



Messenger

Faith Lutheran Church

May—2025

volume 65 . issue 5



Please pray for our confirmands
as they continue their faith
journey, growing in faith and
sharing Christ's love. Rite of
Confirmation is Sunday, May 4,
at the 10:45am service.

IN THIS NEWSLETTER:

Garage Sale	2
Children/Youth/Families (VBS)	3
Luke Savage Golf Tournament	4
Doorstep/Service Opportunities	5
LWML/Donna Snow	6
Calendar	7
Note from your Parish Nurse	8
Birthdays/Anniversaries	9
Confirmands/1st Communion	10

a message from senior pastor, Jacob Heine

*For I am not ashamed of the gospel, because it is the power of God for salvation to
everyone who believes, first to the Jew, and also to the Greek.*

Romans 1:16

I was confirmed on October 30, 1994. My church growing up celebrated Confirmation on Reformation Sunday. I have a few memories of that day. My parents, grandparents, and Godparents were all there and very proud of me. The four of us that were confirmed that day sat in chairs in front of the congregation, and I remember thinking as communion happened that I needed to keep my feet tucked in so I didn't trip anyone. I also remember being nervous and eagerly waiting to hear my confirmation verse. We did not get to pick out our verse, our pastor did that. He told us that he would spend time praying and working to make sure that each verse was "just right." We would then find out at the same time as the rest of the congregation when it was spoken in a blessing over us.

When the time came my pastor spoke the words of Romans 1:16 over me. It wasn't a verse I expected. However, I also remember that my parents were very excited about it. This verse encapsulated so much of what they prayed for for me, as well as what they had worked to make sure that I knew – The Gospel. The truth of the promises of God, that forgiveness, grace, and eternal life are for all who believe in Jesus as the Christ. At my baptism my parents made promises to raise me in the faith and place God's Word in my hands. They were thrilled to see this promise come to reality in my life. The Confirmation Rite is an extension of the Baptismal Rite. At Baptism God makes us a member of His family, washing us of our sins, and giving us His grace to grow in the Faith planted in us through hearing His Word. At Confirmation we publicly stand and say "Yes" to all these promises and declare that we will continue to grow in our faith. This is a Rite that reminds us that we have a Baptismal Life, not just a moment.

As we at Faith Lutheran celebrate Confirmation Sunday in May it is a time for all of us to reflect on our Baptismal Life. As our young adults take the step of publicly declaring the gifts that God has given to them and their declaration that they will continue to grow in their Faith, it isn't just for them. We are not just passive witnesses to this event. In fact, we are active participants as we pray for these young adults, as we proclaim the Faith that God has given to us to all who we know, and as we recall our Baptism and Confirmation, that this isn't just a moment, but it is about a Baptismal Life in Christ.

In Christ's Hands,
Pastor Jacob

.UPCOMING EVENTS.

First Friday Art Walk

Friday, May 2 | 5:30pm
Our Saviors Lutheran Church
If you would like to be a part of this event
or have questions, email Susan Thowe at
srthowe@gmail.com

The **Lutheran Fine Arts Council of Topeka** is inviting Lutheran artists from Shawnee County to participate in our **First Friday Art Walk**, in conjunction with city-wide First Friday events.

This event is open to artists of all ages. Examples of some art mediums include, but are not limited to:

- painting
- pottery
- soft sculpture
- drawing
- weaving
- sculpture in the round
- multi-media art pieces



Mark your calendars

LeadaChild Sunday | June 1 & 8

More information to follow

Faith in Action Trivia Night!

Sunday, June 1 | "On the Green"
Event begins at 6pm, Trivia
begins at 6:30pm!

Faith In Action is back this summer! Our kick-off event will be Trivia **Sunday, June 1**. Join us at 6pm for snacks, drinks, and team formation before trivia begins at 6:30.

Join us for more June FIA events...

Sun, June 15, 6pm: Mini Golf at Sports Center (Dads Golf FREE)

Sun, June 22, 5:30pm: Circuit Picnic at Lake Shawnee Shelter #1

Sun, June 29, 11:45am: 5th Sunday Potluck at Faith; bring a main dish and a side or dessert.



Senior Youth Garage Sale will take place inside the south campus building on **Wednesday, May 28 - Friday, May 30** from 8am-3pm. All proceeds go toward the senior youth summer 2025 trip to the LCMS youth Gathering in New Orleans, LA. Senior youth are currently collecting for the garage sale. Drop-offs at the south campus (1732 SW Gage) are encouraged on the following set up nights:

Thu, May 15, 5-9pm

Tue, May 20, 5-9pm

Thu, May 22, 5-9pm

Tue, May 27, 5-9pm (Congregation Preview 6-8pm)

.CHILDREN. .YOUTH. .FAMILIES.

Confirmation Sunday: The Rite of Confirmation will take place **Sunday, May 4**, during the 10:45am service. The junior youth will host a reception honoring the confirmands and their families at 10:00 in the lobby. Join us in celebrating these students and their decision to affirm their faith and grow their relationship with Christ.

Senior Youth will host coffee fellowship **Sunday, May 18**, at 8:30am. All proceeds go toward senior youth summer trips.



Senior Youth Car Wash will be **Saturday, May 31**, 8-2pm at Faith. Youth will be calling members for car wash pledges soon. Donations can be per car washed or a flat donation. Please stop by this FREE car wash to support the youth.


JUNIOR YOUTH BBQ

This event welcomes the incoming 6th grade class and also says "see you later" to the outgoing 8th grade class.

FRIDAY, MAY 9
6-9PM
AT FAITH








Relay for Life

Friday, May 16 | 6-11pm
Hummer Sports Park

Scan the QR code to register with Faith!



Faith will once again have a Relay for Life team at the Shawnee County Relay. Join us in walking towards a cure. Come and go as you please. Sign up to join Faith's team in the church lobby or register [HERE](#).



VBS

June 16-20
Morning & Evening Sessions

Register online or scan the QR code!





VBS Registration is LIVE: Sign-up today to volunteer or register a participant. VBS this year will be **June 16-20** at Faith with morning and evening sessions. We will guide kids on the ultimate Alaskan adventure where northern lights glow over majestic mountains, racing rivers, and glistening glaciers. As kids trek the tundra, they'll explore how easy it is to lose sight of what's true in our wild world today. Pointing them toward Jesus, True North VBS shows them that he is a faithful friend we can always trust.

Morning Session: 9am-12pm with a to-go sack lunch at the end.

Evening Session: 6-8pm with dinner offered from 5-6pm in the Fellowship Hall. To register, scan the QR code on the ad above or at FaithLutheranTopeka.com

Sunday School Teachers Needed: It is time to prepare for Summer Sunday School and we need YOU. Talk to [DCE Heather McCormick](#) or [Jessica Atchison](#) today to find out more.



Breakfast Club

SATURDAYS AT 9AM
AT HANOVER PANCAKE HOUSE



Young adults, ages 16+, continue to meet every Saturday at 9am at Hanover Pancake House. Invite a friend and join us!

MORE EVENTS TO NOTE

Missionary Presentation

Sunday, May 11
9:30 am
Fellowship Hall

Come hear from Missionary Ben Helge about his work in the Czech Republic!



ARTESIAN MINISTRIES

Faith Speaks
Presents

Donna Snow

Saturday, May 31 | 6:30pm
Be Strong & Courageous:
A Study of Joshua

Donna Snow, author of *Meant for Good* and *Perseverance*, will be presenting in the sanctuary on **May 31**, at 6:30pm. Refreshments and fellowship will be offered before and after the event.

Must be 21+ to attend.

Guided
Spiritual Retreat

Friday, June 27-
Sunday, June 29
Registration open
now!

Scan the QR code for
additional details!

Were you unable to participate in our February Guided Spiritual Retreat? Join us for the next one **June 27-29** at the Kansas District Retreat Center near Herrington, with leader Jim Bradshaw. Registration required. For more details or to register, click [HERE](#)

11TH ANNUAL
LUKE SAVAGE
MEMORIAL GOLF TOURNAMENT

The Luke Squad Foundation's Mission Statement is to provide faith-filled hope and encouragement (expenses for travel, meals, and gifts for extended hospital stays) for families of children with health concerns and to provide support for all children to live life to the fullest.

Join us **Saturday, June 7**, at Shawnee Country Club, and play in memory of Luke. Spots still available. To sign up contact Kim Savage: 785-640-0092 or email at dkmsavage@yahoo.com



Annual Voter's Meeting

Agenda will include
Annual Reports

Sunday, June 8
9:30am | Fellowship Hall

Update from our Treasurer at Faith. . .

March 2025

- Total donations for the month of March were \$84,727 and total expenses were \$94,369, resulting in a net negative balance for the month of (\$9,643).
- Year to date donations are \$276,186 and expenses are \$304,815, resulting in a net year to date negative balance of (\$28,629).
- Donations for the month were (\$81,866) less than 2024 and year to date donations are (\$49,617) less than 2024.
- It should be noted that in 2024 Easter was on March 31 and in 2025 Easter is in April.

If you would like a copy of your quarterly giving statement, please email Colleen Lippe at cjlippe11@gmail.com



**Doorstep's 8th Annual Neighbor Helping Neighbor
Walk/5K Fun Run**
Saturday, June 7 | 9am (Registration 8am)
Lake Shawnee Shelter Houses 1 & 2

This event will kick-off our 60th anniversary in June 2026. Please register by **May 16** to guarantee an event t-shirt. Late and event day registrations are also permitted. Bagels, granola bars, fruit, water, and juice available before and after the walk/run. To register, visit DoorstepTopeka.org or scan the QR code. Registration is \$30/person (age 11+), one child 10 and under can walk/run for free with a paid adult.



DOORSTEP
Neighbors Helping Neighbors

May Clothing & Food Needs

- Men's jeans - sizes 32-34 and 42-48
 - Men's shoes - sizes 10 and up
 - Women's jeans - sizes 16 & 18
 - Boys socks - larger sizes
 - 2-in-1 shampoo & conditioner - full size
 - Diapers - sizes 4 & 5
 - Bed sheets - twin & queen
 - Hand can openers & toasters
-
- Spaghetti sauce
 - Spaghetti noodles - 1 pound each
 - Pancake mix
 - Tuna
 - Ramen noodles
 - Vegetable soup
 - Canned beans (pinto, black, chili, pork & beans)
 - Canned tomatoes
 - Cream of mushroom soup
 - Boxed scalloped potatoes

Requested clothing items should be gently used, not new.
Please drop off items in Doorstep box in church lobby.

CALLING ALL QUILTERS

If you are interested in making simple quilts, join us the second and fourth Monday, 9am-noon. No experience necessary.



Location: Faith's South Campus Building

Questions? Contact Anne Johnson, 785-408-8004

Care Cards

Join friends at church every other Wednesday in room 206 to make 4x4" Care Cards. All materials are provided and no experience is necessary. Card making days this month are **May 14 & 28**. Finished cards are placed in a box at the Care Card Center in the lobby. We encourage the congregation to stop by and write a note to members who need to know people CARE about them. Cards are mailed on Wednesdays. If you take a card home, please mail it on your own. Call the office if you need an address.





*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 met with all circles and guests April 8 for the Spring Salad Supper. Next meeting **Tuesday, May 20**, at 7pm at Faith. Brenda will host and Caryn will lead the topic. We have continued to make adult clothing covers and have donated at least 50 thus far. If anyone would like one of these or know of someone that could benefit from having one, contact a circle member.

EVE CIRCLE enjoyed April's LWML Spring Salad Supper and General Assembly meeting, learning how volunteers build beds for children through Topeka's Sleep in Heavenly Peace organization. Eve members also met April 12, to work on items for their Goodie Bag project. Their next meeting is **Monday, May 12**, at 7pm, stuffing the Goodie Bags for May delivery to shut-in members.

HANNAH CIRCLE will meet **Monday, May 5**, at 5:30pm in Room 206/208 to plan future events and a service project. Please come ready with ideas to share. Donna Snow will also be speaking at a women-only luncheon on **Saturday, May 31**, at 11am in the Fellowship Hall. Please scan the QR code to register for this event.

RUTH CIRCLE appreciated the attendance at the April Salad Supper. Their next meeting is **Wednesday, May 14**, at 9:30am in the church parlor. Barb Bowers is scheduled to have the lesson and Jan Rankin and Brenda Reynolds are hostesses. Questions? Call Brenda Reynolds at 785-437-2050.

GENERAL LWML NEWS Officers continuing and installed for the coming year at the April Salad Supper are Karen Peterson, president; Shari Albrecht, vice president; Jan Rankin, secretary; and Connie Tarvin, treasurer. Eight members from Faith LWML attended the Topeka Zone meeting in Emporia on March 29. Shari was elected and installed as president of the Topeka Zone for a two-year term. Karen Peterson will attend the National LWML Convention as the Topeka Zone Representative, June 26-29 in Omaha, NE. The attendees will be voting on funding for national mission grants, officers, and bylaw changes. There are 47 mission grant proposals and all LWML members are encouraged to review them on the LWML website or with their circles. Please provide input to Karen peterway2.kp@gmail.com or call 785-554-4045, on top 10 choices for funding by May 10.



ALL WOMEN INVITED!

May 31. 11 AM. Fellowship Hall.



Donna Snow



Forgiveness: Received from God, Extended to Others

"Through this study, we learn of the rich, life-altering teachings God's Word offers about forgiveness. Our hearts will soften as we learn of Jesus' forgiveness for us. And, most important, we will be encouraged to extend that same forgiveness to others."


There will be a luncheon following this event, so please register by May 15th to ensure your spot at the event!

Register Now!



Faith Lutheran Church
1716 SW Gage Blvd.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 5:00pm Prayer Service 7:15pm Choir rehearsal	2	3 8:00am Men's Bible Study 9:00am Breakfast Club
4 8:00am Traditional Worship 9:30am Education Hour 10:45am Modern Worship 12:15pm Traditional Worship	5 5:30pm Hannah Circle 6:00pm Cub Scouts 7:00pm Scouts	6 10:00am Bible Study 6:30pm Spiritual Life	7 7:00pm Praise Team Rehearsal	8 8:00am Scrapbooking	9 8:00am Scrapbooking 6:00pm Junior Youth End of Year BBQ	10 8:00am MOST Ministry 9:00am Breakfast Club
11 Mother's Day 8:00am Traditional Worship 9:30am Education Hour 10:45am Modern Worship 12:15pm Traditional Worship	12 9:00am Quilting 6:00pm Cub Scouts 7:00pm Eve Circle 7:00pm Scouts	13 10:00am Bible Study 6:00pm LLC	14 9:30am Ruth Circle 11:00am Care Card Making 7:00pm Praise Team Rehearsal 8:30pm Lutheran Bods	15 11:30am *Senior Saints 5:00pm Senior Youth Garage Sale Set-Up	16 6:00pm Relay for Life	17 8:00am Men's Bible Study 9:00am Breakfast Club
18 8:00am Traditional Worship 9:30am Education Hour 10:45am Modern Worship 12:15pm Traditional Worship	19 6:00pm Cub Scouts 7:00pm Scouts	20 10:00am Bible Study 5:00pm Senior Youth Garage Sale Set-Up 7:00pm Deborah Circle	21 7:00pm Praise Team Rehearsal	22 5:00pm Senior Youth Garage Sale Set-Up	23	24 8:00am Men's Bible Study 9:00am Breakfast Club
25 8:00am Traditional Worship 9:30am Education Hour 10:45am Modern Worship 12:15pm Traditional Worship	26 <i>Church office closed</i> Memorial Day	27 10:00am Bible Study 5:00pm Senior Youth Garage Sale Set-Up	28 8:00am Senior Youth Garage Sale 11:00am Care Card Making 7:00pm Praise Team Rehearsal 8:30pm Lutheran Bods	29 8:00am Senior Youth Garage Sale	30 8:00am Senior Youth Garage Sale	31 8:00am Men's Bible Study 8:00am Senior Youth Car Wash 9:00am Breakfast Club 11:00 LWML Donna Snow Luncheon 6:00pm Faith Speaks: Donna Snow

**5/11 Senior Saints (older adult fellowship): provided lunch followed by games.*

A May Basket of Health Topics ...

a message from our Parish Nurse Pat Schultz, RN

It seems that in the United States there is a day, a week, or even a month to observe almost everything. I went searching for what we recognize in May. The list is greater than I expected. I will focus on just a few in this article: National Mental Health Awareness Month, National Women's Health Month, and Arthritis Awareness Month.

May is Mental Health Awareness Month and is acknowledged by many organizations working to provide and promote education and to debunk stigmas surrounding mental health. Here are some helpful tips to promote mental wellbeing.

- ◆ Prioritize activities that reduce stress and promote relaxation, such as meditation, yoga, journaling, or engaging in hobbies.
- ◆ Practice calming techniques like deep breathing or mindful walking to increase self-awareness and reduce anxiety.
- ◆ Keep a gratitude journal, express appreciation to others, and focus on positive aspects of your life.
- ◆ Reach out and check on friends and family, join a support group, or volunteer to help others.
- ◆ Add exercise into your daily routine to improve mood and help reduce stress.

Each year, starting on Mother's Day, National Women's Health Week begins. Women are encouraged to schedule and follow up on regular physician appointments, exams, and screenings. Staying up to date on mammograms and pap exams is vital. Talk to your physician about your personal health history and family history to determine the appropriate schedule of necessary screenings.

Screening mammograms are used to detect breast changes that could be cancerous in people with no symptoms. A rule of thumb is to have your first mammogram around age 40, unless your history dictates starting earlier. A diagnostic mammogram is done to investigate suspicious breast changes and to evaluate unexpected findings on screening mammograms.

Pap smears, or a Pap Test, is a screening procedure to detect changes or abnormal cells of the cervix that may lead to cervical cancer. Pap tests can also help identify other conditions, such as infections or inflammation, including STD's and HPV, a virus that can cause changes on the cervix. Pap tests are performed as part of a pelvic exam. When to start

screening Pap tests depends largely on a woman's health history and family history. Typically, Pap tests start around age 21 and are performed every two to three years, depending on personal history.

Most of us have heard about Arthritis, and many of us know personally how arthritis impacts our lives. Millions of Americans are affected by arthritis, which is the leading cause of disability in the United States. And, it can affect all ages... children, working adults, and older adults. Osteoarthritis is the most common type of arthritis in the world. Nearly 26 million Americans are unable to perform everyday activities because of arthritis.

Physical activity can help relieve arthritis symptoms, such as joint pain and stiffness. Therefore, promoting physical activity is important. The best time to implement this healthy, active lifestyle is when you are young; it's like investing in your future years. You are likely to have healthier joints and stronger muscles, which is important for less pain and overall longevity as you age.

So what else can we do about arthritis? Talk to your doctor. Get a definite diagnosis and treatment plan to minimize arthritis pain. Be active. Physical activity is a simple and effective way of relieving arthritis pain without medication. Start simple and stay with it, increasing your length of activity and intensity, and you will build strength and endurance. Manage your weight. Losing weight can reduce stress on weight-bearing joints, especially hips and knees. Protect your joints. Joint injuries can cause or worsen arthritis. Choose activities that are easy on your joints, such as bicycling, walking, and swimming. I believe it goes without saying that physical activity is an important part of our everyday healthy life. With the warmer weather here, now is a great time to spend some time outside and to BE ACTIVE!

Did you know our parish nurse, Pat Schultz, is here at Faith every Tuesday, 10am-noon? Stop by and see her to check blood pressure and discuss or answer any health related questions you might have.



Aspen Maxwell	1	Jarrett Woodley	8
Mark Brewer	2	Theresa Heine	9
Isaac Gateley	2	Aric Zillinger	9
Caleb Hillrichs	2	Laine Caleb	10
Reva Hossfeld	2	Barb Bowers	11
Jason Wills	2	Marissa Khalil	11
Jeff Kuhn	4	Noah Tenbrink	11
Tim Owen	4	Margie Corum	12
Mason Voth	4	Megan Glinka	12
Alisha Bolz	5	Jacob Schwartz	12
Brian Burgoon	5	Lauren Rollenhagen	13
Ann Mah	5	Rebecca Gerhardt	14
Donna Hass	6	Mary Ann Graham	14
Aidan Obdyke	6	Rebecca Nelson	16
Juli Mazachek	6	Claire Banion	17
Jay Williams	6	Felecia Goins	17
Tom Dittmer	7	Howard Graham	17
Jean Rader	7	Jacob Marchant	17
Dan Ramsey	7	Brooks Burdick	18
David Schwartz	7	David Pinick	19
Victoria O'Shea	8	Leroy Schick	19



Rich Mesloh	21
Judy Hamilton	22
Christine Jordan	22
Delainey Duermeier	23
David Lippe	24
Rachel Schultz	24
Mike Poe	25
Emilio Brackman	26
Melissa Knowland	26
Cliff Sheets	26
Walker Vines	26
Kimberly Apps	27
Blake Ramsey	29
Jacki Theis	29



Roger & Jennifer Offermann	1	Anthony & Angie Decker	20
John & Carolyn Watson	1	Justin & Dani Campbell	21
Bob & Merrilee Kuhn	4	Larry & Caryn Sheets	21
Rod & Barb Bleich	5	Gerald & Carolyn Schneider	24
Cliff & Patty Hanser	5	Darin & Betty Schwant	24
David & Colleen Lippe	9	John & Kim Holter	25
Ivan & Tami Lierz	14	Joshua & Brooke Rush	25
John & Jeanette Driscoll	18	Delmer & Ethel Kruse	26
Larry & Ann Mah	19	Kirby & Joy Lester	29
		Jim & Joanna Bradshaw	30
		Tim & Jan Lyle	30
		Micah & Abby Offermann	30
		John & Cynthia Barrett	31
		Chris & Linda Meyer	31

I would like to send my sincere appreciation to all the members of Faith for their kind thoughts and prayers throughout the trials I have experienced as of late. The Care Card ministry is one of the many avenues that Faith's congregation has to keep the word of God ever present in our daily lives. For this I am ever so grateful.

Sincerely, Nadene Albrecht

thank you

First Communion Class

Ryder Bazil	Aspen Maxwell
Claire Decker	Paxton Moran
Jaxon Decker	Dolan Riddle
Milla Garcia	Clayton Schultz
Presley Guffey	Thomas Welch



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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)



Elden "Crue" Decker - Phil. 4:13
Alyssa Marie Decker - Prov. 3:5-6
Jaden Robert Decker - Jer. 29:11
Logan Martin Decker - Psalm 23:4
Maddox Anthony Decker - Joshua 1:9
Avary Grace Domme - Psalm 46:5
Archer Max Greene - Isaiah 43:1
Kaeliann Louise Hale - Prov. 31:17
Adison Grace Houghtaling - Phil. 4:13
Morgan Michelle Munson - Psalm 28:7
Connor Eldrick Obdyke - John 16:33

Official Acts

Baptisms:

4/27 *Felix Charles Schaible*, child of Christopher & Laura Schaible
 4/27 *Waylon Shane Clemons*, child of Hunter & Emily Clemons
 4/27 *Thomas Hugh Welch*, grandchild of Cliff & Patty Hanser

Funerals:

4/12 *Idonna Rogge*