



Encounter Christ Grow in faith Love as Christ loved Tell the Story

One Love

Sometimes when I get stuck writing a sermon, or a newsletter article, I'll go for a run. Sometimes while I'm running, a tangled knot of thoughts or a vague wispy idea will morph into something I can actually work with. Today, there was even less than that to start with. So I just focused on the running, and decided that could be what I work with.

On Sunday, Erica is running the Chicago Half-Marathon, Daryl is running the 5K in Chicago and I'm running the Run to Overcome 10K here in Lincoln between worship and the potato bake. None of us will win anything, although Erica will be much faster than both her Dad and me. But all are a celebration of the body and what it can do.

Saturday night, Erica is going to a concert by Lizzo. Lizzo is a plus size rapper from Minnesota who exploded onto the music scene a few months ago. She has a powerful message of self love and body positivity. I suspect most of you would not like her music or music videos and honestly I find myself a bit conflicted about some of her videos. But the body positive message is an important one in a world which idolizes the thin, toned body that's supposed to be the ideal.

Lizzo's message happens to be more directed at young women, but young men struggle with body image as well. Whereas the societal pressure on girls and young women is to be thin, for boys and young men, the message is that you've got to have that chiseled, muscular physique.

Christians have long had a troubled relationship with the body. One of the earliest and most persistent heresies in the church separates us into body and spirit. The body is considered the source of weakness and sin and impurity and the spirit is a thing of beauty and goodness. In that heresy, the goal of salvation is for our souls to be liberated from our bodies.

Some of Paul's writings don't help that, although it's not what Paul was saying either. It simply doesn't say that anywhere in the Bible.

In fact the Bible says the opposite. In the very beginning, God spoke and brought into being a whole universe of matter. God is the Spirit that enlivens all matter, including our own bodies.

God created our bodies and called them very good.

God chose to take on the human body in the person of Jesus. The resurrection for Jesus was a resurrection of the body, and what scripture in fact promises us is a resurrection of the body. The other promise is that the Holy Spirit chooses to dwell within these human bodies. God apparently loves these human bodies God created.

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Pastor Kris—402-499-4993
krisbo90@gmail.com
Church Website—bethlehemdavey.org



Remember to bring cookies for Matt Talbot prior to the second Monday of the month.



October Helpers

Lector—

Communion Assistant—

Cleaners Week 1/2—Curtis Olson/Annie Mumgaard

Week 3/4—Larry and LaDonna Pasco

Usher—Curtis and Carlos Olson

Altar—Sharon Mumgaard

Bethlehem Lutheran Church
PO Box 96
Davey, NE 68336

If God loves our bodies enough to live in them, then maybe we should shift our thinking from an ever-critical view of our bodies...I'm too fat, I hate my stomach, this nose is way too big, I'm so small...I'm too old....to a recognition that God lives within our body, no matter it's shape, size or perceived imperfection.

Our greatest command from Jesus is to love God with our whole heart, strength, mind and soul, and to love our neighbors as ourselves. When we are able to see that God actually dwells within us, then loving God means loving ourselves, AND it means loving the God who dwells in others... which means loving them. It's all one love.

Christ's peace,

Pastor Kris

Our October service project will be a collection for Heroes into Homes. Heroes into Homes is a non-profit that works with the VA to provide food, household goods and furnishings to homeless veterans moving in to the Victory Park apartments on the Lincoln VA campus. Below is a list of their most needed items. Small items can be placed in the left-hand side of the box under the alcove table. If you have larger items to donate, talk to Pastor Kris.



Non-perishable foods

Plain rice
Pasta sauce
Canned fruit
Crackers
Canned meat
Canned ravioli, etc
Oatmeal/flavored oatmeal
Coffee
Canned soup, chili, stew
Mac-n-cheese
Pork 'n beans, canned beans

Furniture/Housing items

Dressers
Queen sized mattresses
Kitchen tables and chairs
End tables
Pots and pans

October Calendar

October 6 10:30 am—Worship with Holy Communion
 11:30 am—Adult Education
October 13 10:30 am—Guitar Worship
 11:30 am—Adult Education
October 16-19—Synod Mission Trip
October 20 10:30 am—Worship with Holy Communion
 11:30 am—youth group
 11:30 am—Adult Education
October 27 10:30 am—Worship
 11:30 am—Council—no adult ed

Looking Ahead

We lead worship at the Wahoo nursing homes on November 11. We will likely do that in the morning in place of our regular worship.

Adult Ed

October 6 we will begin with an overview of Paul's mission and the letters he wrote. Then we will delve into his first letter to the Corinthians. Although Paul's letter dealt with issues specific to the church in Corinth, it had some things in common with the church in the United States. We'll see what his letter has to say to us. Here are the dates:

October 6
October 14
October 20
November 3
November 17
November 25

For those who miss a session, I hope to record it and hopefully post it online.

Youth Group

Youth group will meet on the third Sunday of the month at least through December. I will try to be at most of them to help with discussion parts but will ask parents to rotate responsibility for lunch and participating. I realize this means missing an adult ed session here and there if you are planning to go, but again hope to record those and post online. Here are youth group dates through December:

October 20—Movie and discussion
November 17—Urban Air
December 15—Advent/Christmas party for the whole congregation