

What Is Counseling?

There are certain times in most people's lives when help may be needed addressing problems and issues that cause emotional distress or situations that are overwhelming. When experiencing these difficulties, you may benefit from talking with an experienced, trained professional counselor that can offer the kind of caring, expert assistance that is often needed during these stressful times.

So what is counseling? Is it lying on a couch in a therapist's office while he picks your brain? Or answers every question you have with, "What do you think?" Absolutely not! Christian counseling involves exploring your needs and facing the issues you are struggling with. You may be seeking help to become a better parent or spouse. Others may need help coping with the everyday crises of life. Or you may be seeking how to learn to manage life's stresses more effectively. With the help of the Holy Spirit, these are the sort of things that you and a counselor can work on together.

Every month I will be writing an article dealing with some of these topics. But I need to know what issues you'd

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SEPTEMBER NEWLETTER



A Message From Pastor Michael

Let's Grow!

With the arrival of fall, students are back in school, and with that reality we have a "built in" encouragement for all of us to "**grow in the grace and knowledge of our Lord and Savior Jesus Christ.**" (2 Peter 3:18) Named as our congregation is after St. Peter, let's take his advice to heart.

The Apostle Paul reinforces this emphasis. When he spoke to the elders from Ephesus in Acts 20, he assured them, "I commend you to God and to **the word of His grace, which is able to build you up** and to give you the inheritance among all those who are sanctified." (v. 32)

In our congregation, this slogan is meant to describe us, "Where the Word of life gathers, nurtures, and sends us forth to serve." This fall is no different than the other ones I have experienced with you. We have planned a number of opportunities for you **to discover how the Word of Grace truly has the**

power and wisdom to help you grow in your faith, in your relationship with your fellow Christians and in your ability to put your faith into action.

That this may happen, let me strongly encourage you to take advantage of the opportunities we are providing for you to grow in these various ways. Choose that which seems to meet your needs and interests, from the overview which follows. If you have questions or desire more information, please feel free to call or text me at 407-353-8420 or send me an email at pastor.stpeterlutheran@gmail.com.

Please sign up for the opportunity you wish to join. The sheets are on the bulletin board. And, if you know of someone you would like to invite, please feel free to encourage them to join us.

Beyond growth in the grace and knowledge of Jesus, I believe that we also want to see our congregation

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Our Opportunities to Grow through Study of God's Word

Sunday Mornings at 9:15 A.M.

Starting September 8, we will begin the study of the ***Pastoral Epistles***, Paul's two letters to Timothy and the one to Titus. We believe this course will help us gain insight into what's at the center of the church's life, and will assist us as we seek to gain greater clarity in the plans for our ministry here at St. Peter Lutheran. We expect that we will study this through November. There's no need to sign up. Just come!

At the same time that we adults gather, we will continue our class for the youngest ones, but hope to add another class for those in the middle elementary grades, and one for those in Middle School, which will provide an overview of salva-

tion history and provide a solid foundation for their preparation for Confirmation.

And let's not forget our regular Sunday morning worship at 10:30 A.M., for there the Word of God's grace comes to us through the lessons we hear, the sermon to which we listen, and the hymns which we sing. Faithfulness in worship will help us grow in our faith.

Wednesday Evening Bible Study

will begin September 11 at 7:00 P.M. This year we will use the Life Light course, "**Law and Gospel**." Presentation, discussion, and summarization will help us gain insight into the two key ways God addresses us in Scripture. Not only will this study help us learn the Word, but also help us gain skill in

sharing the message with others.

Christ Care will meet twice a month Thursday afternoons from 2 to 3:30 P.M. on the first and third Thursdays of the month. The course: "**5 Things You can Do to Read the Bible Prayerfully**." The Christ Care model provides for study of the text, discussion, sharing and prayer. The group will be led by Van Bareither.

The Bible study for the UNG students and our young adults will be announced in the near future. Normally this class meets at the University of North Georgia as one of the activities of our student organization there, Lutheran Student Fellowship. Their input will help us determine what study will be most meaningful for them.

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grow in numbers. As we reach out to others to join us in study of God's Word, in our relationship with God and one another, and in the practice of the Christian faith, I encourage you to exercise the privilege we have --to pass on what we have received, God's grace. We are agents of His. Our job is, as Paul told the Corinthians, to plant the seed of His grace and to water it, remembering that "God gives the growth." (I Corinthians 3:6).

By growing in grace and knowledge, we will be better able to share the good news of God's love for all people, a sharing that our gracious God is eager to bless. And so, with confidence, "*Let's Grow!*"



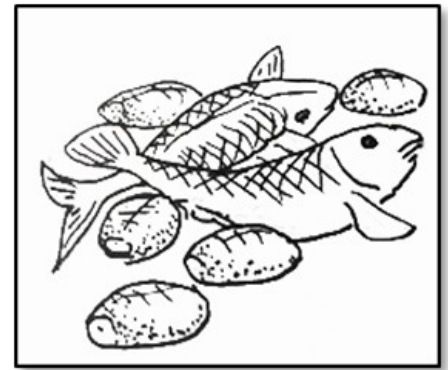
Thank You!

Concordia Seminary in St. Louis thanks us for our \$500 gift as part of our "adopt-a-student" involvement. Last school year we supported Zach Huffman, who is now serving his vicarage in Kansas.

The Lutheran Church - Missouri Synod thanks us for our \$500 gift in support of missionaries J.P. and Aimee Cima, serving in Cambodia. He greeted the national convention in July and expressed his thanks for the work they are privileged to do with the national church there and the theological education program: Luther Institute--Southeast Asia (LISA) which Pastor Michael was heavily involved in from 2010 - 2015.

Community Helping Place expresses its gratitude for our \$500 sponsorship of the Tomato Sandwich Supper and the people from our congregation who assisted in serving at the supper.

We express our **thanks to all who enabled our congregation** to send a \$850 check **to support Ayleah Musone**, one of our faithful college students the past two years, who is headed to **India** to serve there on a "**mission trip**" for three weeks the end of September to the middle of October. Let's keep her in our prayers as she undertakes this ministry.



Jesus said to them, "I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst." John 6:35

(Illustration by Bill McCaffrey)

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like to see addressed. Are you a caregiver, experiencing feelings of grief and loss, or struggling with depression and anxiety? Please let me know. Besides these articles, which will touch briefly on different issues, I will also be available to offer individual, family and group counseling at no cost to you. Tell me if you would be interested in seeing a group developed around a particular need.

I want this column to be about what you want or an area you

would like to explore. Everywhere we look, there are people who desperately need God's touch or who cry out for His gracious care. I believe everyone can achieve wholeness and healing while developing a closer relationship with our Lord and Savior Jesus Christ.

As a Licensed Professional Counselor I am passionate about helping others become the person God intended them to be. I have been in practice since 2004 and have worked with all ages. I can

be reached at jlewis3454@gmail.com or at 810-599-5188. All communication will be held in strictest confidence. I'm looking forward to hearing from you!

Judy A. Lewis, MA, LPC, NCC

There are a variety of brochures by the door as you come into the church distributed by Lutheran Hour Ministries. They cover a lot of issues like anger, forgiveness, sorrow, etc. Please check them out the next time you are here.

Choir Forming: We are pleased that a choir is forming to enrich and enhance our worship experience. Under the direction of Ruth McCaffrey, the choir will rehearse at 7:00 P.M. on Wednesdays, August 28 and September 4, and then when our Bible study begins September 11, it will move to 6:00 P.M. Interested? You are most welcome to join in singing the Lord's praises. (Day and time is still open to change.)