



THE MESSENGER

Edition: October 2025

A Cheerful Heart Is Good Medicine!

Proverbs 17:22

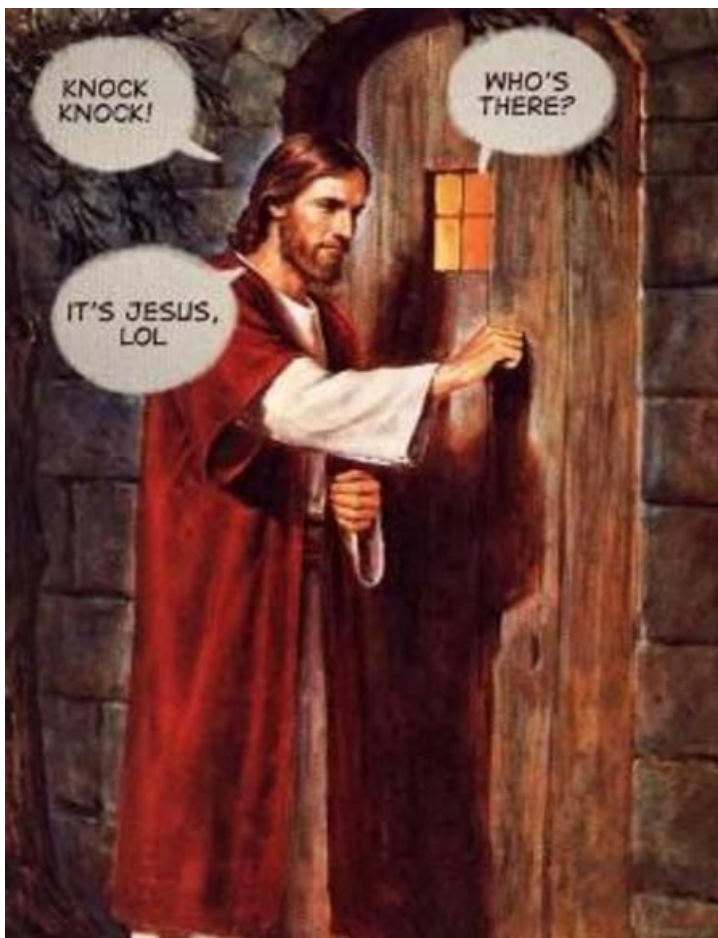
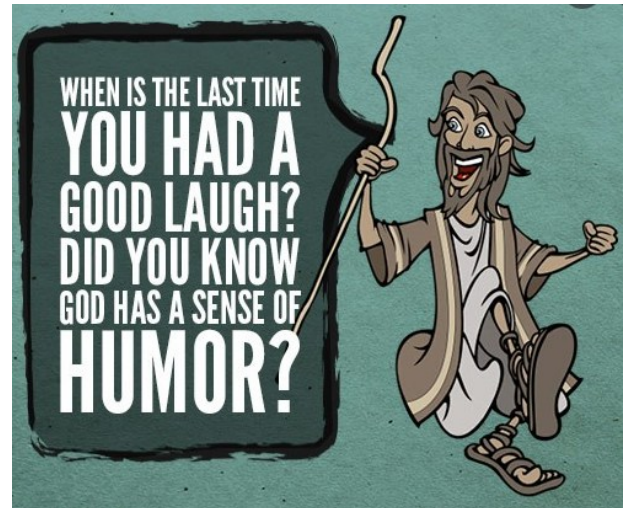


A Healthy Biblical Prescription

The groans around the kitchen table were never louder than when I started on what my children picked up was going to be a “Dad joke”. And yet this joking inevitably brought a lot of laughter and silliness to the meal table. The laughter and chucking off at dad jokes was a really healthy thing for us all, sometimes lifting our spirits considerably even on difficult days. I hope that is a little tradition that my children carry on around the meal tables with their young families.

The benefit of joyful and joking conversation around the dinner table was observed by C.S. Lewis, who wrote, “The sun looks down on nothing half so good as a household laughing together over a meal.”

The wisdom of fostering a joyful heart is found in Proverbs 17:22, where we read, “A cheerful heart is good medicine, but a crushed spirit dries up the bones.” This proverb offers a wonderful “prescription” to stimulate health and healing – allowing joy to fill our hearts, a medicine that cost little and yields great results. It’s a biblical prescription that we all need!



I have been asked the question, “Well, did Jesus have a sense of humour?” Of course he did! Perhaps we are accustomed to thinking of Jesus only as “a man of sorrows, acquainted with grief” (Isaiah 53:3). His crucifixion is no laughing matter. And maybe the image of a laughing Jesus offends simply because it makes him too human. Yet Hebrews 4:15 tells us that Jesus is able to sympathise with us because he is exactly like us (minus the sinning). God has gifted us with a sense of humour – it stands to reason that Jesus had one too!

I can picture Jesus with a real twinkle in his eyes and a cheeky grin on his face as he spoke to people some of the words we might otherwise find so hard to hear. That sense of humour gives a whole new wonderful meaning to the way Jesus related to people.

Jesus loved to tell a good story, particularly when it had a surprising punchline. He was a genius at using unforgettable imagery to convey punchy and powerful messages and apparently he thought camels were especially funny, because he used them often in his imagery.



Jesus enjoys the use of humorous irony too. "Follow me," Jesus famously said to Simon and Andrew, "and I'll have you fishing for people!" Obviously, you don't go fishing for people (you go fishing for fish), but saying such a thing to blue-collar fishermen, would most likely have brought out a big smile from Simon and Andrew before they left their nets and followed him.

"How can you say to your neighbour, 'Here - let me get that splinter out of your eye,'" Jesus asked, "when you've got the plank in your own?" (Matt. 7:4). Plain and simple, Jesus is making a joke here (drawing on his background in carpentry, no less) to bring out a serious message, and people probably would have laughed out loud when he said it, but nevertheless knew just what he was talking about.

But they would have laughed even harder when Jesus turned his quick wit on the Pharisees: "You're blind guides! You filter out a gnat, but you gulp down a camel!" (Matt. 23:24). Picture it: the overly-religious Pharisees are carefully straining every sip of water to make sure they don't swallow a minuscule gnat, but they've never noticed the massive hairy hump of a camel swishing around in their mouths.

Jesus said in John 10: "I have come that (you) may have life, and have it to the full." This life to the full includes a deep joy within the soul that totally by God's grace - his free totally undeserved gift - we are his loved and forgiven children through Jesus' sacrificial death and rising again for us. And this joy cannot help but bubble over into our everyday lives and so often reflected in humour and joviality. That God would give an amazing free gift to me - to the one least deserving of it - surely reflects God's love with a good sprinkling of humour!!

We all need this biblical prescription: "A cheerful heart is good medicine..." When we bring joy into our conversations, it can put a disagreement into perspective. It can help us experience peace, even after a difficult or stressful day. Laughter among family and friends can create a safe place where we both know and feel that we're loved.

I reckon that good clean humour celebrates the goodness of God. It is a key component to joy, one of the 'fruits' of the Holy Spirit (Galatians 5:22-23). It's good to note that seriousness is not a fruit of the Holy Spirit, but joy is! The Christian walk should be a joyful one, even and especially in difficult situations.

Does God have a sense of humour? I don't think there is any doubt! And so we can be assured that even after we are resurrected from the dead we will continue to have one as well. Do you need right now to incorporate more laughter into your life as "good medicine" for your spirit? Remember, you have encouragement from Scripture to cultivate a cheerful heart.

"As best you can today, make it a point to take yourself a little less seriously: breathe deeply, smile unreservedly, and trust wholeheartedly."

Pastor John



Mid Murray Lutheran Parish



Born to you a Saviour

Come and Worship this Christmas



21st December

9am Cambrai

9am HC Palmer

11am HC Mannum Family Service

7pm Forster Children's Christmas Service

7.30pm Bowhill Family Christmas Service



ALL WELCOME

24th December Christmas Eve

6pm Palmer Children's Service

6pm Sedan Children's Service

7.30pm Mannum Children's Service

7.30pm Cambrai Children's Service



25th December Christmas Day

8am HC Mannum

9am Cambrai

9am HC Forster

10am HC Palmer



28th December

9am Mannum

9am Palmer

9am HC Sedan

11am HC Forster

31st December New Year's Eve

7pm HC Mannum



For further information,
please contact the Lutheran Church Office
on 0475 417 872 or email admin@midmurraylp.org.au

FORSTER SNAPSHOTS

Sacramental Licensing 27th July

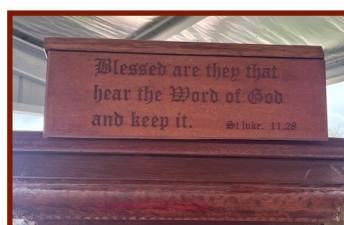


Liz Haby was commissioned for Sacramental Licensing, after completed training last year. Chairperson Brad Eggers assisted Pastor John and Pastoral Assistants, Brad Eggers, Sandra Herrmann & Peter Grieger laid hands on Liz during a prayer. Liz was presented with a Certificate from the LCA SA/NT District and a home Communion Kit as a gift from the Mid Murray Parish. We were also blessed to have Sue Grieger play for us that day.



Old Pulpit

Earlier in the year, Forster's old pulpit, was gifted to the Mannum Shed Men. Just recently we heard that it had been restored and was able to visit the Shed Men and take some photo's. They plan to sell it and use the funds for future projects.





WOOD CUTTING

Last year we had the Sugar Gums trimmed back. This is done every 8-12 years to help maintain them at a reasonable height.

This wood was left to dry at Terry & Fritz Burgemeisters. In May, Terry & Mark benched it all. We ended up with over 3 tons of wood to sell, which has helped offset the cost of the trimming. (Sugar Gum burns nice & hot!) The small wood & tops were mulched by the tree trimmers & heaped at Peter & Sues to compost & is also being sold.



SACRAMENTAL LICENSING

After doing some training last year, Peter Grieger was Sacramentally Licensed at Sedan on 27th July.

Chairperson Alison Schultz assisted Pastor John.



Peter was presented with a Certificate from the LCA SA/NT District and a home Communion Kit as a gift from the Mid Murray Parish.



CHILDREN'S ADDRESSES

We've been Blessed to have Children's messages at some services again. Us adults always get something out of this too. Thank you to the Pastors for making this happen.



SEDAN SWAP MEET

Once again Sedan & Cambrai Congregations combined to provide catering for the Sedan Swap Meet in June. Teas were available Saturday night & BBQ breakfast/brunch Sunday. Many volunteers from the churches & community helped the event run smoothly. We've refined how we do things and this assists with moving hungry patrons though as quickly as possible. A special thanks to Peter, Bronwyn, Charmaine & Faye who were on the organizing committee. Also, to our large band of hard-working volunteers who helped in many ways. It was another successful fundraiser for us.



Christine, Jan and Charmaine prepared onions for BBQ on Sunday at Sedan Swap Meet ... and 20kg was not enough!



Bronwyn, Meg and Max Schirmer keen to serve Chilli Con Carne. Finally hot Apple Crumble and cream was available.



Jan Pohl and Faye Jenke ready to serve either Chicken Noodle or Pumpkin soup.



Christine Eichler in charge of collecting payment for any, or all, of the three courses offered at the "Meal Deal" to the stall holders who camped on Saturday night prior to the Sedan Swap Meet on Sunday.



Sunrise over Sedan



Swap Meet Workers





On June 27th the Sedan Lutheran Church hosted a fully booked out free meal and movie night made possible through various grants and a generous donation from Fullarton Lutheran Church.

This was a night for the community (especially the farming sector) to come together to share a meal, have a conversation and enjoy a night off. The Little Town Productions team who put on the movie – This Farming Life, came to the Old Barn at Sedan. This included John Gladigau, Leanne Kaesler & Paul Kaesler, together with crew of Bronwyn Gladigau and Peter & Bronwyn Hamilton and Bruce Dutschke.

Organisers for the night were Lucy Kruger, Sharyn Schirmer and Alison Schultz. Together they also secured donations from businesses they utilize out of the district. These generous donations were then used as door prizes which were drawn during the interval (Noting that the table that Pastor John was sitting at did particularly well!)



As guests arrived, they were given a take home gift bag with goods to enjoy including conversation cards which were part of the show. Mark Schultz welcomed everyone and after grace was said everyone then sat down to a meal of Schnitzel chips and salad which was prepared by The Old Barn, Sedan.



John Gladigau gave a short introduction and then the two-and-a-half-hour movie commenced, with the venue filled with laughter, songs and humour, it had people nodding at parts that made them think, this is us! Most importantly the movie focused on issues that many in the room are affected by. Whether it is making ends meet or not taking time out, talking about succession planning or just not looking after yourself.

During the interval attendees were treated to a choice of 2 desserts, with tea, coffee and cake for after.

At the completion of the film, Dr Peter Hamilton from Loxton Medical (who also happens to be one of the actors) gave a brief presentation about the importance of reaching out for help when life gets tough. All in all it appeared that a good night was had by everyone attending.

MID MURRAY PARISH SHED MEN



June @ B Burdett's

**Men's
Fellowship**

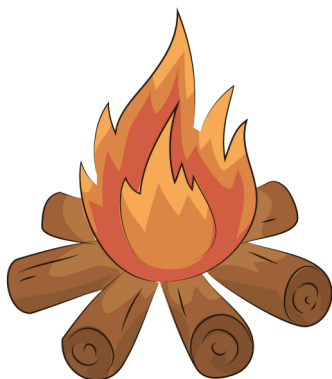


July @ C Marks'

devotion



August @ D Wilkinson's



September @ P Grieger's

CAMBRAI

Cambrai Ladies Guild 10th September at Forster

8 Cambrai Guild members travelled to Forster Church for our September meeting, 3 Forster members joined us for Bible Study and Meeting. Following our lap lunch, we visited Yvonne Haby's magnificent display of orchids. She also showed us her array of chickens. On the way home some of us enjoyed a coffee at the Walker Flat kiosk. An enjoyable day was had by all and many thanks to Yvonne and Forster ladies.



Reminiscing through the Years



Pastor Jim Bryan
Drought themed service
at Cambrai



Sedan Sunday School
1960's

Sedan Ladies Guild float at
Angaston 1960's



Dedication Foundation Stone laid on
24th March, 1963
St John's Cambrai Church Hall
by Pastor Ruwoldt

CAMBRAI

Reminiscing through the Years

Cambrai Parish Youth Picnic around
1969 featuring Pastor Ruwoldt,
Vic Marks, Eric Grieger, Albert Blackwell,
Janet Rothe, Joyleen Grieger



Christmas Hampers 2011
Baking, Packaging
Completed

Glenroy Homestead 2014
Ladies Guild



2017 50th Anniversary Cambrai
Ladies Guild Joan Ruwoldt,
Unice Schultz, Beryl



2017 50th Anniversary Cambrai Ladies Guild 50th Anniversary



Max Schultz and
Kevin Strauss



Greenock visit to Cambrai -
Graetz's Wier



THEMED GAMES NIGHT

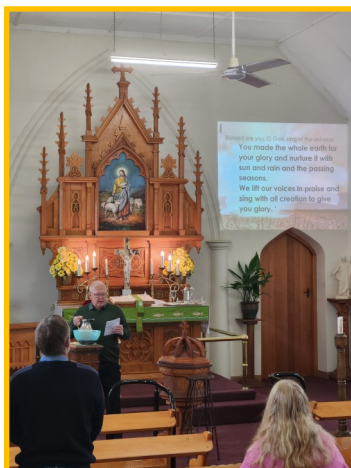
A Night Full Of Interactive Games and Competitive Activities!

On June 20th the youth met after a having a break for awhile. They were split into two teams, doing challenges to win resources to create their own Minecraft. Some of the games were dodgeball, blindfolded Jenga and ring toss. Pastor John led the youth in a devotion. The youth thoroughly enjoyed the night.



PALMER HAPPENINGS

Holy Trinity Sunday –
Ps Gerhardy led us in worship



Ps Bryan lead us in worship for the 'Service of Praise & Prayer in a time of drought'



GETTING READY FOR SUMMERFIELD'S CLOSING SERVICE

Removing the time capsules at Summerfield



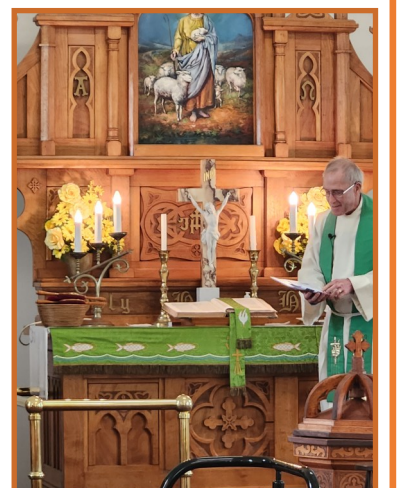
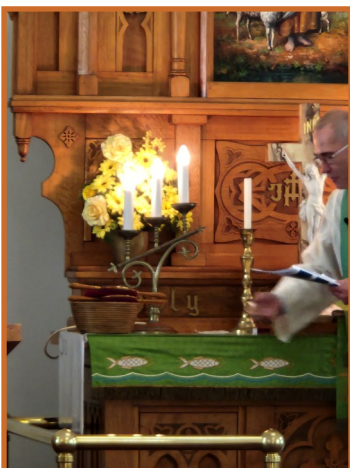
Steven trimmed & tidied trees



A group effort to clean the hall



After the closing of Summerfield the candlesticks from the altar were given to Trinity, Palmer. Ps Gerhardy blessed these for use on the altar in Palmer



PRAISE GOD FOR 120 YEARS
OF WORSHIP AT

*St. Paul's Lutheran Church
Summerfield*



*Worship the Lord with gladness:
Come before him with joyful songs. Psalm 100:2*

SERVICE OF THANKSGIVING
AT CLOSURE OF CHURCH

13th July 2025

On Sunday 13th July, the last worship service was held at St Paul's, Summerfield before it closed its doors for good. Pastor Gerhardy lead the congregation of 118 worshippers in the service remembrance and thanksgiving.

Mrs Ellen Paech was joined by Mrs Gina Dutschke as the organists for the day. The service was video recorded and sound provided by Mr Bob Eggers and Mr Colin Wegener.

The service concluded with the final Communion tables including the three remaining congregational families ~ Kubenks, Wagenknechts and Paechs.

As part of the official closing service, items from the church and altar were removed by members of St Paul's.

Nathan Paech and daughter Olivia removed the lid of the Baptismal font and bowl. Olivia was the last infant to be baptised in St Pauls.

Mikaela Paech carried out the Bible and Kirsty Kubenk the pulpit parament.

Grant Wagenknecht carried out the missal stand and service book.

The candlesticks were removed by Steven Paech and Brenton Kubenk carried out the Pascal candle that was donated by his parents Dudley & Elma.

Peter Kubenk collected the crucifix from the altar to remove. Sue Kubenk and Joanne Wagenknecht carried out the Communion vessels.

Rebekah Wagenknecht helped Carolyn Paech fold the altar paraments and then Carolyn carried them out of the church to leave the altar bare.

As each item was removed, Pastor Gerhardy said a short prayer of thanks. The congregation joined in the recessional hymn and after the congregation had gathered outside the church near the door, Pastor Gerhardy received the church key from Peter and then placed the key in the door for the final turn to close the door with prayer.

Members and visitors then proceeded to the hall for morning tea where memories were shared and stories told.

The two time capsules that were retrieved from the church tower cavity had their items on display. The original from 1929 was interred when the bell tower was built to commemorate the 25th Anniversary and removed in 2004 to be displayed

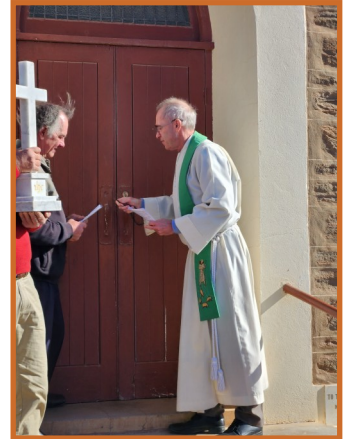
In 2004 a second time capsule was interred with the 1929 capsule to commemorate the 100th Anniversary of the Dedication of the church building.

Although the day had a tinge of sadness, it also held a sense of thankfulness, gratitude and celebration. We thank God for all the years of worship and blessings, praise and forgiveness.

Thank you to all those that helped make the day a special and memorable one for us to farewell St Paul's, Summerfield.



Organists Ellen Paech & Gina Dutschke



Morning tea in hall



Display in hall showing table tennis & contents of time capsules, small display in church vestry



Bowhill Moments of Thanks

Thanks for Pastor Peter and Edna Welke (after their last Service in the Parish 15 June)



Anna McDonald, Marilyn Schmidt



Pastor Peter led our Christmas Evening Service 2024



Jason McDonald, Phil Haby, Pastor Peter



Terry Schmidt, Pastor Peter



Joy and David Schultz, Edna Welke, Yvonne Haby



Roslyn Ackland, Pastor Peter

Pastor Peter served our Parish as a retired guest pastor for approximately 10 years with Edna faithfully at his side

Marilyn and Terry's 50th Wedding Anniversary



14th June 1975 St Paul Minnesota – Arkaroola Ridgetop June 2025

Elise Herrmann remembers her 1st Baptism Birthday



Braden, Demi and Elise Herrmann and Pastor John – 25th August 2024

Step Up To Communion

We thank the Lord for the 14 young people and parents, from 10 families throughout the parish, who participated in the Step Up to Communion session. We thank you Lord for their desire to share in the wonderful faith-growing gift of Holy Communion.



These young people will celebrate their first Holy Communion throughout the Parish in November & December.



BAPTISM BIRTHDAYS

JUNE



Faye Schache, Rae Bottroff, Steven Marks

JULY



Erna Wiebrecht, Coral Ramm,
Coral Roesler, Rex Bormann

AUGUST



Kerry Sonntag, Lachlan Sonntag, Lois Quast, Ari Schutz, Sigrid Burford,
Denise Frahn, Raeleen Schache, Lyn Wegener

SEPTEMBER



Anne de Jong, Robert Wiebrecht, Christine Wilksch, Andrew Ludwig, Ray Quast



Guest
Pastor
Peter Bean



LOWER MURRAY ZONE

Women's Fellowship Day

Held on 28th August St. Martin's Lutheran Church Mannum

Opening Devotion & Bible Study was led by Pastor John



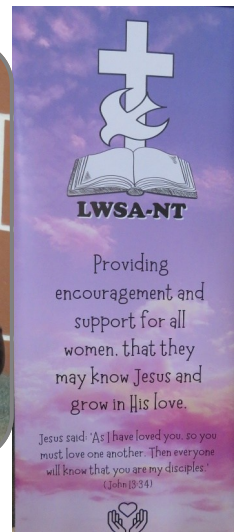
Theme for the day

"Praise the Lord my Soul and forget not all his benefits!" Psalm 103:2



St. Martin's Women's Fellowship President Lorna Bormann welcomed approx. 40 members of the Lower Murray Zone

Welcome from LWSA/NT President Josie Hunt



Bookshop stall and Lutheran Tract Mission display with Angie Gerhardy & Anne de Jong



Angie also gave a presentation on the Bookshop during the morning session.



St. Martin's ladies provided a morning tea of biscuits and slices and also a cup of soup for lunch which was enjoyed by all.



Organist Philip Wilksch



A vote of thanks by Coral Ramm concluded a very successful day. Next Year's Fellowship day will be held at Murray Bridge.



Guest Speaker was Joy Marks Pastoral Care Worker at Mannum Community College.

The offering for the day was \$400 which was donated to Blueprint Ministries and Lutheran Media.

*Russell & Joan Male were married at St. John's Unley
on 31st July 1965 and celebrated their
60th Wedding Anniversary on 31st July 2025*



Russell & Joan with Bridesmaid Betty Muster (Kroehn)
and Best man Ian Kroehn



**Joan Male celebrated her 80th Birthday
with family and friends at the Mannum
Community Club on 14th September.**





Lutheran Care packing 10th September
Christine Wilksch, Faye Schache, Coral Ramm, Joy Burdett



A nice rainbow at Sedan when we'd actually had some rain!

SNAPSHOT

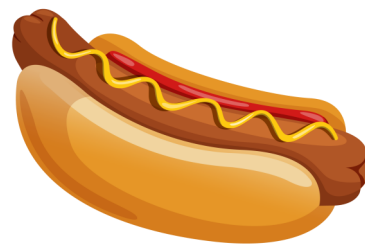
Hot dog day 21st September



Anne de Jong, Cynthia Strauss, Lorene Ludwig



Pastor Tim's Children's Address 14th September



Graham Schutz, Ray & Lois Quast,
Neville & Coral Roesler, Trevor Frahn



Trading Table with the Wittwer Family



Luke receiving a fish and prayer book from Rex Bormann



Luke James Quinlan

was baptised into God's family
at Bolto Reserve, Mannum
on Saturday 30th August
and was welcomed into St. Martin's
church family on Sunday, 31st August.
May God's blessings be with Luke.



Terry Schutz presented Luke with his Baptismal candle



Rex Bormann's Rite of Commissioning for Sacramental Ministry held at Mannum on 20th July.



DEATHS



Victor Dudley Pfitzner

16th October, 1936 - 14th July, 2025

Vic's funeral service was held on
Wednesday, 23rd July, 2025 at
St. Martin's Lutheran Church, Mannum

Arthur Neal Wangler

10th November, 1932 - 28th August, 2025

Art's funeral service was held on
Friday, 5th September, 2025 at
St. Martin's Lutheran Church, Mannum



Reubhan Mickeal Gary Ralph

12th February, 1997 - 18th August, 2025

Reubhan's funeral service was held on
Saturday, 20th September, 2025 at
St. Martin's Lutheran Church, Mannum



Nelda Louise Seidel

16th December, 1938 - 25th September, 2025

Nelda's funeral service was held on
Friday, 10th October, 2025 at
Pilgrims of Zion Lutheran Church, Sedan





Contact Details

Parish Office

80 Cliff Street, Mannum

Ph: 0475 417 872

Email: admin@midmurraylp.org.au

Web: www.midmurraylp.org.au

Office Hours:

Tue, Thu & Fri Mornings: 9am - 12 noon

Pastor John Gerhardy

Ph: 0418 354 424 or Home: 8510 6283

Email: john.gerhardy@lca.org.au

Pastor's day off: Monday

Good Samaritan Bookshop

61 Randell Street, Mannum

Ph: 8569 2710

Opening Hours:

Mon, Tue, Fri 10am - 4pm;

Thu & Sat 10am - 1pm



**DON'T FORGET TO
CHECK THE
WORSHIP SCHEDULE
IN THE BULLETIN FOR
SERVICE DETAILS.**

*St. John
BOWHILL*



St. John FORSTER



St. John's CAMBRAI



*St. Martin's
MANNUM*



Zion MILENDELLA



PALMER

*Pilgrims
of Zion
SEDAN*



St. Paul's SUMMERFIELD

