



The Spirit

HOLY SPIRIT LUTHERAN CHURCH

JULY 2018



WHEN WE ADD THE WORD SILENT TO OUR RETREAT

PASTOR WILLIAM MATLACK

I would like to thank Sandy Thayer for sending me this article. This is an abbreviated version. I used this as my opening devotion at the June Council Meeting. I hope you enjoy it and apply it this summer!

By Bruce Davis, Ph.D.

Author, Teacher, Retreat Leader at SilentStay, Napa, California & Assisi, Italy



This summer most of us will make a retreat or would like to. We are ready for time away from work, kids, or just the busyness of life. If we add the word **silent** to our retreat we quickly come to realize how much we can use time off, time away, time to simply be.

These days, life is so fast, complicated and noisy. The world is pulling our attention in seemingly every direction, pushing our mental life into constant traffic. There are so many thoughts. When adding the word silent to our retreat, we begin to imagine how much lighter we could be without so much thinking!

Silence gives us shelter. It is a shelter of quiet and peace.

The presence of silence can be like a giant bath of forgiveness. After soaking for a few days in the stillness, one gets out and has a realization that the vast majority of all thought is no more or less than a nervous reaction to modern life. We don't have to be so nervous. It's just life!

Silent retreat and we begin to understand the mind is just another muscle. No need to keep it going all the time. Like any other muscle we should use it when necessary. Otherwise give it a rest!

In the silence of retreat is the sweet nothing of nothing to do. Time in silence can be a new source of creativity.

Many pilgrims of silence grow in the exploration of the freedom in free time. What about relaxing, taking a walk, seeing all the different shades of green, basking in the clear sky of our mind without the clouds of constant thought?

Normal life is a boot camp to succeed. A silent retreat can be a path of rediscovery, learning the subtle colors, all the emotions in the art of being. There is an endless list of simple joys found with time in silence.

We each have memories of this reverie of simply being. Our natural awareness before it is filled with so many things is no further than going into our hearts. Meditation can carry us beneath the busyness of life, underneath the thoughts and feelings to the heart inside our heart.

Digital detox, work detox, life detox is important for all of us. Giving ourselves some silence, rolling hills, nature in all its faces, helps us to let go of the habits we cling to. Meditation, exploring the vast space inside, untangles the overcrowded life. It is the ultimate crowd reliever of so much thought. There is fresh life essence in each breathe.

Wholeness and well-being come from this place deep within. Suddenly there is much less to think about and much more fun when we have something to think for.

Silence offers a thinning of ego. The outer calm supports the calming of the argument we have with the other group, the other guy, the argument with ourselves. When the mind finds silence, we find ourselves touching the moment of this moment. The outer world makes much more sense when we have a big inner world of silence. Inner quietude is our anchor for a life overcoming the noise.

Ecclesiastes 3:1, 7

For everything there is a season, and a time for every matter under heaven: a time to tear, and a time to sew; a time to keep **silence**, and a time to speak;

Proverbs 11:12

Whoever belittles another lacks sense, but an intelligent person remains **silent**.

Proverbs 17:28

Even fools who keep **silent** are considered wise; when they close their lips, they are deemed intelligent.

Revelation 8:1

When the Lamb opened the seventh seal, there was **silence** in heaven for about half an hour.





Meet our new Choir Director, Kelly Perrin

Kelly is a graduate from Mattawan High School, located in Mattawan, Michigan. While in high school she participated in both band, playing the alto saxophone, and choir. Following high school, she moved to Auburn Hills to attend Oakland University where she is currently studying music education, and will receive her bachelor's degree in Choral/General Music Education in April 2019.

Kelly is a member of the Tau Sigma National Honor Society and acting treasurer for the Oakland University Opera Club. The previous year she worked as treasurer for the Oakland Chorale and helped organize the Chorale's European Concert Tour. Kelly is currently a member of the newly formed Grace Notes acapella group, which performs in concert with the Oakland Chorale.

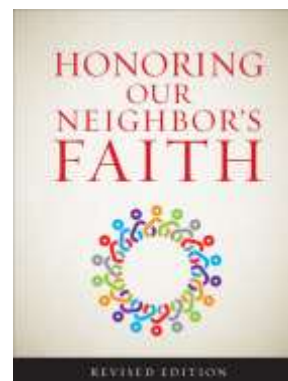
Kelly believes that music is for everyone to enjoy, worship, and express themselves through. She is looking forward to working with and getting to know the community at Holy Spirit Lutheran Church.

Adult Study, Wednesdays at 10:00 AM

Honoring Our Neighbor's Faith: A Lutheran Perspective on Faith Traditions in America

Hundreds of Christian denominations and dozens of non-Christian traditions have followers in the United States. How do we view this wide variety of beliefs and practices? How does the Lutheran tradition compare with others? Since its release in 1999, *Honoring Our Neighbor's Faith* has been widely embraced as a valuable resource for congregational study or personal exploration around these questions.

Honoring Our Neighbor's Faith Revised Edition brings new light and nuance to these questions, which are as timely and vital as ever. Use this book to explore thirty-two faith traditions that represent a wide spectrum of beliefs or stand out due to their size or public profile in America. Each tradition constitutes a "chapter" that includes key teachings, worship patterns and practices, and how each is governed. This revision also includes updated statistics, enhanced tools for group study and discussion, and updated resource and website lists to facilitate further study.



**Prayer Shawl Ministry
Each Tuesday at 10 AM**

to knit/crochet or do
handwork together.

Please join us and bring
a project to work on
or we can supply you with yarn
to make a prayer shawl.

We continue the fellowship by
going out to lunch afterwards.



**Adult Basic Yoga Class
Each Tuesday at 9 AM**

Yoga Flow consists of simple
basic poses with on-hand
modifications available. The
class is geared toward
developing a yoga practice
that does not intimidate.
Please bring a yoga mat for
floor poses. \$4.00 per class.
Tina Green is the instructor.



**Men's Group meets Tuesday,
July 10 at 6:30 PM**

at



For food & fellowship

The Lodge Grill & Bar
2812 Orchard Lake Rd
Keego Harbor

All men of Holy Spirit
are invited to attend.

**Dinner with Friends
Friday, July 13 at 6:30 PM**



Lei Ting Chinese Restaurant
525 N Main Street #150
Milford, MI

<http://leitingcuisine.com/>

Please see the
bulletin board to sign up.

**WELCA meets
Thursday, July 19 at 6:00 PM**

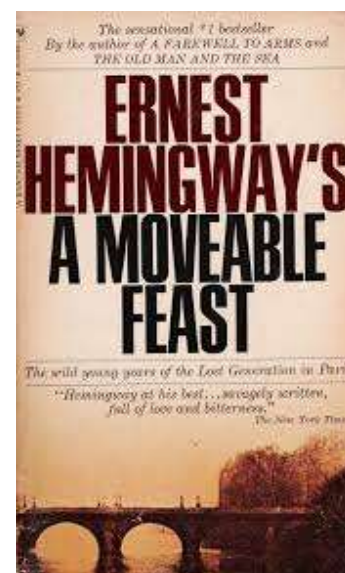
Hosted by Petra Mattern

Please see the
bulletin board to sign up.



**Book Club
Thursday, July 26 at 7:00 PM**

A Moveable Feast by
Ernest Hemingway





Birthdays

Benjamin Voorhees	July 2
Pastor Bill Matlack	July 4
Kim Wolenberg	July 4
Donna Opthoff	July 6
Tom Sweda	July 10
Braxton Kern	July 11
Brian Engleman	July 12
Eleanor Clark	July 13
Philip Kuljurgis	July 13
Laura Bergman	July 17
Jill Johnsen	July 20
Dennis Kunkel	July 20
Garrett Kern	July 21
Mimi Curlee	July 22
Gary Figi	July 25
Jean Samuelsen	July 28
Sandy Thayer	July 31

Anniversaries

Doug & Donna Opthoff July 14



COFFEE HOUR
FOR PASTOR BILL

Sunday, July 8

Serving Us During Worship In July

7/1	7/8	7/15	7/22	7/29
Lector & Greeter Charlene Meyer	Lector & Greeter Carole Salowich	Lector & Greeter Stan Samuelsen	Lector & Greeter Bob Frick	Lector & Greeter TBD
Ushers Dan Bergman George Kuljurgis Andy Meyer Bob Frick	Ushers Dennis Kunkel Doug Opthoff Bill Thayer Tom Sweda Bob Burns	Ushers Jarrod Dexel Jeff Parko Stan Samuelsen Lukas Mattern	Ushers Janet Martin Mary Martin Hilda Sawicki Jeanne Myers	Ushers Dan Bergman George Kuljurgis Andy Meyer Bob Frick
Counters Nancy Green Barb Kunkel	Counters Janet Martin Mary Martin	Counters Dan Bergman Marian Rowland	Counters Ken Casagrande Stan Samuelsen	Counters George & Chris Kuljurgis Jeanne Myers <i>or</i> Sandy Thayer
Altar Flowers Mary Martin	Altar Flowers Doug & Donna Opthoff	Altar Flowers	Altar Flowers Liesa Helfer	Altar Flowers Jean Samuelsen
Coffee Hour Ice Cream Social	Coffee Hour For Pastor's Birthday	Coffee Hour	Coffee Hour	Coffee Hour
Sanctuary Candle Sue & Gary Gates				
Altar Guild Jeanne Myers				

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Worship Service 10:00 AM NA Meeting 7 PM	Zumba 6:30 PM	Yoga 9 AM Prayer Shawls 10 AM	Independence Day 	Zumba 6:30 PM	AA Meeting 7 PM	Zumba 9:30 AM
8	9	10	11	12	13	14
Worship Service 10:00 AM NA Meeting 7 PM	Zumba 6:30 PM	Yoga 9 AM Prayer Shawls 10 AM Men's Group 6:30 PM	Bells Rehearsal 7 PM	Zumba 6:30 PM	Dinner with Friends 6:30 PM AA Meeting 7 PM	Zumba 9:30 AM
15	16	17	18	19	20	21
Worship Service 10:00 AM NA Meeting 7 PM	Zumba 6:30 PM Finance Meeting 7 PM	Yoga 9 AM Prayer Shawls 10 AM Council Meeting 7 PM	Bells Rehearsal 7 PM	Zumba 6:30 PM WELCA 6:00 PM	AA Meeting 7 PM	Zumba 9:30 AM
22	23	24	25	26	27	28
Worship Service 10:00 AM NA Meeting 7 PM	Zumba 6:30 PM	Yoga 9 AM Prayer Shawls 10 AM	Bells Rehearsal 7 PM	Zumba 6:30 PM Book Club 7:00 PM	AA Meeting 7 PM	Zumba 9:30 AM Worship Service 5:00 PM
29	30	31				
Worship Service 10:00 AM NA Meeting 7 PM	Zumba 6:30 PM	Yoga 9 AM Prayer Shawls 10 AM				

Visitors Welcome

We warmly invite you to join us for worship, study, and activities.

Worship Schedule

10:00 AM Sunday Worship

5:00 PM Saturday Worship

(Every Fourth Saturday)

Christian Education

10:45 AM Sunday School

(September through June)

Connect With Us

spiritdrivenchurch.com

[facebook.com/spiritdrivenchurch](https://www.facebook.com/spiritdrivenchurch)

Contact Us

248-682-5441

office@spiritdrivenchurch.com

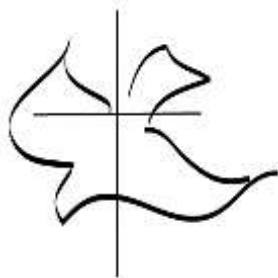
Our Mission: We are CALLED by Christ in Baptism, GATHERED into community and SENT out to share God's grace.

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Holy Spirit Lutheran Church

4800 Orchard Lake Road

West Bloomfield, MI 48323



Pastor William J. Matlack



July 28, 2018