREEN IS ONE WAY TO WORK ON YOUR MENTAL HEALTH. VISIT [MHA.SWPA.ORG](https://mhaswpa.org) TO CHECK YOUR SYMPTOMS.



It's free, confidential, and anonymous. Once you have your results, MHA will give you information and resources to help you start to feel better.

Sources

¹Proprietary data, [MHA Screening.org](https://mhascreening.org), 2020.

²Ibid.

³Matthews, G., Wells, A. (2000). Attention, automaticity, and affective disorder. *Behavior Modification*, 24, 69-93.

MHA
Mental Health America