

# Welcome to Christ Lutheran Church



## Outdoor Worship Service

*Philippians 4:1-23*

*July 12, 2020*

*9:00 am*

## **SPECIAL INSTRUCTIONS**

To keep everyone safe, especially the most vulnerable among us, please adhere to the following guidelines:

- Practice strict social distancing. Do not get closer than 6 feet to anyone outside your family. If you plan to sing aloud, try to keep 10-15 feet apart from everyone.
- Once you find your spot, stay where you are and do not move around. This is important for children too.
- The playground is closed.
- Per county & state mandate, masks are now required for public gatherings. They are available if you need one.
- Communion will be brought to you. Further instructions will be given at that time. If you do not want to receive Communion, that is ok.
- The building is closed except for the bathrooms.
- Respect others' space, boundaries, and feelings out of love.

## **WELCOME AND ANNOUNCEMENTS**

*Welcome to worship, we are glad you are here! Please take a moment to pray for our brothers & sisters in Christ who cannot be with us today.*

## **GATHERING**

*We gather together as God's people.*

## **INVOCATION**

Pastor: We begin our worship in the name of the Father, and of the Son, and of the Holy Spirit.

**All: Amen.**

Pastor: This is the day that the Lord has made.

**All: Let us rejoice and be glad in it.** *(Psalm 118:24)*

Pastor: Give thanks to the Lord, for he is good,

**All: And his steadfast love endures forever.** *(Psalm 136:1)*

## **MENTAL HEALTH MOMENT**

*Depression*

## **PRAYER OF THE DAY**

Pastor: Let us pray. We pray for peace in our lives, the peace that surpasses all understanding. When we struggle with our mental health, continue to give us people to support us, help us find purpose in life, and give us hope in your plan for the future. In Jesus' name we pray.

**All: Amen.**

## **\*OPENING SONG**                      “How Great Is Your Faithfulness”

*Now unto the King who reigns over all  
And never changes or turns  
Unfailing justice unfading grace  
Whose promises remain  
Yes Your promises remain  
(REPEAT)*

*Chorus:  
The heavens ring  
The saints all sing  
Great is Your faithfulness  
From age to age we will proclaim  
Great is Your faithfulness  
(How great is Your faithfulness)*

*Ev'rything changes but You stay the same  
Your Word and kingdom endure  
We lean on the promise of all that You are  
And trust forevermore  
We will trust forevermore*

*Chorus*

*From generation to generation  
You never failed us O God  
Yesterday and today and tomorrow  
Until the day You return*

*Chorus Twice*

## **THE WORD**

*We hear God's Word for our lives & offer response.*

### **CHILDREN'S MESSAGE**

Pastor Chad

### **CREED**

Pastor: We are all children of God and this is what we believe.

**All: We trust in God,  
who created us and loves us.**

**We trust in Jesus,  
who was born like us,  
who lived and loved like others,  
who died and rose again.**

**We trust in the Holy Spirit  
who surrounds us with love.  
We belong to the Church.  
We are baptized into one family.  
We will live forever in God's love.**

**Amen.**

### **SCRIPTURE READING**

Philippians 4:1-23

**4** Therefore, my brothers and sisters, whom I love and long for, my joy and crown, stand firm in the Lord in this way, my beloved.

<sup>2</sup> I urge Euodia and I urge Syntyche to be of the same mind in the Lord. <sup>3</sup> Yes, and I ask you also, my loyal companion, help these women, for they have struggled beside me in the work of the gospel, together with Clement and the rest of my co-workers, whose names are in the book of life.

<sup>4</sup> Rejoice in the Lord always; again I will say, Rejoice. <sup>5</sup> Let your gentleness be known to everyone. The Lord is near. <sup>6</sup> Do not worry about anything, but in everything by prayer and supplication with thanksgiving

let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

8 Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. 9 Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.

10 I rejoice in the Lord greatly that now at last you have revived your concern for me; indeed, you were concerned for me, but had no opportunity to show it. 11 Not that I am referring to being in need; for I have learned to be content with whatever I have. 12 I know what it is to have little, and I know what it is to have plenty. In any and all circumstances I have learned the secret of being well-fed and of going hungry, of having plenty and of being in need. 13 I can do all things through him who strengthens me. 14 In any case, it was kind of you to share my distress.

15 You Philippians indeed know that in the early days of the gospel, when I left Macedonia, no church shared with me in the matter of giving and receiving, except you alone. 16 For even when I was in Thessalonica, you sent me help for my needs more than once. 17 Not that I seek the gift, but I seek the profit that accumulates to your account. 18 I have been paid in full and have more than enough; I am fully satisfied, now that I have received from Epaphroditus the gifts you sent, a fragrant offering, a sacrifice acceptable and pleasing to God. 19 And my God will fully satisfy every need of yours according to his riches in glory in Christ Jesus. 20 To our God and Father be glory forever and ever. Amen.

21 Greet every saint in Christ Jesus. The friends who are with me greet you. 22 All the saints greet you, especially those of the emperor's household. 23 The grace of the Lord Jesus Christ be with your spirit.

**\*SONG OF THE DAY**            “Just As I Am”

Just as I am without one plea  
But that Thy blood was shed for me  
And that Thou bidst me come to Thee  
O Lamb of God I come I come

Just as I am and waiting not  
To rid my soul of one dark blot  
To Thee whose blood can cleanse each spot  
O Lamb of God I come I come

*Chorus:*

I come broken to be mended  
I come wounded to be healed  
I come desperate to be rescued  
I come empty to be filled  
I come guilty to be pardoned  
By the blood of Christ the Lamb  
And I'm welcomed with open arms praise God  
Just as I am

Just as I am I would be lost  
But mercy and grace my freedom bought  
And now to glory in Your cross  
O Lamb of God I come I come

*Chorus*

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**\*PRAYERS OF INTERCESSION**

*Response after each prayer*

Pastor: ...Lord, in your mercy,

**All: Hear our prayer.**

**THE MEAL**

*We receive the Lord's Supper as nourishment for our lives.*

**\*SHARING OF THE PEACE**

Pastor: The peace of the Lord be with you always.

**All: And also with you.**

**\*WORDS OF CONFESSION**

Pastor: God of all mercy and consolation, come to the help of your people, turning us from our sin to live for you alone. Give us the power of your Holy Spirit that we may confess our sin, received your forgiveness, and grow into the fullness of Jesus Christ, our Savior and Lord.

**All: Amen.**

Pastor: Let us now confess our sins to God in the presence of one another.

*Silence for reflection & confession*

Pastor: Most merciful God,

**All: We confess that we are captive to sin and cannot free ourselves.**

**We have sinned against you in thought, word, and deed, by what we have done and by what we have left undone. We have not loved you with our whole heart. We have not loved our neighbors as ourselves. For the sake of your Son, Jesus Christ, have mercy on us. Forgive us, renew us, and lead us, so that we may delight in your will and walk in your ways, to the glory of your holy name.**

**Amen.**

## **\*WORDS OF INSTITUTION**

Pastor: In the night in which he was betrayed, our Lord Jesus took bread, and gave thanks; broke it, and gave it to his disciples, saying: Take and eat; this is my body, given for you. Do this for the remembrance of me.

Again, after supper, he took the cup, gave thanks, and gave it for all to drink, saying: This cup is the new covenant in my blood, shed for you and for all people for the forgiveness of sin. Do this for the remembrance of me. (Mark 14:22-25)

## **\*LORD'S PRAYER**

**All: Our Father in heaven, hallowed be your name.**

**Your kingdom come, your will be done, on earth as in heaven.**

**Give us today our daily bread.**

**Forgive us our sins,**

**as we forgive those who sin against us.**

**Save us from the time of trial, and deliver us from evil.**

**For the kingdom, the power and the glory are yours,**

**Now and forever. Amen.**

*(Matthew 6:9-14)*

## **DISTRIBUTION**

*Instructions: Remain where you are & please keep your mask on. The elements of Holy Communion will be brought to you. For safety reasons, we are currently using pre-packaged elements for Communion.*

- *When the pastor comes to your area, extend your arms and cup your hands. The package of a bread wafer & grape juice will be dropped into your hands.*
- *The package has 2 openings to peel back. Peeling the top plastic cover releases the wafer, and the second seal opens the grape juice.*
- *After eating and drinking, keep the cup and dispose of it after the service.*
- *Gluten-free wafers are available upon request, although they are not pre-packaged.*

*If you do not wish to receive the Sacrament or brought your own bread & wine, simply cross your arms when the pastor comes near.*



## **\*WORDS OF FORGIVENESS**

Pastor: In the mercy of Almighty God, Jesus Christ was given to die for us, and for his sake God forgives you of all your sins. By grace you have been saved. In the name of Jesus Christ, your sins are forgiven. May Almighty God strengthen you with power through the Holy Spirit, that Christ may live in your hearts through faith.

**All: Thanks be to God!**

## **SENDING**

*Blessed & nourished by God, we are sent into the world to share God's love with others.*

## **\*BENEDICTION**

Pastor: May the Lord bless you and keep you. May the Lord make his face shine upon you and be gracious to you. May the Lord look upon you with favor and grant you peace, in the name of the Father, and of the Son, and of the Holy Spirit.

**All: Amen.**

*(Numbers 6:22-27)*

## **\*SENDING SONG** “Come Thou Fount (I Will Sing)”

Come Thou Fount of ev'ry blessing  
Tune my heart to sing Thy grace  
Streams of mercy never ceasing  
Call for songs of loudest praise  
Teach me some melodious sonnet  
Sung by flaming tongues above  
Praise the mount I'm fixed upon it  
Mount of Thy redeeming love

Here I raise my Ebenezer  
Hither by Thy help I come  
And I hope by Thy good pleasure  
Safely to arrive at home  
Jesus sought me when a stranger  
Wand'ring from the fold of God

He to rescue me from danger  
Interposed His precious blood

*Chorus:*

How Your kindness yet pursues me  
How Your mercy never fails me  
'Til the day that death shall loose me  
I will sing oh I will sing

Oh to grace how great a debtor  
Daily I'm constrained to be  
Let Thy goodness like a fetter  
Bind my wand'ring heart to Thee  
Prone to wander Lord I feel it  
Prone to leave the God I love  
Here's my heart Lord take and seal it  
Seal it for Thy courts above

*Chorus*

Prone to wander Lord I feel it  
Prone to leave the God I love  
Here's my heart Lord take and seal it  
Seal it for Thy courts above  
Here's my heart Lord take and seal it  
Seal it for Thy courts above

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**\*DISMISSAL**

Pastor: Go in peace and serve the Lord.

**All: Thanks be to God!**

## **OFFERING**

If you would like to give an offering today, there are 4 ways to do that:

1. Drop your money into the Offering Bucket as you leave.
2. Text GIVE to 833-613-0706 and follow the prompts.
3. Visit our website [www.christ-lutheran.org](http://www.christ-lutheran.org) and click the tab: Give Online.
4. Download the app called “Tithe.ly” and follow the instructions.



Thank you for your continued generosity during these times!

## **NOISY OFFERING**

Today is the 2nd Sunday of the month and we usually do a Noisy Offering to support our Human Needs ministry. During the month of July we will be using the Noisy Offering to purchase fresh fruit for the Filling the Gap lunches and for bus passes that will be distributed through Mision San Juan de Dios. If you would like to donate to the Noisy Offering Fund, there is a small silver bucket available near the regular offering budget, or you can indicate “Noisy Offering” in your online giving.

## **HUMAN NEEDS UPDATE**

### ***Filling the Gap***

This month Christ Lutheran Church is collecting food for the Partner’s for Wichita “Filling the Gap” program. With our church building being restricted we will be taking food collections only on Sunday mornings during our 9 AM worship time. These snack items can be placed in the main entry way to the church or in the big tub at the Outdoor Service. We are unable to accept donations at any other time. This is a listing of items requested by Partner’s for Wichita:

- individually wrapped healthy items that don’t need refrigeration including individual fruit, pudding, or applesauce cups
- beef sticks, beef jerky, Slim Jim’s
- snack bars, granola bars, Chewys,
- cheese & crackers or cheese dippers
- fruit roll ups, dried fruit, raisins packets
- individual goldfish packets or pretzels.

To learn more about the “Filling the Gap” program you may check out this link to Partner’s for Wichita - <https://www.partnersforwichita.org/filling-the-gap>. We are also designating \$100 from Noisy Offering to purchase fruit at sites staffed with Christ Lutheran volunteers.

### ***Mision San Juan de Dios***

Mison San de Juan has taken over the used clothing & thrift store near their church. They will be accepting clothing for the store, shoes and kitchen items such as cups, plates for distribution. If you wish to donate items for them here at the church you may do so only on Sunday mornings at the 9 AM service in the entry way to the church. In addition, we will donate \$200 from the Noisy Offering fund for purchase of bus passes assist the congregation. To view information about Mison San de Juan watch this YouTube video:

<https://www.youtube.com/watch?v=QDcOroFfG9c&feature=youtu.be&fbclid=IwAR0m9BPDHMR9sTTGNNA8EkNpmOX-0H-DLh2r6Mw3Ne8-IamxpdzZ4UTJ9IA>

### ***Teacher Assistance***

If you are teaching school this fall please be aware that Human Needs Committee will be splitting \$500 among all the teachers to assist in setting up their classrooms. Typically teachers utilize their personal funds in addition to those provided by the school. This year the schools will have less resources available to the teachers so we would like to supplement them.

## **JULY WORSHIP/BUILDING SCHEDULE**

Our Council has decided to keep the church building closed to activities & groups through the month of July. Our Sunday worship schedule will remain the same:

- 9:00am Outdoor with Communion
- 10:30am Virtual on Facebook Live

## **WEDNESDAY BIBLE STUDY CHANGES COMING!**

There is no Wednesday night Bible study this week because Pastor Chad will be on vacation.

Beginning July 22, our Bible study will take a different form temporarily. We will be shifting from Facebook Live to a Zoom format for 6 weeks (July 22 – August 26). This change will allow us to have actual conversation about what we will be studying. It will also look a little bit less like a Bible study and more like a book study. We will spend these 6 weeks studying & discussing the book called “Dear Church: A Love Letter from a Black Preacher to the Whitest Denomination in the U.S.” by Rev. Lenny Duncan (an ELCA pastor). To fully participate, you’ll want to have access to your own copy, either on an e-reader or hard copy. There will be 15 hard copies available at church on a first come first serve basis.



As the date gets closer, Pastor Chad will send out a Zoom invite to the entire congregation, so be watching for that. On July 22 at 7:00pm, we’ll be talking about the first 2 chapters in the book, and we’ll be discussing about 2 chapters per week.

If you’ve never used Zoom before and want to participate, let Pastor Chad know and we’ll try to get you set up for it. If you have a smartphone, tablet, or computer, it should be able to work just fine for you.

## **SANDWICH SATURDAY**

- Our next date to provide sack lunches is Saturday, July 25. We will need help on Friday, July 24 at about 5:00pm to make the PB&J sandwiches and put together the rest of the lunches. We will practice social distancing and do everything as safely as possible.
- We will also need help delivering the lunches on Saturday morning, July 25. We will simply drop them off at St. John’s Episcopal, but we do need one or two people willing to help transport the food. We will not be distributing them directly to the people because their staff will do that.

# *Mental Health Matters*



## **Youth Mental Health First Aid Training**

COMCARE Crisis Services offers Mental Health First Aid Training from time to time. On August 7, 2020, they are offering a class for Youth Mental Health First Aid. This class is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

The class is August 7, from 8:00am- 5:00pm (lunch on your own). It will be located at Ronald Reagan Building, 217 W. 3<sup>rd</sup> Street, 3<sup>rd</sup> floor conference room. The fee for the course is \$40. Due to COVID-19, they will be practicing social distancing to promote a safe learning environment by reducing class size to 16 as well as eliminating any activities that would require very close contact between participants. They also encourage participants to wear masks.

If you would like a registration form, please contact Pastor Chad ASAP because the class is likely to fill up quickly and you need to register in advance.

# *Depression and the Whirlpool of Despair*

By Sylvia K. Schmidt, LPC

Sadness can become its own spiral into a whirlpool that feels like it is constantly pulling us downward. The undertow can feel so strong that to try to pull ourselves up from drowning in our sorrowful feelings can be very overwhelming and we can feel scared that we'll never feel any better or different. If this goes on long enough without intervention the brain begins rewiring itself to default to this feeling; sadness becomes more familiar than feeling good. It can be very hard to use our cognitive thoughts to choose to tell us it can be better and to notice the parts of our life that we DO have control over instead of dwelling on the events or conditions that are out of (our) control.

Depression makes us want to withdraw from others when being with and asking for help and/or support from others is what we need. Depression has been doing this to people for thousands of years.

When feeling ongoing despair, try to pinpoint as much as possible the main issue or issues that the sadness seems to be radiating from and cognitively think about what feels so intense about it. Depression can make clear thinking very difficult so it might take talking to a mental health professional to help figure out what the issue(s) might be, especially if the difficult feelings have stuck around for a few weeks and are affecting your career, relationships, or general functioning. Symptoms of depression may include wanting to sleep too much, sleeplessness, short-temperedness, feeling physically heavy, or having no interest in activities that are normally fun to name a few.

Sometimes there is a genetic component of depression that runs in families and talking with a medical doctor about medication to help counteract the chemical imbalance in the brain can be very helpful in starting to swim out of the whirlpool of despair. If you know that other members of your family tend to

struggle with depression, it would be worthwhile to look both into medication as well as counseling to figure out what environmental factors might possibly be feeding your difficult feelings. Perhaps the depression is generational due to habits and approaches to life handed down from parent to child over and over and you can learn to break that cycle for yourself and not continue to pass it along.

Along with what we talked about concerning Anxiety a few weeks ago and learning to be comfortable with uncomfortable feelings, recognizing the feeling of being pulled down and saying something to yourself like “there it is again”, and then moving on to your “next thought” of what you CAN control or do is a way to keep the feeling from overwhelming you and freezing you into a physical and/or emotional place you do not want to be in. Should depressive thoughts become suicidal in nature to the point you begin to think about a plan of hurting yourself, find someone you can trust to talk with, whether a trusted friend, family member and/or professional counselor. Contact a crisis hotline if you feel overwhelmed. There is ALWAYS someone somewhere who will listen.

For some of us, having a suicidal thought may provide an escape for a bit when we think what it might be like to just not have to deal with the stresses we have right now (i.e. “I’m so tired of dealing with all this covid stuff and being alone and afraid of getting it, maybe I should just catch it and get it over with” or “This divorce seems like such a deep dark chasm that hurts so much—I just want it to be over).

Suicide is about ending pain, not ending life.

When you begin to feel down, try the following:

1) Acknowledge the feeling (remember we learned from the week on Grief that we must allow ourselves to feel the feeling so we can move through to the “other side” and heal).

2) Have pre-rehearsed self-talk (Cognitive Behavior Therapy or CBT) you can automatically go to (i.e. “There is that feeling again but I know I can handle it and it won’t last forever”, “I have been here before but I’m going to keep moving forward and stay out of that familiar sorrow”, “I know that recurring sad thoughts may mean I’m actually getting better because they keep trying to



invade my other healing and positive thoughts that I am having instead of feeling bad all the time” etc.).

3) Have a plan and list of distractions in advance to put your brain on another “circuit”-- taking action to think and do something different actually DOES rewire the brain. Some distractions include playing music, video games, cooking, crossword puzzles, calling a friend, exercise, or doing a favorite hobby to name a few.

4) If it’s hard to get up and start doing something to distract yourself, remind yourself that’s part of what the negative thoughts like to do. So, just get up and do one simple thing—like make the bed, take out the trash, walk down the block and back. A few small things start adding up to a feeling of accomplishment. Often making a list of these small tasks and crossing them off one by one provides that feeling of resilience.

\*\*\*\*It has been said that Anxiety is focusing too much and worrying about the future (remember “anticipatory grief”?) and Depression is focusing too much on reliving the past. Somehow we want to find the path between those two extremes and live in the present, which is what Mindfulness is all about—becoming aware of the moment through your senses and learning to relax and be in tune with your feelings and body sensations.

Becoming Mindful takes continued practice. Whether the mental health issue may be anxiety, stress, grief, substance abuse (which is often self-medication related to one of the other problems), or depression, ways to find the way back to or maintain mental health are pretty much the same, so these suggestions may sound familiar from our prior articles:

- **Stay Socially Connected** – Not so easy right now with the covid pandemic is it? Making a point of calling or Zooming with others to stay socially connected by being socially distant but not socially isolated is SO important.
- **Physically Move and Exercise** – Physical activity helps the brain release endorphins—those feel-good chemicals that are important to maintaining a sense of balance and well-being. Yoga stretches and breathing are really good. Don’t worry if you’re not good at it—there are plenty of Youtube videos you can do at home since going to the gym may not be a viable option right now.

- **Get Enough Good Quality Sleep** - Stick to a schedule by trying to go to sleep and wake up around the same time each day. Don't go to bed hungry or too full, which can lead to discomfort. Avoid drinking caffeine after 4pm and try not to drink more than 2 cups of caffeinated drinks each day. Leave at least 30 minutes before bedtime to relax and wind down. Create a room that's ideal for sleeping by keeping your room cool, dark and quiet. Try to resolve your worries or concerns before bedtime. Set aside time during the day for problem-solving or writing down thoughts.
- **Breathing and Relaxation Exercises** – Learning how to stay in the moment by focusing on your breathing and finding where you carry your stress in your body are ways to feel more emotionally centered. Take just a few moments three or four times a day (it can be 10 to 20 seconds!) to stop and notice exactly what you are hearing/smelling/seeing/feeling.
- **Eat Healthy** – “Garbage in/Garbage out” they say. Give your body lots of fruits and veggies and healthy proteins to work with to build those healthy body and brain tissues for good functioning. Too many carbs and sugar can pep you up initially but give you a sugar low later, which can be an emotional downer. But if you have a “guilty pleasure” once in a while, don't beat yourself up too much!
- **Remind yourself that this situation is temporary** - The COVID-19 pandemic can feel all-consuming and endless at times. Try to maintain perspective and remember that COVID-19 is a serious but temporary disease. Medical and public health experts are working around the clock to better understand and contain the virus, treat people, and develop a vaccine. Remind yourself that like other outbreaks in our history, this situation will also pass and “hanging in there” is worth it. Along the way you still have parts of your life that you ARE still in control of.

Some other resources to check out are:

**Disaster & Distress Helpline** 800-985-5990 (crisis helpline and other resources)

**[www.nowmattersnow.org](http://www.nowmattersnow.org)** (this is an excellent website with 2-3 minute videos that are very informative and interesting when struggling with depression yourself or helping a loved one)

[www.samhasa.gov](http://www.samhasa.gov) (this website for Substance Abuse and Mental Health Services Administration has many resources and connections for dealing with mental health)

### **On the Flip Side—**

Although we have discussed throughout this Mental Health Matters series that as a species our instincts for fight/flight/freeze are hard-wired, it's important to remember that other studies indicate that we are also hard-wired for happiness. For instance, a University of Pennsylvania survey of over 4,000 Americans found that 2 months after the World Trade Center terrorist attacks in 2001, they generally felt more gratitude, hope, kindness and love than they did before 9/11.

Another study done by Dartmouth College economist David Blanchflower found that there appears to be a “U Curve” of happiness: generally people hit high levels of happiness in their early 20's, low levels in middle age (around 47) and then start seeing a steady increase from there. Frank Infurna, psychology professor at Arizona State University studied 360 midlife men and women and found that many adults at this middle time of life find themselves in a “big squeeze” of trying to choose how to spend their time, emotions, money and skills between themselves, their kids, career, and parents.

The upside is that just as children are wired to pass certain milestones at certain ages and teenagers brains develop the frontal lobes that transform them into better thinking and caring adults, positive brain changes also occur later on in life. Dilip Jeste, M.D., neuroscientist at University of California, San Diego, says that as people get older and “keep themselves physically, mentally, and socially active, we see the growth of what we call the neurobiology of wisdom. You don't get as upset when things go wrong. You focus on the positive. You feel great when you have a sense of purpose.”

It is good to remember in hard times that uncomfortable feelings and situations provide opportunities for growth. Psychologist Maria Sirois, author of *A Short Course in Happiness After Loss* says “This (happiness) isn't delusional Hollywood glee and delight. The happiness that helps in great difficulty is realistic. It recognizes fears and anxieties. It looks for meaning. It nourishes and sustains us.”

Knowing how you can get through a crisis with a little less despair and a little more sanity with maybe a bit of humor thrown in can lead to true happiness and well-being. Perhaps living through this time dealing with the unexpected difficulties of the pandemic is giving us another “swimming lesson” to develop our emotional resilience to rise above the whirlpool of fear and dread.

*Resources for this article were taken from the Nowmattersnow website and an article “Happiness in Hard Times” by Sari Harrar*

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