



# Messenger

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

September 2023

volume 63 . issue 9

a message from senior pastor, Jacob Heine

*Adopt the same attitude as that of Christ Jesus,*

*who, existing in the form of God, did not consider equality with God as something to be exploited. Instead he emptied himself by assuming the form of a servant, taking on the likeness of humanity. And when he had come as a man, he humbled himself by becoming obedient to the point of death—even to death on a cross. For this reason God highly exalted him and gave him the name that is above every name, so that at the name of Jesus every knee will bow—in heaven and on earth and under the earth—and every tongue will confess that Jesus Christ is Lord, to the glory of God the Father.*

*~Philippians 2:5–11*

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. Over the next few months I want to take the opportunity to highlight these values and why they matter to us.

We begin with the most important of all the values we could have.

### **Core Value #1 – Christ Centered**

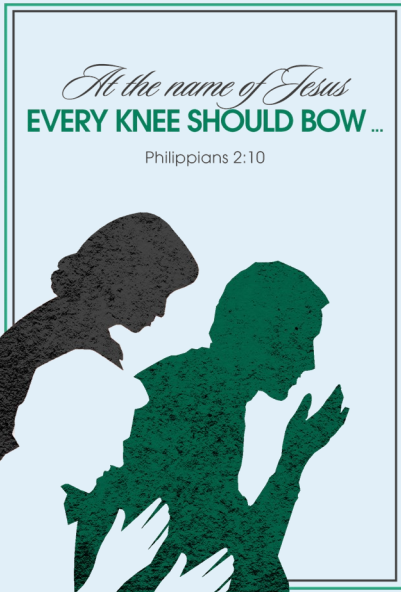
Sometimes we are guilty of taking this value for granted. We have the attitude, of course Christ is our center. However, any time we assume something we can forget to make it a priority and then other items can become more important to us.

Christ is the reason we exist. He sent out His disciples to begin the Christian Church. He gave them the teachings to found His church on. He gave His life so we could have forgiveness of sins and rose from the dead so we can have life with Him forever. He comes to us in worship and in the Sacraments. Christ is the center of our worship and the object of our praise. All that we do and all that we are about is glorifying Christ.

This means that we prioritize Christ in our worship, congregational activities, meetings, interactions, and in everything. In every way we strive to make Christ known, in all that we say and do. When we discover we have placed something else as the most important thing, we ask for forgiveness and re-establish that most important person in all things – Jesus Christ.

Our other Core Values both flow from this and point to this. Christ, who gave all so that you could have all is our center and is the most important of all that we value.

In Christ’s Hands,  
Pastor Jacob



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# From our Director of Music & Worship Arts

## Music Rehearsals resume in September

Faith's Music Ministry enjoyed a busy first half of 2023 preparing and performing music for regular Sunday morning worship, for special services for Holy Week and Easter, and then culminating in our joy-filled 75<sup>th</sup> Anniversary worship on June. Did hearing all the choir, the bells, the praise team put a little spark in your heart to want to be a part of this ministry? If so, then explore the many opportunities to share your talents. If you have questions, please direct them to Linda Meyer, Director of Music & Worship Arts.

And finally, all those involved or wanting to get involved in our **Music Ministry are invited to an Open House/Happy Hour** hosted by Director Linda Meyer in her backyard (4812 SW 33<sup>rd</sup> Terrace) on *Thursday, Aug. 31. Stop in anytime between 5:00-7:00pm* for light refreshments and fellowship with other music-lovers!



### Adult Choir

This non-audition vocal choir usually sings music in 2- or 4-part harmony and participates at least twice a month in worship (mainly in traditional, but occasionally in contemporary). *Rehearsals are Thursdays, 7:15-8:30pm, in the choir loft/balcony, beginning Sept. 7.*



### Praise Team

If your musical interests lean toward Christian contemporary music in a band setting, then explore what our Praise Team has to offer during any rehearsal every Wednesday at 7:30pm. We always have a need for *vocalists* (lead or harmony who feel comfortable singing into a mic in front of the congregation); *instrumentalists* proficient in guitar (acoustic, electric or bass), drum kit, or keyboard/synth; and *tech-savvy people* who are willing to learn our sound board or screen software or cameras for streaming.



### Beginner Bell Training

Do you understand rhythm and counting in music? Even if you don't know all the notes, you can learn to ring handbells! If you want to learn the basics of handbell ringing, come for a *6-week beginners session starting Thursday, Sept 7, 5:30-6:00pm* in the sanctuary. For ages middle school through adult with some knowledge of rhythm and note reading.



### Alleluia Ringers Bell Choir

Rehearsals for our advanced bell choir begin *Thursday, Sept 7, 6:00-7:10pm* in the sanctuary. If you have experience ringing bells and would like to be on a list of substitute ringers, please contact Linda Meyer.

## Update from our treasurer. . .

### MONTHLY FINANCIAL RESULTS

- Donations for July were \$82,030 and expenses were \$73,617 resulting in a **net positive** balance for the month of \$8,412.
- YTD Donations are \$625,003 and expenses are \$666,004 resulting in a net YTD **negative** balance of \$41,001.
- YTD donations are \$18,450 below 2022 and \$115,907 below projected.
- YTD expenses are \$58,878 higher than 2022 but \$77,084 below budget.



Thank you to all the altar guild members who have faithfully served with me during the past seven years. I will continue to serve on altar guild but Penny Lane will be our new chairperson officially as of Sept 1. Please support her as she takes on this important role for our congregation. God's Blessings,  
*Karen Peterson*

# FOR YOUR HEALTH ...*self care*

a message from our Parish Nurse Pat Schultz, RN

Good health is often something we take for granted. Don't wait until something goes wrong before you start to think about what you can do to take care of your health. God gave us our magnificent, complex bodies and it is our job to use our bodies to honor Him!

The term "self care" when used as part of one's medical plan of care may be new to many of us, but when you think about it... it's really not a new concept. Self care can simply be the practice of **consciously** doing things that preserve or improve your physical and mental health.

**WHY IS YOUR HEALTH IMPORTANT?** In addition to preventing chronic diseases and long-term illnesses, taking care of your health is important for your self-esteem and self image. **WHY SHOULD I TAKE MY HEALTH SERIOUSLY?** Poor health can interfere with your daily living. Health problems can make daily tasks more challenging, create financial stress, and even jeopardize your ability to earn a living. **HOW DO I TAKE MY HEALTH SERIOUSLY?** Healthy living can be your starting point, and it includes healthy eating, getting enough sleep, exercising regularly, avoiding drugs, avoiding or limiting alcohol, managing stress, and going for regular medical checkups.

A good way to be successful is to start small. Trying to make multiple, drastic changes at the same time often leaves us frustrated and unsuccessful. It's okay to start with any one area in your life, or you can start by simply taking time for yourself... allowing yourself to soak in a luxurious bath or spending some quiet time reading a book you've been interested in. Starting with being kind to yourself can lead to many more wonderful achievements. Once you've started on this journey sit back and think about how you feel...any different? Hopefully you will see changes that make you feel better about yourself, and you will be encouraged to maintain your good habits and continue by adding more healthy habits.

One concept, and the most important concept, of self care that is too often not included in talk of self care is spirituality... taking care of our spiritual health as well as our physical and emotional health. Likely each one of us has tried to care for our spirituality by dedicating some time in the day to spend quiet, contemplative time to read Scripture, pray, and sit quietly... listening to God. And many times we fail. Each of us is encouraged to remain faithful to God...keep trying! There is no one time of day or one program that works for everyone. Once you practice having a quiet time you will be amazed how wonderful it feels to be plugged in to God's Word on a daily basis! Oh the benefits you will reap!

The following are some positive things to consider (in no particular order):

1. Once you start to change your bad habits into good ones you will likely feel better about altering other areas of your life.
2. Some rather immediate effects of a poor diet include feeling lethargic, jittery, moody, fatigued, hungry, weak.
3. Eating well has important long-term effects, but it can also help you feel more energetic and optimistic in the short term.
4. You may be surprised how much less stressed you feel when you're not tired.
5. Fitness.. .make it a habit, and do something you enjoy.
6. Avoid putting unhealthy substances into your body. Nicotine, excessive alcohol, and excessive caffeine can take a toll on your health in the long run, but also make you feel lousy in your day-to-day life.
7. Being concerned about your health isn't the same as actually doing something about it.
8. People with higher self-esteem find it easier to deal with setbacks and are more likely to achieve goals of self-improvement.
9. Self care is not a substitute for professional help; if your mental health is suffering, you should always talk to someone.

**Do something nice for yourself this month!**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>27</b> 8:00am Traditional Worship 9:30am Education Hour 10:45am Contemporary Worship 2:00pm Girl Scouts	<b>28</b> 9:00am Quilting 5:00pm LWML Exec. Bd 7:00pm Boy Scouts	<b>29</b> 10:00am Bible Study	<b>30</b> 11:00am Care Card Making 7:00pm Praise Team Rehearsal	<b>31</b> 5:00pm Music Ministry Open House	<b>1</b>	<b>2</b> 8:00am Men's Bible Study
<b>3</b> 8:00am Traditional Worship 9:30am Education Hour 10:45am Contemporary Worship	<b>4</b> Church Office Closed Labor Day 7:00pm Boy Scouts	<b>5</b> 10:00am Bible Study 6:30pm Spiritual Life	<b>6</b> 5:15pm WOW 7:30pm Praise Team Rehearsal	<b>7</b> 9:00am Scrapbooking 5:30pm Beginner Bell Training 6:00pm Bell rehearsal 7:15pm Adult Choir Rehearsal	<b>8</b> 9:00am Scrapbooking	<b>9</b> 8:00am MOST Ministry
<b>10</b> 8:00am Traditional Worship 9:30am Education Hour 10:45am Contemporary Worship 12:00pm Rally Day 2:00pm Girl Scouts 2:00pm Hannah Circle	<b>11</b> 9:00am Quilting 7:00pm Boy Scouts 7:00pm Eve Circle	<b>12</b> 10:00am Bible Study 6:00pm LLC	<b>13</b> 9:30am Ruth Circle 11:00am Care Card Making 5:15pm WOW 7:30pm Praise Team Rehearsal	<b>14</b> 5:30pm Beginner Bell Training 5:30pm Christian Service Team 6:00pm Bell rehearsal 7:15pm Adult Choir Rehearsal	<b>15</b>	<b>16</b> 8:00am Men's Bible Study
<b>17</b> 8:00am Traditional Worship 9:30am Education Hour 10:45am Contemporary Worship	<b>18</b> 7:00pm Boy Scouts	<b>19</b> 10:00am Bible Study 6:00pm Christmas Float Planning 7:00pm Deborah Circle	<b>20</b> 5:15pm WOW 7:30pm Praise Team Rehearsal	<b>21</b> 11:30am Senior Saints 5:30pm Beginner Bell Training 6:00pm Bell rehearsal 7:15pm Adult Choir Rehearsal	<b>22</b> 6:00pm Junior Youth Nerf Night	<b>23</b> 8:00am Men's Bible Study
<b>24</b> 8:00am Traditional Worship 9:30am Education Hour 10:45am Contemporary Worship 2:00pm Girl Scouts	<b>25</b> 9:00am Quilting 7:00pm Boy Scouts	<b>26</b> 10:00am Bible Study	<b>27</b> 11:00am Care Card Making 5:15pm WOW 7:30pm Praise Team Rehearsal	<b>28</b> 5:30pm Beginner Bell Training 6:00pm ASL Classes 6:00pm Bell rehearsal 7:15pm Adult Choir Rehearsal	<b>29</b>	<b>30</b> 8:00am Men's Bible Study



## SEPTEMBER BIRTHDAYS

Russell Atchison	1	Rebecca Gateley	10	Lydia Spellman-Roberts	21
Darlene Harvey	1	Steve Hale	10	Kent Anschutz	22
Matt Laird	1	Clarene Wilms	10	Kim Fowler	22
Chloe Moran	1	John Barrett	11	Maddyn Grist	22
Carmiya Ray	1	Kelly Moore	11	Steve Hennessey	22
Doug Burris	2	Angie Decker	12	Jennifer Johannes	22
Jean Eisenhut	2	George Hogg	12	Eva Brunkow	23
Gwen Lehman	3	Darrel Savage	12	Elaine Eggold	23
Mark Solie	3	Kelsie Burdick	13	Erin Schwant	23
Melinda Landman	4	Brogan Guffey	13	Wanda Hipsher	24
Aubrey Maxwell	4	Renaе Hansen	13	David Kuhn	24
Jackie Vincent	4	Grace Thacker	13	Jordan Raney	24
Connie Gerhardt	5	Lizzy Thacker	13	Jan Hoover	25
Jerald Morlock	5	Michele LeMoine	15	JoAnn Howley	25
Isabel Gateley	6	Ivan Lierz	15	Cale Neddermeyer	25
Chris Thowe	7	Wayne Peterson	15	Emily Tilton	25
David Schultz	8	Robbie Timm	17	Kay Dittmer	26
Jeffrey Alvarez	9	Brownie Wilson	17	Maggie McClintock	26
Bob Kuhn	9	James Dunton	18	Kim Savage	26
		Ben Hale	18	Patrice Thomsen	26
		Nathan Leonard	18	Shelly Mahon	27
		Sheamus McGuigan	18	Nancy Rhone	27
		Elaine Sims	18	Ava Andrews	28
		Sara Hale	19	MiKaela Webster	28
		Eddie Kolterman	19	Gayla Hoyt	29
		Andrew Marstall	19	Hannah Kamprath	29
		Hunter Ramsey	19	Jan Masenthin	29
		Kerri Smith	19	Vici Sanders-Newman	30
		Jennifer Steere-Offermann	19		
		Kent Biel	20		

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Gary & Sherrie Dick	2	Carolyn & Floyd Marlatt	22
Dean & Karlea Landman	2	James & Amy Dunton	22
Mitch & Janet Johnson	3	Koty & Katie Mize	24
Lillian & Gary Rexford	5	Kevin & Carissa Robertson	24
Jacob & Denae Oltmanns	6	Joe & Christina Ledbetter	26
Paul & Barb Bowers	6	Erin & Zach Snethen	27
Allen & Judy Corzine	7	Tim & Kim Rollenhagen	29
Jessica & Derek Pfrang	10	Lindsey & Tommy Guffey	30
Cliff Sheets & Susan Athey-Sheets	16	Daniel & Kayla Paulson	30
Ann & Ron Shelton	16		
David & Sara Hale	20		
Kent & Lori Biel	20		



## SEPTEMBER ANNIVERSARIES

# .CHILDREN. .YOUTH. .FAMILIES.

Heather McCormick, director of youth & family ministry

## YOUTH

**Junior Youth** Junior youth will lead coffee fellowship on Sunday, Sept. 3 at 8:30am. All funds raised go towards junior youth trips.

Registration is open for the Junior Youth Fall Retreat! Registration forms are due back to Heather by Sunday, Oct. 1.

Junior Youth will have a Nerf Gun Night on Friday, Sept. 22 from 6-9pm at Faith. All supplies and dinner will be provided.

**Senior Youth** Senior youth will lead coffee fellowship on Sunday, Sept. 17 at 8:30am. All funds raised go towards senior youth trips.

Registration is open for the Senior Youth Kansas District Youth Gathering! Registration forms are due back to Heather with the trip deposit by Sunday, Sept. 24.

## FAMILY LIFE

**Gary's Berries:** Join Faith at our annual Gary's Berries event on Saturday, Oct. 21 from 5-9pm! A hotdog dinner and s'mores supplies will be provided. Get your tickets from the church office for only \$10 per person! Tickets available while supplies last to members only (tickets will open to non-members on Wednesday, Oct. 18) so get them early!

## FAMILY LIFE

**Senior Saints** will meet on Thursday, Sept. 21 at 11:30am for lunch at the Wheel Barrel in NOTO (at your own cost)! We will then go to the Great Overland Station for a tour beginning at 12:30pm (cost covered by Faith).

**WOW kicks off** on Wednesday, Sept. 6! Join us for dinner at 5:15pm (hamburgers & hotdogs, chips, veggies, w/ ranch, ice cream), followed by classes for all ages! Individual classes with activity stations for ages 3 through 5th grade, 6th grade Bible study, 7th & 8th grade confirmation, senior youth Bible study, ASL class (led by Sara Hale), Parenting: Getting it Right (book study led by Theresa Heine), and The Christian Citizen Bible Class (led by Pastor Heine). Kick-off night we will also be joined by missionary Chelsea Irwin from the Czech Republic!

**Rally Day!!** Join us on Sunday, Sept 10 at 12pm on the Green! Don't miss out on:

- Lunch catered by Hog Wild
- A performance by Switch in Time with Faith's own Tim Owen
- The kick-off of our new Faith Speaks series with Speaker Julianna Shults!
- Inflatables for kids!



*Oh come, let us sing  
to the LORD;  
let us make a joyful*

**Deborah circle** met to clean the kitchen in July. No meeting in August and will meet September 19 at 7:00 pm. Jan Lyle is the hostess and topic leader.

**Hannah Circle** We will meet on Sept 10 in the Sr Youth Room at 2pm to create essential oil sprays while reading the Mustard seed devotion "The Race of Faith: A God-Pleasing Aroma,"

**Eve Circle** will meet September 11 at 7:00pm in the Church Parlor. Karen Tardiff will be Hostess and Sandra Dickison will have Topic. A short business meeting will include a review of exciting plans for this upcoming LWML Year. For more information, call Karen Tardiff @ 785-845-2600 or Sherrie Dick @ 785-506-5764.

**Ruth Circle** will meet September 13 at 9:30am in the parlor. Karlea Landman has the lesson and Shirley Martin and Joan Reynolds will be hosting. Please call Brenda Reynolds if you need a ride.

**LWML Executive Board** will meet on Sept 25 at 5pm in room 206.

And a heads up! October 1 is LWML Sunday and October 8 is the Fall Tea. Watch for further information as plans are finalized for these two events.

### Mark Your Calendars

October 1	LWML Sunday
October 8	LWML Fall Tea (2pm)
October 28	Noodle making
November 5	Noodle Dinner

# Mission • Outreach

## ASL Class:

Faith is meeting a need of our community by providing an 8 week American Sign Language class, at no charge, taught by Sara Hale and Deb Hale.

The class will meet in the Fellowship Hall, Thursday evenings 6-7pm September 28 - November 16.

The first 40 households who register are entitled to a free workbook.

This is a wonderful opportunity to learn -- bring a friend!

Register on Faith's website or by using this QR code:



## Christmas Parade Float

Faith will once again have a parade float in Topeka's Miracle on Kansas Avenue Christmas parade December 2nd. You are invited! The planning meeting will be September 19th 6pm. Come help brainstorm and design the float.

## Washburn University Outreach

The evangelism team has been active at Washburn University. We attended a "Faith Fun and Fellowship Event" where 108 students visited with campus ministries and played games. The evangelism team will also get to meet students at the annual Student Activities Fair, WU Fest.

## Topeka Fall Fest

Faith plans to have a great time talking with people at this annual community event Saturday September 16th at the Great Overland Station.

## Sunday School Donations

As you know, the mission field includes our own backyards and neighboring communities. We are partnering with the LCMS Kansas District to help with the growth and outreach ministry needs in the Manhattan KS area which is experiencing rapid population expansion; our Sunday School offerings for September and October will aid in the calling of a full-time faithful pastor dedicated to meeting the area's needs.



**DOORSTEP**

Neighbors Helping Neighbors

## Food Drive

Thank you! Faith members donated 1,010 pounds of food in our August Food Drive to stock Doorstep's Food Pantry.

Our 1,000 pounds will provide 50 pounds of food to 20 families for a month.

Doorstep provides clients a well rounded food order that contains items for three meals a day for five days.

The Pantry has been running low on many items this summer, so this gift is very welcome.



## Neighbors helping Neighbors 5K Walk/Run

Doorstep's 6th Annual Neighbor Helping Neighbor 5K Walk/Fun Run is set for Sunday, October 1, at 2pm, at Lake Shawnee Shelter Houses 1 and 2. Join Doorstep friends for some exercise, snacks, and fellowship at the lake while raising funds for Doorstep!

Go to to [www.DoorstepTopeka.org](http://www.DoorstepTopeka.org) (under Events Tab) to download the Registration Form. Registration is \$30 per person. To guarantee an event t-shirt you need to register by September 13th.

Faith Lutheran Church is one of a dozen local sponsors for this event.

## Coats and blankets

It may still feel like summer, but cooler weather is coming and our neighbors will soon be in need of coats, gloves and warm bedding. If you have extra, gently used items in your closets, bring them to church and leave them in the Doorstep box in the gathering nook. Your donations will be gratefully received.

## FAITH LUTHERAN CHURCH

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FaithLutheranTopeka.com

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### LEAD STAFF

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**Hannah Elsey**, director of mission & outreach

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**Linda Meyer**, director of music & worship arts

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**Jason Wills**, facility manager/admin coordinator

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**Debbie Siegel**, bookkeeper

*Bookkeeper@faithlutherantopeka.com*

### AUXILIARY

**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

\* 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. October edition deadline is **September 18** to the church office.*



FAITH LUTHERAN CHURCH

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### Address Service Requested



Christian Service Team has determined  
2023 Sunday School /Mission Outreach  
offering will include:

September & October - District  
Mission (Church plant)

November & December -

Sunshine Connection

