

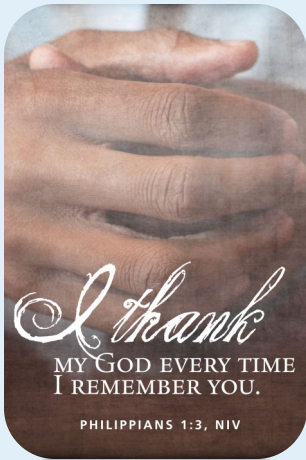


Messenger

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

November—2024

volume 64 . issue 11



a message from senior pastor, Jacob Heine

I give thanks to my God for every remembrance of you, always praying with joy for all of you in my every prayer, because of your partnership in the gospel from the first day until now. ~Philippians 1:3 – 5

Since 1992 the second Sunday of October has been set aside as Pastor Appreciation Sunday. This year the pastors of Faith received many notes and cards from you, the members, expressing your appreciation for the work we do here. I know on June 26th our DCEs also received many similar notes and cards of appreciation for National DCE Appreciation Day.

On behalf of all of us, let me publicly say – Thank You!

We are truly blessed to serve Faith Lutheran as your Called Workers. We do not take for granted the blessing we have to serve this community and work alongside you bringing the Love of Christ to those near and far. We are privileged to be there to celebrate with you at weddings, births, confirmations, graduations, and more. We are honored that you call us to be with you at times of sickness, heartache, and at the times of death.

Each of us knows that this is a unique place to serve. We are able to work among not just other Called Workers, but we also get to work with wonderful staff members, knowing that many congregations there is only one Called Worker and a part-time staff member. We have a congregation that has over 330 in worship on a Sunday, where 75% of LCMS congregations average weekly attendance of 100 or fewer; nearly half of those have fewer than 50. We have a congregation with many members volunteering on a weekly basis to help with Sunday morning activities, Word On Wednesday (WOW), congregation events, choir concerts, youth trips and events, and so much more!

Thank you for being part of a wonderful congregation! As we work to Grow in Faith and Share Christ's Love we all look forward to continuing to work together so that more and more can come to the wonderful gift of Grace through Faith in Christ Alone! Thank you for your partnership in the gospel of Jesus Christ! We certainly do give thanks for you and pray with joy for you!

In Christ's Hands,
Pastor Jacob

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Voter's Meeting

Sunday, Nov. 10
9:30am
in the
Fellowship Hall

Report from LLC

- ◆ A Voter's Meeting is scheduled for Sun. Nov. 10 at 9:15am for elections and budget approval.
- ◆ The Sabbatical policy has been finalized.
- ◆ A new Financial Secretary is being sought. Our financial Secretary (Don Schultz) has served faithfully for MANY years and is ready to "retire". If you think you might be interested, talk to David Lippe or Pastor Heine for more details.

Faith Lutheran Church Slate of Officers

For Nov. 10 Voters' Meeting

- LLC President: Ray Moran – 2 year term
 LLC Vice President: Blake Ramsey* – 2 year term
 LLC Member at Large: Mark Zillinger * – 2 year term
 LLC Member at Large: Jessica Domme – 2 year term

Chair, Spiritual Life Leaders: Dave Schwartz*, Gary Tenbrink, Doug Helmke, Jim Janousek – 2 year term
(One to be chosen from among male members of the SLL.)
*Indicates incumbent

District Convention Delegate: David Lippe – 3 yr term
District Convention Alternate: Justin Campbell – 3 yr term

Please Note: Treasurer/Corporate Secretary is elected in odd years.

Copies of the budget are also available in the office.



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 day this month is November 13. 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.

Christmas Concert

Sunday, Dec. 8

3:00pm

Sanctuary

Listen to the sounds of the season as our Music Ministry performs their Christmas selections.

Includes Adult Choir, Alleluia Ringers, Praise Band and instrumentalists.





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

DEBORAH GROUP enjoyed gathering for the Fall Tea October 13, and assisted in service as we celebrated LWML Sunday October 20. We also were very busy preparing and serving for our annual Noodle Dinner fundraiser on November 3. We will be gathering together Tuesday, November 19 at 7:00 pm at the church for devotions and fellowship. Please join us.

EVE GROUP enjoyed hosting the annual LWML Fall Tea and General Assembly in October, and were gratified to see such a great turn-out of members and friends! Thanks to the Hannah Group for creating and distributing attractive invitations and procuring the interesting speaker for the event.

The Eve Group will meet on Monday, November 11, at 7pm in the Church Parlor. Lori Franken will host and Nancy Kalthoff will lead the Devotion/Bible study. For more information about the Eve Group call Sherrie Dick, 785-506-5764 or Karen Tardiff- 785-845-2600.

RUTH CIRCLE is November 13, at 9:30am in the church parlor. Elaine Eggold and Wanita Dammann are hosting. Karlea Landman is the topic leader. For questions please call Brenda Reynolds at 785-437-2050.

Once again, it's time for our annual chicken noodle dinner and quilt raffle fundraiser on Sunday, November 3. Please join us for a delicious meal to support Faith's banner ministry, the Helges (our missionaries in the Czech Republic), and Compassion Strategies (homeless services in Topeka).

Please watch for the Mite Box to be out on the first Sunday of every month and consider dropping in your loose change. Our current mission grant for which we are collecting mites is Kansas University Campus Ministry, *The Crimson & Blue Lutheran Crew*.

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.

**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.



Solid Foundation Campaign

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



When considering what topic would be appropriate for November, my mind went to the upcoming political elections. And then, shortly after the election comes our wonderful, but hectic, Holiday season. The topic "Worry" came into my mind



during church service. Thank you Pastor Martin! This article was written several years ago by Dottie

Simon, Texas District Health Ministry/Parish Nursing, for the Lutheran Parish Nurse International Newsletter. Then in Sunday School we were reading from our Bible Study book, "The Baptismal River," and reading Scriptures. During the discussion a comment was made; thank you Tracy! The same part of the human brain affects both worry and thankfulness; therefore, if we focus on thankfulness we won't spend as much time worrying!

We all worry. Worry is feeling uneasy and concerned about a situation or problem. A little worry is normal and even helpful in some situations. It can spur us on to study harder for a test, to prepare better for an upcoming interview, or to be more cautious in a potentially dangerous situation. These are just a few examples.

There are numerous physical, mental, emotional, and even spiritual effects of anxiety, distress, and stress brought on when worry becomes unrealistic, excessive, and chronic. Chronic worrying can affect daily life, interfering with appetite, lifestyle habits, relationships, sleep, job (or school) performance, and more. It can lead to harmful habits such as overeating, or excessive use of alcohol and drugs. It can also lead to generalized anxiety disorders, panic disorders, social anxiety, irrational and impaired thinking, depression, and many more illnesses.

Let's look at what happens in our bodies as a response triggered by worry, anxiety, and stress. The response is complicated and ultimately involves the "whole person" in a

mind-body cycle. These systems directly involved in the physiology of stress are the nervous, endocrine, and immune systems...working together and in sequence in response to worry and stress. Messages sent from the hypothalamus, through release of corticotrophin, activate the pituitary to release adrenocorticotrophic hormone (ACTH), which stimulates adrenal glands to release cortisol and aldosterone. This flood of hormones into the bloodstream, when stress is prolonged, has an affect on every body system. This includes increasing metabolism, thus affecting body fluids, blood sugar levels, and blood pressure. It also causes suppression of the immune system, digestive system issues, muscle tension, twitching, memory loss, headaches, irritability, pain, as well as pulmonary and cardiac changes that can lead to heart attack or numerous other imbalances. The extent of damage is greatly influenced by each individual's coping style.

There is hope for better health! Awareness of worry and its consequences and a network of support through family and friends are both important. Professional care for depression and chronic anxiety, medications, and/or counseling may be necessary. Maintaining a healthy lifestyle with a balanced diet, exercise, and relaxation are crucial. The simple words of the song, "Don't Worry, Be Happy" give great advice.

Focusing on the positive, on gratitude and joy, is healing. Proverbs 17:22 says, "A cheerful heart is good medicine." Nehemiah 8:10 says, "The joy of



the Lord is our strength." We are told to give our worries to our loving, caring God in 1 Peter 5:7, "Cast your anxiety on Him because He cares for you." Through His promises we are assured of His love, care, and forgiveness—His peace in our lives. We pray and are confident of His continual presence to calm us. Jesus says in John 14:27, "Peace I leave with you, my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." Thanks be to God for our hope in Him!



November

BIRTHDAYS

Amelia Henley	1	Clara Hudson	10	Kelsey Tenbrink	20
Toki Leonard	1	Jessica Powell	10	Emma Michalski	21
Tamara Maxwell	1	Kenny Schepmann	10	Debra Taylor	21
Carrie Halupa	2	Emily Schwant	10	Doug Boetcher	22
Kelli Kirkeminda	2	Gracelynn Bennett	12	Dolan Riddle	22
Linda Meyer	2	Delane Brunken	12	Martin Albrecht	23
Betsy Schlossman	2	Erinn Grist	12	Sherrie Dick	23
Lance Smith	2	Tatiana Halupa	12	Nancy Kalthoff	23
Kirby Wittenbach	2	Erin Snethen	12	Kae Hale	24
Don Beck	3	Tamara Wilson	14	Mark Zillinger	25
Claire Decker	3	Andrew Kamprath	15	Alyssa Decker	26
Mike Lohe	3	Karlea Landman	15	Jaden Decker	26
David Marstall	3	Mike Munson	16	Logan Decker	26
Ron Shelton	3	Bob Nestler	16	Maddox Decker	26
Kaydee Wills	3	James Gutierrez	17	Dora Lee Berry	27
Matthew Marstall	4	Lane Grist	19	Bob Gabler	27
Jill Quarles	4	Craig Hansen	19	Julianne Harris	28
Barrett Robertson	5	Muriel Bartlow	20	Betty Deiter	30
Sherri Forbes	6	Angie Carlson	20	Ethel Kufahl	30
Colleen Wenger	8	Natalie Haley	20	Jan Lyle	30
Dacien Powell	9	Meredith Owen	20		

Anna & Steve Obdyke	3
David & Nannette McGuigan	6
Don & Jan Rankin	7
Nick & Susie Tenbrink	13
Ashley & Brandon Watson	18
Loren & Susan Thowe	23
Roger & Jerri Matzke	25
Martin & Shari Albrecht	26
Arlyn & Delane Brunken	29
Geoff & Lacey Greene	30



.CHILDREN. .YOUTH. .FAMILIES.

Heather McCormick, director of youth & family ministry

YOUTH

Junior youth

Junior Youth Harvest Dinner: Junior youth will be hosting the annual Harvest Dinner for the seniors of Faith Lutheran on Sunday, Nov. 10! Youth need to arrive by 3:30pm for cooking and setup. The meal itself begins at 5pm in the Fellowship Hall.

Junior youth will have their annual retreat on Nov. 22-24 at Camp Wood in Elmdale, KS.

Junior youth will host coffee fellowship on Sunday, Nov. 3 at 8:30am. All proceeds go towards junior youth summer trips.

Senior youth

Senior Youth will be participating in the Kansas District Youth Gathering on Nov. 15-17 at Rock Springs 4-H Camp.

Senior youth will host coffee fellowship on Sunday, Nov. 24 at 8:30am. All proceeds go towards senior youth summer trips.

FAMILY LIFE

Faith's Annual Pie Social will be on Wednesday, Nov. 27 in the Fellowship Hall following our Thanksgiving Eve worship service. Bring your favorite pie to share!

Faith's **Annual Zoo Lights event** will be on Tuesday, Dec. 17 from 6-9pm! Tickets are available for advance purchase from the church office starting Sunday, Nov. 10 (\$10 adults, \$7 children age 2-10 & adults 65+, children under 2 free).

Faith Speaks: Our next Faith Speaks event is on Saturday, Nov. 2 at 6:30pm at Faith! Join speaker Rev. Dr. Peter Nafzger to hear how we can and should be doing life together as God's people!

WOW

Join us on Wednesdays for WOW! Dinner begins at 5:15pm each week, followed by classes from 6-7:30pm! Children 3 y.o. through 5th grade participate in classes and activity stations, 6th grade Bible study, 7th & 8th Grade Confirmation, Senior Youth Bible Study, and Adult Bible study classes are all available! Childcare is provided each week for parents wanting to attend adult classes!

WOW Meals:

Nov. 6: Chicken Noodle & Tomato Soup, Grilled Cheese, Grapes/Strawberries, Brownies

Nov. 13: Sloppy Joe's, Pasta Salad, Veggies & Dip, Rice Krispy Treats

Nov. 20: Pizza, Veggies & Dip, Ice Cream

Nov. 27: NO WOW (Thanksgiving Eve Worship at 7pm, followed by Pie Social)

Update from our treasurer. . .

MONTHLY FINANCIAL RESULTS (GENERAL FUND)

- Donations for September were \$97,865 and expenses were \$90,196 resulting in a **net positive** balance for the month of \$7,669.)
- Year to date donations are \$851,916 and expenses were \$822,701 resulting in a year to date balance of \$29,215.
- Donations for September were \$10,618 above September 2023 . YTD donation are \$65,693 higher than 2023.

IF YOU ARE A WIDOWED WOMAN YOU ARE INVITED!

Join other "**Widowed Women of Faith**" on Tuesday, November 19 th 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. Questions? WidowedWomenofFaith@gmail.com or call (913)558-0191. (This is not Faith Lutheran Church sponsored.)



DOORSTEP

Neighbors Helping Neighbors

Doorstep's Christmas Adoption Project.

By now, the Christmas Bureau is taking applications from families & individuals who need help providing Christmas this year. Doorstep will soon be adopting over 250 of those families, and will once again, be providing gifts, necessities and a Christmas dinner to each family.

Each household will receive food, blankets, hygiene items, a household item, school supplies & toys for the children and gift cards.

Items currently needed include:

Queen & King Size Blankets (New): Please NO THROWS. We need a total of 260 to provide at least one to each household

Full-Size Hygiene Items: Shampoo, Conditioner, 2-in-1 Shampoo + Conditioner, Bar Soap, Body Wash, Toothbrushes, Toothpaste, Deodorant, Brushes and Combs

Household Items: Griddles, Silverware Sets, Dish Sets, Cookware

Sheet Sets (Queen & King)

Small Laundry Baskets: with cleaning supplies (All-purpose cleaner, laundry soap & softener, dish soap, rags, scrubbing pads, window cleaner)

Gifts: Tool Sets, Cologne & Perfume Sets, Body Care Sets (men/women)

Toys & Games: Nerf Guns, Lego Sets, Action Figures, Dinosaur toys, Family Board Games, Puzzles,

Hoodies: Men/Women/Teens – Varying sizes (Medium – 4X), colors, designs, sports teams, or plain

Monetary Donations: to purchase food, gift cards and items we're lacking.

Volunteers will be needed to help distribute gifts December 17, 18 and 19. Call Doorstep's office mid November to sign up for a time slot.

SUNSHINE CONNECTION CHRISTMAS ADOPTION

Sunshine Connection is a consumer-run organization focused on mental health recovery and Faith has been a strong supporter of their work in the community. Every year Faith adopts many of its clients for Christmas.

Please consider picking up an ornament tag asking for a Walmart Gift Card of \$35 in the church lobby. Return the Walmart Gift card and the receipt for the card (taped on the gift card) in the locked black box by the large bulletin board as soon as possible and not later than December 8.



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. November quilting dates: Nov. 11 & 25. No experience necessary. We meet in a room in the south campus building. Questions? Contact Anne Johnson, 408-8004.



November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 8:00am Men's Bible Study 9:00am Breakfast Club 6:00pm Faith Speaks: Rev. Dr. Peter Nafzger
3 <i>Daylight-Saving Time Ends</i> 8:00am Traditional Worship 9:30am Education Hour 10:45am Modern Worship 10:45am Noodle Dinner 12:15pm Traditional Worship	4 5:30pm Hannah Circle 6:00pm Cub Scouts 7:00pm Scouts	5 10:00am Bible Study 6:30pm Spiritual Life	6 5:15pm WOW Dinner 6:00pm WOW 7:30pm Praise Team Rehearsal	7 6:00pm Bell rehearsal 7:15pm Choir rehearsal	8	9 8:00am MOST Ministry 9:00am Breakfast Club
10 8:00am Traditional Worship 9:30am Education Hour 9:30am Voters Meeting 10:45am Modern Worship 12:15pm Traditional Worship 5:00pm Harvest Dinner	11 Veterans Day 9:00am Quilting 6:00pm Cub Scouts 7:00pm Eve Circle 7:00pm Scouts	12 10:00am Bible Study 6:00pm LLC	13 9:30am Ruth Circle 11:00am Care Card making 5:15pm WOW Dinner 6:00pm Site Planning 6:00pm WOW 7:30pm Praise Team Rehearsal	14 9:00am Scrapbooking 6:00pm Bell rehearsal 7:15pm Choir rehearsal	15 <i>SH District Youth Gathering</i> 9:00am Scrapbooking	16 <i>SH District Youth Gathering</i> 8:00am Men's Bible Study 9:00am Breakfast Club
17 <i>SH District Youth Gathering</i> 8:00am Traditional Worship 9:30am Education Hour 10:45am Modern Worship 12:15pm Traditional Worship 3:00pm Deaf Worship	18 6:00pm Cub Scouts	19 7:00pm Deborah Circle	20 5:15pm WOW Dinner 6:00pm WOW 7:30pm Praise Team Rehearsal	21 11:30am Senior Saints 6:00pm Bell rehearsal 7:15pm Choir rehearsal	22 <i>Junior Youth Retreat</i>	23 <i>Junior Youth Retreat</i> 8:00am Men's Bible Study 9:00am Breakfast Club
24 <i>Junior Youth Retreat</i> 8:00am Traditional Worship 9:30am Education Hour 10:45am Modern Worship 12:15pm Traditional Worship	25 9:00am Quilting 5:00pm LWML Exec Bd 6:00pm Cub Scouts 7:00pm Scouts	26 7:00pm Praise Team Rehearsal	27 7:00pm Thanksgiving Eve Worship	28 Church Office Closed Thanksgiving Day	29 Church Office Closed	30 8:00am Men's Bible Study 9:00am Breakfast Club

Odds & Ends...



OPERATION Christmas CHILD

Take an empty shoebox from the lobby, fill & return by Sunday, Nov. 17!



Poinsettia Orders

Order forms available in your weekend update!
Due back by Nov. 18!



Children's Christmas Worship

Sunday, Dec. 15 | 10:45am

Children will be helping to lead worship! Scan the QR code to register your child(ren) to participate!



SAVE THE DATE!

DCE Heather 10th Anniversary Celebration!

Sunday, Dec. 15
3-6pm
Details to follow!



ADVENT WORSHIP

Plan to join us for Advent worship at 5 or 7pm on Dec. 4, 11 & 18. A meal for be offered from 5:15-6:30pm.

Events at Faith

2024
Noodle Dinner
Fund Disbursements

This year's funds will be disbursed to the following recipients

- Susan Thowe, creator of the beautiful banners that bedeck our sanctuary, for the purchase of supplies to replace missing banners
- Compassion Strategies, a local non-profit that endeavors to assist vulnerable populations and end chronic homelessness.
- Helge family, Faith's sponsored missionaries, who are serving our Lord in Havířov-Šumbark, Czech Republic and Eurasia

NOODLE DINNER
Homemade by Faith's LWML

\$10

NOV. 3RD!

10:45 AM - 1:30 PM



JUNIOR YOUTH WILL BE HOSTING
THE ANNUAL
Harvest Dinner
Sunday, Nov. 10 | 5pm



FAITH LUTHERAN CHURCH



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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 **Nov. 18** to the church office.