



Messenger

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

April—2024

volume 64 . issue 4

a message from senior pastor, Jacob Heine

CHRIST IS RISEN! HE IS RISEN INDEED! HALLELUJAH!

I hope that, like me, you relished in proclaiming those words again this Easter. It seemed like such a long Lenten season of fasting and subduing our worship in preparation. This Lent saw, for me and many others, sicknesses that just hung on and plagued much of what we wanted to do. And of course there is always the business of the world and the spring activities that adds to a Lent that for me, and perhaps you, was difficult.

I think that is why those words were so powerful on Easter. Words that mean victory. Words that mean hope. Words that mean new starts. Words that mean resurrection now. Words that promise life everlasting to those with faith in Christ. These are words that when meditated on and appreciated can bring a tear to the eyes and overwhelming emotions the mind and spirit.

And then in my devotions, and maybe yours, I read the words from the Gospel of Mark regarding the very first Easter:

They went out and ran from the tomb, because trembling and astonishment overwhelmed them. And they said nothing to anyone, since they were afraid. (Mark 16:8)

I paused.

Trembling. Yep! Overwhelming Astonishment. Yep! That is me this year. I hear these words time and time again, and yet this year it hit a little different. Christ gave and did this, and I needed it. Man do I need it.

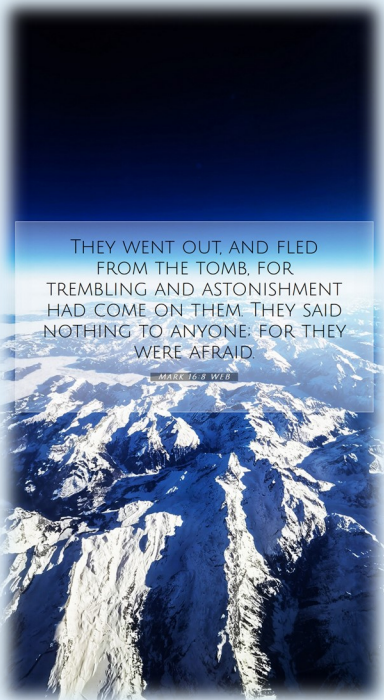
Saying nothing to anyone. Ouch! Confronted with the resurrection the women were terrified and said nothing to nobody. Outside of preaching on Easter morning I know I can be guilty of that too. I need to hear the message of grace, victory, and life, oh how I need it! But then I keep it to myself, even when the message would be easy to share. I know others need it too, yet I find myself like the women at the tomb.

If you are like me this year, take heart! There is ALWAYS a new day. There is always victory in Christ. There is always resurrection. There is always the chance to say something to anyone about what you have in Christ.

CHRIST IS RISEN! HE IS RISEN INDEED! HALLELUJAH!

Man do you and I, and everyone, need that!

Pastor Heine



IN THIS NEWSLETTER:

LWML.....	2
Calendar.....	3
Message from Parish Nurse.....	4
Birthdays & Anniversaries	5
Children & Youth.....	6
Mission & Outreach	7



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

Deborah Circle has the program for the Spring Salad supper. Doorstep will be giving a presentation on their services. We are asking for everyone to bring diapers, women's toiletries, women's feminine products, toilet paper, or adult depends to the supper to donate to Doorstep as they are always low on those items.

Eve Circle members are looking forward to seeing friends and participating in the (always delightful) Spring Salad supper on Tuesday, April 9 at 6pm.

Hannah Circle will meet on April 14 to make mug cakes for homebound members at Faith. Anyone is welcome to join us at 2pm in the kitchen/Fellowship Hall.

Ruth Circle will not meet in April. We are hosting the Spring Salad Supper on April 9 at 6pm, in the church basement LWML members are encouraged to bring a friend and a salad to share. For more information please call Brenda Reynolds at 785-437-2050.

The Kansas District LWML convention is April 12-14 in Wichita. We have four members attending from Faith: Shari Albrecht, Claire Banion, Rebecca Gutierrez and Karen Peterson. During the convention we will be voting on funding for 2024-2026 mission grant proposals. Mission grants are funded from Mite Box and other designated offerings.

CARE CARDS

Join friends at church every-other Wednesday in room 206 to make 4"x4" Care Cards. All materials are provided and no experience is necessary. Card making days this month are April 3 & 17. Finished cards are placed in a box at the Care Card Center near the church's front entry - to be sent to members who need to know people CARE about them. Please write a note to the person(s) whose names appear on the white board at the Care Card center.

QUILTERS NEEDED

Our Monday morning quilters are always in need of more help. Please consider joining them on 2nd & 4th Monday mornings here at Faith. April quilting dates: April 8 & 22. No experience necessary. We are now meeting in a room in the south campus building. Questions? Contact Anne Johnson, 408-8004.



10TH ANNUAL LUKE SAVAGE MEMORIAL GOLF TOURNAMENT

Benefitting the Luke Squad Foundation
Saturday, June 8
Shawnee Country Club
Contact Kim Savage to Register!

If you have aluminum cans to recycle, you may drop them off in the **Recycling Trailer** located in the South Campus parking lot. Thank you!



LWML SPRING SALAD SUPPER
APRIL 9 | 6PM FOR ALL WOMEN!
GUEST SPEAKER FROM DOORSTEP TOPEKA!
DONATION DRIVE TO COLLECT DIAPERS, FEMININE PRODUCTS, & ADULT DEPENDS.

APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Easter Sunday 6:30am Easter Sunrise 7:00am Easter Breakfast 8:00am Traditional Worship 9:30am Traditional Worship 11:00am Modern Worship	1 Church Office Closed 7:00pm Boy Scouts	2 10:00am Bible Study 6:30pm Spiritual Life	3 11:00am Care Card making 5:15pm WOW 7:30pm Praise Team Rehearsal	4 9:00am Scrap-booking 6:00pm Bell rehearsal 7:15pm Adult Choir Rehearsal	5 9:00am Scrap-booking	6 8:00am Men's Bible Study 9:00am Breakfast Club
7 8:00am Traditional Worship 9:30am Education Hour 10:45am Modern Worship 12:15pm Traditional Worship 1:30pm Community Clean-up	8 9:00am Quilting 7:00pm Boy Scouts	9 10:00am Bible Study 6:00pm LLC 6:00pm LWML Spring Salad Supper	10 5:15pm WOW 7:30pm Praise Team Rehearsal	11 10:45am Christian Service Team 6:00pm Bell rehearsal 7:15pm Adult Choir Rehearsal	12	13 8:00am MOST Ministry 9:00am Breakfast Club
14 8:00am Traditional Worship 9:30am Education Hour 10:45am Modern Worship 12:15pm Traditional Worship 2:00pm Hannah Circle	15 7:00pm Boy Scouts	16 10:00am Bible Study 7:00pm Deborah Circle	17 11:00am Care Card making 5:15pm WOW 7:30pm Praise Team Rehearsal	18 6:00pm Bell rehearsal 7:15pm Adult Choir Rehearsal	19	20 8:00am Men's Bible Study 9:00am Breakfast Club
21 8:00am Traditional Worship 9:30am Education Hour 10:45am Modern Worship 12:15pm Traditional Worship	22 9:00am Quilting 7:00pm Boy Scouts	23 10:00am Bible Study	24 5:15pm WOW 7:30pm Praise Team Rehearsal	25 6:00pm Bell rehearsal 7:15pm Adult Choir Rehearsal	26	27 8:00am Men's Bible Study 9:00am Breakfast Club
28 8:00am Traditional Worship 9:30am Education Hour 10:45am Modern Worship 12:15pm Traditional Worship 3:30pm Circuit Picnic	29 5:00pm LWML Exec Bd 7:00pm Boy Scouts	30 10:00am Bible Study	1 11:00am Care Card making 6:00pm Confirmation Rehearsal 7:30pm Praise Team Rehearsal	2 6:00pm Bell rehearsal 7:15pm Adult Choir Rehearsal	3	4 8:00am Men's Bible Study

The Beat goes on.....again and again.....Cardiomyopathy and Heart Failure

Cardiomyopathy (CM) is a disease of the myocardium, or heart muscle itself. Remember, your heart is a big muscle. When the heart muscle gets stretched, thickened, or stiff it results in a heart muscle that doesn't pump well; when the heart muscle becomes damaged, the heart's pump (of blood and oxygen) power is compromised.

Causes of cardiomyopathy can include genetic conditions, reactions to certain medications, drugs or toxins, infections from a virus (including the COVID-19 virus), one or multiple heart attacks, consistently elevated blood pressure, heart valve disorders, obesity, certain thyroid disorders, long-term consumption of alcohol, and chemotherapy. Sometimes doctors can't determine the exact cause, and the diagnosis is idiopathic CM, which simply means the cause is unknown.

Early stages of CM may not cause noticeable symptoms. As the condition worsens, however, symptoms may include dizziness, lightheadedness, and fainting; fatigue; shortness of breath during activity or at rest; shortness of breath and/or coughing when lying down or sleeping; irregular heartbeats/rapid, pounding, or fluttery feeling in the chest; an increase in weight caused by swelling in legs, ankles, feet, and in more severe cases swelling in the abdomen due to fluid accumulation; and sometimes chest pain.

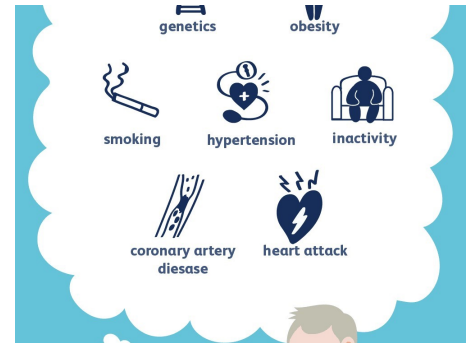
Risk factors of CM can include: family history; diabetes; long-term hypertension; obesity; and excessive alcohol consumption. There is no way to avoid or change the family history you have, but all of the other risk factors can be managed to lower the risk of developing or living with cardiomyopathy.

Doctors, especially cardiologists, often assess, diagnose, and treat patients by evaluating the heart's ejection fraction (EF), which is a measurement of the amount of blood pumped out of the ventricle with each contraction. The lower the EF, the weaker the heart's pumping action. A normal EF is between 52 and 74 percent.

Mildly abnormal is between 41 and 52 percent. Moderately abnormal is between 30 and 40 percent, and severely abnormal is less than 30 percent. A low EF typically means you have or are at risk for developing heart failure. Left sided heart failure is more common than right

sided heart failure. The lower your EF, the more severe your heart failure symptoms may be.

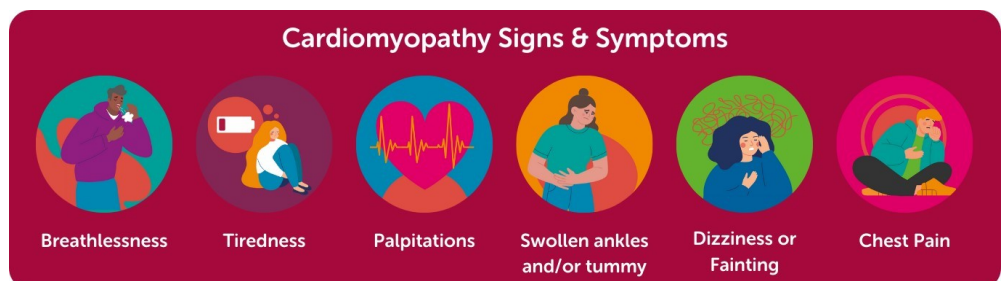
You might experience confusion, fatigue, heart palpitations, nausea, shortness of breath at rest, or water retention in your abdomen, legs, and feet.



Cardiomyopathy and heart failure (HF) can sometimes be interchanged. Heart Failure with a reduced ejection fraction (EF) is the most common type of heart failure, and it is called Systolic Heart Failure. The left ventricle, which is the heart's main pumping chamber, weakens and cannot pump the oxygenated blood to the body effectively. This condition is also known as dilated cardiomyopathy.

Cardiomyopathy can be diagnosed with blood tests, checking how well the kidneys, thyroid, and liver are working, and a BNP, which measures a protein made in your heart; chest x-ray and echocardiogram, which shows how blood flows through your heart; cardiac stress test, which shows how your heart reacts to exercise (or stress); cardiac catheterization, which can measure how forcefully blood pumps through your heart; and cardiac CT or MRI. Treatment for cardiomyopathy typically includes medications, diet regulation and fluid restrictions, and in more severe cases supplemental oxygen.

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.



1 Henry Banion
 1 Nicole Bradshaw
 2 Karen Bosch
 2 Emily Grotbeck
 3 Elyse Myers
 3 Rilee Vandervoort
 4 Fallon Saxton
 5 Meron Ray
 6 Dottie Pinter
 7 Jamin Halladay
 7 Hadley Kirkeminde
 8 Dee Bowman
 8 Don Snethen
 9 Wyatt Crawford
 9 Brandon Durkes
 9 Dottie Edens
 9 Stephanie Moran
 9 Amie Morlock
 10 Rose Brunkow
 10 Doug Helmke
 10 Diane Holloway
 10 Kelly Killinger
 11 Bebo Born
 11 Colby Carpenter
 11 Madeline Holter
 12 Doug Chitwood
 12 Larry Saunders

13 Gerald Schneider
 12 Ed Thomason
 13 Ali Fowler
 13 Helen Spillman
 13 Nick Tenbrink
 14 Dawson Pfrang
 14 Peter Tremain
 15 Trevin Reinert
 15 Gayle Schulteis
 16 Chase Brokke
 16 Myles Genrich
 16 Barb Mesloh
 16 Barb Smelter
 17 Marilyn Keeler
 17 Fred Rogge
 17 Jeanne Shaw
 18 Taygen Jensen
 18 Larry Mah
 18 Katelyn Poe
 18 Holden Vines
 19 Amy Dunton
 19 Isaac Rollenhagen
 20 Brad Glinka
 20 Dean Kaufman
 20 Kaydence Marstall
 21 Grady Wells
 22 Connor Obdyke



22 Trent Robinson
 23 Landyn Cobler
 23 Mark Stuewe
 25 Kelli Duermeier
 25 George Hubka
 25 Elizabeth Rollenhagen
 25 Henry Schulteis
 26 Judy Corzine
 26 John Rader
 27 William Janousek
 27 Erika Yoder
 28 Cliff Hanser
 28 Carolyn Marlatt
 28 Sara Marstall
 28 Jacob Offermann
 28 Maye Yoder
 29 Jennifer Harris
 29 Mike Jennings
 29 Marie Pinick
 29 Mary Schroeder
 29 Francly Wells
 30 Cooper Crawford



5 Daniel & Shannon Domingo
 5 Diane & Mickey Holloway
 5 Scott & Tracy Leonard

12 Phil & Twila Theimer
 14 Pat & Richard Schmidt
 17 Dave & Shelly Mahon
 17 Kayla & Kenny Riddle
 20 Carrie & John Halupa
 20 David & Marie Pinick

21 Brenda & Leo Perry
 21 Mark & Jan Zillinger
 24 Lori & Steve Franken
 26 Tory & Derek Young

Update from our treasurer. . .

MONTHLY FINANCIAL RESULTS

- Donations for February were \$74,237 and expenses were \$104,166 resulting in a **negative** balance for the month of (\$29,929).
- Year to date donation were \$159,211 and expenses were \$200,020 resulting in a year to date **negative** balance of (\$40,809).

- Year to date donations are (\$8,372) **below** 2023.

With the continuing negative balance, LLC asks members to prayerfully consider their financial support to the ministry of Faith.

.CHILDREN. .YOUTH. .FAMILIES.

Heather McCormick, director of youth & family ministry

YOUTH

Junior youth will host coffee fellowship on Sunday, April 7 at 8:30am. All proceeds go towards our junior youth summer trips.

Confirmation rehearsal and pictures will take place on Wednesday, May 1 beginning at 6pm. All 8th grade confirmands are asked to attend in your dress rehearsal clothes.

Senior youth will host coffee fellowship on Sunday, April 21 at 8:30am. All proceeds go towards our senior youth summer trips

Senior youth continue to collect items for their annual **Garage Sale**. Donated items can be put in the South Campus (look for signs for the designated Garage Sale Collection Room). The Garage Sale itself will take place on Wednesday, May 29 through Friday, May 31.

FAMILY LIFE

Special Final Night of WOW! VBS Preview Night! The final night of WOW will be a special one for our children's classes! Join us for a pizza dinner at 5:15pm, before we dive into a one-night VBS preview! Experience all that VBS has to offer with music, science experiments, games, and more. Parents are invited to join us in the Fellowship Hall from 7-7:30pm as we end the evening with an ice cream sundae bar!

*NOTE: Adult Bible study, Confirmation class, and Senior High Bible study, will still meet at their regular times! All are welcome to join us from 7-7:30pm in the Fellowship Hall for the ice cream sundae bar.

CIRCUIT 6 PICNIC: Calling all members and friends of Topeka and Lawrence LCMS Churches! Join us for a picnic all together on Sunday, April 28 from 3:30-6:30pm at Lake Shawnee Shelter #1! Food will start at 4:30pm and will be potluck style by last name. Bring a lawn chair, enjoy yard games (provided), fellowship, and food with your fellow Lutherans!

Food Items by Last Name as Follows (note: all paper products are provided):

A-E : Salad

F-L: Side Dish

M-R: Main Dish

S-Z: Dessert

WOW Continues through the month of April! Join us for dinner at 5:15pm followed by classes for ages 3+ from 6-7:30pm! Childcare provided for those 2 and under.

April 3: Hamburgers/hotdogs, chips, veggies & ranch, cookies

April 10: Taco Bar & Sopapilla Cheesecakes

April 17: Spaghetti & Meatballs, garlic bread, salad, cupcakes

April 24: Pizza & Ice Cream!

VBS REGISTRATION is now open! Join us June 17-21 for Scuba: Diving into Friendship with God! This year, we will offer **TWO** sessions of VBS: Mornings from 9am-12pm & Evening from 5:15pm -8pm. Register your kiddos for one or both sessions! Volunteers can also sign up to help with one or both sessions! For more info go to faithlutherantopeka.com!

The 5th grade students who took their first Sacrament of Holy Communion in the 7pm Maundy Thursday worship are:

Clara Hudson
Brecken Brassel
Jane (Vestanna) McGuigan
Ethan Dunton
Aaron Dunton
Bryson Hale



NEW MEMBERS On Sunday, March 24 we welcomed the following new members to Faith: Holly Jamison, Marjorie VanCamp, Jessica Powell and son, Dacien, Robert Vincent and Sandra Jensen. Please welcome them to our family here at Faith.



Mission • Outreach

Talk to DCE Hannah to help lead!

The Great
COMMUNITY CLEAN-UP

SUNDAY, APRIL 7
JOIN US FOR AN
AFTERNOON OF MAKING
TOPEKA SAFE & BEAUTIFUL!



Get a team together or join a team on Sunday April 7. Bottled water, trash bags and gloves will be provided as we pick up litter to improve street-scapes, parks and neighborhoods!

No better time than the present to start having planning conversations. Let us break the ice by exploring some end-of-life topics and help you start planning and conversing with your loved ones. There will panel presentations on topics: funeral planning, advanced directives and the ministries your church offers. Light refreshments provided.

END OF LIFE PLANNING SEMINAR

Saturday, May 4
10-11:30am | At Faith

Panel Presentation on:

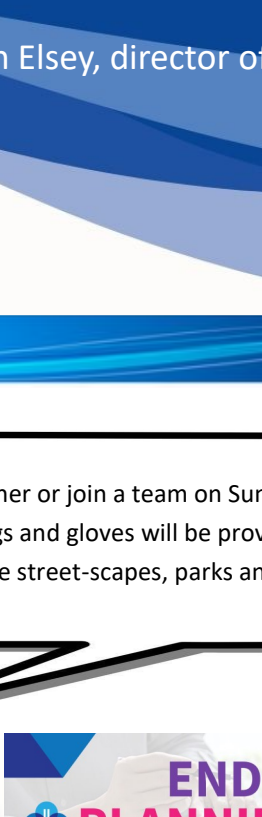
- Aging Adult Ministries
- Advance Directives
- Funeral Planning



Relay for Life

Friday, May 17 | 6-11pm
Hummer Sports Park

Scan the QR code to register with Faith!



The American Cancer Society's Relay For Life is more than a walk—it's a chance to come together in your local community to celebrate cancer survivors, remember loved ones lost, and fight back against every cancer. Please registration by contacting DCE Hannah Elsey to register, or RelayForLife.org

Support the wonderful work of Doorstep with this 4-man scramble at Wester Hills. Raffle prizes, lunch at the turn, shotgun start at 10am.

Doorstep's
Putt Out Hunger

Friday, June 28 at
Western Hills

Shotgun start at 10am!
For more info & to register
go to doorsteptopeka.org!



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

April 18 to the church office.



FAITH LUTHERAN CHURCH

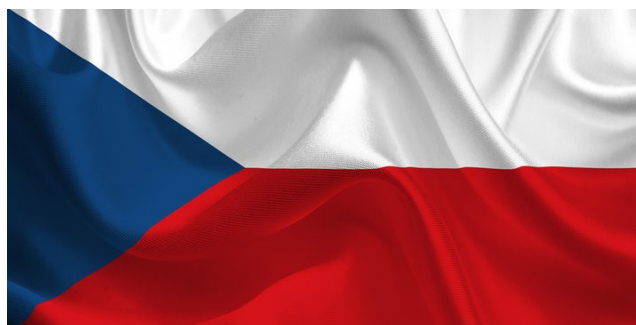
1716 SW Gage Blvd
Topeka KS 66604

NONPROFIT ORG.
U.S. Postage Paid
Permit No. 78
Topeka, Kansas

Address Service Requested



Please pray
for the
Mission Team
in the Czech
Republic this
month:



Hannah Elsey, Steve & Deb Hale,
Pat Schultz and Dave Wodtke.