

THE

KING'S HERALD

MAY 2024



CHRIST the KING LUTHERAN CHURCH

As the body of Christ, we are called and sent to love and serve the world.



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Pastor

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*The King's Herald is a
monthly newsletter of
Christ the King Lutheran
Church. It can also be
found on our website:
ctkluth.com/kingsherald*

PSALMS AND THE HUMAN EXPERIENCE



"The Lord is my Shepherd," says the ever-popular Psalm 23. "I lift up my eyes to the hills—from where will my help come? My help comes from the Lord, who made heaven and earth," says my personal favorite, Psalm 121. In confirmation class, we call these "glad psalms"; they are songs of thanksgiving and praise.

Most psalms, however, have a different vibe. Rather than being celebratory in nature, they express "mad" or "sad" emotion. Consider Psalm 88: "For my soul is full of troubles, and my life draws near to Sheol. I am counted among those who go down to the Pit; I am like those who have no help, like those forsaken among the dead, like the slain that lie in the grave, like those whom you remember no more, for they are cut off from your hand." How's that for forthright emotion?!

Yet, all psalms, even those with a "mad" or "sad" vibe, are known by the Hebrew word *Tehillim*, meaning "praises." How can a psalm with such sadness and raw emotion be regarded as an instrument of praise? According to Jerome F. D. Creach, "This view of the Psalter [as praises] is not a naïve avoidance of the book's sharper edges; rather, the Hebrew title grows out of a recognition that every address to God is founded in faith and trust in God."

Maybe the Hebrew people were on to something. Maybe it's OK—healthy, even—to speak openly from the depths of human experience...in the presence of God and amid communal worship...as the psalms were originally intended.

That's the approach we'll be taking on **Sunday, May 5**, as we recognize **Mental Health Awareness Sunday**. This will be an opportunity for us to recognize and affirm people who have felt the ache of Psalm 88...people who have wondered if God's love is for them. It will be a day to acknowledge those who are "in the pit"...as most of us have been from time to time. It will be a day to stand with those who feel hopeless and shameful and unworthy...or to stand up ourselves and let it all out.

This will also be a day to hear again the promises of Holy Scripture. Regardless of how it may feel or appear at the moment, God's love is for all. God's grace is for all. All are welcome, for God chooses you.

Yes, you.

Just as you are.

God chooses me when I cannot choose myself.

God chooses me when I'm lost to sin and doubt.

*God pulls me up from shame and death when the world says, "We don't care,"
And turns his gentle love towards me in the depths of my despair.*

(From a hymn by Hillary Doerries)

Peace and *Tehillim*,

Pastor Caroline

MENTAL HEALTH MINISTRIES

May 5 Is Mental Health Awareness Sunday

May is **National Mental Health Awareness Month**. At Christ the King, we welcome all people, including people living with mental illness, their caregivers, and their loved ones.

On **Sunday, May 5**, please join us to discover how the gift of Christian friendship can be life-giving to people living with mental illness, and therefore, lifegiving to Christ's church. We'll mark the day with a **special liturgy and musical selections** at all three worship services. We'll also welcome **two guest speakers** who will tell us about recent advancements in local mental health resources. (See details below.)



As always, thank you for your support of Ctk's mental health ministries. We hope to see you on May 5!

Adult Forum on Community Mental Health Resources

Sunday, May 5 • 10:30–11:10 am • Room 502/504

When there's a mental health emergency, it can be difficult to figure out where to turn, who to call, or what to do. But now, there's another option for crisis care in St. Joseph County, as **Oaklawn** has officially opened the doors at its **new crisis center** in **South Bend**. It's St. Joseph County's first behavioral health crisis center, with plans to eventually open a facility in Elkhart County. The center will be staffed by mental health professionals including therapists, nurses, and case managers. Mobile crisis services are also available.

Before now, people in St. Joseph County going through mental health crises predominantly ended up in the emergency room or jail. Now, there's a place that provides care for people whose mental health needs are urgent, but who don't meet the high standard for hospitalization. Some people may walk in on their own or be dropped off by a family member. Police officers responding will also be able to take people to the center instead of to jail. The center is located at 420 Niles Avenue, Suite 100. Their crisis line is (574) 533-1234.

Intertwined with the crisis center is Oaklawn's continuing initiative to staff **Mobile Crisis Teams** that respond to calls involving mental health issues. Oaklawn's teams have worked with police and 911 dispatchers over the past year to identify which calls should be handled by social workers and to hash out protocols for situations where both agencies respond. The majority of calls the team gets can be deescalated over the phone, but instances where the mobile teams have responded to calls in person more than doubled from 2022 to 2023.



Join us on **May 5** as we welcome two guest speakers who will tell us more about these exciting developments:

- **Rebekah Go** serves as the Program and Communication Manager for the Ansari Institute within Notre Dame's Keough School of Global Affairs. A native of South Bend, Rebekah serves on the board of several local nonprofits, particularly those that focus on mental health resources and access, trauma-informed practices, urban development, and chronic homelessness.
- **Ricky Mountsier** is the current Director of Crisis Services at Oaklawn Psychiatric Center and is responsible for overseeing the development and operations of Crisis Services, including Crisis Stabilization Centers, Crisis Phone Lines, and Mobile Crisis Response Teams.



MENTAL HEALTH MINISTRIES

Celebrating Four Years: CtK's *Fresh Hope for Mental Health*

Fresh Hope for Mental Health—CtK's weekly support group for people living with mental illness and their loved ones—has been part of our community of faith since February 2020. *Fresh Hope* endured the pandemic with consistency and creativity, sometimes meeting via Zoom; sometimes meeting in Van Oort Hall in masks; and other times gathering outside. Today, the group meets **every Tuesday evening at 6:30 pm in Room 303**.

Through these four years, *Fresh Hope* has thrived, bringing with it the loving, encouraging support of a community of others who know what it's like to go about daily life with a mental health challenge.

I asked current members of *Fresh Hope* why they began attending weekly meetings. Many people expressed the need for support—either for themselves or for a family member who lives with a mental health diagnosis.

One person said they wanted to “better understand what a person close to me who is diagnosed with depression and anxiety is going through, and how I might help them recover.”

When asked why they keep coming to *Fresh Hope*, one person expressed how helpful it is to be able “to listen to other's experiences in managing their issues, and to offer supporting ideas when they seem appropriate.” Someone else noted they enjoy the company of the “kind and helpful members.” I also asked how *Fresh Hope* has been helpful in members' daily lives—and their lives of faith. One person said they are “encouraged by stories that are shared,” while another said attending gives them “reasons to keep trying to help my loved one.”

Talking about mental illness can be difficult, especially if the subject was swept under the rug in your family growing up. Perhaps you've tried to share your experience of mental illness in a church setting before and were not met with support or compassion. But many current members of *Fresh Hope* encourage those who might be anxious or on the fence about attending a meeting to give it a try. The group is “very supportive, caring, and confidential,” said one person. Chances are, there will be someone else in the room who is going through something similar, which can help you feel less alone and more understood.

All in all, *Fresh Hope* at CtK is perhaps best summed up by the following: I would “absolutely” recommend *Fresh Hope* to a friend or a loved one; **“the support is Jesus' love on earth.”**

Have questions about *Fresh Hope*? Feel free to speak with one of our trained facilitators: Pastor Brad Davick, Pastor Steve Schwier, or myself. You can also visit ctkluth.com/freshhope/ for more information and to read the Six Tenets of *Fresh Hope*, which lay the spiritual foundation for the work the group does together.



I speak from experience when I say that no one heals by themselves. Healing happens when we engage with others in a loving community like CtK where friendships thrive, stories are shared, and all are truly welcomed. Although I am a facilitator for *Fresh Hope*, I also rely on this group to help me manage my own mental health challenges.

I continue to give thanks for *Fresh Hope*, and for Christ the King, where experiences of mental illness are heard and spoken with tenderness and compassion. May CtK's expanding ministries of care, including *Fresh Hope*, continue to love and serve those in our community of faith for many years to come.

Grace and peace,
Dr. Hillary Doerries

Director of Music Ministries; facilitator for *Fresh Hope for Mental Health*



Second Half Adventurers

Wednesday, May 8 • 11:30 am–1 pm

Join the **Second Half Adventurers** on **Wednesday, May 8**, at CtK. We'll share lunch and fellowship, then enjoy a talk on understanding Alzheimer's and dementia, presented by Patty Piechocki from Real Services. Lunch is included in the cost of the event (\$10), and pre-registration is required. Sign up at ctkluth.com/events.



Youth Flower Sale Pickup

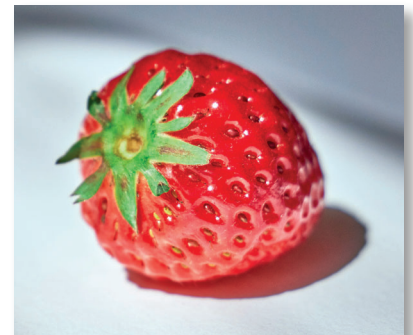
Friday, May 10 • 6–8 pm

Thank you to our generous CtK family and friends who ordered flowers from this year's **youth flower sale**! As a reminder, flowers will be available for pickup at CtK on **Friday, May 10**, from **6–8 pm**. Delivery is also available and can be arranged by contacting Faith Jordan at tfjordan3@comcast.net. Thanks again for supporting our youth!

Pentecost and Strawberry Social

Sunday, May 19

Sunday, May 19, is **Pentecost**. Be sure to **wear red** as a reminder of the Holy Spirit at work in our hearts and among our congregation! We'll continue the celebration between services via our annual **Strawberry Social**. Join your CtK community in the narthex for delicious ice cream and berries.



Save the Date: CtK at the South Bend Cubs

Friday, July 19

Let CtK take you out to the ballgame on **Friday, July 19**, at Four Winds Field! We've reserved access to the left field outdoor picnic area that evening so we can all spread out and enjoy the game together. The Fellowship Committee is sponsoring this event—which means your price of admission is ONLY \$15 per person or a maximum of \$60 per family. Not only will you get a ticket to the game, but you will enjoy food at the park while it lasts, prepared and available just for us. The game starts at 7:05 pm, gates open at 5, and fireworks will end the evening.



Purchase your tickets in the narthex beginning **Sunday, June 23**. Don't miss out on this great opportunity to connect, eat some ballpark fan favorites, and maybe even watch a little baseball! There are only 90 tickets available, and we sold out in just two weeks last year, so be sure to act fast!

Christ Child Society Mother's Day Diaper Drop

Once again, CtK is gathering diapers for the **Christ Child Society** of South Bend's annual **Mother's Day Diaper Drop**. Collection continues through **Sunday, May 5**.

All collected diapers will be distributed to local child-serving agencies, including the Center for the Homeless, El Campito, the Foster Hope Program of Christ Child Society, La Casa de Amistad, Northeast Neighborhood Food Pantry, St. Margaret's House, St. Vincent dePaul Society, the YWCA, and the Salvation Army Kroc Center.



Look for the donation box in the narthex. We are also accepting financial donations that will be pooled to purchase diapers on behalf of the congregation. Thank you in advance for your generosity!



Phebe School Scholarships

CtK has been sponsoring **Phebe School** in Liberia since 2016. The cost of sponsoring an individual student is \$160. There are five types of sponsorships available. These include full child (\$160; covers the cost of tuition, uniform, shoes, and books); tuition (\$100); uniform (\$30); shoes (\$15); and books (\$15).

If you are willing to sponsor a child in any way, please sign up in the narthex. All sponsorship payments can be placed in the offering plate (labeled "Phebe School") and should be submitted by **Sunday, May 26**. This is a big endeavor, because we need to raise \$8,000 to make our commitment to our 50 students.

This month, you will see paper dolls displayed in the narthex. As scholarship money is committed, these dolls will be dressed with uniforms, shoes, books, and tuition. As a community in Christ, let's work together to clothe all these dolls and get them to school!

Blood Drive

Sunday, June 9 • 8 am–12 pm

To help fill the ongoing need for blood and blood products, CtK is hosting a **blood drive** on **Sunday, June 9**, from **8 am to noon**. To register, go to ctkluth.com/events or scan the QR code to the right. Blood donations will occur in the South Bend Medical Foundation bloodmobile, parked outside the church.

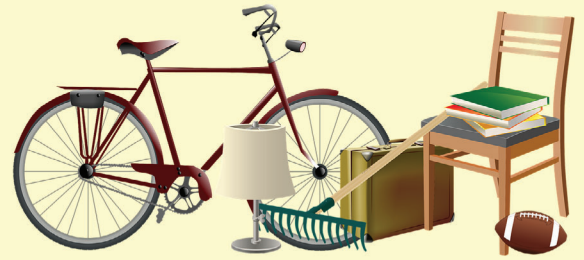
Let's roll up our sleeves and give the gift of life!



Rummage Season Is Coming Soon!

CtK's annual **rummage sale** will be **Friday, August 23**, and **Saturday, August 24**. This year will look different than years past, as we have not collected rummage through the year. Instead, we will begin collecting this summer. The following are some important rummage-related dates to mark on your calendar:

- **Thursday, June 20, 5:30–7:30 pm—Rummage drop off day:** Please get your donated items together and bring them to the narthex, where we will be sorting and boxing them to store until the big event.
- **Thursday, July 18, 5:30–7:30 pm—Rummage drop off day:** Please get your donated items together and bring them to the narthex, where we will be sorting and boxing them to store until the big event.
- **Monday, August 5, to Friday, August 16:** There will be a designated room at CtK where members can drop off their rummage items at any time throughout the two weeks prior to the sale.
- **Sunday, August 18, 12:30–4:30 pm—Rummage move day:** Bring the last of your donated items on this day and help begin organizing the rooms for the actual sale.
- **Monday, August 19, to Thursday, August 22:** Help set up the church for the sale.
- **Friday, August 23, and Saturday, August 24:** Sale and clean up.



*****Please note: We are only collecting well-cared-for items. If you have stained clothing or broken appliances, please do not donate them. Also, we are not collecting used mattresses.*****

If you have furniture or other large items you would like to donate and need assistance getting these items to CtK, please contact the church office and a member of the rummage team will contact you to schedule a pickup time. We will only be picking up items on two designated days.



LOVING & SERVING

Poverty Simulation

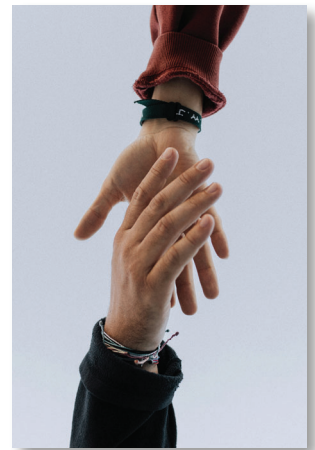
Wednesday, June 19

Please join us for a **poverty simulation** on **Wednesday, June 19**, from **1–4:30 pm** at the **Clay Church Firehouse Campus**. Going through the simulation (as either a participant or a volunteer) is an excellent opportunity for you to better understand some of the trials people living in poverty face on a regular basis.

The **Community Action Poverty Simulation** breaks down stereotypes by allowing participants to step into the real-life situations of others. Poverty is often portrayed as a standalone issue—but this simulation allows individuals to walk a month in the shoes of someone who is facing poverty and realize how complex and interconnected issues of poverty really are.

After the experience, individuals discuss what they've learned with their peers. The Community Action Poverty Simulation is a tool that helps participants rethink the challenges that millions of low-income individuals must face every day. More importantly, this tool helps people identify areas of change that can directly impact the effects of poverty on individuals, families, and communities.

For our June 19 simulation to be a success, **we need volunteers** to act as service agency representatives, as well as participants to go through the simulation. If you are interested in joining us as either a participant or a volunteer, please sign up at ctkluth.com/events.



MUSIC MINISTRY

Special Music and "Pop-Up Choir" Volunteers Wanted

The Sanctuary Choir and Alleluia Ringers are taking their summer break, so I am looking for **singers and instrumentalists** to perform **special music** during worship this summer! If you're interested but need help selecting music, please let me know and I can help you find something to suit your voice. If you need an accompanist, I'd be happy to play for you. If you don't consider yourself a "soloist" but would still like to be involved, together we can coordinate vocal duets, trios, and quartets—there are so many possibilities!

There will also be a Sunday or two where I'll put together a "**pop-up choir**" open to everyone who likes to sing! I'll announce the pop-up dates a week or so in advance. To participate, simply show up on Sunday morning at 10:30 am for a brief rehearsal in the Music Room. The music will be accessible and easy to learn in a short amount of time. This is a great way to give the Sanctuary Choir a try without a full year-round commitment.



Participating in summer music is a great way to dip your toe into Ctk's Music Ministry. All ages and abilities are welcome. If you have questions, or to sign up, please reach out to me at hillarydoerries@gmail.com. There will also be a sign-up sheet on the narthex kiosk in early June.

—Dr. Hillary Doerries, Director of Music Ministries

YOUTH & FAMILIES



Last Day of Sunday School is May 19

Summer is nearly here... which means the Sunday school year is wrapping up! Our **last day of class** for kids ages 2 through grade 5 will be **Sunday, May 19**.

Thank you to everyone who participated in Sunday school this year, with special gratitude to our amazing team of teachers: **Kallie Lies, Megan Schopmeyer, Amy Layman, and Sarah Felde**. We couldn't do it without you! Your hard work, creativity, and dedication are so deeply appreciated!

Join Us for Family VBS Night!

Wednesday, June 5 • 5:30 pm

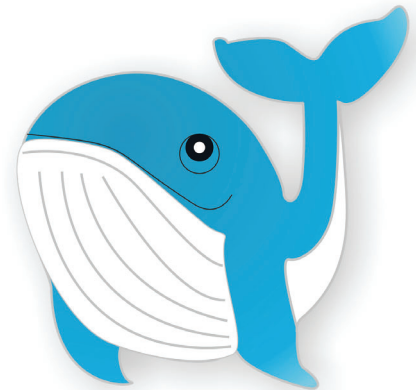
Speaking of summer... It's almost time for **Vacation Bible School!** Once again this year, we are hosting a **Family VBS Night**. Please join us on **Wednesday, June 5**, starting at **5:30 pm**.

We'll begin the evening with a **shared meal** (pizza and salad) in Van Oort Hall, provided by the Child Faith Formation Committee. After dinner, we'll head to the sanctuary for some **storytelling**, followed by **crafts, games**, and other surprises throughout the church and grounds.

This year, our focus is the story of **Jonah**, so we are sure to have a whale of a time! Come prepared to get wet... and perhaps to see Pastor Brad get swallowed by a big fish!

Please join us—and feel free to bring your friends and family! This is a great way to introduce others to CtK and what makes our church such a special place! Preregistration is not required but is extremely helpful for planning purposes. Sign up online at ctkluth.com/events, or look for paper registration forms in the narthex starting May 12.

For more information, contact Sarah Felde at sfelde@ctkluth.com.



Graduation Recognition

Sunday, June 2

Attention all upcoming high school and college graduates: We at CtK would like to recognize those of you who are graduating this year!

On **Sunday, June 2**, we will have a special blessing for all of our grads. If you would like your student to be recognized, **please submit a graduation recognition form by May 19**. The form can be accessed on the CtK website by clicking "Ministries," then "Youth", then "Graduation Recognition Forms." Paper copies of the form are also available in the narthex. For more information, please contact Jill Harms at connection@ctkluth.com.



YOUTH & FAMILIES

Got Work? CtK Youth Are Here to Help!

Now that the weather has changed and things are starting to grow, many of us have work to do around the house and yard. Perhaps the garden needs weeding, there are flowers to be planted, or the patio requires some cleaning and general TLC. Maybe you are headed out of town and need someone to mow your lawn.

Don't feel like doing it yourself? Well, never fear! The CtK youth are here to help! Through the **"Work for Your Trip" program**, you can hire our CtK youth for the low price of **\$10 per hour**. All money earned through the program goes directly into the youth trip account, helping defray the cost of this summer's Urban Plunge adventure in New York and Washington, DC.

Even better: A generous donor will chip in \$15 to the trip account for every \$10 the kids earn. That means that kids earn \$25 toward their trip per hour worked!

Still not convinced? Check out the before-and-after photos from a recent job (at right), along with this testimonial from a satisfied customer:

*"Thank you so much for getting my beds ready for planting. You've taken this weedy area and made it ready for all the vegetables!
Thank you, CtK kids!"*

For more information or to reserve a spot on the work schedule, look for the signup sheet in the narthex or contact Jill Harms at connection@ctkluth.com.



CtK Youth: Save the Date!

Youth families: Please mark your calendars and watch your email for more information on each of these upcoming events.

- **May 5:** SNL
- **May 10:** Flower sale distribution and pickup (youth volunteers needed!)
- **May 19:** Last SNL of this school year
- **June 2:** Graduation recognition
- **June 5:** VBS night (youth volunteers welcome!)
- **June 9-14:** Confirmation Camp and Servant Leader Camp at Lutherwald
- **July 31-August 6:** Urban Plunge youth trip to New York City and Washington, DC

CtK FINANCIAL UPDATE

FINANCIAL GIVING STATEMENT: MARCH 2024

Summary of Receipts	March	YTD
Envelopes/Loose Offering	\$ 64,473	\$ 193,818
Other Income	\$ 2,869	\$ 5,999
Missional Projects	\$ 3,509	\$ 11,111
Miscellaneous Funds	\$ 8,292	\$ 22,083
Total Receipts	\$ 79,141	\$ 233,010

Income and Expenses	March	YTD
Income (Envelopes/Loose & Other)	\$ 67,341	\$ 199,817
Expenditures	\$ 63,692	\$ 179,824
Surplus (Deficit)	\$ 3,649	\$ 19,993

Loose Offering	March	YTD
Lutheran Outdoor Ministries—IN/KY	\$ 1,187	\$ 3,193
Easter Week	\$ 1,036	\$ 1,036

ELCA Benevolence (10% of Offering)	March	YTD
10% of Offering	\$ 6,447	\$ 19,382

*Offerings/Loose total includes the \$1,036 March Easter Week loose offering for the General Fund.
Missional Projects total includes the \$1,187 March loose offering for Lutheran Outdoor Ministries—IN/KY.*

***Please consider making a gift to Christ the King
through your estate plans.***



CHRIST the KING LUTHERAN CHURCH

17195 Cleveland Road
South Bend, IN 46635

*A congregation of the Evangelical
Lutheran Church in America
"God's Work. Our Hands."*

Holy Communion

Holy Communion is part of every
Sunday morning worship service.
Distribution varies as described below.

Office Hours

10 am - 4 pm
Monday through Friday
Phone: (574) 272.4306

Seasons Counseling Center

(574) 277.0274

Executive Director

Alexandra Sobieski

Director of Operations

Deborah Campoli

Business Director

Don Zerfas

Professional counselors available by appointment.

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"I am about to do a new thing; now it springs forth, do you not perceive it?"

Isaiah 43:19a



WEEKLY WORSHIP

Sundays at 8:15 am: Traditional worship led by organ and/or piano, including the Sanctuary Choir or Alleluia! Ringers, and Holy Communion distributed around the altar with bread and wine (gluten-free wafers and grape juice are also available).

Sundays at 9:30 am: Contemporary worship led by Xalt!, this service is family-friendly but speaks to people of all ages. Holy Communion is celebrated by station with bread and wine (gluten-free wafers and grape juice are also available).

Sundays at 11:15 am: Traditional worship led by organ and/or piano, including the Sanctuary Choir or Alleluia! Ringers, a Young People's Message, and Holy Communion distributed around the altar with bread and wine (gluten-free wafers and grape juice are also available).

Worship on the Web: Join us each Sunday at 11:15 am for the livestream, or access the recorded 11:15 am worship service any time during the week. Visit www.ctkluth.com/worship to find a worship video, the worship folder for Sunday's service, and an online donation link to continue your tradition of giving at worship.