



Messenger

F a i t h L u t h e r a n C h u r c h

July—2023

volume 63 . issue 7

a message from senior pastor, Jacob Heine

So we can confidently say, "The Lord is my helper; I will not fear; what can man do to me?" Remember your leaders, those who spoke to you the word of God. Consider the outcome of their way of life, and imitate their faith. Jesus Christ is the same yesterday and today and forever. ~Hebrews 13:6 – 8~



Faith's 75th Anniversary Celebration is now in the books, but it was truly one to be remembered. I want to say thank you for all the cards, notes, emails, and words of gratitude that have been expressed to the staff and myself. It was an honor for us to work together and with the congregation to celebrate such a fabulous milestone. Seeing former members and staff return to join us, as well as the notes and videos from others that wanted to be here and couldn't was something that warmed the heart. It was easy to praise God and rejoice in the gifts that we have been given through Christ our Lord.

Now we look forward.

The world has changed much in 75 years, and things continue to change. Fads come and go. Technology advances. Morals ebb and flow, sometimes strengthening and other times weakening. Sin continues and grace abounds all the more. Through everything Jesus Christ remains the same. His word for us never changes. And that word is clear – Make disciples.

A mentor of mine once said that the best way to honor the past is to ensure the future. The foundation that has been laid for our congregation over the last 75 years continues not because we are great and wonderful, but because Jesus is the same and His mission never changes. We join Christ in that mission. We make disciples. We proclaim the excellencies of Him who called us out of darkness into marvelous light. We are a holy people, a royal priesthood, a people of God's own possession. We do not fear, because the Lord is with us. We make disciples.

As we move forward in faith we can see areas where we need to work. A site plan for the best use of our property is required. More outreach and mission into our own community to reach the approximately 30,000 people in a 2 mile radius of the church is a must.

Sustaining, enhancing, and expanding our current ministries of music, youth, family, and worship will continue. Continuing to live God's mission and call to make disciples will continue, even as the world shifts, changes, and grows. God's Word is still important and relevant today, because God's Word and message of love and grace never changes.

Our methods and processes will change, shift, and adapt so that we make more disciples and are more effective in ministry. All that is done to continue the work we were planted here at 17th and Gage 75 years ago – To make disciples.

In Christ's Hands,

Pastor Heine

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From our Director of Christian Education for Mission and Outreach

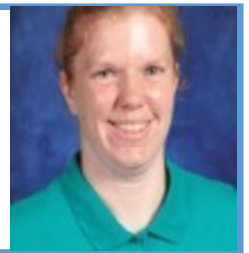
We had a great weekend!

There were about 40 of us who came together to make activity kits for children who are facing adversity this summer. We made 100 activity bags! Each of which is being distributed via USD 501 free food lunch programs. The distributing locations have reported that the children received the kits with great joy. Some of these kits were received by a family who just the night prior experienced a burglary, and so it was especially meaningful to know their community cares about them.

We are looking forward to another wonderful 75 years of growing together, and sharing Christ's love in Topeka!



We are excited to announce that Jessica Atchison has been hired to fill the role of Sunday School and WOW Coordinator! Jessica has been teaching Sunday School and WOW at Faith for over a decade, as well as teaching at Topeka Lutheran's Center for Young Children, and currently, at the preschool at Most Pure Heart of Mary. She will be working closely with DCE Heather to ensure continued educational opportunities for our children here at Faith! We are thrilled to have Jessica on board!



FAITH LUTHERAN
at THE K

TUESDAY, JULY 18 | 7:10PM
JOIN YOUR FELLOW FRIENDS AT FAITH AT KAUFFMAN STADIUM TO SEE THE ROYALS TAKE ON THE TIGERS! \$1 HOTDOG NIGHT! TICKETS ARE \$10 FROM THE CHURCH OFFICE, PARKING PASS NOT INCLUDED.

Saints Alive
After 55

July 16-17 | Christ the King Salina
Registration open until June 30!



Theme: I Love to Tell the Story: Leaving a Faith Legacy - "What will I leave behind?" This legacy question becomes a recurring theme as we grow older. yet the question isn't "What is the meaning of my life?" but "How do I give my life more meaning?" Choosing intentional behaviors with a higher purpose helps older adults feel more connected, happier, and healthier. The presentations will include a focus on older adults as storytellers and introduce the concept of a spiritual autobiography. Dr. Mary Manz Simon – Keynote Presenter Rev. Mark Boxman – Bible Study Leader

FOR YOUR HEALTH ... hydration

a message from our Parish Nurse Pat Schultz, RN

HOW MUCH WATER SHOULD I DRINK EACH DAY? This can be a loaded question, and there are several factors to consider before beginning to answer. First of all, one source indicates that adults should drink 64 ounces of water each day, or eight 8-ounce glasses. Another source indicates that men should drink 125 ounces, or 3.7 liters, and women should drink 91 ounces, or 2.7 liters. Therefore, let's dig a little deeper.

Some things to consider when determining how much water a person should drink each day include: body size, location, diet, physical activity, and health. It is best to consult with your physician before making a drastic change in your diet, including how much water you drink each day.

Body size: The more you weigh the more water your body needs.

Location: If you are located in a warmer climate or at a higher elevation you'll need a greater water intake. With normal fluid loss in the heat, you will need to drink more water in the summer than during the winter if you live in a place where the seasons change...like in Kansas!

Diet: Some foods contain water, and **this water counts toward your daily consumption.** Some foods that are heavy in water content include cucumbers, celery, lettuce, zucchini, watermelon (90%) and other melons, strawberries, and cauliflower. You can also include milk, tea, coffee, and juices in your daily water intake. But watch out for added sugar. You can expect about 20 percent of your daily fluid intake to come from water that's in your food.

Physical Activity: Basically the more active you are the more water you need to take in. It's easy to understand that if you're perspiring heavily when performing aerobic activity, for example, you are losing fluid, which will need to be replaced.

Health: Your personal health certainly affects how much water you need to consume. On one side, if you are sick and not drinking or consuming water, and especially if you are vomiting or have diarrhea, it is very easy to become dehydrated. Also running a fever should be offset by increasing your fluid intake. On the other side of the equation, some diseases or disorders may require you to limit the amount of water you take in. The most common of these diseases are heart failure and kidney disease. Be sure to talk to your physician regarding specific needs.

Alcohol consumption can cause dehydration as it acts as a diuretic. One good idea is to drink a glass of water for every alcoholic drink you consume. Also, keep in mind that water is the best source of hydration for kids who are over one year of age, but breast milk and formula are the preferred fluids to hydrate kids under a year of age. One more thing to remember is this...don't wait until you are thirsty to drink water. Thirst means your body is already beginning to be dehydrated. Instead, remember to drink throughout the day and with every meal.

Some benefits of being well hydrated include:

Digestive health...proper hydration decreases the incidence of constipation. **Joints**...your joints need to be well lubricated to work well. **Skin**...drinking water can be as effective as expensive anti-aging creams and lotions. **Teeth**...water keeps your mouth clean and lowers your risk for tooth decay.

So enjoy all of the outside activities this summer, but don't forget to stay well hydrated!

Just some tidbits...

Eggs are a great source of protein, and the yolks aren't all bad. The yolks are a source of some fats (polyunsaturated and mono-unsaturated fats) that help lower your "bad cholesterol" (HDL). In addition, the yolks are a natural source of Vitamin D, and they also help maintain muscle mass, promote eye health, boost cognitive development, and prevent memory loss.

Do a "touch test" at the park or playground before children get on playground equipment in the summer. Kids can end up with thermal burns from playground equipment, so confirm that slides and swings are not too hot.

Don't give sparklers...or bottle rockets...or firecrackers to young kids. Sparklers burn at about 2000 degrees Fahrenheit. Reports indicate that those who are hurt most often are children between 10 to 14 years old.



July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 8:00am Traditional Worship 9:30am Education Hour 10:45am Contemporary Worship	26 9:00am Quilting 7:00pm Boy Scouts	27 5:30pm Altar Guild Mtg	28 7:00pm Praise Team Rehearsal	29	30 6:00pm Parent's Night Out	1 9:00am Hannah Circle
2 8:00am Traditional Worship 9:30am Education Hour 10:45am Contemporary Worship	3 7:00pm Boy Scouts	4 Church Office Closed Independence Day	5 7:00pm Praise Team Rehearsal	6	7 9:00am Scrapbooking	8 8:00am MOST Ministry 9:00am Scrapbooking 6:30pm FIA -
9 Sr Youth Mission Trip to NOLA 8:00am Traditional Worship 9:30am Education Hour 10:45am Contemporary Worship	10 Sr Youth Mission Trip to NOLA 7:00pm Boy Scouts	11 Sr Youth Mission Trip to NOLA 10:00am Small Group Bible Study 6:00pm LLC	12 Sr Youth Mission Trip to NOLA 9:30am Ruth Circle 7:00pm Praise	13 Sr Youth Mission Trip to NOLA 5:30pm Christian Service Team	14 Sr Youth Mission Trip to NOLA	15 Sr Youth Mission Trip to NOLA
16 8:00am Traditional Worship 9:30am Education Hour 10:45am Contemporary Worship 5:00pm FIA - Top City Golf	17 7:00pm Boy Scouts	18 10:00am Small Group Bible Study 5:30pm Deborah Circle (kitchen cleaning)	19 7:00pm Praise Team Rehearsal	20 11:30am Senior Saints 6:30pm Bell rehearsal 7:00pm Choir	21	22
23 Jr Youth Mission Trip to CUNE 8:00am Traditional Worship 9:30am Education Hour 10:45am Contemporary Worship	24 Jr Youth Mission Trip to CUNE 7:00pm Boy Scouts	25 Jr Youth Mission Trip to CUNE 10:00am Small Group Bible Study	26 Jr Youth Mission Trip to CUNE 7:00pm Praise Team Rehearsal	27	28	29 9:00am Sanctuary Cleaning
30 8:00am Traditional Worship 9:30am Education Hour 10:45am Contemporary Worship w/commissioning of Hannah Elsey	31 7:00pm Boy Scouts	1 10:00am Small Group Bible Study 6:30pm Spiritual Life	2 7:00pm Praise Team Rehearsal	3	4	5 9:00am Hannah Circle



Cynthia Jones	1
Sarah Tenbrink	1
Tina Brackman	2
Thomas Kamprath	2
Dave Mahon	2
Christian McCoy	2
Christina Ledbetter	3
David Taylor	3
Debbie Anschutz	4
David Atchison	4
Sandra Dickison	4
Ryan Jones	4
Addison Maxwell	4
Darin Schwant	4
Jean Ann Legler	5
Megan Lehman	6
Roger Matzke	6
Maureen Schwant	6
Delicia Timm	6
Annette Turrentine	6

Kolby Kutscher	7
Hudson Campbell	9
JD Elsey	9
Raj Hullon	9
Jane Jones	9
Ethel Kruse	10
Tandy Leinwetter	10
Kristen O'Shea	10
Vincent Alvarez	11
David Domingo	11
Nathan Haley	12
Joe Hoover	12
Connor Shelton	12
Summer Taylor	12
Marlene Urban	13
Roger Brokke	14
Bryan Falk	14
Gretchen Hammond	14
Angela McHardie	14
Alana Rhone	14
Shari Saxton	14
Carol Trahan	14
Kim Dietrich	15
Mickey Holloway	16
Olivia Schwartz	16
Donna Lehman	17
Judy Spiker	17
Brenda Michalski	18

Darlene Strader	18
Marilyn Strobel	18
Audrey Taylor	18
Jane Banion	20
Amy Glinka	20
Jim Janousek	20
Pierson Moran	20
Rylan Atchison	22
Holly Robertson	22
Regann Steinhauer	22
Norma Hudson	24
Fred Crowder	25
Joel Genrich	25
Presley Guffey	25
Jennifer Marlatt	25
Kathleen Tangari	25
Timothy Gateley	26
Art Tardiff	28
Greg Harris	29
Lynn Janousek	29
Donna Lambrecht	29
Penny Lane	29
Makynna Johnson	30
Jennifer Kuhn	30
Alyssa McCormick	31
Brady McCormick	31
Larry Sheets	31



Doug & Pam Boetcher	2
Diane & Brad Butler	3
Doug & Beth Helmke	3
Ron & Ethel Kufahl	7
Bill & Jacki Theis	8

Kenton & Eileen Rohberg	10	Robbie & Delicia Timm	18
Brandon & Cheyenne Anderson	12	Mike & Karen Brumleve	19
Ruthie & John Blenz	12	Dick & Linda Laird	19
David & Sara Marstall	12	Jon & Susan Rollenhagen	20
Don & Caroline Signor	12	Byron & Jane Jones	21
Drew & Nicole Bradshaw	14	Eric & Michelle Boling	28
Rachel & John Bristow	14	Steve & Lori Hennessey	28
Hank & Jeanne Hudson	17	Richard & Julie Liedtke	29
Pat & Tammi Pierce	17	Jeff & Penny Lane	30

MONTHLY FINANCIAL RESULTS

Update from our treasurer. . .

- Donations for May were \$71,395 and expenses were \$100,840 resulting in a **Negative** balance for the month of \$29,445.
- YTD Donations are \$446,598 and expenses are \$471,233 resulting in a net YTD **negative** balance of \$24,635.
- YTD donations are \$15,975 **below** 2022 and \$65,162 **below** projected.
- YTD expenses are \$35,184 **below** 2022 and \$94,384 **below** budget.

.CHILDREN. .YOUTH. .FAMILIES.

Heather McCormick, director of youth & family ministry

YOUTH

Junior youth will host coffee fellowship on Sunday, July 2 at 8:30am. All proceeds go towards junior youth summer trips.

Senior youth will host coffee fellowship on Sunday, July 16 at 8:30am. All proceeds go towards senior youth trips!

Senior youth will leave on Sunday, July 9 for their service trip to New Orleans! We will be working with Camp Restore to complete community service projects. Please keep the senior youth and chaperones in your prayers as they travel!

Junior youth will leave on Sunday, July 23 for their service trip to Seward and Lincoln, Nebraska. We will be completing several community service projects as well as partnering with Concordia University Nebraska to serve. Please pray for the junior youth and their chaperones as they travel and serve!

FAMILY LIFE

Sunday, July 30: Installation & Commissioning of DCE Hannah Elsey in the 10:45 worship service! Then join us in celebrating Hannah's commissioning and installation at 12:15pm in the Fellowship Hall!

Faith in Action Summer 2023 Events

- ◆ Saturday, July 8 at 6:30pm: Trivia on the Green, Bring a lawn chair.
- ◆ Sunday, July 16: Top City Golf (Time TBD)
- ◆ Saturday, August 5: Back to School Bash at Blaisdell Pool from 3:30-6pm! Join us for a final end of summer hurrah before school starts at the Blaisdell Pool Party Room! Entry fee into the pool is covered by Faith, dinner is provided!
- ◆ Sunday, August 20: End of Summer BBQ at 6pm at Lake Shawnee Shelter #1. Join us for our Annual Congregational Picnic with food, fun, and games! All food provided!

FAITH IS NOW ENROLLED IN THE DILLONS COMMUNITY REWARDS PROGRAM

Anyone with a Dillon's Shoppers Card can designate Faith Lutheran Church – Topeka (organization # CX912) as the reward recipient for their purchases.

To designate Faith on your Shoppers Card account: go to www.dillons.com/communityrewards.

Sign into your Dillons account. Go to "Link your Card to an organization." Then click on "Search for your organization here."

On the next screen, in the field "Find an Organization", enter Faith Lutheran Church and press enter.

Click on "Enroll" under the name "Faith Lutheran Church – Topeka". You will see a message you have successfully enrolled and you are finished.

Shoppers Card holders must re-enroll annually to designate Faith in this program.





Help Stock the Food Pantry

Doorstep volunteer and Faith member Gina Brewer:

"I volunteered for a FLC service project at Doorstep in the fall of 2022. I ended up working in the food room in the basement of Doorstep every week sorting food by variety and date.

When I started, the food room had lots of food coming in because of businesses, churches, and organizations doing food and gift drives for Christmas. I was very busy and could not get all of it sorted and palletized on my "shift". A great problem to have...

Currently, there are empty pallets where food items should be: instant and canned milk, syrup and pancake mix, canned tuna, canned mixed vegetable and beans, ramen noodles are very low.

A family of two can get about 50 pounds of food each month. That sounds like a lot until you see it and think about making it last 30 days.

Please consider helping those in need."



Doorstep maintains its food pantry with donations from supporting Topeka congregations. In May, Doorstep provided 216 food orders to individuals and families totaling 13,300 pounds of food.

Christian Service has once again designated Doorstep as the Mission of the Month for

July and August. Last year, Faith donated over 1500 pounds of non-perishable food items.

The Christian Service Team will be passing out grocery bags after each church service on July 24 and July 31. The bags can be returned filled with non-perishable food items by August 14.

A table will be set up in the lobby where members can leave their bags.

For there will never cease to be poor in the land. Therefore I command you, 'You shall open wide your hand to your brother, to the needy and to the poor, in your land.' - Deuteronomy 15:11.



*Oh come, let us sing to the LORD;
let us make a joyful noise to the rock of our salvation!*

Psalm 95:1

Deborah Circle will be cleaning the kitchen on July 18.

Although **Eve Circle** is not having regular meetings through the summer, several members helped host the reception of Karen (Elsen) and Curt Loupe following their wedding on June 24. A date has not been set yet for Eve's annual summer social.

Ruth Circle is meeting Wednesday, July 12, at 9:30am in the Church parlor basement. Shirley Martin has the lesson

from the new Summer Quarterly. Clarene Wilms and Brenda Reynolds are hosting. Guests and interested friends are always welcomed.

LWML members will clean the sanctuary on Saturday, July 29 from 9:00 to noon.



FAITH LUTHERAN CHURCH

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AUXILIARY

Pat Schultz, RN, parish nurse

TiredMomPLS@aol.com

CHURCH OFFICE HOURS

Mon - Fri 8:00am to 4:30pm (closed 12-1pm)

SUNDAY WORSHIP

8:00* - Traditional

9:30* - Contemporary

11:00—Traditional

* also live-streamed on Facebook, YouTube
and available after on our website

EDUCATION

Sundays for all ages: 11:00am

WOW Wednesdays: 5:15-7:30pm (Sept-Apr)

The Messenger is mailed monthly to all
members. August edition deadline is

July 17 to the church office.



FAITH LUTHERAN CHURCH

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Christian Service Team has determined
2023 Sunday School /Mission Outreach
offering will include:

July & August - Doorstep

September & October - (TBD)

November & December -

Sunshine Connection

