



Messenger

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

January—2024

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a message from senior pastor, Jacob Heine

Jesus said, "But you will receive power when the Holy Spirit has come on you, and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth." Acts 1:8

"You will be my witnesses in Jerusalem ...



and to the ends of the earth."
Acts 1:8, NRSV

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. A couple of 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.

This month we look at our 4th Core Value.

Core Value #4 – Mission Outreach

When Christ ascended back to the right hand of the Father, He left specific instructions for His followers. Those instructions are often summarized like this: Be disciples who make disciples. We do this by baptizing and teaching (which are two of our other Core Values, Worship and Education). We also do this by being Christ's witnesses. A witness is one who has seen an event and can provide evidence of that event. In other words, as disciples we have seen the goodness of God in Christ Jesus, and we provide evidence of that to others as we live in this world.

We believe that this is what God has called us to do regardless of who you are or your stage in life. Children are able to talk about the love of Jesus as they play with other kids and do activities. Teenagers act as witnesses of God when they take the time to pray before tests or meals at school. Adults provide evidence of God as they tell others about how God provided for them and their families when they least expected it. And seniors late in life take time to pass down their beliefs and faith to the next generation as they share their stories of their lives in Christ.

This Core Value is so important to Faith, and to the church as a whole, that when presented with the opportunity to call a DCE for Mission and Outreach we jumped. We know that there are many projects, trips, and prospects we can work on as a congregation that having someone to help guide us and lead us in those endeavors was not something we could pass by. We look forward with expectations for the educational classes that will be presented on how to share our faith and live as disciples every day. We wait with eager anticipation for the local mission projects we will be able to join in as well as the national and international trips that will stretch us and provide chances for us to grow in faith.

Being disciples living on mission at home and to the ends of the earth is something that God calls all His children to. The world is ripe and ready for harvest. It is an exciting time in history to be a disciple of Christ!

In Christ's Hands,

Pastor Jacob

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

Deborah Circle met December 19 at the home of Janet Zima and Connie Tarvin lead the devotions in celebrating Christmas. The next Circle gathering will be January 16 at 7:00 pm at the home of Maureen Schwant.

Eve Circle met for a Holiday Tasting Tea on December 11, at Gisela Bartling's home. 12 members attended plus two guests. The group enjoyed delicious food, a fun game and singing Carols. Nancy Kaltoff will host the January meeting, on the 8th (location TBA.) Members will also participate in the Sanctuary cleaning on January 20.

Hannah Circle will be meeting on January 14 in the Sr. Youth Room at 2 PM for a service project that benefits families with new babies. If anyone has any questions about the women's retreat, don't hesitate to email Claire Banion with any questions!

Ruth Circle will meet January 10, at 9:30am in the church parlor. Elaine Eggold is the topic leader and Wannita Dammann and Pam Boetcher are hosting. The topic may be chosen from the first or second lesson in the winter Quarterly.

LWML members will clean the sanctuary on Saturday, Jan 20 from 9:00 to noon.



From our Director of Music & Worship Arts

What a wonderful time it was to be in worship during the Advent and Christmas! This past month, Faith members and friends were able to experience glorious music and worship, including our beautiful Christmas Concert in mid-December, the contemplative Wednesday evening Advent services, the four Christmas Eve services that offered worship styles for everyone, and the other Sunday and holiday services all giving glory and honor and praise to the Newborn King! (If you missed any of these services or want to experience them again, please check out Faith's Facebook page, YouTube channel, or website.)

But now what? As we move through the Epiphany season and soon to Lent, music in worship still happens! So, if you would like to be an active participant in Faith's Music Ministry, now's the time to join one of these groups...

- **Adult Choir** - This SATB choir sings in both styles of Sunday worship services, fall thru spring, Music selections include classic sacred music, gospel, multicultural and traditional favorites. No auditions needed. Rehearsals are Thursdays, 7:15pm in the balcony choir loft, beginning Jan. 4.
- **Praise Team & Band** leads the modern (contemporary) worship every Sunday. Vocalists are scheduled to sing 1-2 times per month; the band members (keyboard, guitars, bass, drums) often rotate weeks according to their schedules. Interested in singing or playing? Simply come to a rehearsal on Wednesdays at 7:30pm in the sanctuary and see what happens.
- **Alleluia Ringers Handbell Choir** offers music usually once a month in all worship services and other special services. Knowledge of reading music is required, but new ringers will be trained. Open to high school youth and adults by audition (substitutes are also needed). Rehearsals are Thursdays at 6:00pm beginning Jan 4.
- **Ensembles, solos, instrumentalists** – We always are looking for special music to enhance worship with vocal or instrumental pieces. And sometimes we need an instrument such as flute, oboe, brass, strings, etc, to add to a choral piece or hymn.

If you have any questions or want to know more about any of the above music ministries, please contact Linda Meyer (lindameyer@faithlutherantopeka.com or call the church office)



January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 8:00am Traditional Worship 9:30am Education Hour 10:45am Contemporary Worship 12:15pm Traditional Worship 7:00pm NYE Worship	1 Church Office Closed New Year's Day	2 6:30pm Spiritual Life	3 7:00pm Praise Team Rehearsal	4 9:00am Scrapbooking 6:00pm Bell rehearsal 7:15pm Adult Choir Rehearsal	5 9:00am Scrapbooking	6 Epiphany 8:00am Men's Bible Study
7 8:00am Traditional Worship 9:30am Education Hour 10:45am Contemporary Worship 12:15pm Traditional Worship 3:00pm Deaf Church	8 9:00am Quilting 7:00pm Boy Scouts 7:00pm Eve Circle	9	10 9:30am Eve Circle 5:15pm WOW 6:00pm Financial Peace Classes 7:30pm Praise Team Rehearsal	11 5:30pm Christian Service Team 6:00pm ASL 2.0 Class 6:30pm Strader Small Group 6:00pm Bell rehearsal 7:15pm Adult Choir Rehearsal	12	13 8:00am MOST Ministry
14 8:00am Traditional Worship 9:30am Education Hour 10:45am Contemporary Worship 12:15pm Traditional Worship 2:00pm Girl Scouts 2:00pm Hannah Circle	15 Church Office Closed Martin L. King, Jr. Day 7:00pm Boy Scouts	16 7pm Deborah Circle	17 5:15pm WOW 6:00pm Financial Peace Classes 7:30pm Praise Team Rehearsal	18 11:30am Senior Saints 6:00pm ASL 2.0 Class 6:00pm Bell rehearsal 6:30pm Strader Small Group 7:15pm Adult Choir Rehearsal	19 3:00pm Fiber Arts Workshop (set-up) 6:00pm Junior Youth Bowling	20 7:30am Fiber Arts Workshop 8:00am Men's Bible Study 9:am Sanct. cleaning 6:00pm Senior Youth Bowling
21 8:00am Traditional Worship 9:30am Education Hour 10:45am Contemporary Worship 12:15pm Traditional Worship	22 9:00am Quilting 7:00pm Boy Scouts	23 6:00pm LLC	24 5:15pm WOW 6:00pm Financial Peace Classes 7:30pm Praise Team Rehearsal	25 6:00pm ASL 2.0 Class 6:00pm Bell rehearsal 7:15pm Adult Choir Rehearsal	26 6:30pm Murder Mystery Dinner	27 8:00am Men's Bible Study
28 8:00am Traditional Worship 9:30am Education Hour 10:45am Contemporary Worship 12:15pm Traditional Worship	29 7:00pm Boy Scouts	30	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 Rehearsal	2 9:00am Scrapbooking	3 8:00am Men's Bible Study 9:00am Scrapbooking

FOR YOUR HEALTH ...*Seasonal Affective Disorder* a message from our Parish Nurse Pat

Happy New Year to all!

The days are shorter at this time of the year and the nights are longer, and consequently it is common for some people to suffer with Seasonal Affective Disorder, or SAD. Although much less common, SAD can occur in the spring and summer. Winter's shorter days with less sunlight can trigger a chemical change in the brain which triggers the symptoms of SAD. Melatonin is a hormone that our brain produces in response to darkness, and melatonin contributes to sleepiness. Therefore, more darkness can make a person feel more sleepy or lethargic. It is important to know that depression is different from occasionally feeling sad or unhappy, and depression cannot be willed away.

Common symptoms of SAD include: increased sleep time and daytime sleepiness; loss of interest and pleasure in activities you usually enjoy; social withdrawal and increased sensitivity to rejection; irritability and anxiety; feelings of guilt and hopelessness; fatigue and feelings of low energy; decreased ability to focus or concentrate; difficulty in clear thinking; increased appetite, especially for sweets and/or carbs; and some physical problems, such as headache. A SAD diagnosis should be made by a medical professional.

Treatment for SAD can include: exposure to sunlight by being outside, or by sitting next to a window with sun streaming through, even on a cloudy day; light therapy, a special light for a specific amount of time every day; psychotherapy...cognitive, behavioral, or interpersonal therapy that helps change the distorted views you may have of yourself and the environment around you; and antidepressants to help correct the chemical imbalance that can lead to SAD.

There are also some things a person with SAD can do to help themselves, such as to set realistic goals; to refrain from taking on too many projects or activities; to break large tasks into small ones; to set priorities; to spend time with other people; to confide in someone related to your feelings; to do things that make you feel better; to get regular exercise; to stay away from alcohol and drugs, as they can make depression worse; and to let your friends and family help you.

Always remember that it is best to contact your care provider for assistance and advice if you feel you might be suffering with SAD. Don't blow it off or tell yourself you can "get through it." Life is too short to spend days struggling with negative feelings. Reach out for help so you can enjoy the days our gracious Lord has given you on this earth. And enjoy!



DOORSTEP

Neighbors Helping Neighbors

Doorstep would like to thank everyone who assisted Doorstep in some way to provide Christmas for 260 households with 811 individuals this past December!

One adoptee wrote

"We just wanted to say thank you from the bottom of our hearts for helping to make a very difficult Christmas so much better. With my husband not working because he is taking care of me with my cancer diagnosis, things have been very hard. Not only for us but our children too. It's because of all the very caring people at Doorstep that my kids will have something under the tree this year. So, thank you so much."

A major theme at Doorstep in 2023 was food... the increased need of our neighbors, the costs to keep food in the pantry to help, the increased need at Doorstep to ask for food and monetary donations. By year-end Doorstep spent over \$54,600 on food purchases, and the need has remained at an increased level.

One way to help in the first part of 2024 is by donating towards

Doorstep's annual Souper Bowl.

In the weeks preceding the Super Bowl, February 11, Doorstep asks member congregations to collect soup, all varieties, and crackers to help stock the food shelves. A really successful event will keep the shelves stocked for a few months, at least! A hot bowl of soup is a welcome meal on a cold day. Please remember Doorstep when grocery shopping, and pick up a couple of cans of soup for our neighbors in need. All donations can be brought to church and left in the Doorstep box in the Gathering Nook.



Finally, keep Doorstep, its staff, volunteers and clients in your prayers as we move into a challenging New Year.

JANUARY

Birthdays

Scott Hudson	1			Brian Boyer	19
Becky Lee	1			Tim Lyle	19
David McGuigan	1	Katie Mize	11	Lacey Greene	20
Nancy Kinney	2	Kevin Robertson	11	Tracy Leonard	20
Kevin Maxwell	2	Bryce Stallons	11	Sidney Ray	20
Jane Schaible	2	Karen Brumleve	12	Denise Grotbeck	21
Steve Tilton	2	Sophia McCallister	12	Matthew Khalil	21
Karen Elsen	3	Judy Moss	12	Heidi Mark	21
Rachel Smelter	3	Barbara Reed	12	Kathy Thomason	21
Natalie Hogg	5	Paul Roberts	12	Amanda Crawford	22
Merrilee Kuhn	5	Aidyn Schultz	12	Carrie Moran	22
Tom Pufahl	5	Marita Gabler	13	Carolyn Schneider	24
Susan Thowe	5	Paige Heine	13	Hannah Eelsey	25
Melissa Wills	5	Alisa Kalinka	13	John Falk	25
Rowen Bennett	6	Kendall Michalski	13	Brenda Perry	25
Ella Dittmer	6	Kayson Neddermeyer	13	Phil Theimer	25
Joy Lester	6	Lori Hennessey	14	Alissa Gaps	26
Aaron Dunton	7	Adison Stallons	14	JoAnn Schick	26
Ethan Dunton	7	Alison Ledbetter	14	Michael White	26
Scott Grotbeck	7	Brevan Long	15	Hannah Wilson	26
Corry Hogg	7	Ashley McCallister	15	Jim Bradshaw	27
Scott Leonard	7	Hal Hudson	16	Josie Marchant	27
Patty Hanser	8	Nels Huesers	16	Judy Thompson	27
Madaline Jefferson	8	Phyllis Ladner	16	Bryce Liedtke	28
Judie Mlynek	8	Clayton Schultz	16	Idonna Rogge	28
Paxton Moran	8	Ariane Sowers	16	Darlene Miller	28
Izzy Bennett	9	Marcy Bilynsky	17	Pantha Solie	29
Donna Craft	10	Pr Jacob Heine	17	Allen Corzine	30
Owen Reetz	10	Hank Hudson	17	Ginny Falk	30
Colleen Lippe	11	Grant Jefferson	17	Greg Johnson	30
				Jan Rankin	30
				Brynne Liedtke	31

Kent & Debbie Anschutz	3	Bob & Muriel Bartlow	20
Roger & Vickie Brokke	4	Ernie & Connie Gerhardt	20
Darrel & Kim Savage	4	Glen & Ellen Berry	25
Tim & Marian Bolz	14	Mike & Betty Deiter	31

JANUARY

Anniversaries

Update from our treasurer. . .

MONTHLY FINANCIAL RESULTS

- Donations for November were \$101,562 and expenses were \$93,875 resulting in a **net positive** balance for the month of \$7,687.
- YTD Donations are \$970,320 and expenses are \$1,025,460 resulting in a net YTD **negative** balance of (\$55,141).
- November donations were \$24,487 higher than 2022 and YTD donations are (\$28,444) below 2022.



Financial Peace

9 Week Class

Beginning Wednesday, Jan. 10
6-7:30pm | Faith Lutheran
1716 SW Gage Blvd.
Register at financialpeace.com under "Find a Class"!

.CHILDREN. .YOUTH. .FAMILIES.

Heather McCormick, director of youth & family ministry

CHILDREN

Our children's Stellar! Christmas program was enjoyed by many as our children brought to us the story of our Savior's birth. Children sang and told the story as the stars and planets who watched over the happenings that first Christmas night. We learned that when life feels dark, or when people are sad, or when good things happen, or when people don't get along, or when people need help...we can SHINE Jesus' light to the world!



First Communion classes for our 5th grade students will begin on Wednesday, February 21. 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 each celebrated Christmas with service projects, food, and fun! Our senior youth had the opportunity to go caroling to some of Faith's homebound members- a tradition they love and treasure!



Spring calendars have been mailed out to junior and senior youth families! Watch the mail for our spring calendar, including details and registration forms for our spring All Youth Retreat!

Junior youth hosts coffee fellowship on Sunday, Jan 7 at 8:30am.

They will have a bowling night on Friday, Jan. 19 from 6-9pm at West Ridge bowling. Registration opens on Dec. 29. Drop off and pick up will be AT West Ridge Lanes. Dinner is included.

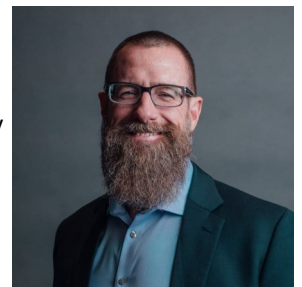
Senior youth hosts coffee fellowship on Sunday, Jan 21 at 8:30am.

Senior youth's bowling night is Saturday, Jan 20 from 6-9pm at West Ridge bowling! Registration opens on Dec 30. Drop off and pick up will be AT West Ridge Lanes. Dinner is included.

FAMILY LIFE

Murder Mystery Dinner! Faith will be doing a Murder Mystery Dinner on Friday, January 26 from 6:30-8:30pm! Join the intrigue in this 1920's themed dinner party as we figure out this whodunnit mystery! Seating will be limited, tickets are available from the church office starting Sunday, December 31 (\$8/person)!

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!



WOW Meals for January will be:

January 10: Grilled cheese, chicken noodle soup & tomato soup, grapes, strawberries, brownies

January 17: Chicken & rice casserole, green beans, dinner rolls, ice cream

January 24: Chicken tenders, tater tots, chips, veggies & ranch, cookies

January 31: Fajita bar, sopapilla cheesecakes

FAITH IS 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.

Mission • Outreach

Festival of the Nativities



Faith Lutheran hosted a Festival of Nativities on Saturday morning December 2. With over 100 nativities on display, our community was welcomed through our doors to see the displays, hear live music, partake in refreshments; there were even activities for children! A sincere "Thank You!" to every person who lent their nativity set or volunteered to make the festival warm and festive.



Miracle on Kansas Avenue Christmas Parade

Faith Lutheran participated in Topeka's annual Christmas parade on Saturday December 2. Our float's theme was "Happy Birthday Jesus!" Many in the crowd were overheard cheering and explaining to their children about Christmas being a celebration of Jesus' birth. Many thanks to the wonderful team who made the float possible!

Sunshine Connection

From the Director of Sunshine Connection, Marilyn Murphy, " Dear Congregation, we here at Sunshine Connection sincerely thank you daily in our prayers and by voice for all that you do for us. It matters to me and the Board, Volunteers, Staff and members in so many ways!" Thank you to everyone who participated to support Sunshine Connection, by adopting clients' Christmas gifts.

Nicaragua Mission

It's not too late to speak with DCE Hannah Elsey regarding the summer mission trip to Nicaragua. If you are interested in participating, supporting, or hearing more information about the trip please speak to Hannah.

ASL Continues

Due to an outpouring of interest, the class of American Sign Language will continue with another 8 week session beginning January 11. If you are interested in learning ASL, or want more information please speak to DCE Hannah.



Your Staff Serves

Faith Lutheran's staff Christmas celebration included a time of service on December 15, which benefitted Topeka Rescue Mission and the Christmas Bureau. The staff's participation aided in achieving the mission to make the holiday brighter for our Shawnee County neighbors in need.

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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 **January 16** to the church office.*



FAITH LUTHERAN CHURCH

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