

RIVER OF LIFE STREAMS

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LAUGHTER – GOD’S MEDICINE

I thought we would do something a little different this month. I want to share some things I read, but first, a word from Scripture:

*A joyful heart is good medicine,
but a crushed spirit dries up the bones.*
Proverbs 17:22 ESV

I read this quote by author Barbara Johnson in a devotion; it made me laugh. *“Laughter is like changing a baby’s diaper. It doesn’t permanently solve the problem, but it makes things more acceptable for a while.”*

I also read something else I’d like to share with you about laughter.

Dr. Norman Cousins, who taught at the UCLA Medical School, was diagnosed with a rare disease. The doctors told him, “Sorry, this is incurable; you’re going to die.” Dr. Cousins decided on a regimen of exercise, high doses of Vitamin C, and added an unusual thing; LAUGHTER! He rented comedy movies and cartoons and watched them for hours each day.

He discovered that ten minutes of hearty laughter gave him a whole hour free from pain. He began to get better. The day came when he went back to the doctors, and they said, “We don’t know what happened, because this was an incurable disease; but as far as we know, you’re completely cured.”

He lived another 20 years and wrote a book on how a cheerful attitude, or lack thereof, can determine whether you get sick and how quickly you get well. [Keep Believing Ministries] In his case, a merry heart did good, like a medicine!

Studies show that depression symptoms are 3X what they were before Covid. The news, world, national and close to home that we hear and read about each day, is depressing.

The Apostle Paul gives us this good advice: *“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy — think about such things....And the God of peace will be with you”* Philippians 4:8-9. As Christians, we should be thinking good thoughts.

The experts confirm that laughter boosts your immune system, enhances your memory and learning abilities, relieves tension, slows your pulse rate and blood pressure, and releases endorphins that reduce pain, decreases anxiety and stress, puts people at ease, and brings unity. Furthermore, the effect lasts for eight to twelve hours. It promotes emotional healing, and best of all – it’s fun. That’s why laughter is God’s prescription for stress!

PRAYER

**Heavenly Father, help me to laugh more often, even if it is at myself!
In Jesus’ Name, Amen**

God bless you all!
Pastor Mitschke

Joan and I will be going to visit our son in North Carolina in September. Ron lives just outside Smoky Mountain National Park. We will be staying in a cabin in our favorite campground. The cabin has a porch and two rocking chairs and is next to the small church. It also has a trout pond. It's a small campground we have visited many times and know the regulars. If for any reason you need to call, don't hesitate to do so. Our cell is: 815-325-3106.

SOME HUMOR:

A young man went to the drug store to buy three boxes of chocolates. The pharmacist said, "What size do you want? Small, medium, or large?" The young man said, "I want to buy one of each." "Why?"

The young man said, "I met a pretty girl. I'm having dinner with her parent's tomorrow night and then we're going to go out. If she lets me hold her hand, I'll give her the small box. If she lets me kiss her on the cheek, I'll give her the medium box. If she lets me kiss her on the lips, I'll give her the big box!"

The next night he was sitting down to eat with the girl and her parents, and he volunteered to pray over the food. He prayed for several minutes.

Afterward the girl whispered, "I didn't know you were such a religious person!" He whispered back, "I didn't know your father was the pharmacist!"



Sept. 5 Pentecost 15

Pastor Buca
Isaiah 35:4-7a
James 2:1-10, 14-18
Mark 7:24-37

Sept. 12 Pentecost 16

Pastor Willig
Isaiah 50:4-10
James 3:1-12
Mark 9:14-29

Sept. 19 Pentecost 17

Pastor Willig
Jeremiah 11:18-20
James 3:14-4:10
Mark 9:30-37

Sept. 26. Pentecost 18

Pastor Keller
Numbers 11:4-6, 10-16, 24-29
James 5 (1-12) 13-20
Mark 9:38-50

PASTOR ON CALL

Sept. 5 – 26

Pastor Willig of Friends in Christ, Morris,
has consented to be available while
Pastor Mitschke is on vacation.

In case of emergency and you wish the
services of a pastor, please call:

Pastor Mark Willig . . . Cell: 618-615-1819



Judy Bremmer (815) 457-2745
1215 Burns, Minooka, IL 60447

Judy Bremmer was in Morris Hospital a couple times in August and is just completing a series of tests. Her address is in the directory. She would be happy to know she's being remembered.

Patti Mayhew

Patti Mayhew is at home and suffering from a lot of pain. Patti hasn't been able to worship with us in church regularly as she would like to do. Her address is in the church directory.

Sandra Krause

165N Kenard St., Braidwood, IL 60408-1423

Sandra Krause has completed her stay at Lakewood Rehab and Nursing home and is now living with her daughter, Beth Wilkins, and family (husband Clint, daughters Dakota and Skyler) in Braidwood. Sandra's new address is listed above.

Bill Richardson,

Bill Richardson has moved from Our Lady of Angels Nursing home and is now back at Senior Star in Romeoville. His address is in our church directory. Senior Star has not allowed visitors because of a COVID case but is expecting that to end soon.



Sunday School...

Sunday School is back!!!

Sunday school with start back up on September 12 at 10:45am in the Upstairs Classrooms.

Sunday school will be every Sunday at 10:45am before church service.



Confirmation

Confirmation is still out.

Startup date to come soon.



Youth Group

Info about any events will be listed here.



Adult Bible Study Bible Class is BACK!!!

The Dynamic Duo of Dave and Erich will alternate and enlighten us each week when we don't have a pastor. Come join us for Faith, Fellowship, and Fun!

**Startup date is September 12 at 10:45 in the Fellowship hall.
Join us at 10:45am every Sunday before church service.**

Swaddling Clothes

Our outreach ministry for families!

Open on the 2nd Saturday, and the 4th Tuesday of each month.

September 11th
8:30 am – 12 pm

September 28th
5:00 pm – 7:00 pm

We are looking for volunteers. If you are interested in helping, please contact Pam Sterle or Amanda Graves. The more, the merrier!

Please consider donating your time to this worthwhile ministry.
Help is always needed and appreciated.

Three Rivers Fest

A big thank you to all who helped at the Diaper Changing station during the Fest!

The Church LIFT is operational again!!!
Let an Elder or Usher know if you need to use it!!



The Call committee **is** continuing to search for a Pastor! When we have further info, it will be passed along.



Holy *COMMUNION*

The Sacrament of Christ's Body and Blood is received reverently among us. With COVID-19, our reception of the Sacrament is still affected.

Social distancing is practiced coming forward. Communicants come to receive the Sacrament as singles or a family. As the first family/single leaves the Communion Table, the next single or family comes forward.

In our distribution of the wine and the bread in the Sacrament, there is now no contact between the pastor/elder and the people.

The bread and wine are in individual cups touched only by the communicant(s). As the pastor says, "*Take eat*" . . ., each communicant takes his own cup with bread, "*Take drink*" . . ., each communicant then takes his own cup with wine. The pastor then speaks the dismissal.

We followed suggestions and introduced these new precautions long ago. If you have comments or suggestions, please feel free to share them with an elder or pastor.

We appreciate the service of our Altar Guild for their beautiful service and add an extra thank you for their special work currently.

Dave Hall, Head Elder