

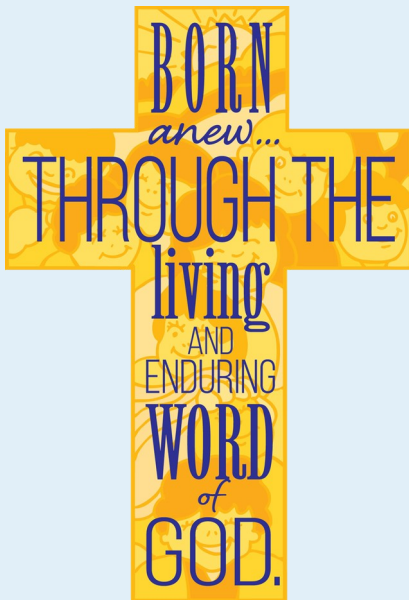


Messenger

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

February—2024

volume 64 . issue 2



1 PETER 1:23, NRSV

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a message from senior pastor, Jacob Heine

Having purified your souls by your obedience to the truth for a sincere brotherly love, love one another earnestly from a pure heart, since you have been born again, not of perishable seed but of imperishable, through the living and abiding word of God;

1 Peter 1:22 – 23

Every organization needs to have Core Values that help guide and direct decisions and all that they do. Faith Lutheran Church is no different. We have our Core Values that help to guide and direct all that we do and the decisions we make. Several months ago I started highlighting these values and why they matter to us. We heard how we are to put Christ at the center of all things. Christ is our light and our salvation, and it is important to put Him first in all things. We have heard about the importance of worship, about how we need to hear God’s Word proclaimed and receive His Sacraments. We have heard the importance of Christian Education and the need to continue to learn and grow in God’s Word. We have heard how God has a mission, and church to fulfill that mission.

This month we look at our 5th Core Value.

Core Value #5 – Congregation Care

In baptism God has made us into His family. Each of us are brothers and sisters in and with Christ, having been adopted into the family of God by water and Word. This is a key piece of our theology. It guides much of what we do as a congregation. With Christ as our head, we gather for worship, in a form of a family reunion that takes place weekly, and sometimes more frequently. As God’s people we gather around the Word of God to study and grow in faith together. God sends us out on mission to bring more brothers and sisters into the family.

Families take care of each other. This is a key understanding from the beginning of the Bible, when we hear God remind Cain that he is his brother’s keeper, to the very end when we look forward to the Kingdom of God, surrounded by our brothers and sisters in faith in a world that has no end.

God gives us pastors, DCEs, and other workers in the church to help us in this task, but they are not called to do it all for us. Just as our workers take time to talk with, visit, and spend time with our members at all times of life, God also calls each of us to do the same thing. Each member is called to look out for, care for, and show concern for each other.

If someone used to sit in the same pew, or around you on Sunday morning, and you haven’t seen them in some time, pick up the phone, send a text, reach out and let them know you miss them. If there was someone you serve with and you know that they have been ill, send a note or offer to make a meal and drop it off. We don’t need to wait for a program or organized drive to show care for each other. God has called us to love each other earnestly from the pure heart He has given us through baptism.

In Christ’s Hands,

Pastor Jacob

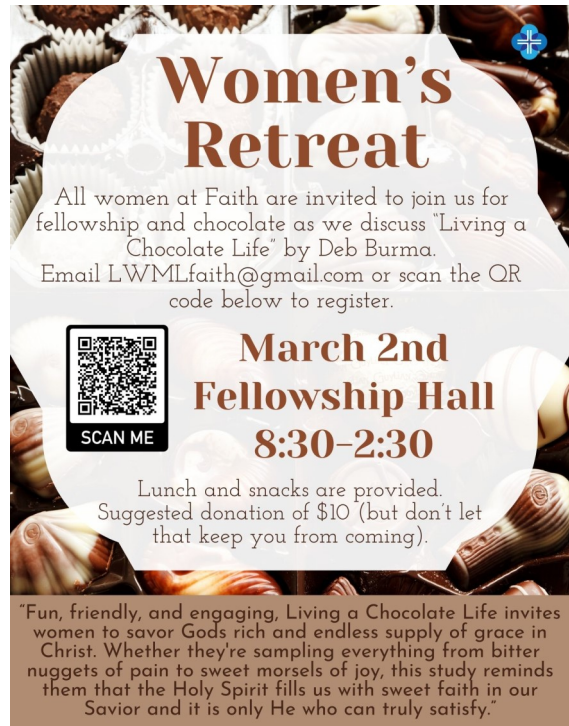
*Oh come, let us sing to the
LORD;
let us make a joyful noise
to the rock of our*

Deborah Circle met December 19. Connie led a Christmas devotion and Brenda hosted. Next meeting was postponed to January 23 at Maureen's due to the weather and on February 20 we will meet to clean the kitchen.

Eve Circle is scheduled to meet on February 12 at 7pm. Rebecca Gutierrez is hostess and Jessica Atchison is the topic leader.

Hannah Circle meets the 2nd Sunday of the month at 2pm.

Ruth Circle is planning to meet February 14 at 9:30am in the Parlor. The topic leader is Shirley Martin and hostesses are Karlea Landman, Pam Boetcher and Brenda Reynolds. Take care and see you then!



Women's Retreat

All women at Faith are invited to join us for fellowship and chocolate as we discuss "Living a Chocolate Life" by Deb Burma.
Email LWMLfaith@gmail.com or scan the QR code below to register.

March 2nd
Fellowship Hall
8:30-2:30

Lunch and snacks are provided.
Suggested donation of \$10 (but don't let that keep you from coming).

"Fun, friendly, and engaging, Living a Chocolate Life invites women to savor Gods rich and endless supply of grace in Christ. Whether they're sampling everything from bitter nuggets of pain to sweet morsels of joy, this study reminds them that the Holy Spirit fills us with sweet faith in our Savior and it is only He who can truly satisfy."

From our Director of Music & Worship Arts

Upcoming special worship schedule

Ash Wednesday – Feb 14 at 12:00, 5:00, 7:00pm ...

- All services include Imposition of Ashes and Communion.
 - No WOW or Confirmation
- A meal will be served 5:30-6:30pm

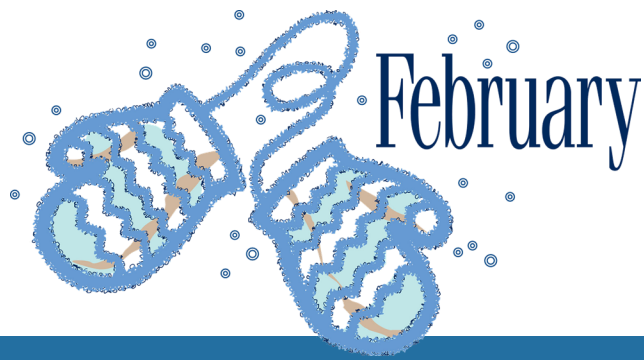
Lenten Wednesdays – Feb 21, 28, Mar 6, 13, 20 at 5:00 & 7:00pm ...

- A meal will be served 5:30-6:30pm
- WOW activities, Confirmation, and adult Bible class will run 6:00-6:55pm (except during Spring Break on March 13)

Holy Week:

- Palm Sunday – March 24
Regular worship at 8:00, 10:45am, 12:15pm
- Maundy Thursday – March 28
5:00 (with Holy Communion)
7:00pm (also includes Rite of 1st Communion for 5th grade and Stripping of the Altar)
- Good Friday – March 29
12:00pm – Last Words of Jesus from the Cross
7:30pm – Tenebrae/Service of Darkness
- Easter Sunday – March 31
6:30am – Sunrise Traditional
8:00 & 9:30am – Festival Traditional
10:45am – Modern

Breakfast is served by Boy Scouts from 7:00-10:00am
(No education classes)



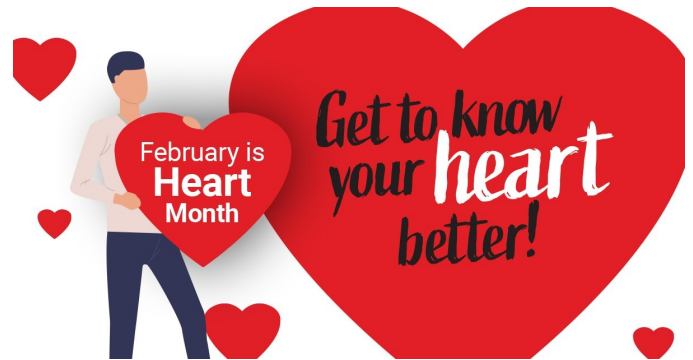
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 8:00am Traditional Worship 9:30am Education Hour 10:45am Contemporary Worship 12:15pm Traditional Worship	29 5:00pm LWML Exec Bd 7:00pm Boy Scouts	30 10:00am Bible Study	31 5:15pm WOW 6:00pm Financial Peace Classes 7:30pm Praise Team Rehearsal	1 6:00pm ASL 2.0 Class 6:00pm Bell rehearsal 7:15pm Adult Choir	2 9:00am Scrapbooking	3 8:00am Men's Bible Study 9:00am Breakfast Club 9:00am Scrapbooking 10:00am KansaSEED planning mtg
4 8:00am Traditional Worship 9:30am Education Hour 10:45am Contemporary Worship 12:15pm Traditional Worship 3:00pm Deaf Worship	5 10:45am Christian Service Team 7:00pm Boy Scouts	6 10:00am Bible Study 6:30pm Spiritual Life	7 11:00am Care Card making 5:15pm WOW 6:00pm Financial Peace Classes 7:30pm Praise Team Rehearsal	8 Group 6:00pm ASL 2.0 Class 6:00pm Bell rehearsal 7:15pm Adult Choir	9 5:30pm JH Mystery Event	10 8:00am Men's Bible Study 9:00am Breakfast Club 5:00pm Faith Speaks: Chad Bird
11 Transfiguration Sunday 8:00am Traditional Worship 9:30am Education Hour 10:45am Contemporary Worship 12:15pm Traditional Worship 2:00pm Hannah Circle	12 9:00am Quilting 7:00pm Boy Scouts 7:00pm Eve Circle	13 10:00am Bible Study 6:00pm LLC 7:00pm Praise Team Rehearsal	14 Ash Wednesday Valentine's Day 9:30am Ruth Circle 12:00pm Ash Wednesday Worship 5:00pm Ash Wednesday Worship 5:30pm Lenten Meal 7:00pm Ash Wednesday Worship	15 11:30am Senior Saints 6:00pm ASL 2.0 Class 6:00pm Bell rehearsal 7:15pm Adult Choir	16	17 8:00am Men's Bible Study 9:00am Breakfast Club 5:30pm SH Mystery Event
18 8:00am Traditional Worship 9:30am Doorway to Faith Membership Class 9:30am Education Hour 10:45am Contemporary Worship 11:00am Czech Meal fundraiser 12:15pm Traditional Worship	19 7:00pm Boy Scouts	20 10:00am Bible Study 7:00pm Deborah Circle (kitchen cleaning) 7:00pm Praise Team Rehearsal	21 11:00am Care Card making 5:00pm Lenten Worship 5:15pm WOW 5:30pm Lenten Meal 6:00pm Financial Peace Classes 7:00pm Lenten Worship	22 Group 6:00pm ASL 2.0 Class 6:00pm Bell rehearsal 7:15pm Adult Choir	23	24 8:00am Men's Bible Study 8:00am MOST Valentine Luncheon 9:00am Breakfast Club
25 8:00am Traditional Worship 9:30am Doorway to Faith Membership Class 9:30am Education Hour 10:45am Contemporary Worship 12:15pm Traditional Worship	26 9:00am Quilting 5:00pm LWML Exec Bd 7:00pm Boy Scouts	27 10:00am Bible Study 7:00pm Praise Team Rehearsal	28 5:00pm Lenten Worship 5:15pm WOW 5:30pm Lenten Meal 6:00pm Financial Peace Classes 7:00pm Lenten Worship	29 6:00pm ASL 2.0 Class 6:00pm Bell rehearsal 7:15pm Adult Choir	1 All Youth Retreat	2 All Youth Retreat 7:30am Women's Retreat 8:00am Men's Bible Study 9:00am Breakfast Club

February is American Heart Month, and Friday, February 2, is National Wear Red Day. The first American Heart Month was proclaimed by President Lyndon Johnson in February of 1964. National Wear Red Day is celebrated on the first Friday of February. It was established by the National Heart, Lung, and Blood Institute to raise awareness of heart disease...the most lethal disease in the United States and around the world.

Heart disease, which includes several specific diseases, is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States. Coronary Artery Disease (CAD) is the most common type of heart disease and is the major cause of heart attacks. Statistics from the CDC show that one in twenty adults ages 20 and older have some degree of CAD. This is surprising to me. After pondering this statistic, I would say that CAD is a disease process that, for the most part, develops over time rather than “going from zero to sixty in a heartbeat.” A person who develops CAD and has a heart attack often says, “I am in good health. I don’t have any health problems.” That is an understandable thought, as we most often don’t have symptoms and therefore don’t realize that we do have a health problem as a coronary artery is being narrowed by plaque. Our first sign of a health problem that puts us at risk of having a heart attack is sometimes the heart attack itself. Other sobering statistics include:

In the United States someone has a heart attack every 40 seconds

In the United States someone dies due to cardiovascular disease every 33 seconds



Oxygen is a very important component of the heart’s work in our bodies. Body cells use oxygen to do many things. Oxygen in our blood, carried by hemoglobin, allows cells to perform vital functions in our bodies, such as powering muscles. The muscles in our legs use oxygen as we walk, run, and move. The involuntary muscles in our body, like the heart, use oxygen to perform their job. The heart is vital in the process of blood flow, which supplies all our muscles with oxygen. Hemoglobin, or red blood cells, in our blood receive oxygen as they pass through the lungs; the oxygen binds to the hemoglobin, and the heart circulates the oxygenated blood to cells (muscles, organs, the brain) throughout the body as you breathe and your heart beats. On a molecular level, oxygen powers the movement of substances into and out of cells, like potassium, sodium, etc., which make the cells work. All of this activity is necessary for the life of our cells, which includes our organs’ and body’s life!

Our bodies are an intricate mass of organs, molecules, fluids, masses, etc. It’s amazing to think how it all works together. There can be no doubt that we have an awesome God. The complexity of our human body is simply amazing. We are told in Genesis 2:7 “The Lord God formed the man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being.” Jeremiah 1:5 says, “Before I formed you in the womb I knew you.” Praise be to our wonderful, loving God!

There are multiple diseases, or diagnoses, related to the human heart. We will look at different types of heart disease over the next few months, including coronary artery disease, cardiac arrhythmias, different types of heart failure and cardiomyopathy, and heart valve diseases.

Do not use this information to diagnose yourself or a loved one. Any time you think you might have a heart problem I encourage you to contact your physician or go to the Emergency Room for evaluation.

Nearly
16 million
people in the U.S.
have coronary
heart disease.



This is the most common form of heart disease and can often be prevented. **#OurHearts** are healthier when we move more, eat healthier, get enough sleep, reduce stress, and quit smoking!

Learn more at hearttruth.gov

Source: CDC Behavioral Risk Factor Surveillance System (BRFSS) Survey Data, 2021. Florida data is from 2020 BRFSS.





David Knowland	1	Don Schultz	19	Ellen Berry	18
Kim Knowland	1	Drew Bradshaw	11	Kaylee Kutscher	18
Kerstin Schmidt	1	Jesse Thacker	11	Lori Franken	20
Kay Logan	2	Conner Vines	11	Tami Lierz	20
Tyler Banion	3	Eddie Fowler	12	Jan Williams	20
Addy Houghtaling	3	Danae Oltmanns	12	Nolan Gaps	21
Carol Olson	4	Morgan Shughart	12	Ashley Watson	21
Graceyn Vines	4	Adrienne Burdick	13	Jason Barrett	22
Robert Sims	5	Allyson Harris	13	Cash Guffey	22
Andrew Wodtke	5	Tara Sage	14	Anika Jennings	22
Bill Theis	6	Don Signor	15	Tory Young	22
Sheila Krohe	7	Izzy Moran	16	Joyce Johnson	23
Brandon Anderson	8	Jasmine Wills	16	Chris Kalinka	23
Ryder Bazil	9	Tim Bolz	17	Kolby Jones	24
Matthew Fowler	9	Paul Bowers	17	Jesse Ray	24
Nevaeh Garcia	9	Beth Helmke	17	Jane Schepmann	25
Joan Reynolds	9	Arenda Latham	17	Shannon Domingo	27
Caylen McCoy	10	Jay North	17	Wesley Henley	27
Kenton Rohberg	10	Anna Obdyke	17	Hudson Nelson	27
				David Wodtke	28
				Nick Jefferson	29

Felecia & Richrd Goins	3	Donna & Todd Reinert	14
Lindsey & Mike Munson	3	Paul & Peggy Roberts	15
Jennifer & Kenlon Johannes	12	Gabriel & Kristen O'Shea	18
Jolene & Larry Sanders	13		



Update from our treasurer. . .

MONTHLY FINANCIAL RESULTS

- Donations for December were \$165,147 and expenses were \$92,225 resulting in a **net positive** balance for the month of \$72,922.
- YTD Donations are \$1,135,467 and expenses are \$1,117,685 resulting in a net YTD **positive** balance of \$17,782.
- December donations were \$29,515 higher than 2022 and YTD donations are \$1,071 higher than 2022.

DOORSTEP/SOUPER BOWL

Through our tithes and donations, Faith Lutheran contributed over \$2,000 in support last year to Doorstep's work in our community; we continue to support financially this year too. Additionally, volunteers from Faith Lutheran have served countless hours, and we as a congregation participate annually in the SOUPERbowl Soup Drive. Last year Faith contributed 526 pounds of soup and crackers. I am setting a goal to collect 600 pounds this year. The collection initiative will have a table in the Narthex until February 11th to receive soup and crackers. DoorstepTopeka.com



Clothing room

Doorstep also offers a clothing room filled with gently used clothes for all ages.

Currently the clothing room is desperately in need of:

- Men's and boys' jeans*
- Coats, gloves and hats for adults and children*
- Blankets or sleeping bags*

Czechia Team Fundraiser Lunch

Sunday, Feb. 18 | 11am-1pm

Come support our Czechia team in the Fellowship Hall & try some traditional Czech food!

Free will offering (suggested \$10/adult, \$5/kids!)

.CHILDREN. .YOUTH. .FAMILIES.

Heather McCormick, director of youth & family ministry

CHILDREN

Sunday School & WOW help is needed!! We are looking for several more adults to help in the Sunday School & WOW classrooms. Do you like working with kids? Talk to DCE Heather or Jessica Atchison today!

First Communion classes for our 5th grade students will begin on Wednesday, February 21 in the Sanctuary. All students in 5th grade are invited to join us for this 4-week class, learning about the Lord's Supper, culminating in the Rite of First Communion on Maundy Thursday (Thursday, March 28 at 7pm).

YOUTH

Our junior and senior youth Registration is currently open for the All Youth Retreat- open to all students currently in 6th through 12th grades. The retreat will take place March 1-3 at Camp Wood in Elmdale, KS. Registration forms are due back to Heather by Sunday, Feb. 11 with the \$75 cost per person.

Summer trip information for Junior and Senior youth will be sent out this month! Keep your eyes out for registration forms and information!

Junior youth will host coffee fellowship on Sunday, Feb, 4 at 8:30am. All proceeds go towards our junior youth summer trip to St. Louis!

Junior youth will have their annual Mystery Event on Friday, Feb. 9 from 5:30-10:30pm at Faith! Youth will face challenges as individuals and in teams, to build their interpersonal and critical thinking skills. Dinner will be provided.

Senior youth will host coffee fellowship on Sunday, Feb. 25 at 8:30am. All proceeds go towards our senior youth summer trip to Colorado!

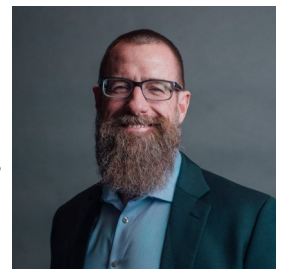
Senior youth will have their annual Mystery Event on Saturday, Feb. 17 from 5:30-10:30pm! Join us for a night of team building, food, and fun! Dinner is provided.

WOW (all ages) There are no classes for anyone on Ash Wednesday (Feb. 14).

FAMILY LIFE

Thank you to everyone who participated in our Murder Mystery Dinner! Guests were able to enjoy dinner together, while working together to solve the mystery of the Full House Theater murder! Did you miss this event? Look for our next one coming up in summer 2024!

Faith Speaks is excited to present Chad Bird! Join us on Saturday, February 10 at 6pm for dinner and a presentation from Chad Bird! Dinner will be served promptly at 6pm, followed by the presentation. This is a free event however space is limited! Reserve your spot today at faithlutherantopeka.com!



Faith's Annual Chili Cook-Off is coming up on Wednesday, March 13 from 5:30-6:30pm! Join us in the Fellowship to try all the different chilis and vote on your favorite! Enter your chili into the competition- stop by the church office to sign up or go to faithlutherantopeka.com!

Lenten Meals

- * Feb. 14: Baked Chicken, Mashed Potatoes, Gravy, Corn, Dinner Rolls, Strawberry Shortcake
- * Feb. 21: Baked Potato Bar, Cake
- * Feb. 28: Chicken Alfredo, Breadsticks, Veggies w/ Ranch, Brownies
- * March 6: Spaghetti & Meatballs, Salad, Garlic Bread, Cookies
- * March 13: Chili Cook Off with Cinnamon Rolls
- * March 20: Taco Bar, Sopapilla Cheesecakes



Mission • Outreach

WASHBURN UNIVERSITY:

Lutheran Bods club is starting back up for the Spring semester. These young adults are considering joining other Kansas LCMS college students for a retreat this spring in Colorado. The club will meet together for fellowship, encouragement, and service to the Topeka community.

SERVICE IN THE CZECH REPUBLIC:

Ben Helge with his wife Becca and 2 year old son, Viktor, have safely returned to the mission field abroad after completing their 3-month Home Service in the States. The trip team has been established with 5 committed servants, pictured here. Upcoming fundraisers for the trip include:

Butterbraids, Czech Cuisine Luncheon (Feb. 18), and pre-selling devotional reflections which the team will write from the mission field



AMERICAN SIGN LANGUAGE CLASS

The Winter Session of American Sign Language resumed January 11th, taught by Sara Hale and Deb Hale, on Thursdays at 6pm in the Fellowship Hall.

OPERATION CHRISTMAS CHILD - SHIPPED!

The shoeboxes that our small groups and children



packed for Operation Christmas Child have been shipped! Isn't it so fun that we can track the shipping label? Many thanks to everyone who supported this project! Our boxes

went to... *drumroll*.... Paraguay! Please join in saying a prayer for those people in Paraguay who receive these gifts, that they have joy and know of the ultimate gift of Salvation in Jesus.

NICARAGUA MISSION TRIP

Faith will be joining Enrich Missions July 27- August 3 to fulfill their mission of caring for children in Nicaragua. For anyone interested in supporting or serving, please speak with DCE Hannah.

BLOOD DRIVE

In partnership with the Community Blood Center, we



will share Christ's love by hosting a blood drive in the South Campus Main Building Sunday February 18. Our community is currently experiencing a blood emergency. Please consider registering with me to donate blood on February 18 before or after your Sunday morning worship and study. There are available slots beginning at 10:30 through 1:30pm. Refreshments provided. 1 in 3 of us will need blood at some point in

our lives and yet only 3% of those eligible actually donate; the number one reason people don't donate is because they aren't asked. Book your appointment today at savealifenow.org/group, enter Group Code:



TPPE. For additional details contact Hannah Elsey at (785) 272-4214 or hannahelsey@faithlutherantopeka.com. **Medical eligibility questions? Call 1.800.688.0900**

DOORWAY TO FAITH CLASS

The Doorway to Faith class is scheduled for Sundays at 9:30am beginning February 18th. This is an 8-week class on our fundamental Lutheran teachings, plus what it means to be a member of our church. Pastor Martin will be teaching the class, and DCE Hannah will help facilitate. Please speak to Hannah for more information.



FAITH LUTHERAN CHURCH

1716 SW Gage Boulevard
Topeka, Kansas 66604

785.272.4214

office@faithlutherantopeka.com



FaithLutheranTopeka.com

Follow us on:

FACEBOOK INSTAGRAM YOUTUBE

STAFF

Jacob Heine, senior pastor

PastorHeine@faithlutherantopeka.com

Martin Albrecht, assistant pastor

PastorMartin@faithlutherantopeka.com

Jeff Lane, vicar

JeffLane@faithlutherantopeka.com

Heather McCormick, dir. of youth/family ministry

DCEHeather@faithlutherantopeka.com

Hannah Elsey, director of mission & outreach

HannahElsey@faithlutherantopeka.com

Linda Meyer, director of music & worship arts

LindaMeyer@faithlutherantopeka.com

Sharon Lowe, admin assist/publications

SharonLowe@faithlutherantopeka.com

Jason Wills, facility manager/admin coordinator

JasonWills@faithlutherantopeka.com

Debbie Siegel, bookkeeper

Bookkeeper@faithlutherantopeka.com

Pat Schultz, RN, parish nurse

TiredMomPLS@aol.com

Jessica Atchison, SS & WOW superintendent

JessicaKidMin@gmail.com

CHURCH OFFICE HOURS

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

SUNDAY WORSHIP

8:00* - Traditional Worship

10:45* - Contemporary Worship

12:15 - Traditional Worship

* also live-streamed on Facebook, YouTube

EDUCATION

Sundays for all ages: 9:30am

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

*The Messenger is mailed monthly to all members. Next edition deadline is **February 12** to the church office.*



FAITH LUTHERAN CHURCH

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