



# St. John's Lutheran Church

Dear Friends,

From the Pastor

"You deserve a break today." This was a popular slogan from years ago that was part of McDonald's advertising campaign. The idea was to invite people to take a break from the grind, the hustle and bustle of their lives, by stopping in for a Big Mac, Fries, and a Coke. To give themselves the much needed break they deserved. There are times when we all deserve a break. Or need a break. And sometimes, we need to give ourselves a break. Do you often hold yourself more accountable than you do others? Do you justify forgiving others but are unable to forgive yourself for an equal or lesser offense? Many of us have a problem with forgiving ourselves. Yet, self-forgiveness is essential. It is as necessary as the water we drink and the air we breathe. It allows us to move forward into the future.



Self-forgiveness is the commitment to love ourselves no matter what. It is the generous act of giving ourselves a break. It is remembering that we are human. It is offering ourselves the lovingkindness that we might offer, on our best days, to those we love the most, no matter what they've done. It is accepting ourselves as human beings who have faults and who make mistakes.

While self-forgiveness is not specifically addressed in the Bible, there are principles that we can draw from that can be applied to this important issue in our lives. In Jeremiah 31, we are given the promise that God remembers our sins no more. This does not mean that God just forgets, but rather that God chooses not to bring our sin up in a negative way. We can choose to do the same thing in our lives. We often intentionally do not bring up mistakes, issues and events from the past when it comes to the misdeeds of others. Out of our love and friendship, we choose to move on and let go of these experiences. To bring up such incidents from the past would not only be cruel, it would also undoubtedly jeopardize our relationships, and our ability to move forward together into the future. The same is true with ourselves. Forgiving ourselves is not just about forgetting. It is about not bringing up the offense to ourselves again and again. Forgiving ourselves is simply letting go of what we are holding against ourselves so that we can move on in our relationship with God, each other, and ourselves.

When we don't practice self-forgiveness (as well as forgiveness in general) we can end up mired in unresolved hurt, pain, and suffering. We often end up stuck in unresolved anger, hatred, blame, and bitterness. And when we, ourselves, are hurting, we often end up hurting others. As the saying goes, "hurting people hurt others." This is why forgiving ourselves (and others) is so important. It can change the direction of our lives. When we practice forgiveness we are able to let go of past pain and hurt, and trust in our own goodness as well as the goodness of others. We're able to let go of hostility, resentment, and destructive behavior. We're able to be renewed and experience growth in our health, wholeness, wellness, and relationships. We can let healing begin. Why don't you consider giving yourself (and others) a break today.



Pastor Dan



**Autumn Bazaar,  
October 7th  
10 am- 1 pm**

Hope everyone's oven's are ready for all the yummy baking for the bake sale items.



Bake sale items need to be at the church by 9 a.m. Saturday, along with your pan of bars. Thank you for everyone's help in baking for the bake sale and your help at the event. With everyone's help this event should be a great success

# October

Happy Birthday  
this month to  
Shelly Croonquist- 4th  
Pastor Michelle- 5th  
Doug Loven-29th

Usher for October:  
Reader for October:  
Paula  
Stredde



Cemetery Association Annual Meeting  
October 29th, following worship service.



Trivia Game Night  
October 21st  
6:30 p.m.  
At St. John's



Bring your favorite appetizer.  
Beverages will be provided.  
Teams will be formed that evening.

It was one of those fine October days free from summer's heat and haze but not yet gripped by autumn chill.



It was one of those fine October days when the sky's so clear you can see the moon through the atmosphere at midday.

It was one of those fine October days when the trees sport yellow and red instead of everyday summer green.

It was one of those fine October days when one draws a deep breath and is grateful to be resident on Earth.



Richard Greene