



Messenger

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

February—2025

volume 65 . issue 2

He rejoiced
along with
his entire
household
that he had
believed
in God.

Acts 16:34, ESV

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a message from senior pastor, Jacob Heine

Today in my daily devotions I read about St. Timothy. Timothy came from the town of Lystra, which is in modern day Türkiye. His father was a Greek, the way the New Testament notes people who were not Christian (Acts 16). His mother, Eunice, and grandmother, Lois, were Israelites who had become Christians. They raised Timothy and made sure that he knew the scriptures from the time that he was a boy (2 Timothy 1). Timothy met the apostle Paul on Paul's second missionary journey when he returned to the area of Lystra and Derbe. Paul was so impressed with Timothy that he took him to be his disciple. Paul mentored Timothy and they traveled together for many years. Extra-biblical sources tell us that Saint Paul made Timothy the first bishop of Ephesus and at 80 years old he was martyred there by a group of angry pagans who took offense to him preaching the gospel during a procession to honor a false god.

This is all rather interesting, but what kept coming to mind as I read about Timothy was how he was surrounded by people who were dedicated to making sure that he was brought up in the faith, knew the Lord Jesus, cared for him and took care of him. His mother and grandmother took pains to make sure that he was raised in the Christian faith. Paul took him under his wing and trained him. He was surrounded by others that traveled with Paul including Silas, Mark, and Luke. When he settled in Ephesus, he most likely knew the Apostle John and Mary the mother of Jesus who also lived in Ephesus.

Over the years there is something I have learned and come back to many times. The best predictor of the ongoing faith in our youth and young adults has a direct correlation to the involvement of their parents and family, as well as their connection to others in the community of faith. When our youth have active and involved families and others in the congregation who know the names of our young people, the activities they are involved in, and show up to support them, there is a much higher chance that they will remain in their faith as they grow.

Another way to say this is that you matter. Parents and grandparents, the example you set for your kids and grandkids as you join together in worship, serve together as a family, and teach about the importance of faith makes a difference. Members of the congregation, as you talk to youth and young adults on a weekly basis, encouraging them, finding out about them, taking them under your wings, and showing up to support them here and in the community makes a difference.

DCE Heather tells me that in the last 4 years participation in youth activities has increased 212% (from pre-pandemic numbers). This is because as a congregation we know the importance of mentoring and being there for our youth and young adults. It isn't easy. Sometimes it is messy and frustrating. At times, as adults, we have to make sacrifices of our preferences and comforts. But it is always worth it as we look to the future of the church and know that what we do now will have eternal impact in the church and the lives of our youth and young adults.

In Christ's Hands,
Pastor Jacob



DOORSTEP

Neighbors Helping Neighbors

The year 2024 felt a bit like a repeat of 2023 in many ways! The needs of our neighbors remained at an increased level. Doorstep provided 2,964 food orders in 2024, exceeding the increased number they provided in 2023. Doorstep assisted with nearly 168,000 pounds of food to feed our neighbors and spent almost \$84,500 on food purchases to keep their pantry shelves stocked to feed our neighbors in need! Their food budget in two years went from \$6,900 to \$84,500; that is an increase of over 1,100%! Doorstep applied for more grants to assist with food purchases and their supporting faith communities and individuals stepped up to donate more food, and gave money so they could buy food in bulk. At this point, they do not foresee a drastic decrease in the need for food in 2025, and their budget reflects the amount anticipate needing to spend to feed our neighbors in need.

One way to help in the first part of 2025 is by donating towards our annual SouperBowl Sunday's collection of soup and crackers!

Faith Lutheran will continue to collect soup and crackers in the lobby through February 9.

In 2024, Doorstep set a goal of 5,000 pounds, and they received over 8,400 pounds!!!!

With the increased need last year, they are setting an increased goal for this year's event...



2025's Goal for SouperBowl Sunday weekend is...

5 tons = 10,000 pounds of soup and crackers!

Help Faith Lutheran Church do our part to help reach this goal!

I wish to thank all the dear friends who prayed and sent me comforting cards and well wishes over the passing of my dear husband Harry. I want to thank you also for all your donations to the church and Midland Hospice in Harry's name! I am so blessed and pray God's blessing on each of you!

Thank you,
Darlene Strader

**WE ARE
HIRING**

ONE FULL-TIME POSITION!

**• ADMINISTRATIVE ASSISTANT/
COMMUNICATIONS MANAGER**

Job description
available from
the church office!
Contact Pastor
Heine if
interested!





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

Psalm 95:1

For a service project, **DEBORAH CIRCLE** received a Thrivent grant to make adult clothing covers (apron/bibs) and spent some time at our January meeting cutting out and pinning material for the yokes which will be sewn and attached to kitchen towels. Once finished we plan to give them to members who may need or want them as well as to local care facilities. Deborah circle will meet February 18 at 5:00 pm at the church to clean the kitchen. Following cleaning we will enjoy fellowship and supper.

The **EVE GROUP** met the 2nd Monday in January. Members enjoyed a delicious dessert and a timely and reassuring Topic/Bible Study. The Business meeting included a call for service projects suggestions. The group agreed that creating and delivering "May Baskets" for our shut-ins would be a good project. Sherrie suggested the baskets should contain, among other items, a gift that members have personally created. The group will meet on February 10th, at 7:00pm. The agenda will include further decisions on basket content and announcements of up-coming events. Call Sherrie Dick or Karen Tardiff with any questions about the Eve group.

HANNAH CIRCLE is busy planning for a women's retreat which will be happening on March 1st.

RUTH CIRCLE will be meeting February 12 in the church basement at 9:30am. Elaine Eggold has the lesson from the new Quarterly's which will be in the basement. Karlea Landman and either Pam Boetcher or Brenda Reynolds will be hosting. Guests are always welcome! Brenda Reynolds - 785-437-2050.

LWML is scheduled to clean the church sanctuary on Saturday, February 22, from 9:00AM to noon. (Please note this is a change from our original February date.) Members are encouraged to help and bring their own tools or supplies if they would prefer. Bringing extra handheld vacuums, step-ladders, and extension cords are always appreciated.

We are still collecting mites for Mission Grant #4, "Shepherd's Canyon Retreat, Wickenburg, Arizona" which is expected to be paid by the end of February. Our mite box is out on the first Sunday of every month and we are grateful for any contributions you can make.

BLOOD DRIVE

Wednesday, Feb. 12
2-6pm at Faith
Registration
coming soon!



 Faith Lutheran

Solid Foundation Campaign

Thank you for moving forward
in faith! Commitments can
be turned in to the church
office!

Solid
Foundation



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.

Happy February! January of this new year is already gone, and now we embark on February of 2025. First off, February makes me think of LOVE. We are very blessed to be united in the Family of Jesus, our perfect Savior, who loves each of us sinful humans and selflessly died on a cross to insure for us the gift of eternal life in heaven with Him and His Father. The most wonderful gift!!!

Now, on the other hand, I want to share some reminders to help anyone who is dealing with Seasonal Affective Disorder, or SAD. Most people are familiar on some level with SAD. But because SAD is a subtype of major depression, it is a disorder, a common disorder, that deserves our attention. The majority of SAD cases occur in the fall and winter; however, symptoms can occur in the spring and summer too, so let's look at the common symptoms for both.

Fall and Winter SAD

Trouble sleeping
Poor appetite
Weight loss
Agitation, anxiety,
Increased irritation

Spring and Summer SAD

Oversleeping
Appetite changes, cravings
Weight gain
Tiredness or low energy

These symptoms are often manifested by

- 1) social withdrawal,
- 2) school or work problems,
- 3) substance abuse, 4) anxiety and/or eating disorders, and 5) suicidal thoughts or behavior.

Causes of SAD are most commonly effected by

- 1) a person's biological clock/circadian rhythm, or decreased amounts of sunlight;
- 2) a person's serotonin level, a brain chemical (neurotransmitter) that affects mood; and 3) a person's melatonin level, which affects sleep patterns and moods and is affected during a change in the season.

Treatment for SAD can include

- 1) light therapy, or phototherapy;
- 2) psychotherapy, or talk therapy; and/ or
- 3) medications.

Looking deeper, for light therapy you can purchase a light box to use at home. Discuss with your healthcare provider whether the purchase of a light box is recommended or if you can increase the amount of time in the sunshine in other ways, opening window shades, or perhaps sitting close to a window where the sun is streaming inside. As for medications, remember that herbal remedies and dietary supplements are not monitored by the U.S. FDA. Therefore, you cannot always be certain what you're getting and whether it's safe. Also, some herbal and dietary supplements can interfere with prescription medications or cause dangerous interactions. It is always advised to talk to your healthcare provider or pharmacist before taking any supplements. Also always remember that when it comes to depression, alternative treatments are not a substitute for medical care.



Changing the topic, I'd like to include a short thought on a natural brain booster! I've been asked many times if I have ever used any of the over-the-counter medications to help me stay mentally sharp. Honestly, I'm not always sure how to take this. I can't decide if people are ultimately suggesting that I should try to boost my brain power, or if, perhaps, someone has the thought that I am somewhat sharp. Depending on the day

I can easily see it both ways! The following brain booster is reprinted from the Summer 2024 Quarterly Newsletter by our District Parish Nurse Representative, Mary Hume.

"Give your brain health a boost! Have more fun! Whether you are trying a new hobby, reading up on your favorite topics, or spending quality time with loved ones, having fun can have profound effects on your brain health. Activities such as these encourage the brain to form new connections, which may help prevent or slow cognitive decline. So, go ahead and indulge in activities that bring you joy. Your brain will thank you for it!"

And having fun could likely help decrease any SAD symptoms too!



February

SUN	MON	TUES	WED	THURS	FRI	SAT
26 8:00am Traditional Worship 9:30am Education Hour 10:45am Modern Worship 12:15pm Traditional Worship	27 9:00am Quilting 6:00pm Cub Scouts 7:00pm Scouts	28	29 11:00am Care Card Making 5:15pm WOW Meal 6:00pm WOW 7:30pm Praise Team Rehearsal	30 6:00pm Bell rehearsal 7:15pm Choir rehearsal	31	1 8:00am Men's Bible Study 9:00am Breakfast Club 9:00am Praise Team Retreat 6:00pm Faith Speaks: Jon Jordingen
2 8:00am Traditional Worship 9:30am Education Hour 10:45am Modern Worship 12:15pm Traditional Worship 3:00pm Deaf worship	3 5:30pm Hannah Circle 6:00pm Cub Scouts 7:00pm Scouts	4 10:00am Bible Study 6:30pm Spiritual Life	5 11:00am Care Card Making 5:15pm WOW Meal 6:00pm WOW 7:30pm Praise Team Rehearsal	6 8:00am Scrap-booking 6:00pm Bell rehearsal 7:15pm Choir rehearsal	7 8:00am Scrap-booking 5:30pm JH Mystery	8 8:00am MOST Valentine Brunch 9:00am Breakfast Club 5:30pm SH Mystery
9 8:00am Traditional Worship 9:30am Education Hour 10:45am Modern Worship 12:15pm Traditional Worship	10 9:00am Quilting 6:00pm Cub Scouts 7:00pm Eve Circle 7:00pm Scouts 7:00pm Praise Team rehearsal	11 10:00am Bible Study Small Group 6:00pm LLC	12 9:30am Ruth Circle 2:00pm Community Blood Drive 5:15pm WOW Meal 6:00pm WOW	13 6:00pm Bell rehearsal 7:15pm Choir rehearsal	14 Valentine's Day	15 8:00am Fiber Arts Workshop 8:00am Men's Bible Study 9:00am Breakfast Club
16 8:00am Traditional Worship 9:30am Education Hour 10:45am Modern Worship 12:15pm Traditional Worship 3:00pm Deaf Worship	17 6:00pm Cub Scouts	18 10:00am Bible Study 5:00pm Deborah Circle	19 11:00am Care Card Making 5:15pm WOW Meal 6:00pm WOW 7:30pm Praise Team Rehearsal	20 11:30am Senior Saints 6:00pm Bell rehearsal 7:15pm Choir rehearsal	21	22 8:00am Men's Bible Study 9:00am Breakfast Club 9:00am LWML Sanctuary cleaning 5:30pm Cub Scout Blue/Gold Banquet
23 8:00am Traditional Worship 9:30am Education Hour 10:45am Modern Worship 12:15pm Traditional Worship	24 9:00am Quilting 6:00pm Cub Scouts 7:00pm Scouts	25 10:00am Bible Study	26 5:15pm WOW Meal 6:00pm WOW 7:30pm Praise Team Rehearsal	27 6:00pm Bell rehearsal 7:15pm Choir rehearsal	28 All Youth Retreat	1 All Youth Retreat 8:00am Men's Bible Study 9:00am Breakfast Club 9:00am Women's Retreat

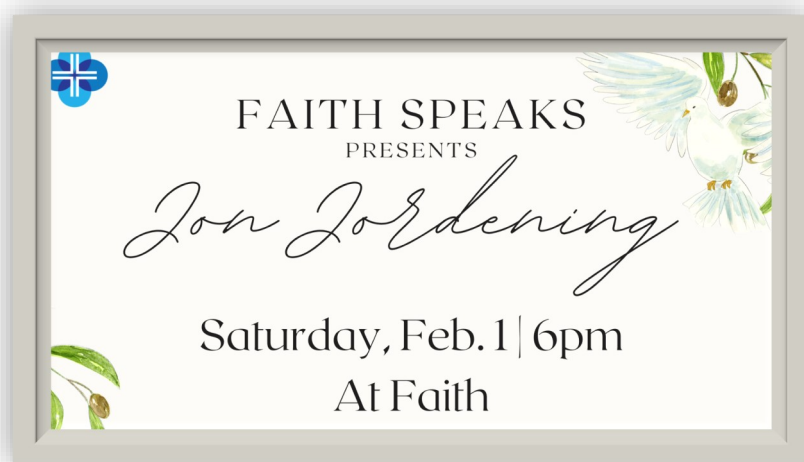
David Knowland	1
Kim Knowland	1
Kerstin Schmitt	1
Kay Logan	2
Tyler Banion	3
Addy Houghtaling	3
Carol Olson	3
Chrissy Reetz	3
Jessica Domme	4
Graceyn Vines	4
Andrew Wodtke	5
Bill Theis	6
Sheila Krohe	7
Ryder Bazil	9
Nevaeh Garcia	9
Joan Reynolds	9
Caylen McCoy	10
Kenton Rohberg	10
Don Schultz	10
Drew Bradshaw	11
Jesse Thacker	11
Conner Vines	11
Eddie Fowler	12

Denae Oltmanns	12
Morgan Shughart	12
Adrienne Burdick	13
Allyson Harris	13
Keeya Thompson	14
Don Signor	15
Izzy Moran	16
Jasmin Wills	16
Tim Bolz	17
Paul Bowers	17
Beth Helmke	17
Jay North	17
Anna Obdyke	17
Ellen Berry	18
Kylee Kutscher	18
Lori Franken	20

Tami Lierz	20
Jan Williams	20
Nolan Gaps	21
Ashley Watson	21
Cash Guffey	22
Anika Jennings	22
Joyce Johnson	23
Chris Kalinka	23
Jesse Ray	24
Jane Schepmann	25
Weston Henley	27
Hudson Nelson	27
Emily Clemons	28
David Wodtke	28
Nick Jefferson	29



Felecia & Richard Goins	3
Lindsey & Mike Munson	3
Jolene & Larry Saunders	13
Donna & Todd Reinert	14
Gabe & Kristen O'Shea	18
Julie & Bill Haverkamp	21



.CHILDREN. .YOUTH. .FAMILIES.

Heather McCormick, director of youth & family ministry

FAITH SPEAKS is proud to present Jon Jordening on Saturday, Feb. 1 at 6pm at Faith! Jon will be speaking on the "Theology of Worship." Save the Date! Our next Faith Speaks event will be on Saturday, May 31 at 6pm with speaker Donna Snow!

5TH GRADE FIRST COMMUNION: First Communion classes will begin for our 5th Grade Students on Wednesday, March 12! 5th Grade Students and their Parents are invited to join DCE Heather in the Parlor.

BLOOD DRIVE: Faith will be hosting a Blood Drive with the Community Blood Bank on Wednesday, Feb. 12 from 2-6pm! Register at faithlutherantopeka.com!

JUNIOR & SENIOR YOUTH are invited to attend the All Youth Retreat on Friday, Feb. 28-Sunday, Mar. 2! Registration forms are available now and are due back to DCE Heather by Sunday, Feb. 9!

JUNIOR YOUTH

Junior youth will host coffee fellowship on Sunday, Feb. 2 at 8:30am!

Junior youth will have their annual Mystery Event on Friday, Feb. 7 from 5:30-10:30pm at Faith! Dinner will be provided. Our theme for this year is Childhood Media!

SENIOR YOUTH

Senior youth will host coffee fellowship on Sunday, Feb. 16 at 8:30am.

Senior youth will have their annual Mystery Event on Saturday, Feb. 8 from 5:30-10:30pm at Faith! Dinner will be provided. Our theme for this year is Childhood Media!

WOW MEALS IN JANUARY

WOW continues in February. Our meals are:

February 5: Taco Bar with Sopapilla Cheesecakes

February 12: Chicken & Rice Casserole, Dinner Rolls, No-Bake Cheesecakes

February 19: Pulled Pork, Potato Salad, Veggies with Ranch, Apple Crisp

February 26: Chicken Tenders, Waffles Fries, Veggies with Ranch, Brownies



41
Years of
Service

Sharon Lowe

Retirement
Celebration

Sunday, March 30
3-5PM | THE FOUNDRY

NEW QUILTERS ALWAYS WELCOME



Our Monday morning quilters are always in need of more help. Please consider joining them on 2nd & 4th Monday mornings here at Faith.

February quilting dates: Feb. 10 & 24.

No experience necessary.

We meet in a room in the south campus building.

Questions? Contact Anne Johnson, 408-8004.

Faith has created the Faith Lutheran Church fund at the Topeka Community Foundation (TCF) to handle non-cash donations to the church.

Donations that can be made to Faith through TCF include stocks, bonds, IRA RMD distributions, real estate, estate bequests and life insurance proceeds.

For details to make a non-cash donation send an email to bookkeeper@faithlutherantopeka.com, put "Investment Donation" in the subject line and include your contact information in the email.

Women's Retreat

March 1st, 8:30-2:30

All women at Faith are invited to join us for fellowship as we discuss "Unshakable" by Donna Snow. Email LWMLfaith@gmail.com or scan the QR code to register.



"Throughout this study, the Bible shows us how, through both practical and spiritual lessons, to face and navigate life's hardships and heartaches with UNSHAKABLE faith. Being shaken is part of a believer's life; but because of Jesus' victory over death and sin, standing on shaky ground is not how our story ends. God gives us a kingdom that CANNOT be shaken!"

LUTHERAN FINE ARTS COUNCIL OF TOPEKA
2025 Fiber Arts Workshop

Memories
Creating & Preserving

February 15, | 8:30 - Noon | Here at Faith

Six different workshop sessions about preserving fiber items from previous generations, and creating special memories for future generations.

This workshop is FREE and open to everyone.

Lutheranfineartstopeka.org

Please register by sending an email to srthowe@gmail.com

Must be 21+ to attend.

Guided
Spiritual Retreat

Friday, Feb. 21-
Sunday, Feb. 23
Registration open
now!



Scan the QR code for
additional details!

Visioning Event

Saturday, March 8 | 11:30am

Join us for lunch as we
continue moving forward
in Faith!



FAITH LUTHERAN CHURCH



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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)

The Messenger is emailed monthly to all
members. Next edition deadline is

Feb 17 to

sharonlowe@faithlutherantopeka.com.