As a vibrant family of believers, Faith Lutheran shares God's saving grace to equip the next generation.

Messenger

March—2026

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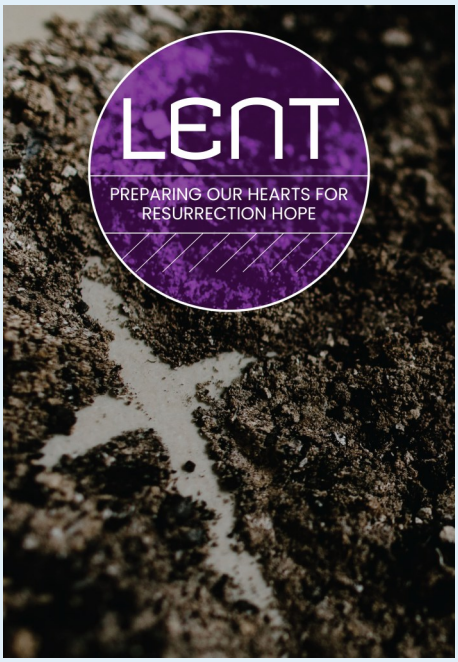


a message from senior pastor, Jacob Heine

Over the past couple of months we have looked at having a stable structure as we continue to do the work of living out our Guiding Statement -

As a vibrant family of believers, Faith Lutheran shares God's saving grace to equip the next generation.

We need a stable structure. Four walls. Four corners. Four pillars on which to build and stand.

Proclaiming Christ ***Sharing Grace*** ***Equipping Generations*** ***Extending Mission***

In December, we explored what it means to ***Proclaim Christ***. We noted how this is important for all of God's people to do, not just the paid staff. Truly, the church staff is here to equip, teach, and show all members how to accomplish this task. But the Word of God goes out to more people because each of the vibrant family of believers engages in Proclaiming Christ in their daily lives.

In January, we talked about how valuable grace is and our opportunities to ***Share Grace*** with each other. Just as God has shown you great grace in Jesus Christ, forgiving all your sins and bringing you into relationship with Him, so you also get to share that grace with others. Forgiving those who are part of the vibrant family of believers, and those who are not part of the family yet.

Last month focused on ***Equipping Generations***. We learned that we are here to hand down our faith and practices to others. That the members of our vibrant family of believers that are younger than us, or newer in the faith we get to teach and bring alongside us as we work together. We were encouraged to invite others to join with us in the ministry we do.

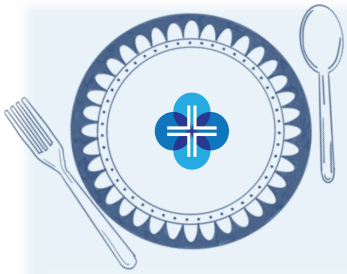
"Extending Mission"

Jesus is clear. He has a mission and He calls us to be a part of that mission. And that mission is to make disciples. The last thing He told the first disciples before His ascension, and therefore has told us, is to go make disciples. Be disciples who make disciples. This is our goal in all that we do. Worship is a place where new and veteran disciples come to be filled with God's grace and love so they can go live grace and love. Bible class is the place we get to go in depth in understanding our faith and what our walk in Christ looks like. Our neighborhoods are the places that God has placed us to live among others sharing God's saving grace. The places we work are where we show how the Children of God are faithful and diligent in all they do so others would know God's love. The way we volunteer shows that, just as Jesus came not to be served but to serve, we also give to others so that they may see our good deeds and glorify our Father in heaven.

Living each day with joy as a vibrant family of believers, we share God's saving grace to equip the next generation. We stand upon our pillars to know what it looks like to live our Guiding Statement. We are the church. We are God's people. We are here to do what Christ has called us to do. May you find ways, each day, to live out your calling in Christ Jesus our Lord. And if you need help, there are many of us in this family, who would love to help you!

In Christ's Hands,
Pastor Heine

.wow. & .youth.



Word On Wednesdays

Lent Edition

Dinner served— 5:15-6:45pm

Classes for all ages—6-7pm

- **Pre-K through 4th grades**: Classes with Activity Stations
- **5th-6th grades:** Bible Study led by Eric Boling & Dave Wodtke
- **7th-8th grades:** Confirmation led by Called Staff
- **9th-12th grades:** Bible Study led by Ray Moran & Justin Campbell
- **Adult Bible Study:** Journeying with Jesus led by Pastor Heine

LENTEN MEALS

3/4: HAM, CHEESY POTATOES, CORN, ROLLS, CAKE

3/11: TACO BAR AND SOPAPILLA CHEESECAKE

3/18: 6TH ANNUAL CHILI COOK-OFF

3/25: HOMEMADE SOUP & BREAD, FRUIT, CUPCAKES

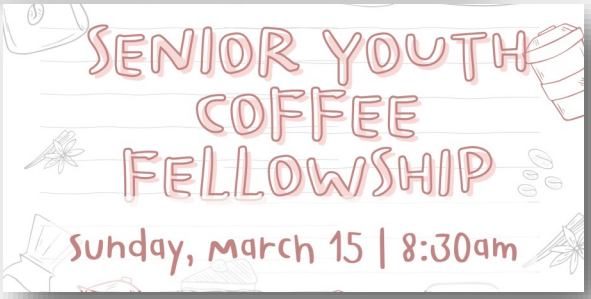
NO FOOLIN'!!!

NO WOW OR MEAL ON APRIL 1ST!

(as we pause for Holy Week)

Junior Youth Summer Trip registration is open. This summer, our junior youth will be heading to **YMCA Trout Lodge** in **Potosi, MO** from **July 26–29**. Registration forms, along with a $100 deposit, must be submitted to the church office by **Sunday, May 3.** This trip is open to students who have completed 5th through 8th grade.

Senior Youth Summer Trip registration is open. This summer, our senior youth will be traveling to **YMCA Snow Mountain Ranch** in **Granby, CO** from **July 13–19**. Registration forms, along with a $100 deposit, are due to the office by **Sunday, May 3**. This trip is open to students who have completed 8th through 12th grade.



holy week. easter.

meet us at the EMPTY tomb!

MARCH 29 | Palm Sunday *Waving our palm branches, we celebrate Jesus' triumphal entry into Jerusalem, marking the beginning of Holy Week.*

-Traditional worship at 8:00am and 12:15pm.

-Modern worship at 10:45am. The choir will sing in the first two services.

< THE EASTER TRIDUUM >

In these three holiest days of the year, we are plunged into the self-sacrificing death of Christ, so that we might, with even greater joy, celebrate His resurrection from the dead. It is three days, but one liturgy, with no benediction until the end of Easter worship.

APRIL 2 | Maundy Thursday *Recalls the night Jesus shared a Passover meal with his disciples.*

5:00pm Worship - Traditional-style service with Holy Communion.

7:00pm Worship - Traditional-style worship ends with the stripping of the altar; special music by the choir. Students who completed preparation classes will take their First Communion.

APRIL 3 | Good Friday *We remember Jesus' suffering and death which led to victory over sin.*

12:00 noon Worship - This 'Tre Ore' traditional-style service follows the seven last words from the cross.

7:30pm Worship - The Service of Darkness (Tenebrae) takes us to the most solemn moment on Calvary through Scripture, message, hymns, and powerful choir selections... ending in darkness and silence.

APRIL 5 | Easter Sunday *Celebrate Jesus' resurrection as God has defeated the power of evil and death. Holy Communion will be celebrated at all services. Consider coming to Sunrise + another worship for the complete Easter story!*

6:30am Sunrise Service - This service is all about the mystery of the resurrection. The congregation gathers in the lobby in darkness before entering the sanctuary, as we encounter the empty tomb and hear the message that "He Is Risen!"

8:00 & 9:30am Traditional - *(Note: Change of worship times. No 12:15 service this day).* Worship with a powerful message, triumphant hymns, joyous selections by Alleluia Ringers and the Choir, with brass & organ.

11:00am Modern - *(Note: Time change)* Celebrate the resurrection with a victorious message and uplifting contemporary songs featuring the Praise Team, Alleluia! Ringers, Choir and brass.

.upcoming events.

Chili Entries must be at Faith no later than 5:15pm -- dinner begins at 5:30. Try multiple chilis and vote for your favorite! Scan the QR code or register HERE

Adults Age 21+ are invited to join us for a weekend of Guided Spiritual Retreat on **Friday, April 17 through Sunday, April 19**. Participants will spend time in worship, Bible study, individual reflection time, and group discussions. There will also be opportunities for loosely guided activities and meals together, both individual and group based. Scan the QR code or register here.

MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:00am Traditional Worship 9:30am Education Hour 10:45am Modern Worship 12:15pm Traditional Worship **3:00pm Deaf Worship**	2 5:30pm Hannah Circle 6:00pm Cub Scouts 7:00pm Scouts	3 6:30pm Spiritual Life 7:00pm Praise Team rehearsal	4 5:00pm Lenten Worship 5:15pm Lenten Meal 6:00pm WOW 7:00pm Lenten Worship	5 8:00am Scrapbooking 6:00pm Bells 6:00pm Financial Peace University 7:15pm Choir	6 All Youth Retreat 8:00am Scrapbooking	7 All Youth Retreat 8:00am Men's Bible Study 9:00am Breakfast Club
8 **All Youth Retreat** Daylight-Saving Time Begins 8:00am Traditional Worship 9:30am Education Hour 10:45am Modern Worship 12:15pm Traditional Worship	9 9:00am Quilting 5:00pm Eve Circle Cleaning Kitchen 6:00pm Cub Scouts 7:00pm Scouts	10 10:00am Bible Study 6:00pm LLC 7:00pm Praise Team rehearsal	11 9:00am Ruth Circle 11:00am Care Card Making 5:00pm Lenten Worship 5:15pm Meal 6:00pm WOW 7:00pm Lenten Worship	12 6:00pm Bell rehearsal 6:00pm Financial Peace University 7:15pm Choir rehearsal	13	14 7:00am Boy Scouts Pancake Feed 8:00am Men's Bible Study 8:00am MOST 9:00am Breakfast Club
15 8:00am Traditional Worship 9:30am Education Hour 10:45am Modern Worship 12:15pm Traditional Worship	16 *Spring Break* 6:00pm Cub Scouts 7:00pm Scouts	17 *Spring Break* 10:00am Bible Study 7:00pm Praise Team rehearsal	18 *Spring Break* 1:30pm Deborah Circle 5:00pm Lenten Worship 5:30pm Chili Cook-off 7:00pm Lenten	19 *Spring Break* 6:00pm Bell rehearsal 6:00pm Financial Peace University 7:15pm Choir rehearsal	20 *Spring Break* 11:30am Saints Alive 55	21 8:00am Men's Bible Study 9:00am Breakfast Club
22 8:00am Traditional Worship 9:30am Education Hour 10:45am Modern Worship 12:15pm Traditional Worship	23 9:00am Quilting 6:00pm Cub Scouts 7:00pm Scouts	24 10:00am Bible Study 7:00pm Praise Team rehearsal	25 11:00am Care Card Making 5:00pm Lenten Worship 5:15pm Meal 6:00pm WOW 7:00pm Lenten	26 6:00pm Bell rehearsal 6:00pm Financial Peace University 7:15pm Choir rehearsal	27	28 9:00am LWML Women's Retreat 8:00am Men's Bible Study 9:00am Breakfast Club
29 Palm Sunday 8:00am Traditional Worship 9:30am Education Hour 10:45am Modern Worship 12:15pm Traditional Worship	30 5:00pm LWML Exec Meeting 6:00pm Cub Scouts 7:00pm Scouts	31 10:00am Bible Study 7:00pm Praise Team rehearsal	1 NO WOW NO MEAL (Holy Week)	2 **Maundy Thursday** 5:00pm Maundy Thursday Worship 7:00pm Maundy Thursday Worship w/1st Comm.	3 **Good Friday** 12:00pm Tre Ore Worship 7:30pm Tenebrae Worship	4 8:00am Men's Bible Study 9:00am Breakfast Club 11:00am Easter Eggstravaganza

January 2026 ... flc treasurer update

For the month of January

Total General Fund donations	101,041
Operating Expenses (excluding net rental property income)	98,504
Net Balance for the month	$2,537

Year-To-Date

Total General Fund Donations	101,041
Operating Expenses (excluding net rental property income)	98,504
Net YTD Balance	$2,537

Donations

Current month compared to the prior year - Over (Under)	$15,126
YTD compared to the prior year - Over (Under)	$15,126

DOORSTEP
Neighbors Helping Neighbors

Starlight Auction

BID UNDER THE STARS … FROM WHEREVER YOU ARE

Starlight Auction is an online auction supporting Doorstep's many outreach programs. The public is invited to log in and bid on themed baskets and items donated by supporting churches and local businesses. Bid and bid often! The auction runs:

March 15 at 10am through March 21 at 10pm

SCAN QR CODE OR REGISTER HERE: https://givebutter.com/StarlightAuction26

BROWSE ITEMS, BID AND BID OFTEN, SHINE BRIGHT FOR DOORSTEP

Sharing Christ's Love Through Doorstep…

In 2025, **Faith Lutheran Church contributed $11,888** to help sustain Doorstep's vital services for neighbors in need of short-term assistance. In addition, our congregation donated **4,211 pounds of food** to help stock the food pantry.

For comparison, in 2024 Faith Lutheran donated $10,201 and 3,554 pounds of food—an increase this year in both financial giving and food contributions.

These totals do not include the many clothing items, linens, hygiene products, and household goods that are brought to church almost weekly for donation.

We also give thanks for the faithful service of Connie Tarvin, Marian Bolz, Gina Brewer, Terri Bynum, and others from our congregation who volunteer regularly at Doorstep.

Thank you to everyone who continues to support this important ministry to our community.

CURRENT NEEDS (GENTLY USED, NOT NEW)

- ⇒ kids clothing, boys & girls (all sizes)
- ⇒ blankets & comforters (all sizes)
- ⇒ coffee pots and coffee makers
- ⇒ kettles and pots (not skillets)
- ⇒ rolling luggage
- ⇒ 2-in-1 shampoo/conditioner
- ⇒ women's hygiene
- ⇒ boys jeans, sweatpants & sweatshirts (all sizes)
- ⇒ girls & teens jeans & leggings (all sizes)
- ⇒ girls shirts & tops (all sizes)

LWML
Lutheran Women *in Mission*

Oh come, let us sing to the LORD; let us make a joyful noise to the rock of our salvation!
Psalm 95:1

ALL WOMEN ARE INVITED TO JOIN US AT THE THIRD ANNUAL

WOMEN'S RETREAT

← Register here or email LWMLfaith@gmail.com.

MARCH 28, 2026
9AM - 2PM
FELLOWSHIP HALL

Join us as we dive into ***God's Relentless Love*** **by Sharla Fritz**. A light breakfast and lunch will be provided.

Together, we will explore the story of the prophet Hosea through this inspiring devotional, enjoy fellowship with the wonderful women of Faith, and participate in a service project benefiting local families.

A suggested donation of $10 is appreciated, but please don't let that keep you from attending. Payments may be left in the church office. We look forward to a meaningful day of growing in God's Word and sharing fellowship together!

Several other women's retreats are being offered in March for those who would like to attend.

Holy Cross LWML in Wichita will host a retreat on March 7 titled Lavish Love, featuring speaker Wendy Fluegge. The registration fee is $35.

Faith Lutheran Church in Ottawa will hold a retreat on March 13–14, Wrapping Up in the Psalms—an invitation to slow down and let God's Word cover us. The registration fee is $50, or $80 for those who wish to stay overnight.

Please contact Karen Peterson for more information about either of these retreats.

DEBORAH CIRCLE will meet **Wednesday, March 18** at 1:30pm at Faith. Karen Peterson will host, and Jan Lyle will present the topic.

EVE CIRCLE will meet **Monday, March 9** at 5:00pm at Faith to clean the kitchen and have pizza.

HANNAH CIRCLE will meet **Monday, March 2** at 5:30pm at Faith. Kelley Richardson will host and lead the topic.

RUTH CIRCLE will meet **Wednesday, March 11** at 9:00am at church. Barb Bowers and Barb Reed will host, and Brenda Reynolds will present the topic.

LWML MITE BOX **--** Mites are being collected for **Lutheran Braille Workers, Yucaipa, CA** for Kansas District Mission Grant #9 of $6,000. We appreciate your continued support.

For Your Health...National Nutrition Month

a message from our Parish Nurse Pat Schultz, RN

National Nutrition Month® is an annual campaign sponsored by the Academy of Nutrition and Dietetics that encourages informed food choices and the development of healthy eating and physical activity habits.

This year, March 11 is Registered Dietitian Nutritionist (RDN) Day, recognizing RDNs as essential providers of food and nutrition services who help individuals and communities lead healthier lives.

A Few Important U.S. Nutrition Facts

These statistics may not surprise many of us—but they are worth reviewing:

-Diet is the **number one factor** impacting health, surpassing tobacco- and alcohol-related risks.

-Fewer than 10% of American adults and adolescents eat enough fruits and vegetables.

-Poor nutrition is linked to three major health epidemics: diabetes, obesity, and cardiovascular disease.

-Nearly 50% of deaths related to diabetes, stroke, and cardiovascular disease are associated with poor diet.

-Eighty percent of cardiovascular disease, stroke, and Type 2 diabetes cases could be prevented through diet and lifestyle changes.

-Eighty percent of Americans do not eat the recommended daily amount of fruits and vegetables.

-Half of American adults consume at least one sugary drink every day.

-About 90% of Americans consume more sodium than recommended for a healthy diet.

The **Healthy Eating Plate**, developed by Harvard T.H. Chan School of Public Health, is one practical guide to making healthier food choices. It emphasizes diet quality and balanced proportions rather than calorie counting.

Key Principles:

Make half your plate fruits and vegetables.
The more variety, the better. (Note: Potatoes and French fries do not count, as they can negatively impact blood sugar.)

Choose whole grains for one-quarter of your plate.
Whole grains have a milder effect on blood sugar and insulin than refined grains like white bread.

Include healthy protein for one-quarter of your plate.
Fish, poultry, beans, and nuts are excellent choices. Limit red meat and avoid processed meats.

Use healthy plant oils in moderation.
Olive, canola, soy, corn, sunflower, and peanut oils are healthier options. Avoid trans fats. Remember: low-fat does not always mean healthy.

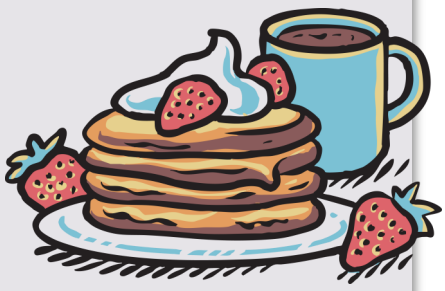
Drink plenty of water.
Aim for 1.5–2 liters per day. Limit sugary drinks and keep milk and dairy to 1–2 servings daily. Eating whole fruit (like an orange) is better than drinking fruit juice.

The Healthy Eating Plate does not prescribe a specific number of calories or servings. Instead, it illustrates relative proportions of food groups to encourage balanced eating. Its central message is simple: **focus on quality.** The type of carbohydrate you choose is more important than the amount, since some carbohydrates are healthier than others.

For more information, visit **The Nutrition Source** from the Harvard T.H. Chan School of Public Health at www.thenutritionsource.org or Harvard Health Publishing at www.health.harvard.edu.

Parker Moran	2	Gabe O'Shea	18
Brandon Poe	2	Don Rankin	18
Sandra Jensen	3	Leo Perry	19
Eva Rollenhagen	3	Lori Biel	20
Ray Moran	6	Sarah Caleb	20
Wanita Dammann	7	Gary Tenbrink	20
Mike Landman	7	Lisa Haag	21
Carolyn Onek	8	Atlee Reetz	21
Karissa Stiers	8	Edie Snethen	21
Shari Albrecht	9	Hannah Heine	22
Karen Peterson	9	Evan Steere	22
Kim Holter	10	Diane Butler	23
Judy Pagenkopf	10	Brenda Schwartz	23
Ellen Wenger	10	Daniel Domingo	25
Wyatt Riddle	11	Isaiah Wilson	25
Caroline Signor	12	Bob Bartlow	26
Brian Brunkow	13	Isaak Smith	26
Audra Durkes	13	Spencer Mahon	27
Cassidy Haag	13	Faye Ideker	28
Mark Neddermeyer	13	Lucas Nelson	28
Conner Kirkeminde	14	Ron Olson	28
Deborah Pufahl	14	Caryn Sheets	29
Wayne Alumbaugh	15	Teri Wodtke	29
Joseph Myers	15	Rachel Bristow	30
Twila Theimer	15	David Huesers	30
Chris Carlson	16	Bryanna Nelson	30
Carissa Trimble	16	Adam Offermann	30
Marty Flanagan	17	Matt Burdiek	31
Mohinder Pal	17	Gen Cater	31
Carolyn Dale	18	Jaxon Decker	31
Idell Dankert	18	Pat Pierce	31
Steve Jones	18	Abigail Riddle	31

YOUNG ADULTS (16+) ... Join us for fellowship & breakfast every Saturday 9am at Hanover Pancake House.



Dan & Karissa Stiers	1
Nick & Kelsie Jefferson	3
Galen & Carolyn Dale	5
Don & Edie Snethen	11
Nancy & Lee Kinney	12
Michael & Kim White	23
Ray & Steph Moran	30
Blake & Sarah Ramsey	31

Faith Lutheran Church Official Acts

Transfer In: 1/23

Michaela Woods, from Trinity Lutheran Church, Glenwood, IA

Transfer Out: 2/26

Ryan Jones, to St John Lutheran Church, Alma

Thank You...

to the men of **MOST** and Pastor Martin for their Valentine Dinner. The food, with the help of Shari, was outstanding! **Pastor Martin** did an excellent job as the Master of Ceremonies. Dave & Brenda Schwartz provided very nice music. A slide show of MOST workday misadventures was also shown to the delight of all. Again, thank you for a very enjoyable time.

Eddie Fowler

Dear Faith Lutheran Church,

Dee was honored and blessed to know so many of you who truly cared and helped her over the years. (Maybe a little spoiled, too?)

To Pastor Jacob,

Thank you for your prayers, guidance, and loving support for Dee & our family. The service brought great comfort to our family during this difficult time. We are truly grateful.

To the LWML,

Thank you for the delicious lunch and your thoughtfulness during this time of loss. Your kindness and generosity meant so much to our family.

In Christ,
Karen Simecka & Dee Bowman family

NOTE:

***Sunday School Offering** for the month of March will go to Faith Deaf Ministry/KansaSEED.

*If you would like to submit something for this publication, please email LaceyGreene@faithlutherantopeka.com by the **15th of every month**.

FAITH LUTHERAN CHURCH

1716 SW Gage Blvd
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, associate pastor
JeffLane@faithlutherantopeka.com

Heather McCormick, dir. of youth/family ministry
DCEHeather@faithlutherantopeka.com

Linda Meyer, director of music & worship arts
LindaMeyer@faithlutherantopeka.com

Lacey Greene, admin assist/communications
LaceyGreene@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)