

The Christogram is a monthly newsletter of Concordia Lutheran Church, Steamboat Springs, Colorado. Deadline for newsletter items is the third Sunday of each month. We welcome contributions of news items, art work, and other appropriate articles. You can email us your contribution at concordia@steamboatlutheran.org

Editors: Pastor Scott Herbert and Rebecca Duryea

The Weekly Bulletin is printed on Thursday mornings. News items for the bulletin should be submitted by 9:00 am on Thursdays.

Saturday Worship: 5:30 PM

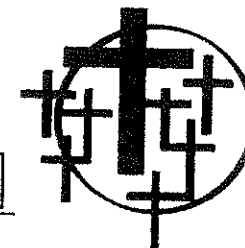
Sunday Worship: 8:00 and 10:45 AM **Education Hour:** 9:30 AM

Concordia Lutheran Church
755 Concordia Lane
Steamboat Springs, CO 80487

Feb 2003

Concordia Lutheran Church **CHRISTOGRAM**

CHRISTOGRAM



Concordia Lutheran Church

February 2003

As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace. There is one body and one Spirit – just as you were called to one hope when you were called – one Lord, one faith, one baptism; one God and Father of all, who is over all and through all and in all. . .

*Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of men in their deceitful scheming. Instead, **SPEAKING THE TRUTH IN LOVE**, we will in all things grow up into him who is the Head, that is, Christ. From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.*

Ephesians 4:1-6, 14-16

Dear Brothers and Sisters in Christ Jesus,

These words of Paul's to the Christians in Ephesus I echo to you now. It is my calling, as a prisoner of the Lord, to **urge you to live a life worthy of the calling you have received.** As Christians, we are all equally saved by the grace of God alone through the faith in Jesus Christ that the Holy Spirit gives to us freely as the Father's gift. As Christians, we are all called to be in a constant state of growth in the Lord and in our relationship with Him and with each other. This can come only through the hearing and application of the Word of God in our lives. And this is the calling God has given to me. To bring the Word of God, the complete Word of God, into your lives through preaching and teaching, so that the Holy Spirit may then empower us to apply the Word to our lives so that we indeed **live a life worthy of the calling you (we) have received.**

This is not an easy task for either of us. It is not easy to live as Christians in a world that is increasingly anti-Christian. However, the Lord promises to always be with us and to give us all that we would ever need to live our lives according to His will and not to be tossed about by Satan and the teachings of the world. It is my prayer and desire and goal that through the power of God's Word, through its teaching, admonishing, forgiving, renewing, strengthening, that we all continue to grow closer to Jesus and that we all continue to grow together in the unity of the **one God and Father of all, who is over all and through all and in all.**

I also ask that you pray for me. Paul requests this of believers on different occasions (Colossians 4:3) as he recognizes the power of prayer and his dependence on God. I encourage you to pray for me as your pastor and for all your brothers and sisters in Christ as together we seek God's will and we desire to serve Him in all humility.

To this end, I would like to share with you a brief devotion on prayer from the book titled *Pathway of Prayer* by Kathryn Thaller. The devotion is titled "Oneness".

Inside...

- News from LCEF page 10
- Unusual use of the Alphabet page 11

"Unless the Lord builds the house, they labor in vain who build it:" Psalm 127:1

Of most importance is the church leader's personal relationship with the Lord. It must be nurtured and nourished into a growing deepening walk with the Lord Jesus. Time spent in prayer and Bible study accomplishes a oneness. The oneness translates into powerful sermons, prayer, and insight into the hurts and areas of needed growth for the people in their flock. Effective leadership requires a two-way communication with God Himself. The builder of the church or ministry is not the pastor, but the Lord.

Therefore in praying for the pastor we are praying for the health and well being of the church itself. The Lord works in the church through His relationship with the pastor and the people. As the leader grows in the Lord, he matures in his understanding of God's Word and improves as a teacher of the Holy Scriptures. The congregation, as a result of the instruction, grows both in numbers and in maturity.

Picture a lawn-sprinkling system. The Lord is the water and the pastor is the water main. The main divides into a system of narrow underground pipes that spread out over a large area. Each individual sprinkler, a member of the body of Christ, waters a smaller section of lawn which grows and thickens into a lush carpet of grass.

A congregation, strong in their walk with the Lord, attracts others who see in their lives a desirable peace and joy. Thus the church proliferates. Prayer is the very foundation of church growth and effectiveness.

Dear Father:

I pray for spiritual leaders and the church. Thank you for Your call on their lives and I thank you that they answered it. Thank you for their spiritual leadership.

Deflect and repel the lies, slander, and subtle pitfalls of Satan. Give them dignity and respect in their communities as is deserving of the high calling of Jesus Christ upon their lives.

Provide for their needs according to Your riches in glory. Harmonize the family life of our pastors, with their spouses and children dedicated to You and eagerly supportive and participating in the ministry. Cover their household with a canopy of peace.

As they come to you in Bible study and prayer each day, draw them into a deeper, closer relationship with You. May they so tune in to You that they will hear every word of direction, correction, and encouragement, both for their personal life, their ministry and those to whom they minister. Give us a vision, Lord, for without it we will perish. We know that we all have the same destination: to live forever in glory with you. But if we all participate in the same ministries and activities, the people on the other side of the world will not see the salt and light.

I pray that you make our leaders powerful teachers of the Word, teaching us how to stand on the firm foundation, the solid rock, the cornerstone: the Lord Jesus Christ. So that when the storms of life come, persecution, and tribulation as your Scripture indicates that they surely will come, we will not be as those who build their houses on shifting sand which come crashing down. But instead we will persevere, overcome and endure to the end.

Give them wisdom to train us to be effective soul winners, sending us into the harvest field. We can then bring in the harvest to be saved, disciplined and sent out as more harvest workers. Explode the Church of Jesus Christ exponentially into a raging fire encircling the earth, consuming in its pathway sinfulness and wickedness, reducing it to stubble. But refine us through fire into pure silver and gold, the bride of Christ without spot, wrinkle or blemish, our lamps brimming full with the oil of the Holy Ghost as we wait for the bridegroom. Maranatha, come Lord Jesus come. Amen

Tenets, Tidbits and Trails . . . the Elder's report

Greetings Brothers and Sisters IN JESUS CHRIST,

When I first learned to ski, I visualized myself skiing, not shakily but aggressively, already knowing how, at least in my mind. Once I could see myself succeeding I had to move and react in accordance with that vision.

Some people call that approach a part of zen philosophy, but it is simply a learned behavior with demonstrable benefits.

We want to be a more friendly church, more welcoming. We want to be more outward looking, more mission oriented. We want to be more spirit filled.

Whatever the desires we have as a church, the process begins within each person. If we envision ourselves accomplishing our goals, open our hearts to the Spirit and take a good critical look at our part in it we go a long way toward bringing these goals to fruition. ie. If there is a need to be more caring, then act on it, as happened Sunday January 19 with the Ahadi Kids, 18 adopted.

The vision without action is like that noisy gong Paul talks about in I Corinthians, or like criticizing politicians but not bothering to vote! Unless you are willing to get involved, offer suggestions, stand for what you believe in, take a risk, you are only an observer who has no right to criticize.

The people who are involved in this church aren't perfect and don't have all the answers. We probably have more questions than answers. What we have is the Bible, God's strong infallible Word, our faith in Jesus Christ as God's only Son and the only way to forgiveness and eternal life, and the gift of the Holy Spirit.

So we have the most important necessities to guide us, but if you have strength, diligence, compassion, love, faith, knowledge, understanding, skills or anything that can help this Community of Christians to grow and grow together. Please get involved in this church, but hopefully not just involved but committed.

By the way, probably one of the first and most important lessons I learned about skiing was not to be afraid to fall, it is bound to happen sometime. Just see yourself coming out of a fall and back on your feet without losing too much momentum.

In His Grace, Brian

Scoop from the Sup . . .



Ellyn Myller

What's on our plate?

Not many people know this, but I am a certified "Culinary Arts Specialist", that's a fancy name for Chef. Well, all my education and experience pretty much went bye-bye when I had children. They are not into eating gourmet food, they don't appreciate "fine presentation", and there isn't the time to reduce the sauce to the consistency of heavy cream anymore. I have been reading a book about what needs to be in the life of a healthy church or ministry. I can translate that into what needs to be in my life personally. I often put the spiritual lessons that God is teaching me into terms that I relate to - What food groups am I eating from? Here are the "five food groups" that will help us have a healthy spiritual diet personally, as a church, and in our ministries.

1. *Worship - "Love the Lord your God with all your heart"
... "celebrating God's presence and honoring Him with our [my] lifestyle".*
2. *Ministry - "Love your neighbor as yourself"
... "meeting needs with love."*
3. *Evangelism - "Go and make disciples" [sharing the good news of Jesus Christ]*
4. *Fellowship - "Baptizing them", [bringing others into the fellowship of believers]*
5. *Discipleship - "Teaching them to obey"
...the building up or strengthening of believers in their quest to be like Christ."
from "The Purpose Driven Church" and "Purpose Driven Youth Ministry"*

Now just like kids, I can get "picky" about what I want to eat. But this diet comes straight from the mouth of Jesus when he gave the two Great Commandments and the Great Commission. I have been asking myself, do I have all five food groups on my plate? And HOW am I "seasoning" the things that I am supposed to be putting on my plate? I know that not everything tastes good, but as I have told my own kids, "Try it, you might find that you like it!" or "That's an acquired taste but it's GOOD for you!!" The diet of the Christian life can be allot like fruits and vegetables, full of vitamins and minerals that help me be strong, but the texture or taste doesn't always thrill me. Then there is the steak [protein/energy] that sometimes has gristle in it that I really have to work at chewing up (now and then I get the privilege of a tenderloin). The greatest thing about the Christian life is there is always a generous helping of mashed potatoes and gravy, God's grace given in His Son Jesus Christ. God wants us to have a balanced diet, let's take a look at what is on our plates. And hey, don't forget about the dessert....well, that course is yet to be served.

Bon Appetite,

Ellyn

Dates to remember: February 2, 9, 16 Rotation 5 Zacchaeus
Luke 19
Virtue Focus Responsibility
February 16 Group Sunday School Pastor's Visit

Blues Break is this month...Sunday school is still in session and we are not singing the "blues", we're singing, "JOY to the World the Lord has Come!"

LWML (Women's Guild) NEWS . . .

Thanks to Sara Lindsey for hosting the January get together. We discussed making a spiritual New Years Resolution and forgiveness. Don't worry if you've already missed the Jan. 1st start date - God will gladly work with you no matter what day you choose to draw closer to Him.

There will be no Tuesday evening LWML get together this month. Instead, come join us for a one day WINTER Retreat!! The retreat will take place at Lynn Worrell's home in beautiful Elk River Valley. We will enjoy snowshoeing, skiing, and playing board games by the fireplace. A special program and devotion will be given. All ladies are

invited to join in on this special day of fellowship and fun. We will carpool from the church at 8:30 am and return around 3:30 pm. Breakfast and lunch will be provided. If you need snowshoes, please call Lynn Worrell at 879-3932.

PRAYER VIGIL

February Prayer Vigil is on Friday the 7th from 4:30 - 6:00 PM. Come after school with your kids or join us when you can. All are welcome and encouraged to come to together to pray for our church and our community and share any personal prayer requests.

LIBRARY NEWS

Thanks to Jim Sprengle for hooking up the computer in the library. We now have access to internet resources. Come check it out.

New Material in the Library

Books

Preschool

My Bible Treasury: The Old Testament

My Bible Treasury: The New Testament

Illustrated by Fran Thatcher

Children

Grandma, What is Prayer? by Katherine Bohlmann

Senior Citizen

No Rocking Chair for Me! by Harold E. Dye

Young Adult

From the Moment They Were Born:

40 Assets for Growing Christian Teens

edited by Terry Dittmer and Mark Sengele

Stephen Ministry

Speaking the Truth in Love: How to be an Assertive Christian

by Ruth Koch and Kenneth Haugk

Videos

The Creation 47 minutes

Cedarmont Kids Sing Along Songs: 17 Action Bible Songs 35 min.

On the Calendar:

February 23rd Library Open House right after both services. Refreshments will be served. Come check out YOUR library and all the wonderful books and resources available to you.

STEWARDSHIP NEWS

"Simply Giving" materials have been mailed to all members in the last 2 weeks. If, for some reason you have not received the materials and would like to consider becoming a member of the program please call Bob Krohn 879-7081 for materials or to answer any questions.

WHAT SHALL I DO WITH WHAT I HAVE?

What shall I do with what I have? Lord, help me now to choose;
The world is filled with so much need. There is no time to lose.
My life is Yours; You have the power to take it back at will.
I know then, that I'm here to serve--some purpose to fulfill.

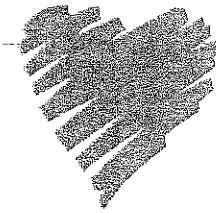
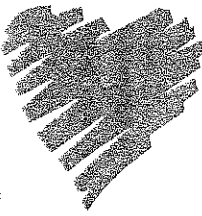
The *time* you've given me to live is known to You alone,
But You have numbered all our days. They are not ours to own.
How shall I use this precious time? It's slipping by too fast.
I want to do the best I can before the chance is past.

These *talents* that You've given me I'm sure You want them used.
When opportunities have come too often I've refused.
My head I bow in shame, dear Lord; please help me to redeem
And use the arts You've given me, though simple they may seem.






These *treasures* that You gave to me, my silver and my gold,
I would not have without the health and wisdom You unfold.
The world hold forth its luxuries, but keep me, Lord, from greed,
And help me place my treasures where they'll serve the greatest need.

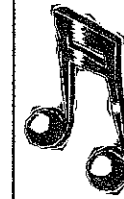
What shall I do with what I have? It all has come from you--.
My *treasure, talents*, and my *time*, what will you have me do?
I fear not for tomorrow, Lord; I'm blessed with friends and health
And know that what I give in joy, my soul will reap in wealth.

Jeane Klender, 1957



February 2003

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 <i>Worship 5:30 PM</i>
2 <i>Worship-8:00 AM</i> <i>Educ Hr-9:30 AM</i> <i>Worship-10:45 AM</i>  <i>Confirmation</i> <i>Make-Up</i> <i>4-5:30 PM</i>	3 <i>Altar Guild Meeting</i> <i>10 AM</i> <i>Women's AA-7 PM</i>	4 <i>Trustees 6:00 PM</i> <i>Al-Ateen 6:00PM</i> <i>Board of Christian Educ</i> <i>6Pm</i> <i>Elders 7PM</i> <i>Fellowship 7PM</i>	5 <i>Youth Choir 3:30</i> <i>Confirmation</i> <i>6:30 - 8 PM</i>  <i>Discovery 7PM</i>	6 <i>Women's Bible Study 9AM</i> <i>Bells 7PM</i>  <i>Stephen Ministry</i> <i>8PM</i>	7 <i>Prayer Vigil</i> <i>4:30-6:00 PM</i>	8 <i>Men's Breakfast</i> <i>7 AM</i> <i>Journey 10-noon</i> <i>Worship 5:30 PM</i>
9 <i>Worship-8:00 AM</i> <i>Educ Hr- 9:30AM</i> <i>Worship-10:45 AM</i>  <i>Confirmation Make-UP</i> <i>4-5:30 PM</i>	10 <i>Women's AA-7 PM</i> <i>Pizza With Pastor</i> <i>6:30 PM</i>	11 <i>Worship Committee</i> <i>8AM</i> <i>Al-Ateen 6:00PM</i> <i>Church Council 7PM</i>	12 <i>Late Start Breakfast</i> <i>9AM</i> <i>Youth Choir 3:30 PM</i> <i>Confirmation</i> <i>6:30 - 8 PM</i> <i>Discovery 7PM</i>	13 <i>Women's Bible Study 9AM</i> <i>Bells 7PM</i>	14 <i>Happy Valentine's</i> <i>Day!!!!</i>	15 <i>Worship 5:30 PM</i>
16 <i>Worship-8:00 AM</i> <i>Educ Hr-9:30 AM</i> <i>Worship-10:45 AM</i> VOTERS MTG 12 PM <i>Confirmation</i> <i>4-5:30 PM</i>	17 <i>Women's AA-7 PM</i> -----	18 <i>Al-Ateen 6:00 PM</i> BLUES	19 <i>Discovery 7PM</i> -----	20 <i>Women's Bible Study 9AM</i> <i>Bells 7PM</i> BREAK	21 -----	22 <i>Men's Breakfast</i> <i>7AM</i> <i>Worship 5:30 PM</i>
23 <i>Worship-8:00 AM</i> <i>Educ Hr-9:30 AM</i> <i>Worship-10:45 AM</i> <i>DWCC - 1:00 PM</i>  <i>Confirmation</i> <i>4-5:30 PM</i>	24 <i>Tools for Living</i> <i>6PM</i> <i>Women's AA-7 PM</i> JOINT	25 <i>Al-Ateen 6:00 PM</i> <i>Youth Board 6 PM</i> <i>Board of Education 6PM</i> CIRCUIT	26 <i>Youth Choir 3:30 PM</i> <i>Confirmation</i> <i>6:30 - 8 PM</i> <i>Discovery 7PM</i> MEETING	27 <i>Women's Bible Study 9AM</i> <i>Bells 7PM</i>	28	



February Birthdays
"Happy Birthday"
to the people
celebrating this
month:

- 3 - Hannah Wilkie
- 5 - Ethan Bussell
- 13-Hope Scott
- 15-Catie Davis
- 16-Priska Sorenson
- 21-Ryan Hogrefe
- 26-Adele Dombrowski
- 26-Brittany Ryan
- 27-Mariah Starbuck
- 27-Mike Davis

Baptism Birthdays

- 14-Chloe Banning
- 24-Hannah Wilkie
- 28-Brittany Ryan
- 28-Nocona Falk



Do you have a birthday in February but you're not on the list? Please call the office and let us know. We'd love to say Happy Birthday to all our members.

Do you have an anniversary in the month of February? We don't have anybody on record yet. Somebody **has** to have an anniversary in February! How about March? Call the office and let us know.

NEWS from LCEF

Currently Concordia has \$180,331 on deposit with the Lutheran Church Extension Fund from 19 investors. We have a loan in the amount of \$425,807.

IF we were to raise our deposits to \$213,000 we would be eligible to receive a 1/2% rebate of interest on the loan or \$2130.

Below are the rates on term notes:

6 mos- rate 1.375 yield 1.382
1 yr - rate 1.750 yield 1.762
3 yr - rate 2.375 yield 2.396
5 yr - rate 3.375 yield 3.418

These rates are competitive with Bank and you help reduce the churches interest cost. For further information contact Clair Erickson. 879-4419

Investing in God's Work

Flower Chart

The new flower chart for 2003 is up on the bulletin board in the entryway. It's a wonderful way to remember someone's birthday or special occasion. Cost is \$13.50 and you can take them home after the late service. There's quite a few spots open. Sign up today!!!!



Debbie Freseman

Is doing very well. The doctors are very happy with her progress. She continues to deal with GVH disease. Keep them in your prayers. **Be sure and visit their**

web page where updates are being posted on Debbie's condition. <http://geocities.com/dfreseman> If you don't have web access the progress reports are posted on the bulletin board by the office. Their mailing address for cards etc. is: 139 26th Ave East, Seattle, WA 98112

Unusual Use of the Alphabet

Although things are not perfect
Because of trial or pain
Continue in thanksgiving
Do not begin to blame
Even when the times are hard
Fierce winds are bound to blow
God is forever able
Hold on to what you know
Imagine life without His love
Joy would cease to be
Keep thanking Him for all the things
Love imparts to thee
Move out of "Camp Complaining"
No weapon that is known
On earth can yield the power
Praise can do alone
Quit looking at the future
Redeem the time at hand
Start every day with worship
To "thank" is a command
Until we see Him coming
Victorious in the sky
We'll run the race with gratitude
Xalting God most high
Yes, there'll be good times and yes some will be bad, but...
Zion waits in glory...where none are ever sad!

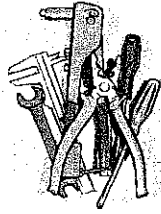
"I am Too blessed to be stressed!"

The shortest distance between a problem and a solution is the distance between your knees and the floor. The one who kneels to the Lord can stand up to anything.

Love and peace be with you forever, Amen.

TRUSTEE COMMITTEE

Thank you to all who have donated to the parsonage bathroom remodel project. We have received some monies toward the project but are still in need of more. We are putting together a sign up sheet for items still needed such as 2X4, tile, drywall, paint, flooring boards, light fixtures, nails, screws adhesive, grout baseboard, faucets, shower head and faucet, shower door, a pocket door, carpet and other miscellaneous items. Come take a look at the sign up and pick an item.



We have a "Clean Day" scheduled for March 15 at 10 AM. Please put it on your calendar.

A big welcome to the new members on our committee, Chris Duryea & Karolyn Zuehlke. We're looking forward to a great year.

In Service of the Lord,
Dave Anderson

FELLOWSHIP COMMITTEE

The Epiphany Party at Seasons at the Pond was a wonderful time. We had a total of 37 people who attended. A HUGE "thank you" to Sue Krohn and Joanne Boomgarden for organizing it. Also a big thank you to all who contributed to the return of 'Sister Act'. Thanks to Thong Truong and Bill Lepper for the great food and service at the restaurant.

February looks like a quiet month but March is bringing on our Soup Suppers during Lent. We're always in need of people to help out with making soup or desserts for these nights of fellowship. If you like to cook and we don't know it yet let us know.

In Him,
Judy Anderson

TOOLS FOR LIVING

STEP 4

"Made a searching and fearless moral inventory of ourselves."

A personal inventory is crucial to understanding the new direction of our spiritual growth. What aspects of our character do we need to retain and emphasize, and what should be modified or discarded? Six components that might go into such an inventory are described in the following paragraphs.

First, we may need to "tell our stories." This can be accomplished by journaling, that is, by writing out our stories, and by sharing them with others in recovery meetings or private dialogue. In John 4, there is a beautiful passage on "The Woman at the Well." When the Samaritan woman encountered Jesus, she was amazed, first of all, that He had anything to do with her. Jews generally had no dealings with Samaritans. Second, He told her that He knew everything about her—the full story of her life—that she had had five husbands and that she was then living with a man who was not her husband. The fact that Jesus, with full knowledge of her life story, accepted her and loved her unconditionally was a life-transforming experience.

Preparing our stories allows us to assess the major events of our lives. Knowing the steps of our past journey helps us to evaluate honestly our present situations. Sharing our stories may enable others to better understand us and may open new avenues through which they can touch and heal our lives.

A second component in our inventory is discovering the roots of our addictions and co dependencies. In most cases, this means we have to examine our childhoods. What needs were not met there? What negative experiences or messages about ourselves did we absorb in the dysfunctional family of origin? There are six types of family of origin dysfunction that can generate or create a later adult addiction or codependency:

- 1) Active abuse. A parent's pain or frustration is discharged against or projected onto the child. Any form of direct physical, verbal, or sexual abuse can be classified as active abuse.
- 2) Passive abuse. Passive abuse occurs when key elements are missing within the family. A child growing up needs fifteen to twenty years of steady, consistent loving from two sane, sober, relative happy parents. A child requires time, attention, and affection. Anything, such as workaholics, that hinders or limits the parents' ability to give these things can result in passive abuse.
- 3) Emotional incest. Typically, in families where one or both parents are in some way emotionally or physically disabled, a young child will begin to assume parental or spousal responsibilities toward a parent. For example, if seven-year-old Suzie's mother is alcoholic, Suzie may begin getting herself up for school, fixing her own breakfast, and urging her mother out of bed in the afternoon to keep peace with Daddy. Suzie is becoming a mother to her own mother.
- 4) Unfinished business. If parents have not made peace with the disillusionments, defects, or limitations in their own lives, the child may pick up their unfinished business. A father who is frustrated and unsuccessful in his work may push his sons and daughters to be compulsive, perfectionist, and workaholic in order to compensate for his own limitations.
- 5) Negative messages about who and what the child is. These are spoken and experienced messages that destroy feelings of self-worth and become part of the child's personality. Examples of spoken messages are; "You'll never amount to anything." "Can't you do anything right?" "Don't you realize how unhappy you have made me?" An experienced message is felt by the child whose father spends an excessive amount of time with his work and little or no time with the child.
- 6) Split-off feelings or needs. In dysfunctional families, members deny their feelings and bury their needs. These needs will later try to assert themselves, but may do so in very damaging ways. For example, a wife who assumes a passive role and buries her needs to be assertive in marriage may eventually become passive-aggressive and take out her anger by abusing credit cards and overspending.

Learning what was damaged or missing in our childhoods is not an attempt to blame the previous generation. Rather, it is a genuine effort to understand the deepest root causes that underlie our compulsive and behaviors.

Third, we must confront and assess the full extent of our dependencies. Doing so, we will learn more about the severity of our primary addictions, and we may uncover other peripheral addictions we had not previously recognized. We should inventory and identify all of these codependent symptoms and addictions, which have manifested themselves in our adolescent and adult lives. As we perform our fourth step inventory, we must be certain to identify all of the possible addictions affecting our lives. (See page 13, "Steps to Serenity: An introduction" for a listing of possible addictions.)

Fourth, we need to look back at our relationship history with the people who have been significant in our lives—parents, teachers, mentors, friends, romantic interests. We need to inventory all the ways we have hurt them and hurt ourselves by practicing our adult addictions and co dependencies. This is a step toward ridding our lives of resentments and guilt.

Resentments, which arise out of fear and insecurity, may lie behind much of the hurt we have inflicted on others and on ourselves. As part of this fourth inventory component, we must first acknowledge our resentments and then identify the fears and insecurities that underlie them. Only in this manner can we deal effectively with these resentments that will otherwise fester like emotional cancers.

Fifth, we must address our guilt feelings. We realize that most addictions are shame-based and shame-propelled. To move beyond this shame-base, we need to distinguish between two major forms of guilt:

- 1) False shame, or carried shame. This is undeserved blame that we have taken upon ourselves for people or situations over which we may have had no control. Adult children of dysfunctional families often carry an enormous residue of false guilt for their parents' dysfunctions.
- 2) Authentic guilt. As adults and sinners, we have probably hurt many people in many ways. We have caused this hurt through things we have said, through things we have done, and through things we have left undone.

We need to distinguish between these two types of guilt, handing back the gales shame and recognizing those areas of authentic guilt for which we do need to ask forgiveness.

Sixth, we must "look for the good." An important counterbalancing dimension is that a Step 4 inventory should include the positive, as well as the negative, things about us. 1) What positive legacies have we derived from our childhood and adolescence? 2) What positive survival mechanisms have emerged from our struggles to cope? For example, the compulsive, overachieving student may possess the positive legacies of being a good academican with strong job skills. 3) What are our skills, talents, gifts, and attributes? 4) What positive permissions have we granted to ourselves (permission to live, permission to be healthy, permission to recover, permission to experience relative happiness in adult life)? 5) What positive recovery steps and changes are currently being implemented in our lives?

NOTE: Perhaps, in taking our inventories, we have now uncovered certain addictions of dependencies we did not previously recognize. If so, we may need to return to Step 1 to address these.

RECOVERY MEDITATIONS

(To help you understand what the Scriptures say about surrendering your will and life to God.)

Matthew 23:23-28
1 Corinthians 4:19, 20
Proverbs 16:2, 3

Luke 12:1-6
Galations 6:3-5

Romans 13:11-14
Proverbs 5:5-6

From "SERENITY – A Companion for Twelve Step Recovery" by Dr. Robert Hemfelt & Dr. Richard Fowler

(Visit Concordia's library for more inspirational readings—Tools for Living section.)



Confirmation

Meets on Wednesdays
from 6:30-8:00 PM
Make up class Sundays
4:30-6:00 PM



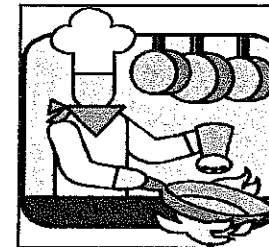
YOUTH GROUP

Meets every Sunday at
9:30 in the Youth Room
Late start Breakfast
February 12 at 9AM



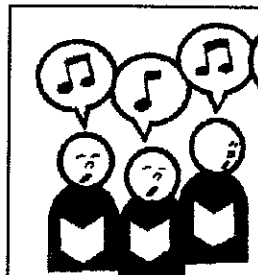
STEPHEN MINISTERS

"A friend who has developed gifts for bringing Christ's healing to hurting places."



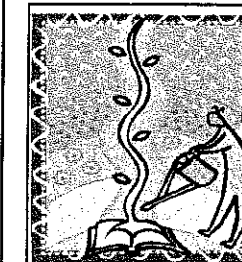
Men's Breakfast

Saturday Feb 8th
7:00 - 8:30AM
in Fellowship Hall
Invite A Friend!



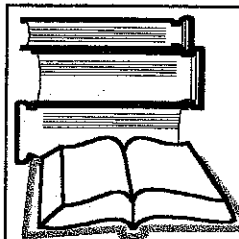
YOUTH CHOIR

Meets on
Wednesdays after
school from
3:30 to 4:30PM.
Come sing with us.



Thursday Morning Women's Bible Study

Meets every Thursday
morning 9-10:30 AM
Come water your faith
seeds. We're studying
Acts.



Discovery Bible Study

Meets at 7 PM in the
library. We're studying
the book of Romans.



LWML

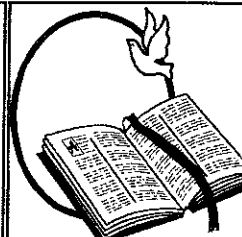
Tuesday, February 15th is
our all day retreat at Lynn
Worrell's home
43515 RCR 44



TOOLS FOR LIVING:

Ministry team for recovery,
addiction & prevention

Monthly meeting on
February 24th 6-7 PM



ADULT BIBLE STUDY

Sunday Mornings 9:30 in
the Chapel.
We're studying Mark.
Come join us.