



Messenger

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

August—2024

volume 64 . issue 8

a message from senior pastor, Jacob Heine

After Easter we journeyed together through a Sermon Series on being Gifted for More. We explored together each of us being a unique and unreproducible miracle of God who has been given gifts to serve others. In the midst of that I offered a challenge – **Every member invite one person to join you in worship this year.**

So, let me ask, how are you doing with that challenge?

My guess is that most of us remembered that initially, but it has slipped from our minds as life and activities have continued. I don't blame you, I do the same thing. I need reminders of things. That is why I thought I would write this month to remind you.

Thom Rainer, in his book *The Unchurched Next Door*, gives us the stat that 82% of people who do not attend worship would be somewhat likely to attend if they were invited by their friends or family. In addition, 7 out of 10 Christians state that they have never invited anyone to join them in worship.

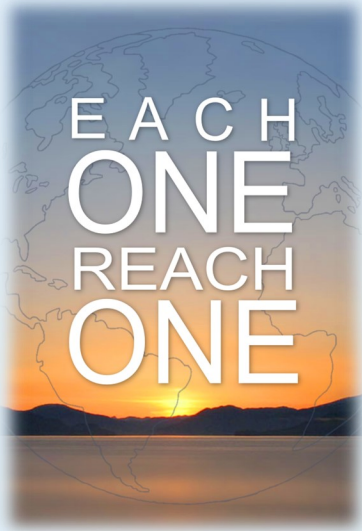
Those are significant when we think of why the church exists. There are many things that we can and should do, including taking care of the poor and needy, having excellent programming that engages and teaches God's Word, provide opportunities for members of the church to be together both in worship and in fellowship to grow together as the body of Christ. But the #1 thing that the church is here to do is be God's means of grace. In other words, to be the way that God brings His saving message of love and grace to all people.

As a congregation we do many things well, and we have seen growth continue because we believe doing all things with excellence. And so, let me challenge you again, to invite one person to join you in worship before the year is over. When we invite, we join Jesus in the work He is already doing and we never know what God will do. But as His faithful children, we do what He calls us to. We spread the gospel, we invite people to join us, and we let God grow His kingdom through us.

Who will you invite to join us?

In Christ's Hands,

Pastor Jacob



IN THIS NEWSLETTER:

Music & Worship Arts.....	2
LWML.....	3
Parish Nurse	4
Report from the Treasurer	2
Birthdays & Anniversaries	5
Children & Youth	6
Treasurer Report.....	6
Doorstep	7
Miscellaneous Events.....	8
Calendar	9



[The following excerpts are taken from
"Before We Gather" by Zac Hicks. pp 56-58]

Praise the Lord! Sing to the Lord a new song. Sing his praises in the assembly of the faithful. (Psalm 149:1)

Scripture mentions singing a "new song" nine times. This gives us the strong impression that singing is really important. Singing is, in fact, eternal. Over the ages, the church as interpreted the idea of the new song with a wonderful and complementary variety, offering these insights...

First, we should sing new songs. It is important for churches to consistently incorporate new material. New songs are like new logs on a well-burning fire. God has wired us to be stirred by new sounds, new melodies and new texts. Second, we should sing old

songs newly. Sometimes the same logs just need to be stirred a little bit. We change; circumstances change. We never approach singing them from the same place. And all those changes mean that sometimes a new song is simply a song we've always sung, except now we are singing it in a new circumstance.

Third, singing new songs will be an eternal reality! Whether we're singing brand-new songs or old songs newly, doing both of these things trains us for eternity. The apostle John in Revelation describes what he heard in heaven, pointing out that the new song heralded in the Psalms and Isaiah drives toward the eternal song to Jesus.

As we sing to the Lord a new song, we train our muscles—our spiritual ones and our physical ones—for our eternal existence. Sing boldly, Sing newly. Sing eternally!

Choir Rehearsals begin Thursday, Sept. 5

- *Alleluia Ringers Handbell Choir* – 6:00-7:00pm. Meets in the sanctuary. Bell ringing technique can be easily taught in rehearsals, but you need to be able read music (especially counting and rhythm). This choir usually rings in both our styles of worship about once a month.
- *Adult Choir* – 7:15-8:30pm. Meets in the choir loft. This 4-part (SATB) choir is always needing more voices! No need to audition, just the love of singing. The choir sings at least twice a month in the 8:00 service and once a month in the 10:45 service.

Music Ministry Happy Hour – Thursday, Aug 29, 4-6pm in Linda Meyer's backyard (4812 SW 33rd Ter). All Adult Choir, Bells, Praise Team, and Tech Team members are invited to a fellowship gathering before the new season begins. Bring a lawn chair and beverage of choice. All food will be provided.

Other Worship Arts & Music Ministry opportunities...

- *Praise Team/Band* – Our on-going music team for the 10:45 Modern Worship is always looking for more members... Singers (lead or harmony) and band musicians (guitar, keys, drums, bass) are scheduled around availability (you do not need to commit to every week). Rehearsals are on Wednesdays at 7:30pm (after WOW) the week of the Sunday you are scheduled. Anyone is welcome to sit in on a rehearsal to see what is involved.
- *Tech Team* – Every worship service needs technicians to work in the tech booth running sound, screen, or cameras. If any of these positions interest you, please contact Linda. Training will be given and an optional small stipend is available.

If you have questions or need more information about any of the above, contact Linda Meyer.

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 August 7 & 21. 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.

THANK YOU

Cynthia and I wish to thank those who sent cards of prayer and well wishes. They have all brightened not only our day but our faith in our fellow Lutheran brothers and sisters. Many thanks to each of you. To know that our church is standing by not only us but all who need the extra support from God's people. Bless you and Cynthia and I hope we will be among you in the not too distant future. God's blessing to each and every one of you.

John & Cynthia Barrett



*Oh come, let us sing to the
LORD;
let us make a joyful noise
to the rock of our
salvation!*
Psalm 95:1

Eve Circle hosted their first annual "Summer Sundae Social" Sunday, July 28. All women in the Congregation were invited. Guests had a fun afternoon playing Bunco and creating over-the-top sundaes. (Be watching for the photo of our first "Super Sundae Queen"!)

An ingathering of hygiene products for Women's shelters was part of the event. **Eve Circle** will begin their regularly scheduled meetings on Sept 9. Call Sherrie Dick, 785-506-5764, or Karen Tardiff at 785-845-2600, for info on joining the Eve group.

Hannah Circle is switching their meeting time to the first Monday of the month, time to be determined. Contact Claire Banion (785-250-8905) for more information.

Ruth Circle will be meeting Aug 14, in the Church parlor (Room 100) at 9:30am. Barb Reed is the lesson leader and Elaine Eggold and Brenda Reynolds are hosting.

Everyone is invited to join us on **Saturday, Aug 17** from 9:00 to noon to help **clean the sanctuary**. We have cleaning supplies available but can always use extra extension cords, handheld vacuums with long attachments, step ladders, and whatever else you like to use to clean. Please join us in the care of our sanctuary!



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.

IF YOU ARE A WIDOWED WOMAN YOU ARE INVITED!

Join other "Widowed Women of Faith" on Tuesday, Aug 20 for lunch and companionship from 11am to 1pm in the back room at Perkins Restaurant, 1720 SW Wanamaker Road, Topeka. No RSVP needed, just come. Please, invite other Widowed Women of Faith. We meet every month on the 3rd Tuesday. (This is not a Faith Lutheran Church sponsored group.)

Questions? WidowedWomenofFaith@gmail.com or call (913)558-0191.

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. August quilting dates: Aug 12 & 26. No experience necessary. We meet in a room in the south campus building. Questions? Contact Anne Johnson, 408-8004.



Report from LLC

- ◇ A retreat was held June 29.
- ◇ Council is working on developing a Sabbatical Policy for called staff for 2 month after 7 years of service.
- ◇ Elections are coming in November. We are looking for good candidates for Officers, LLC and other positions for this and future terms.

Can it truly be August? Where did the summer go? Can it truly be time to start thinking about going back to school...a new year, a new classroom, a new school, a new teacher(s), new friends, new activities? With so many new things and experiences, this time of year can be stressful for students, as well as stressful for our students' parents and other family members.

There are back-to-school tips to be found in our world, and they often mention anxiety and stress. Thinking back on going back to school in the fall I can easily identify with one common example of anxiety. Even though it was many years ago, I can relate to the difficulty falling asleep the night before the first day of a new school year. Honestly, it may have been partly due to the pain of trying to lay down with those nasty, torturous brush rollers (curlers) in my hair!



First, let's take a side trip and look at sleep. REM (rapid eye movement) sleep is a phase of sleep which allows you to dream vividly. Because experiences of REM sleep (i.e. dreams) are not transferred to permanent memory, don't be alarmed when you don't

remember your dreams! REM sleep occurs four times in a seven-hour sleep. Research indicates that REM sleep is biologically necessary. Simply said, decreased REM sleep can cause anxiety, irritability, hallucinations, difficulty concentrating, and increased appetite. On the other hand, REM deprivation may cause a decrease in depression.

Although all sleep is important, REM sleep is critical in dreaming, memory, emotional processing, and healthy brain development. Dr. Shimi Kang states, "The most effective thing I ever do as a doctor is emphasize the healing and life sustaining power of sleep. REM sleep is critical as it helps with strengthening brain circuits, and it is most frequent during key periods of brain development, such as during childhood and adolescence."

Not getting enough REM sleep can cause difficulty in remembering things and retaining long- and short-term memories. During REM sleep your body works to repair muscle, organs, and other cells. Chemicals that strengthen your immune system start to circulate in your blood too. REM sleep is critical as it benefits our cognitive functions. Some things you can do to increase REM sleep include:

- 1) Create a relaxing bedtime routine.
- 2) Determine a consistent

- 3) Avoid nicotine and caffeine.
- 4) Exercise and spend some time outside each day.
- 5) Avoid food and alcohol close to bedtime.

Perhaps we have established the importance of good sleep, and perhaps that getting back into a school sleep schedule is a must. At this point, know that changing a sleep habit of going to bed earlier needs to start a couple of weeks before school starts. Therefore, it is NOW time to work towards that goal!

Other things we can do to help our child(ren) prepare for the start of a new school year can include:

- 1) Establish a consistent routine, i.e. doing homework, play time, daily hygiene, preparing for bed.
- 2) Encourage independence, i.e. daily age-appropriate tasks will help your child gain independence and confidence.
- 3) Talk about safety, i.e. talking to strangers, taking the same route to/from school, a bus stop, etc., and make sure they know the routine for getting where they are to go after school.
- 4) Establish healthy eating habits, i.e. involve children in choosing and preparing healthy lunches and snacks, as well as participating in physical activities they enjoy.
- 5) Limit screen time. Despite what kids say, they really want (and need) boundaries!

Research has indicated that celebrating the first day of school helps kids see the start of a new school year as a process they can really enjoy. Make it a special, fun, positive experience they enjoy! Throw a back-to-school party...take pictures of the first day of school...talk to your children about their feelings, expectations, fears related to a new school year...pray with your children about the new school year...and let your children know that you are beside them through it all. Parenting is a big responsibility, but the rewards are worth more than anything money can buy!





AUGUST Birthdays

Judson Schmitt	1	Emily Lehman	8	Norma Startup	18
Christina Genrich	2	Heather Myers	9	Callum Ramsey	19
Jennifer Jones	2	Colin Robinson	9	Byron Jones	20
Nannette McGuigan	2	Loren Thowe	9	Cathy Atchison	21
Sarah Ramsey	2	Chris Wodtke	9	Tyler Rollenhagen	21
Charlotte Campbell	3	Heather McCormick	10	Lillian Krohe	22
Deb Hale	3	Willard Welch	10	Luke Tenbrink	22
Dani Campbell	4	Logan Glinka	11	David Hale	24
Robert Haley	4	Stephanie Hennessey	12	John Watson	24
George Henley	4	Kim Strube	12	Gail Sawyer	25
Tom Greene	5	Tracy Adams	13	Anne Johnson	25
Kim Hernandez	5	Jean Stock	14	Dick Laird	26
Kenny Riddle	5	Shirley Pryor	15	Tammi Pierce	26
Connie Wright	5	Kathleen Weber	15	Hayden Saunders	27
Alfred Charay	6	Debbie Domingo	16	Betsy Thompson	27
Cynthia Barrett	7	Julaine Garcia	16	Linda Laird	28
David Conroy	7	Sam Eley	17	Roger Offermann	28
Olivia Riddle	7	Rebecca Robinson	17	Dwight Cater	29
Trenton Rollenhagen	7	Jan Zillinger	17	Kathy Summers	29
Marjorie VanCamp	7	Terri Bynum	18	Jessica Saxton	30
Mackenzie Crader	8	Carissa Robertson	18	Michael Tilton	30
				Delmer Kruse	31
				Jane Nelson	31
				Pat Schultz	31
				Mary Shaw	31
				Raylan Watson	31



AUGUST Anniversaries

Marilyn & Richard Bruenger	2	Jacob & Theresa Heine	15	Anne & Greg Johnson	25
Kay & Tom Dittmer	2	David & Kim Knowland	17	Christina & Casey McClintock	26
Claire & Tyler Banion	4	Melinda & Mike Landman	17	GR & Josie Marchant	27
Erika & Luke Yoder	5	Sherri & Randy Forbes	19	Barb & Rich Mesloh	27
Lisa & Randall Haag	6	Art & Karen Tardiff	19	Connie & Fred Crowder	28
Jim & Lynn Janousek	7	Nels & Shannon Huesers	21	Faye & Gary Ideker	29
Kerri & Lance Smith	10	Phil & Rebecca Gutierrez	22	Brian & Rose Brunkow	30
Kelli & Kevin Duermeier	12	Angie & Robert Carlson	23	Amanda & Matt Crawford	30
Altee & Chrissy Reetz	14	Fred & Idonna Rogge	24	Howard & Mary Ann Graham	30
Jane & Kenny Schepmann	14				

.CHILDREN. .YOUTH. .FAMILIES.

Heather McCormick, director of youth & family ministry

CHILDREN

Back to School Bash: Join us for our annual celebration of the end of summer and the start of the school year on Saturday, Aug. 3 from 3:15-6:15pm at Blaisdell Pool! Entry to the pool is FREE (tell them you're in the party room) and dinner is provided. Friends are always welcome!

Backpack Blessing: Faith's annual Backpack Blessing will be on Sunday, Aug. 4 at all services. All students, administrators, day care workers, educators at any level are invited forward for a special blessing to kick-start your school year off right... with Christ at the center!

YOUTH

Youth & Parent Meeting: All junior and senior youth and their parents are invited to our annual informational meeting on Friday, Aug. 16 from 6-9pm at Faith. We will walk through the calendar of events for the year, including the roll-out for the 2025 LCMS Gathering! Gathering registration will open this fall, so it will be very important for parents of eligible students (entering 8th through 12th grades) to attend this meeting. If time allows, at the end of the meeting we will play parents vs. youth slip-n-slide kickball! Dinner will be provided.

Junior youth

Junior youth will host coffee fellowship on Sunday, Aug. 4 at 8:30am. All proceeds go towards junior youth summer trips.

Senior youth

Senior youth will host coffee fellowship on Sunday, Aug. 18 at 8:30am. All proceeds go towards senior youth summer trips.

FAMILY LIFE

Annual Congregational BBQ: Join us at Lake Shawnee Shelter #1 on Sunday, Aug. 25 at 6pm for our annual congregational bbq! All food and drinks (lemonade & water) provided.



WOW Begins! Our Word on Wednesday programming begins again on Wednesday, Sept. 4! Join us at 5:15pm for dinner and activities for all ages from 6-7:30pm! Activities include: Adult Bible study, Confirmation classes (7th & 8th grades), senior high Bible study, 6th grade Bible study, classes for ages 3 through 5th grade, PLUS a Bubble Party at the end of the night. Don't miss out on the fun, put WOW on your calendar today!



Concordia Nebraska A Capella Choir
Faith Lutheran, together with the Lutheran Fine Arts Council of Topeka, will be hosting the CUNE A Capella Choir on Friday, Sept. 6 at 7pm. We are also looking for host families for

the choir students- if interested in hosting (at least 2) students, contact DCE Heather.

Faith is excited to present- **A Night of Music & Poetry** with Blake Flattley and Tanner Olson on Saturday, Sept. 7. The evening will begin at 6pm with food trucks in the parking lot, before transitioning inside for the Night of Music & Poetry.

Update from our treasurer. . .

MONTHLY FINANCIAL RESULTS (GENERAL FUND)

- Donations for June were \$82,139 and expenses were \$103,153 resulting in a **net negative** balance for the month of (\$20,869.)
- Year to date donations are \$603,055 and expenses were \$557,325 resulting in a year to date balance of \$45,730.
- Donations for June were \$14,237 below June 2023 .
- Year to date donations are \$60,082 above 2023.



DOORSTEP

Neighbors Helping Neighbors

HELP STOCK THE DOORSTEP'S FOOD PANTRY!

Doorstep maintains its food pantry with donations from supporting congregations. August is Faith Lutheran's month to stock the food pantry. Last year in August, members donated over 1,500 pounds of non-perishable food!

On Aug 4 and 11, Christian Service Team will be passing out grocery bags after each service. The bags can be filled with non-perishable food items and brought back to church. A table will be set up in the lobby where members can leave their donations through Aug 25.



Please consider donating to help those in our community who need a little assistance.

Donated food might include mac-n-cheese, spaghetti sauce, canned soups, 1-lb packages of rice or dry beans or pasta, peanut butter, tuna, or canned vegetables. (please double bag heavy items)

All Sunday School/Mission Outreach money collected in July and August will go toward Doorstep. You may also donate by dropping your contribution in the black mail slot by the large bulletin board in the lobby.

Please pray this month that the food we give will be a blessing to those who receive it.

Donations Accepted:

**Monday – Friday
9am – 2pm**

1119 SW 10th Ave
(10th & Buchanan)
Use the South Door

THANK YOU TO EVERYONE WHO DONATED TO OUR SUMMER CASH BASH!

You have heard us talking about the increased need for food assistance in our community for a year now. We would like to tell you that things have improved, and those numbers are decreasing, but that is not the case. Our neighbors continue to struggle to pay their rent, their high utility bills left from winter or new ones this summer, gasoline to get to work, even car payments or repairs. Our numbers for food assistance remain at an increased level, and hygiene kits will hit a new high this year as well. Our neighbors are truly struggling with the most basic needs of life.

In the first 6 months of 2024 (compared to 2023):

Doorstep has spent \$190,352 on Direct Assistance to Clients (- \$79,721), we have provided 1,423 food orders (- 495), feeding 3,591 individuals (- 1,286) with 79,919 pounds of food (- 21,540), spending \$35,680 on food purchases to keep our shelves stocked to help our neighbors in need (- \$21,145). We have also provided 671 hygiene kits (- 200) spending \$4,941 purchasing those products.

Doorstep was built on neighbor helping neighbor and we are a part of a caring and generous community. Thank you for all the ways you support Doorstep and your neighbors in need; whether you have donated food, clothing and household items, monetarily, gifts for Christmas, participated in one of our events, or shared our information with someone who needed help, you are all very much a part of our Doorstep family and we appreciate your support.

UPCOMING DOORSTEP EVENTS

Sertoma Duck Race - Sept. 14

The annual duck race is on! Both online and in-person donation options will be available. May the fastest duck win!

Neighbor Helping Neighbor Walk/5k Fun Run - Oct. 12

Moving to Saturday at 9:00 am, get prepared to participate in our Walk/5k for Doorstep! Pray for clear skies and a large turnout!

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 sent monthly to all members.

Next edition deadline is

Aug 19 to the church office.

ORDINATION & INSTALLATION OF JEFF LANE

Sunday, August 11
3:30pm
At Faith

CONGREGATIONAL PICNIC

SUNDAY, AUG. 25
6PM AT
LAKE SHAWNEE
SHELTER #1



Concordia University Nebraska's A Capella Choir

FRIDAY, SEPT. 6 | 7PM

FAITH LUTHERAN (1716 SW GAGE BLVD)

Co-Sponsored by the Lutheran Fine Arts Council of Topeka

HOST FAMILIES
NEEDED!



Back to School Bash!

Saturday, Aug. 3
3:15-6:15pm | Blaisdell Pool

FREE entry to the pool (tell them you're in the party room)! Dinner provided!

SUBSCRIPTIONS OPEN!

NOV. 2024-OCT. 2025

THE LUTHERAN WITNESS

Contact Debbie in the church office by August 18 to renew or subscribe!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Nicaragua Mission Trip 8:00am Traditional Worship 9:30am Education Hour 10:45am Modern Worship Junior Youth Summer Trip 12:15pm Traditional Worship 2:00pm Ladies' Summer Sundae Social	29 Nicaragua Mission Trip Junior Youth Summer Trip 5:00pm LWML Exec Bd 7:00pm Boy Scouts	30 Nicaragua Mission Trip 10:00am Bible Study Junior Youth Summer Trip	31 Nicaragua Mission Trip Junior Youth Summer Trip 7:00pm Praise Team Rehearsal	1 Nicaragua Mission Trip	2 Nicaragua Mission Trip	3 Nicaragua Mission Trip 8:00am Men's Bible Study 9:00am Breakfast Club 3:15pm FIA: Back to School Bash
4 Backpack Blessing 8:00am Traditional Worship 9:30am Education Hour 10:45am Modern Worship 12:15pm Traditional Worship	5 7:00pm Boy Scouts	6 10:00am Bible Study 6:30pm Spiritual Life	7 11:00am Care Card making 7:00pm Praise Team Rehearsal	8 6:00pm Bell rehearsal 7:15pm Adult Choir rehearsal	9	10 8:00am MOST Ministry 9:00am Breakfast Club
11 8:00am Traditional Worship 9:30am Education Hour 10:45am Modern Worship 12:15pm Traditional Worship 3:30pm Ordination of	12 9:00am Quilting 7:00pm Boy Scouts	13 10:00am Bible Study 6:00pm LLC	14 9:30am Ruth Circle 6:00pm Site Planning 7:00pm Praise Team Rehearsal	15 9:00am Scrapbooking	16 9:00am Scrapbooking 6:00pm JH & SH Parent Meeting	17 8:00am Men's Bible Study 9:00am Breakfast Club 9:00am Sanctuary Cleaning
18 8:00am Traditional Worship 9:30am Education Hour 10:45am Modern Worship 12:15pm Traditional Worship	19 MESSENGER DEADLINE 7:00pm Boy Scouts	20 10:00am Bible Study	21 11:00am Care Card making 7:00pm Praise Team Rehearsal	22	23 5:00pm Fall Teacher Retreat (SS & WOW)	24 12:00am Fall Teacher Retreat (SS & WOW) 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 6:00pm FIA: Congrega-	26 9:00am Quilting 5:00pm LWML Exec Bd 7:00pm Boy Scouts	27 10:00am Bible Study	28 7:00pm Praise Team Rehearsal	29 4:00pm Music Ministry Happy Hour	30	31 8:00am Men's Bible Study 9:00am Breakfast Club