



# Messenger

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

July—2025

volume 65 . issue 7

a message from senior pastor, Jacob Heine

*"...keeping our eyes on Jesus, the pioneer and perfecter of our faith. For the joy that lay before him, he endured the cross, despising the shame, and sat down at the right hand of the throne of God."*

Hebrews 12:2

For the last 15 years or so I would classify myself as a runner. It isn't something that has come naturally to me, but something I have worked at, learned about, and grown into. One lesson I have had to learn the hard way is to keep my head up. There is a natural inclination to want to watch the road before you. You don't want to hit a pothole, trip on a crack, or run into an unexpected obstacle. It seems like the proper thing to do. But it is not.

The problem with looking down is that it ruins good running form. Having your head down causes your body to bend. When this happens you can't get a full, good breath. You put stress on joints and muscles that causes them to fatigue quicker. In short, you risk injury and not finishing the race well if at all. You have to keep your head up, focusing ahead, not being distracted. Proper form and focus helps prevent injury and allows you to finish strong.

It is no wonder that the writer of Hebrews gives the same instruction to Christians as they run the race of faith and life (Hebrews 12:1). Keep your head up, focus on Jesus! It is far too easy to think we need to watch every step along the way so we don't trip. It is easy to look around and get distracted by what others are doing around us or what is happening in the world. We can lose our form and risk injury or fatigue and not finish the race.

When I teach people how to carry the processional cross for worship I always instruct them to look at the large cross over the altar. If you look around you are likely to wander off course, or tip and possibly drop the processional cross. But if you look up at the cross, keep your eyes on the cross of Jesus, you will always walk straight. This is what God calls us to do as we live our lives. Don't get distracted by things around us, what others are doing, or look down in defeat. Instead, look to Jesus. He has won the victory. He has accomplished the work. He has already ran the race and cleared the obstacles. The writer of Hebrews is right: Keep looking to Jesus!

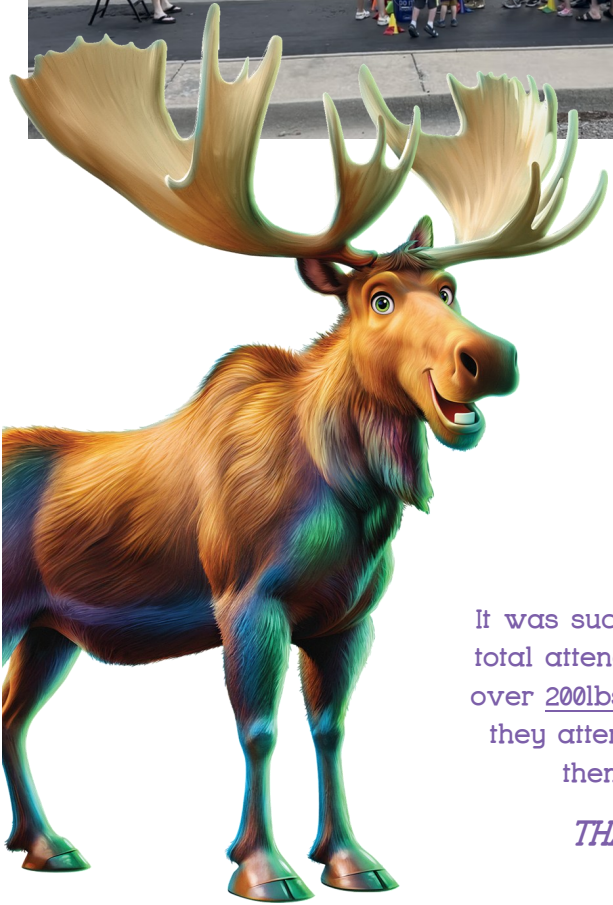
In Christ's Hands,  
Pastor Heine



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# TRUE NORTH VBS WAS A SUCCESS!



It was such a great week here at Vacation Bible School! We had 84 kids in total attendance and 48+ volunteers throughout the week. We also collected over 200lbs of school supplies for our youth to donate in New Orleans when they attend the LCMS Gathering. We are already planning next year's VBS theme and can't wait to share Jesus' love with our community!

*THANK YOU to all our VBS volunteers, cooks, decorators, etc.*

*We could not have done this week without YOU!*

## JUNE 26 WAS DCE APPRECIATION DAY!



Faith is blessed to have **Heather McCormick** as our Director of Christian Education for over 10 years. Heather supervises Children's Ministry, Junior/Senior Youth Ministry and Family Life Ministries. She is enthusiastic, energetic, compassionate and caring. Join our Spiritual Life Leaders and Lay Leadership Council in thanking Heather for her service to our church.

*"Heather is always there to listen, support, encourage, and guide us through anything. She helps me grow in my faith in God and gets me involved in more things around church. Thank you Heather, for all that you do here."*

*—Kia Hale, Sr Youth*

*"When I come to church, I love how Heather welcomes us right when we walk in the door. It brings me joy! I also think what would we do without Heather here, and I don't even want to think about it. Thank you so much, Heather"*

*—Drake Dunton, Sr Youth*



# .CHILDREN. .YOUTH. .FAMILIES.

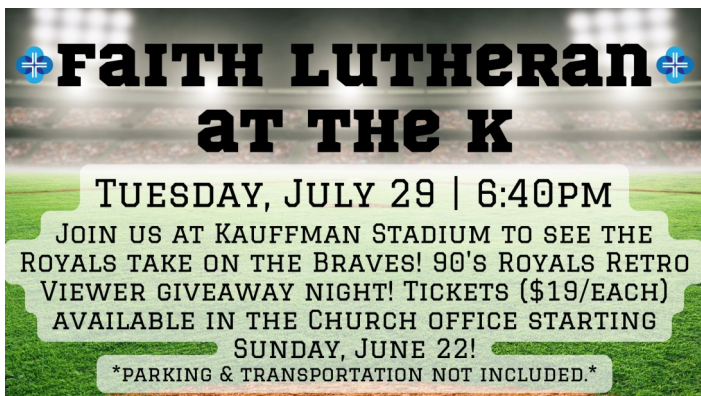


**Junior Youth** host coffee fellowship on **Sunday, July 6** at 8:30am. All proceeds go towards junior youth summer trips.

**Junior Youth** leave for their summer service trip **Sunday, July 6** at 1:30pm. Please keep them in your prayers as they serve in St. Louis.

**Senior Youth** host coffee fellowship on **Sunday, July 27** at 8:30am. All proceeds go toward senior youth summer trips.

**Senior Youth** leave for the 2025 LCMS Youth Gathering on **Friday, July 18**. Please keep the youth and all YG participants and volunteers in your prayers as they learn, serve, and grow in their faith in New Orleans. Visit Faith's Facebook page for links to the Livestream of daily Mass Events.



**Backpack Blessing** is **Sunday, August 3** at all services. Bring your backpack to church and come forward for a blessing as we pray for our teachers and students entering the new school year.



**Fall Sunday School & WOW** are right around the corner. It takes many hands to provide these opportunities. Thank you to all our volunteers who help make things run smoothly here at Faith. If you are interested in helping with one of the following:

- ~Cook Dinner
- ~Clean-up Dinner
- ~Lead a Class (any age)
- ~Assist in a class

Contact DCE Heather at [dceheather@faithlutherantopeka.com](mailto:dceheather@faithlutherantopeka.com)



## QUILTERS WELCOME

IF YOU ARE INTERESTED IN MAKING  
SIMPLE QUILTS, JOIN US THE 2ND  
AND 4TH MONDAY AT 9:00AM IN  
THE SOUTH CAMPUS.

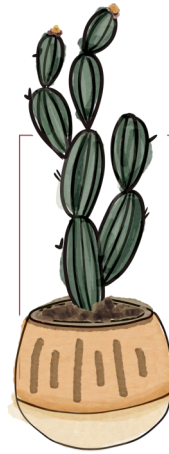
QUESTIONS? CONTACT  
ANNE JOHNSON 785-408-8004

NEXT MTG DATES ARE  
**JULY 14 & 28**



## Care Card Ministry

*Kind words can make a significant impact. Please consider stopping by our **Care Card Station** in the lobby to write a short note with encouraging words and/or scripture to our members who are ill, homebound, hospitalized or recovering.*



*Mark your  
calendars &  
join us in  
making cards  
**July 9 & 23,**  
in Rm 206/208*

### Update from our Treasurer at Faith. . .

#### May 2025

- Total donations for the month were \$72,714 and total expenses were \$115,937, resulting in a net negative balance for the month of (\$43,223).
- Year to date donations are \$445,937 and YTD expenses are \$524,753, resulting in a net YTD negative balance of (\$78,817).
- Donations for the month were (\$23,458) less than 2024 and year to date donations are (\$74,979) less than 2024.



*We would like to extend our heartfelt thanks to all the golfers, hole sponsors, and volunteers who made the **11th Annual Luke Savage Memorial Golf Tournament** such a tremendous success.*

*It was a wonderful day filled with fellowship, fun and generosity! Thanks to your incredible support, we raised a total of **\$19,000**. Every dollar goes directly to the **Luke Squad Foundation**, which provides faith-filled hope and encouragement to families of children facing medical challenges.*

*We are so grateful to be part of a community that continues to honor Luke's legacy in such a meaningful way. Thanks for sharing your love & support with us!*

*Darrel & Kim Savage  
and The Luke Squad*

**BIG**  
**Thank You!**



# DOORSTEP

Neighbors Helping Neighbors



## Christmas in July

Help Doorstep collect items for their *2025 Christmas adoption of over 250 households* who apply to the Topeka Christmas Bureau. All family members receive new, individually appropriate gifts. Although volunteers collect and organize gifts all year, Christmas in July encourages donations in the summer where there are less demands on time and resources.



Bath & Hygiene	Household	Toys & Games	Adult Gifts
⇒ Bath & hand towels	⇒ Sheet sets	⇒ Footballs, basketballs & soccer balls	⇒ Flashlights (new)
⇒ Washcloths	⇒ Blankets	⇒ Lego sets	⇒ Small radios
⇒ Combs	⇒ Pots & pans	⇒ Dolls	⇒ Small tool sets
⇒ Bar soap	⇒ Dish sets	⇒ Educational toys	⇒ Perfume
⇒ Razors	⇒ Silverware	⇒ Lilo & Stitch toys	⇒ Jewelry
⇒ Shampoo + Conditioner	⇒ Bakeware sets	⇒ Age 5-12 puzzles	⇒ Hoodies & sweatpants (all sizes)
		⇒ Family board games	

Please make sure items are new and unopened.  
Place donations in the Doorstep wooden bin located  
in the church lobby. Or deliver to Doorstep location:

1119 SW 10th Ave, M-F: 9am-2pm, South Door

Visit Doorstep's website for more information.

**THANK YOU** for making the holiday season brighter  
for your neighbors in need!

## Doorstep Summer Cash Bash

Donate during the month of **July**, and help Doorstep earn MATCH MONEY from an anonymous donor offering up to **\$10,000 if they receive donations up to \$25,000**. Donations typically drop during the summer months, and this fundraiser will help Doorstep continue to operate, pay the bills, and help our neighbors in need. Please note *Faith Lutheran on your donations* so our church will receive credit.







*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** did not meet in June. The next meeting will be **Tuesday, July 22** at 5pm to clean the church kitchen.

**EVE CIRCLE** has finished delivering "Goodie Bags" to shut-ins, and are making plans for their annual "FUN!" Summer Party. Date and time has yet to be determined.

**HANNAH CIRCLE** will meet for a social at Katie Mize's house **Wednesday, July 9**. If you are interested in participating, please contact Katie or Claire Banion for more details.

**RUTH CIRCLE** cleaned the church kitchen in June then met for lunch and fellowship. The next meeting is **Tuesday, July 9** at 9:30am for bible study, refreshments and a discussion of upcoming events. If you would like more information, please call Brenda Reynolds at 785-437-2050.

## GENERAL LWML NEWS

**SAVE THE DATE:** Faith is hosting the **Topeka Zone Rally Saturday, September 20, 9-12pm**. LWML Executive Board met June 7 to begin planning the event. There are 13 Lutheran churches in the Topeka Zone who meet for bible study, service and fellowship in the fall and spring. The fall meeting theme is Philippians 4:6: "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God."

LWML is working on Mission Grant #7, Lutheran Special School in Kisumu, Kenya for \$5,000. We have completed Mission Grant #6, Northeast Kansas Lutheran Early Response Team in Gardner, KS and have met a goal of \$4,000.

## LWML Donna Snow Luncheon Brings Women Together in Faith and Fellowship

On a beautiful day filled with faith, fellowship, and inspiration, more than 50 women from churches including Faith, St. John's, Christ, Zion in Vassar, and Most Pure Heart Catholic Church gathered for a special LWML Luncheon featuring guest speaker Donna Snow.

Known for her deep biblical insight and engaging style, Donna led a powerful presentation centered on the theme of **forgiveness**. Her message blended thoughtful examination of biblical texts, historical context, practical real-world application, and moments of humor—always circling back to the heart of the Gospel: the unshakable love of our Heavenly Father.


Donna's unique gift of teaching shines through in her in-depth Bible studies, which not only bring Scripture to life but help listeners connect the Word to their everyday walk with Christ.

In addition to the luncheon, Donna participated in other enriching events throughout the weekend. During the Sunday School hour, she led a compelling study on **Esther**, unpacking the courage and purpose God placed in her life and challenging us to reflect on our own callings. At our **Faith Speaks** event, she introduced her newest book, *Joshua: Strong and Courageous*, offering a dynamic look into God's promises and faithfulness in the midst of challenges.

The weekend was a wonderful reminder of the strength and encouragement found when women of faith come together to grow in the Word and in community. We are deeply grateful to Donna for





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>29</b> Guided Spiritual Retreat (Registration Required) Young Adult Retreat (Registration Required) 8:00am Traditional Worship 9:30am Education Hour 10:45am Modern Worship 11:45am 5th Sunday Potluck 12:15pm Traditional Worship	<b>30</b> 7:00pm Scouts	<b>1</b> 10:00am Bible Study 6:30pm Spiritual Life	<b>2</b> 7:00pm Praise Team Rehearsal	<b>3</b>	<b>4</b> <i>Church office closed</i> <b>Independence Day</b> 	<b>5</b> 8:00am Men's Bible Study 9:00am Breakfast Club
<b>6</b> Junior Youth Summer Trip 8:00am Traditional Worship 9:30am Education Hour 10:45am Modern Worship 12:15pm Traditional Worship	<b>7</b> Junior Youth Summer Trip	<b>8</b> Junior Youth Summer Trip 10:00am Bible Study 6:00pm LLC	<b>9</b> Junior Youth Summer Trip 9:30am Ruth Circle 11:00am Care Card Making 7:00pm Praise Team Rehearsal	<b>10</b>	<b>11</b>	<b>12</b> 8:00am MOST Ministry 9:00am Breakfast Club
<b>13</b> 8:00am Traditional Worship 9:30am Education Hour 10:45am Modern Worship 12:15pm Traditional Worship 6:00pm FIA: TopCity Golf	<b>14</b> 9:00am Quilting 7:00pm Scouts	<b>15</b> 10:00am Bible Study	<b>16</b> 7:00pm Praise Team Rehearsal	<b>17</b> 8:00am Scrapbooking 11:30am Senior Saints	<b>18</b> Senior Youth LCMS Youth Gathering 8:00am Scrapbooking	<b>19</b> Senior Youth LCMS Youth Gathering 8:00am Men's Bible Study 9:00am Breakfast Club
<b>20</b> Senior Youth LCMS Youth Gathering 8:00am Traditional Worship 9:30am Education Hour 10:45am Modern Worship 12:15pm Traditional Worship	<b>21</b> Senior Youth LCMS Youth Gathering 7:00pm Scouts	<b>22</b> Senior Youth LCMS Youth Gathering 10:00am Bible Study 5:00pm Deborah Circle	<b>23</b> Senior Youth LCMS Youth Gathering 11:00am Care Card Making 7:00pm Praise Team Rehearsal	<b>24</b> Senior Youth LCMS Youth Gathering	<b>25</b>	<b>26</b> 8:00am Men's Bible Study 9:00am Breakfast Club
<b>27</b> 8:00am Traditional Worship 9:30am Education Hour 10:45am Modern Worship 12:15pm Traditional Worship	<b>28</b> 9:00am Quilting 7:00pm Scouts	<b>29</b> 10:00am Bible Study 6:40pm FLC Royals Game	<b>30</b> 7:00pm Praise Team Rehearsal	<b>31</b>	<b>1</b>	<b>2</b> 8:00am Men's Bible Study 9:00am Breakfast Club 3:15pm Back to School Bash

# FOR YOUR HEALTH...*Sun Safety*

a message from our Parish Nurse Pat Schultz, RN

Happy summer! We are just a few days from the day with the longest daylight hours this summer season. Because it's summer and July is UV Safety Awareness Month, let's dive into the dangers of ultraviolet (UV) radiation from the sun's rays and some ways to protect our skin and eyes.



Prioritizing sun protection is essential for everyone, and the earlier in life sun-safe habits are adopted the lower your lifetime risks will be.

Sunshine on our earth contains two types of UV rays, UVA and UVB rays. UVA rays make up the majority, 95 percent, of UV rays reaching the earth's surface. They have longer wavelengths than UVB rays and can penetrate deeper into the middle layer of your skin, also known as the dermis, thus contributing to long-term skin damage such as premature aging and wrinkles. They are also strongly linked to skin cancer. UVA rays are present year-round. They penetrate through clouds on cloudy days, and they even penetrate through glass, including car windows and home windows. These rays are consistently dangerous throughout the year.

UVB rays are a type of UV radiation from the sun that cause sunburn and contribute to skin cancer. They are shorter in wavelength and more intense than UVA rays; they affect the skin's top layer, the epidermis. UVB rays can damage the DNA of skin cells, which increases the risk of skin cancer, including melanoma. These rays are strongest during the summer months (April through October in the U.S.) and peak daily from about 10 am to 4 pm. UVB rays can also cause eye problems and immune system suppression. UVB rays do not penetrate through clouds on cloudy days, and they do not penetrate through glass.

Sunburns and tans are the result of the skin's DNA's attempt to try to protect itself from further DNA damage. This damage can increase the chance of developing melanoma or other skin cancers. Using sunscreen protection on a daily basis throughout the year is your best protection. Also, the best protection is to use a sunscreen with SPF 30 or higher and with a minimum 4 star UVA rating.

Wearing UV protective sunglasses protects your eyes. UV radiation increases by approximately 10 percent with every 1,000 feet in elevation. Also, snow, sand, and water reflect up

to 80 percent of UV radiation, significantly increasing its intensity.

According to the CDC, tanning beds use primarily UVA radiation in concentrated doses, which significantly increases your risk of both melanoma and non-melanoma skin cancers. Using a tanning bed is a sure way to accelerate skin aging and sun damage. Tanning bed use at any age significantly increases a person's risk of skin cancer, and the risks are even greater when exposure takes place at a younger age. First exposure to tanning beds before age 35 increases the risk of melanoma, the deadliest form of skin cancer, by 75 percent. Also, this skin damage is cumulative and irreparable; the more often you use a tanning bed the greater your risk of skin cancer. To protect your skin you can follow the Five S approach. They are:

- \* Slip on clothing. Aim to cover as much skin as possible.
- \* Slop on sunscreen. SPF 30 or higher with at least a 4-star UVA rating.
- \* Slap on a hat. The wider the brim the better to protect the face, neck, ears, cheeks, and eyes.
- \* Slide on sunglasses. Your eyes are up to ten times more sensitive to UV damage than your skin.
- \* Shade from the sun. Never rely on staying in the shade alone.

Combining all five of these sun protection measures provides the best sun protection. Children should be shaded as much as possible, and babies should be kept in the shade at ALL times. Another point to remember is to cover all exposed skin with a generous layer of sunscreen, and to reapply the sunscreen at least every two hours or after being in the water or more frequently if perspiring heavily.

Performing regular skin checks is also a first-line defense against skin cancer. Consult your primary care physician or a dermatologist if you have any areas on your skin that you are concerned about. The characteristics to watch for are changes in symmetry, borders, color, diameter, and evolution (has this lesion been here and changed or is it new).

Don't be afraid of the sun, but be careful and safe in the sun.



*Enjoy Summer!*



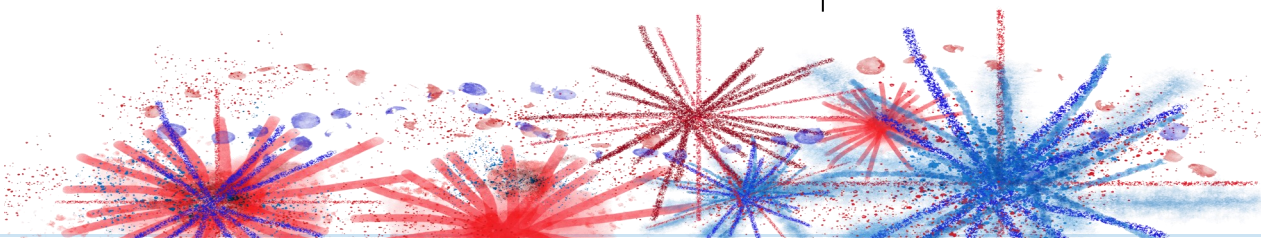


# JULY

## *birthdays*

Bev Sparks	1	Gretchen Hammond	14
Sarah Tenbrink	1	Alana Rhone	15
Mark Bleich	2	Shari Saxton	14
Tina Brackman	2	Kim Dietrich	15
Thomas Kamprath	2	Mickey Holloway	16
Dave Mahon	2	Olivia Schwartz	16
Christian McCoy	2	Donna Lehman	17
David Taylor	3	Brenda Michalski	18
Debbie Anschutz	4	Darlene Strader	18
David Atchison	4	Audrey Taylor	18
Sandra Dickison	4	Jane Banion	20
Ryan Jones	4	Amy Glinka	20
Addison Maxwell	4	Jim Janousek	20
Darin Schwant	4	Pierson Moran	20
Megan Lehman	6	Rylan Atchison	22
Roger Matzke	6	Holly Robertson	22
Maureen Schwant	6	Trayton Schafer	23
Delicia Timm	6	Fred Crowder	25
Annette Turrentine	6	Presley Guffey	25
Jean Anne Lietz	8	Jennifer Marlatt	25
Hudson Campbell	9	Kathleen Tangari	25
Jane Jones	9	Tim Gateley	26
Ethel Kruse	10	Art Tardiff	28
Kristen O'Shea	10	Greg Harris	29
David Domingo	11	Lynn Janousek	29
Nathan Haley	12	Penny Lane	29
Jeff Sloyer	12	Jennifer Kuhn	30
Marlene Urban	13	Brady McCormick	31
		Larry Sheets	31

Doug & Pam Boetcher	2
Diane & Brad Butler	3
Beth & Doug Helmke	3
Ethel & Ron Kufahl	7
Bill & Jacki Theis	8
David & Sara Marstall	12
Caroline & Don Signor	12
Drew & Nicole Bradshaw	14
Rachel & John Bristow	14
Dillon & Ellee Johnston	15
Hank & Jeanne Judson	17
Pat & Tammi Pierce	17
Delicia & Robbie Timm	18
Karen & Mike Brumleve	19
Dick & Linda Laird	19
Jon & Susan Rollenhagen	20
Kim & Jon Dietrich	21
Byron & Jane Jones	21
Mark & Lori Neddermeyer	25
Eric & Michelle Boling	28
Lori & Steve Hennessey	28
Jeff & Penny Lane	30
Erik & Mallory Bertels	31





## Official Acts

### Baptisms:

- 6/1 Mauer Nelson Yoder, son off Luke & Erika Yoder  
 6/8 Irene Rosalie Mae Vincent, daughter of Robert Vincent & Jessica Powell

### Funerals:

- 6/6 Betty Hartner  
 6/20 Phil Tysinger  
 6/23 Lila Gooding  
 6/28 Valeda Pinick

### Transfer In:

- 6/16 Mary Allen from St. John's in Topeka

### Transfer Out:

- 6/11 Bob & Miriam Nestler to Calvary in Topeka



FAITH  
LUTHERAN  
CHURCH

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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)