

LIGHT OF THE TIMES

Feeling Great

A book review by Sherwin

“He’s so low we’re gonna have to lift him up to shoot him.” This could have been said, and probably was said, of me in the fall of 1984. I was going through a tumultuous divorce with all the unpleasant fallout imaginable. My new career as a pastor appeared to be crashing to a swift end as several layers of church hierarchy were calling for my termination. I became a single dad of a toddler. It felt like my soul had been sucked right out of me and I was in a very dark place with little chance of escaping.

We all have these low points if we live long enough. Some are going through these times right now. The pandemic and accompanying pandemonium have left folks feeling discouraged and disconnected.

Some have low points in the recent past and are still a long way from feeling “normal,” let alone feeling good. We all battle anxiety and depression to a degree. Anxiety and depression at their worst can be lethal and need to be taken very seriously. At their least, anxiety and depression drain the joy out of life.

When I was at my lowest back in 1984, I sought help from a psychologist. He pointed me to a book called *Feeling Good* by David Burns. When I finally read it, I believe it saved my life and kept me in ministry. Now, 37 years later, the author has released a revised edition of *Feeling Good* called *Feeling Great*. He has added what decades of clinical experience with his techniques has brought to fruition. His liberating techniques are in the book.

Three main ideas form the basis for therapy and healing:

- You FEEL the way you THINK. In other words, your negative emotions, like depression and anxiety, result from your thoughts and not from the circumstances of your life. The negative thoughts that upset you are nearly always distorted and twisted. They’re just not true. Depression and anxiety are the world’s oldest cons.**
- When you can change the way you THINK, you can change the way you FEEL. (from pages xiii and xiv of Feeling Great.)**

This approach is not for everyone, obviously. But I recommend that you give it a try. It won’t make things worse. You might find yourself doing much better quickly. It is my pastoral recommendation that you use this book to help fight off the demons that plague us all. It has been and continues to be a significant help for me. I find myself reading the book over once a year as a refresher. I’m confident that you will have similar results.



LBC News

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Entryway Project “Ready Set Go”

March is here and spring is just around the corner! The consistory has approved to move forward with the Entryway Project as soon as weather permits. Thanks to everyone that contributed to this much needed project.

Pictured below is the current artist rendering of the new entryway canopy. The entrance doors are planned to be replaced with automated doors.



LBC Children's Church

The Children's Ministry team miss you all so much! We hope that you all are happy and well!

We are working on a Reopening Safety Plan for our students. Our targeted time frame is to reopen the end of April. Once completed, you will receive an email mapping out every detail to ensure our children's, staff, and volunteer's safety.

Currently, we are doing fun video lessons that can be found on the Laketon Bethel Kids and Youth Facebook page. Check it out!

Blessings,
Children's Ministry Team

Join Online Giving

You can help us keep Laketon Bethel financially healthy by joining a growing number members and guests that are giving online.

You may have been devoted to giving with cash or check through the offering plate. Or maybe some of you only give when you come to church on Sunday. In these difficult times it is important to know how to give digitally to Laketon Bethel. Even though some of you may be apprehensive to give in a new way, it can still be easy for you.

Here is a video tutorial you can use if considering giving digitally for the first time.

<https://vimeo.com/323573572/d77e842b>

LBC Family Announcements

December - April Senior Birthdays:

Sally Legard - 12/04

Elsie Peterson - 12/14

Bea Seguin - 12/20

Elaine Buys - 12/29

Karen Johnson - 12/29

Betty Kraai - 12/31

Jack Moore - 1/25

Art Jacobs - 02/04

Jack Cooper - 02/05

Harvey Wierenga - 02/25

Sandra Bliss - 03/18

Carl Babinec - 03/19

Wayne Moseler - 03/19

Jean Boeve - 03/31

Sue Andree - 04/09

Marilyn Howard - 04/13

Jackie Meyers - 04/21

Larry Gunn - 04/24

Trena Vos - 04/29

Happy Birthday!

LBC Family In Memoriam

Floyd Gee - 11/18/2020

Larry Johnson - 12/2/2020

Fred Nearanz - 02/05

Andy Wierengo - 12/30/2020

Donna Buquet - 1/30/2021

Barb Hoekzema - 2/11/2021

Laketon Bethel's Core Values

A. ACCEPTANCE:

Everyone, regardless of who they are, what they have done, or what they are doing, will be accepted here. Laketon Bethel will be a safe place to explore your relationship with Jesus.

B. BIBLE:

The Bible is the final authority for faith and practice. We will study it with open minds and the best scholarship available.

C. CONNECTION:

We invite people to connect with Jesus and with each other in all that we do.

Trust steadily in God, hope unswervingly, love extravagantly. 1 Corinthians 13:13