

WHAT'S UP WITH ANGELS?



During September, I've been doing a series called **"WHAT'S UP WITH ANGELS."** This past Sunday was about **"God's Invisible Army."** I realized that there is much we can learn from Scripture – and many myths that needed dispelling – so I decided to tackle this fascinating Biblical topic.

This makes me wonder... how many of you are taking the bulletins home on Sundays and looking up at least SOME of the Scriptures that Debbie puts in there from my message notes? There is a plus to doing that: you'll grow more in Christ and in your knowledge of the Word of God than if you just attend church for an hour (which is a good thing).

So, if you really desire to GROW your faith, GROW as a Follower of Jesus... then I suggest you look UP at least SOME of the Scriptures at home in your own Bible. MARK THEM UP if they really say something to you. Treat your Bible like a "textbook" – which it is. If you're Bible is very fancy and you don't want to mark it up, buy a paperback one and MARK IT UP (we have new ones available at the back of the church). You'll GROW faster and deeper in your walk with the LORD. Really!

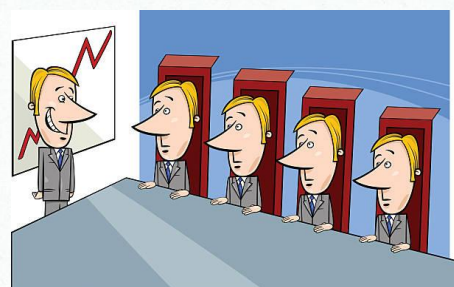
Blessings,

Pastor Jim

SOME THOUGHTS FROM THE BOARD CHAIRMAN

September is known as "the month of the Bible". It was during this month (sometime in the 5th century AD, I could not find the exact year) that St. Jerome translated the Bible into Latin which for centuries was the standard for the western church. Orthodox Christians celebrate September 1st as "The Day of Creation" to acknowledge the work of St. Jerome. Here are some other events that happened in the Bible during September:

- Sep 3 – Moses chiseled the new tablets after smashing the original ones. Exodus 34:1



- Sep 4 – The first day on the month of “Elul” in the Hebrew calendar. It is the first month of the “Civil New Year”
 - Moses ascended Mt. Sinai for 40 days, descending on the “Day of Atonement”. Exodus 33-34
 - Jesus began his 40 day fast. Luke 4:1-13
- Sep 27 – The building of the second temple began. Haggai 1:1-15
- Sep 28 – Jewish history identifies Elul 25 as the first day of “Creation Week.” On this day God separated light from the darkness. Genesis 1:3-5
 - The walls and gates of Jerusalem were rebuilt in 52 days. Nehemiah 1:15
- Sep 29 – On the second day of “Creation Week” God created dry land, plants and trees. Genesis 1:9-10

As you can see here, September is much more than the end of summer and the beginning of fall. Lots of things important to our faith happened this month, from Moses, to Jesus, to St. Jerome. Online, if you google “Biblical Time Line,” you will find a myriad of interesting events and significant happenings in the Bible for each month. Then, by looking up the Bible verses and reading about them yourself, they really come alive for you.

God Bless and enjoy the “Month of the Bible”

Art Pedersen,

Chairman, Board of Directors

ANSWERS TO BIG QUESTIONS

from Geoff Glossop, Apologetics and Bible Teacher

IS LOVE ALL YOU REALLY NEED?

As a teenager during the sixties, I found the words of John Lennon’s song “All You Need Is Love” to be powerful stuff. Never mind the worldly trappings so prized by the older generations; we were young, we didn’t need them. All we needed was to be loved, and preferably, in my case back then, by a young lady in one of those new mini-skirts.

Was Lennon right? In times of doubt, always turn to Jesus. What does He say about love?

Love, the Greatest Commandment

When the Pharisees asked Him which was the greatest commandment in the Law, Jesus responded, *“‘Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself.’ All the Law and the Prophets hang on these two commandments.”* (Mt 22:37-40)



Jesus tells us that if we are fully committed in our love for God, and also love others as we love ourselves, we will be in good shape with the other commandments. From a practical perspective, this does make sense. The first four commandments relate to our relationship with God. Loving Him with all of our hearts, souls, and minds, would preclude us from having other gods before Him, making idols, or taking His name in vain, and we would be happy to keep one day a week (at least) dedicated to Him.

The last six commandments cover our relationships with others. Once again, if we truly love others as ourselves, we would not murder them, steal from them, lie to them or covet their possessions. Closer to home, we would not break marriage vows and would respect and honor our parents. At first sight, it appears that, to be a good Christian, love may well be all we need!

Worldly Love

Contrast this approach with the present-day worldly approach to love and the plethora of advice that is readily available on the internet. After taking a quick tour of secular self-help sites on the web, it is easy to come to the conclusion that, no, love is not all you really need in life. There are so many other “essentials”, including self-confidence, effective communication, strong social connections and the ability to manage your relationships. Add to this the general belief that you will not find love at all unless you look good and are successful in money and work, and we can conclude that, in worldly terms, you need much more than just love itself.

Love and Truth

But what does a deeper dive into the Bible tell us? From God’s perspective, the qualities of love and truth are intertwined. 1 Corinthians 13:6 reads, “Love does not delight in evil but rejoices with the truth” In his “Answers Magazine” article, Phil Johnson states, “Try to separate truth from love or vice versa, and you destroy both virtues. Either virtue without its mate is merely a pretense. Love without truth has no character. Truth without love has no power.”¹

The second epistle of John highlights the truly symbiotic nature of love and truth. He tells us that “grace, mercy and peace” are abundantly available to those believers “who live in truth and love.”² John makes it clear that “living according to the truth” is right alongside “loving one another” when it comes to obeying God’s commands.

Putting love and truth together leads us towards the concept of “true love.” Google’s AI overview tells us that “love” can be conditional, temporary and driven by emotions, while “true love” is unconditional, deep and lasting, selfless and sacrificial. Love by itself is a good step towards being all we need, but the combination of love and truth is much more fulfilling and sustainable.

Receiving Love or Giving Love

When John Lennon wrote his song, was he speaking of *receiving* love or of *giving* love? My guess is he meant the former. With Jesus and the Christian faith, it is different. The greatest commandments discussed earlier were all about our giving love, not receiving it. If Jesus had

written Lennon's song, He would have turned it upside down, as He did to other worldly values in the Beatitudes sermon. He would probably have made a small change to the title and made it "All You Need Is **To** Love" And if we are being obedient to God, and fulfilling the greatest commandments, then that really *is* "all we really need"!

1. Phil Johnson, *Truth and Love: Inseparable Virtues*,
Answers Magazine, 7/1/2021,
<https://answersingenesis.org/the-word-of-god/truth-love-inseparable-virtues/>
2 John 1:3, NIV.

HEALTH NEWS FROM THE "CHURCH NURSE"

SKIN TEAR'S PART 2. In Part 1 we learned that there are different types of skin tears and in this section, we'll look at some home remedies that you can try but do discuss with your physician so that he or she knows how you are treating them if not a serious or deep skin tear.

Should you put an antibiotic cream on a skin tear? Neosporin or another generic antibiotic cream can be used for a skin tear as long as you're not allergic to the medication. It should not be used on wounds that may have been glued closed as it could make the glue dissolve quickly. If the wound is not red or oozing, avoid putting any type of antibiotic cream on

If the skin flap is still attached, try to put it back in place as best, you can to the original position but do not stretch it. Here is a technique that might work for you: Before you start, wash your hands well with soap and water. (I always use gloves, but they may sometimes be more trouble than they are worth.) If the wound is bleeding, apply pressure and elevate it as much as possible. Rinse the skin tear with tap water or a saline solution. Be careful not to tear the skin more. Only use water or saline... avoid hydrogen peroxide. Be sure that the water you use is not running at full capacity. One of the best things you can do is buy or make some saline or sterile water and keep it on hand. Change it out every 2 – 3 months. Keep at room temp.

Either let the skin tear air dry or pat it dry very carefully with a telfa non-adherent dressing. Do not rub it. Cover the skin tear with a Telfa non adherent dressing that is appropriate for skin tears. Now for the good part – NO BANDAIDS and NO TAPE. Try Coban or Surgilast which is a latex free elastic dressing that can be placed over the dressing and comes in different sizes. CVS or a local drug store can help you with this or good old Amazon if you order from there.

Another idea is to use a steri strip if you have skin in place. The steri strip should be the type that can go across the skin you put back in place and over the open area also. It stays on till it falls off. Don't take/pull it off. 3M makes a great one.

Some skin tears need medical attention and there are times you may not be comfortable treating a skin tear yourself. Call your physician and if he/she is unavailable, go to the urgent care.

Skin tears can take up to 4 weeks to resolve and depends on the type of tear and your health. Stay hydrated!!! Keep Your Skin Moist.

If a certain area of your skin is extra fragile, cover it with barrier films or creams. You can also wrap the area in bandages.

SO..... Can this be prevented?

Skin tears are most common as we age and are caused by such little things like bumping into furniture or a door handle or even a bruise that we bump, and it breaks open. If we have a pet – that can add to the dilemma because our kitties and doggies love to love on us, and they have claws unless you can de-claw them.

Simple changes around the home can be of great help, including:

- Keeping walkways clear of clutter so you don't bump into things.
- You can wrap your handles if they stick out
- Removing rugs or other items that you could trip over.
- Padding sharp edges around the house – remember Pastor Jim telling us about bubble wrap and tape? Not such a bad idea
- Wear Protective Clothing. You can often prevent skin tears by wearing clothes that protect your skin. I know - long sleeves and long pants in California might be rough but that is what I do here in Florida and I think it helps. Avoid sandals and try wear socks around the house or slippers
- Take care when changing your clothes. Be mindful of zippers, buttons, and other things that can "grab" your skin.
- Dry skin has a higher risk of tearing. If you are dehydrated, your skin will be, too. Make sure you're drinking plenty of water throughout the day.
- Vitamin C is good for your skin and for colds – check with your physician to see what kind he wants you to take but foods high in vitamin C is always the best source.
- You can support collagen production in your skin by adding more high-protein foods to your diet, such as fish, eggs, and beans – my favorite is peanut butter.
- As mentioned before – avoid adhesive bandages – you can end up with yet another skin tear and if you go to have lab work – do not let them put on a band aid – ask for Coban... it sticks to itself.

In Summary:

Skin tears occur when the skin partially or fully tears away from a part of your body. It is most likely to occur in dehydrated, thin, and older skin though infants and young children are also prone to skin tears.

You can prevent skin tears by wearing long sleeves, long pants, staying hydrated, and taking steps to avoid falls. People taking blood thinners are more prone to skin tears and must adhere to extra precautions

If your skin tears, clean and cover it well to prevent infection.

If you notice any signs of infection or the tear does not heal within 4-5 weeks, contact your physician.

May the Lord Wrap You in HIS Loving Care today and every day.

MJ Goldzimer, RN

Congregational Nurse at The Lake Church

FOR BETTER OR VERSE: A Calendar of Bible Verses by Month and Day

Here's a fun way to read 365 meaningful scriptures this year. One scripture a day... each day of the month has a corresponding verse for that date. As you wake up each day, read the verse designated for that day. Last month we gave you the September scriptures.

Here's your **October** list (month 10):

2 Corinthians 10:1, Luke 10:2, Proverbs 10:3, Proverbs 10:4, Proverbs 10:5, Proverbs 10:6, John 10:7, Proverbs 10:8, Romans 10:9, Romans 10:10, John 10:11, Romans 10:12, Proverbs 10:13, Mark 10:14, Acts 10:15, Matthew 10:16, I Corinthians 10:17, John 10:18, Matthew 10:19, Matthew 10:20, Luke 10:21, Proverbs 10:22, Proverbs 10:23, Proverbs 10:24, Mark 10:25, I Samuel 10:26, Mark 10:27, Acts 10:28, Proverbs 10:29, Proverbs 10:30, I Corinthians 10:31.

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