



Messenger

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

March—2025

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a message from senior pastor, Jacob Heine

“Whenever you fast, don’t be gloomy like the hypocrites. For they disfigure their faces so that their fasting is obvious to people. Truly I tell you, they have their reward. But when you fast, put oil on your head and wash your face, so that your fasting isn’t obvious to others but to your Father who is in secret. And your Father who sees in secret will reward you.

Matthew 6:16 – 18

What are you giving up for Lent?

You may have been asked this at some point. I know that I always get asked a variation of this every year sometime in February as the season of Lent approaches. There have been years I have fasted (given up) from something. There have been times I have chosen to fast from meals, every lunch during Lent. I have fasted from behaviors, such as giving up gossip. Once in High School I gave up caffeine, my mom was less than thrilled and threatened to sit on me and pour a Mt. Dew down my throat!

Giving up something, or fasting, is a good practice that Jesus himself even commends. He even assumes that everyone will at some point. He says, “Whenever you fast...” not, “If you fast.” However, I have found talking to people that often times we don’t understand the point of fasting. We might do it for health reasons (giving up sugar, carbs, or some other item), or try to break an addiction (tobacco, alcohol, etc.), or maybe just to see if we can fast for the time of Lent. And as good as that is, it misses the main point of fasting.

Fasting is there for the main purpose of drawing closer to God. We fast at times so that we can trust in God more and in deeper ways. When we give up a meal, the main reason is so that we can spend the time we would be eating in prayer and meditation on His Word. When we break a habit or addiction, it is so that we can trust that God will get us through the difficulty of our dependance on a substance over Him. When we fast from some activity we enjoy it is so we can find our true joy and life in Christ.

Fasting is for your Spiritual Life more than it is for anything else.

Here is another idea for Lent this year. If you aren’t someone who can think of something to fast from, perhaps this year add something that would be good for your Spiritual Life. If you haven’t ever read the Bible daily, this year add that to your daily practice. If you are not someone who has done daily devotions, pick up the congregation one this year from LHM and commit to daily devotions. If you have never been in a small group, take the opportunity to join one and join the Congregation wide study on [Promise Hope](#). If you have not been regular in congregational Bible Study, begin coming weekly Sunday morning at 9:30am.

Whatever you choose to do, fast or add, I pray that this Lenten Season is one of drawing closer to Christ, to walk again with Him to the cross and empty tomb, and see the great love that the Father has for you that He would give His Son so you can have life.

In Christ’s Hands,
Pastor Jacob



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DOORSTEP

Neighbors Helping Neighbors

Doorstep Special Request (2/19/25)

We greatly need children's clothing as the bins in the kids clothing room are pretty bare. We especially need girls winter clothing. With school out for a couple more days, now might be a great time for your kiddos to go through their clothing for items they have outgrown or don't like anymore; and they can donate them for another kiddo to wear. (Gently Used ~ Not New)

Girls Size 3T - Size 8 ~ Shirts, Pants, Jeans, Leggings, Sweaters, Sweatshirts, Sweatpants...

Boys Jeans & Pants ~ All Sizes + Size 6 Shirts

Jeans for Girls & Teens ~ All Sizes

Place your donations in the new rolling bid which is just to right as you enter.

Thank you to everyone who donated soup and crackers during our **Souper Bowl Sunday** weekend collection! Unfortunately, our Kansas City Chiefs did not win this year. But Doorstep did!!! We had a goal of 10,000 pounds, and at this writing after only a few days of donations coming in we have already received **6,350 pounds** of soup and crackers!! (Members of Faith members contributed 874.3 pounds of this total.) And we know more is coming!! A can of soup can be a meal or two, and your generous donations have helped stock our pantry to continue providing meals to our neighbors in need!

UPCOMING EVENTS IN 2025 FOR DOORSTEP INCLUDE:

The **Doorstep Appreciation Banquet and Quilt Drawing** will be held on Tuesday, April 29th @ 6:30pm. Hosts this year are St. John's Lutheran Church. We will have taco bake, chips, salad and dessert, and entertainment by the St. John's Lutheran Brass Quartet. Reservations needed by April 25th. A *Love Offering* will be taken for Doorstep.

Our **8th Annual Neighbor Helping Neighbor Walk/5K Fun Run** will be on Saturday, June 7th at Lake Shawnee with a 9am start time this year! June is Doorstep's anniversary month, and this will kick off a year-long celebration towards our 60th anniversary of Neighbors Helping Neighbors!

Mark your calendars for Saturday, June 7th to walk or run for Doorstep!

Update from our treasurer. . .

MONTHLY FINANCIAL RESULTS

(GENERAL FUND)

DECEMBER 2024

- Donations for December were \$131,387 and expenses were \$107,395 resulting in a **net positive** balance for the month of \$23,992.
- Year to date donations are \$1,156,886 and expenses were \$1,100,498 resulting in a year to date balance of \$56,388.
- Donations for the month were \$33,761 below 2023. YTD donation are \$21,419 higher than 2023.
- Year to date donations are \$51,993 above 2023.

JANUARY 2025

- Total donation for the month were \$85,915 and expenses were 109,419 resulting in a net negative balance for the month of (\$23,504).
- Donations for the month were \$941 higher than 2024.



*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 met February 25 to clean the kitchen and also February 22 for the cleaning of the sanctuary, if the flooring projects were completed by then. We made 25 Adult clothing covers to be donated to congregation members who need them as well as adult care facilities and plan to make 25 more. We will meet March 18 at FLC at 7:00. We meet the 3rd Tuesday of the month at 7:00 either at the church or the hostess home.

THE EVE GROUP will meet Monday, March 10th at 5:30 PM to help clean the kitchen, then enjoy some Pizza! At our regular 7:00 meeting Kathy Thomason will host and Gisela Bartling will have Topic. Business will include finalizing details of our May Basket service project for our shut-ins.

HANNAH CIRCLE is busy planning for a women's retreat which will be happening on March 1st. They will be dining out together on March 3. Contact Claire for more details.

ALL RUTH CIRCLE meeting were cancelled for February. Ruth Circle will meet March 12 at 9:30am in the Parlor (100). Elaine Eggold has the lesson and will bring the study books. The hostesses are Barb Bowers and Barb Reed. Questions? Please call Brenda Reynolds - 785-437-2050.

Kansas District grants are still working #4 Shepherd's Canyon Retreat and payment is expected to be authorized soon. We anticipate moving on to #5 K-9 Comfort Dog Ministry, Ellsworth, KS in March. The Mite box continues to be out for donations on the first Sunday of the month and any contributions are greatly appreciated.

MANY THANKS to Don Schultz as he steps down from his volunteer job as our church financial secretary. He has faithfully supervised the weekly money counting, deposits and the recording of offerings for over 20 years. Well done, good and faithful servant!

MONEY COUNTERS NEEDED

Volunteers are needed to help count our offerings and other incoming funds. Counters work 2 months during the year, for 1-2 hours on Monday mornings to count incoming funds, offerings and memorials. Three individuals are needed for each team. If you are available on Mondays and would be willing to volunteer in this way, please contact our new financial secretary Colleen Lippe, 785-608-4411, cilippe11@gmail.com.



THANK YOU!! We cannot express greatly enough our profound thanks and gratefulness to Sharon Lowe for her 41 years of service to the congregation as the Church Administrative Assistant. She has worked with 11 different pastors, 5 DCEs, 4 Music Directors, 4 Preschool Directors, and many other office assistants, bookkeepers, etc. This doesn't even begin to compare to how

many volunteers she has worked with and the countless contacts and interactions with members and the community. Sharon has been the first face you would see in the office for over four decades. We are truly beyond grateful for all Sharon has done with us and for us.

Please join us in saying 'Thank You' and praying God's blessings on Sharon's retirement on March 30th at The Foundry Event Center (400 SW 33rd St #2209) from 3:00 to 5:00pm.

WELCOME We are pleased to announce that *Lacey Greene* has joined the Office Staff as the Office Administrative Assistant and Communications Manager. We are grateful to have Lacey joining the team. Please take time to welcome Lacey and help her as she adjusts to her new role with us!

*Increase over 2023



WORSHIP ATTENDANCE

377 (+48)*

EDUCATION ATTENDANCE

155 (+38)*

ANNUAL GIVING

\$1,312,096 (+\$174,487)*

OTHER STATS

- BAPTISMS: 9
- ADULT CONFIRMATIONS: 6
- PROFESSIONS OF FAITH: 1
- TRANSFERS IN: 10
- TRANSFERS OUT: 9
- MEMBER DEATHS: 14

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23 Guided Spiritual Retreat (Registration Required) 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 8:30pm Lutheran Bods	27 6:00pm Bell rehearsal 7:15pm Choir rehearsal	28 All Youth Retreat	1 All Youth Retreat 8:00am Men's Bible Study 8:30am Women's Retreat 9:00am Breakfast Club
2 All Youth Retreat 8:00am Traditional Worship 9:30am Education Hour 10:45am Modern Worship 12:15pm Traditional Worship	3 5:30pm Hannah Circle 6:00pm Cub Scouts 7:00pm Scouts	4 10:00am Bible Study 6:30pm Spiritual Life 7:30pm Praise Team Rehearsal	5 Ash Wednesday 11:00am Care Card Making 12:00pm Ash Wednesday Worship 5:00pm Ash Wednesday Worship 5:15pm Lenten Meal 7:00pm Ash Wednesday Worship	6 6:00pm Bell rehearsal 7:15pm Choir rehearsal	7	8 8:00am MOST Ministry 9:00am Breakfast Club 11:30am Congregational Vision Event
9 Daylight-Saving Time Begins 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	11 10:00am Bible Study 6:00pm LLC 7:30pm Praise Team Rehearsal	12 9:30am Ruth Circle 5:00pm Lenten Worship 5:15pm Lenten Meal 6:00pm First Communion Class 6:00pm WOW 7:00pm Lenten Worship 8:30pm Lutheran Bods	13 8:00am Scrapbooking 6:00pm Bell rehearsal 7:15pm Choir rehearsal	14 8:00am Scrapbooking	15 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	17 <i>Spring Break</i> 6:00pm Cub Scouts 7:00pm Boy Scouts	18 <i>Spring Break</i> 10:00am Bible Study 7:00pm Deborah Circle 7:30pm Praise Team Rehearsal	19 <i>Spring Break</i> 11:00am Care Card Making 5:00pm Lenten Worship 5:15pm Lenten Meal (Chili Cook-Off) 7:00pm Lenten Worship	20 <i>Spring Break</i> 11:30am Senior Saints 6:00pm Bell rehearsal 7:15pm Choir rehearsal	21 <i>Spring Break</i>	22 8:00am Men's Bible Study 9:00am Breakfast Club
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 7:30pm Praise Team Rehearsal	26 5:00pm Lenten Worship 5:15pm Lenten Meal 6:00pm First Communion Class 6:00pm WOW 7:00pm Lenten Worship 8:30pm Lutheran Bods	27 4:00pm KansaSEED KCDHH town hall meeting 6:00pm Bell rehearsal 7:15pm Choir rehearsal	28	29 8:00am Men's Bible Study 9:00am Breakfast Club
30 8:00am Traditional Worship 9:30am Education Hour 10:45am Modern Worship 12:15pm Traditional Worship 3:00pm Sharon Lowe's Retirement Celebration	31 6:00pm Cub Scouts 7:00pm Scouts	1 10:00am Bible Study 6:30pm Spiritual Life 7:30pm Praise Team Rehearsal	2 11:00am Care Card Making 5:00pm Lenten Worship 5:15pm Lenten Meal 6:00pm First Communion Class 6:00pm WOW 7:00pm Lenten Worship	3 6:00pm Bell rehearsal 7:15pm Choir rehearsal	4	5 8:00am Men's Bible Study 9:00am Breakfast Club 9:00am Faith at Work Community Service

Parker Moran	2	Wayne Alumbaugh	15
Brandon Poe	2	Joseph Myers	15
Sandra Jensen	3	Twila Theimer	15
Eva Rollenhagen	3	Chris Carlson	16
Maliyah Runnels	4	Carissa Trimble	16
Ray Moran	6	Marty Flanagan	17
Wanita Dammann	7	Mohinder Pal	17
Mike Landman	7	Carolyn Dale	18
Carolyn Onek	8	Idell Dankert	18
Shari Albrecht	9	Steve Jones	18
Karen Peterson	9	Gabe O'Shea	18
Kim Holter	10	Don Rankin	18
Judy Pagenkopf	10	Leo Perry	19
Ellen Wenger	10	Lori Biel	20
MiKayla Khalil	11	Sara Caleb	20
Wyatt Riddle	11	Gary Tenbrink	20
Amanda Albrecht	12	Lisa Haag	21
Emma Hubka	12	Atlee Reetz	21
Caroline Signor	12	Edie Snethen	21
Brian Brunkow	13	Gabby Falk	22
Rachel Chambers	13	Hannah Heine	22
Audra Durkes	13	Alison Rhone	22
Lila Gooding	13	Evan Steere	22
Cassidy Haag	13	Diane Butler	23
Mark Neddermeyer	13	Brenda Schwartz	23
Conner Kirkeminde	14	Michelle Ideker	24
Deborah Pufahl	14	Sophie Oswald	24



Daniel Domingo	25
Isaiah Wilson	25
Bob Bartlow	26
Isaak Smith	26
Spencer Mahon	27
Faye Ideker	28
Lucas Nelson	28
Ron Olson	28
Caryn Sheets	29
Teri Wodtke	29
Rachel Bristow	30
David Huesers	30
Dean Landman	30
Bryna Nelson	30
Adam Offermann	30
Matt Burdiek	31
Gen Cater	31
Jaxon Decker	31
Pat Pierce	31
Abigail Riddle	31



Dan & Karissa Stiers	1	Nancy & Lee Kinney	12
Nick & Kelsie Jefferson	3	Lydia & Jason Spellman-Roberts	19
Galen & Carolyn Dale	5	Michael & Kimberly White	23
Bob & Marita Gabler	10	Ray & Stephanie Moran	30
Don & Edie Snethen	11	Blake & Sarah Ramsey	31

.CHILDREN. .YOUTH. .FAMILIES.

Heather McCormick, director of youth & family ministry

JUNIOR & SENIOR YOUTH will be on the All Youth Retreat Friday, Feb. 28 through Sunday, March 2. Keep the youth and their leaders in your prayers as they travel, learn, and grow in their faith together.

JUNIOR YOUTH will host coffee fellowship on Sunday, March 9 at 8:30am. All proceeds go towards our summer trip!

SENIOR YOUTH will host coffee fellowship on Sunday, March 16 at 8:30am. All proceeds go towards our 2025 LCMS Youth Gathering trip!

5TH ANNUAL CHILI COOK-OFF: Join us on Wednesday, March 19 for our annual Chili Cook-Off at 5:30pm in the Fellowship Hall! Try a variety of chili and vote for your favorite! Chili entries can be registered at faithlutherantopeka.com or scan the QR code.

GUIDED SPIRITUAL RETREAT: Miss being able to participate in our February Guided Spiritual Retreat? Join us for the next one on June 27-29 with leader Jim Bradshaw! Registration required at faithlutherantopeka.com or scan the QR code!

SAVE THE DATE! Faith Speaks is proud to present speaker Donna Snow on Saturday, May 31 at 6:30pm at Faith.

COMMUNITY SERVICE DAY OUT: Join us for a morning of Community Service projects around Topeka on Saturday, April 5. We will meet at Faith at 9am for a light breakfast, plus water and snacks to take to your project, and a quick prayer sending. All projects will conclude no later than 12pm. Scan the QR code to register or sign-up in the church lobby.

WOW MEALS IN MARCH

Dinner begins at 5:15 and is served through 6:45pm during Lent.

March 5 (Ash Wednesday, No Classes Meet): Lasagna, Green Salad, Garlic Bread, Cupcakes

March 12: Baked Chicken, Mashed Potatoes & Gravy, Corn, Dinner Rolls, Cookies

March 19 (No Classes Meet): Chili Cook-Off, Cinnamon Rolls

March 26: Baked Ham, Cheesy Potatoes, Green Beans, Dinner Rolls, Cake



Solid Foundation Campaign

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



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.

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. March quilting dates: March 10 & 24. No experience necessary. We meet in a room in the south campus building. Questions? Contact Anne Johnson, 408-8004.

The advertisements on television say this pill or that pill will improve your memory and help you to stay focused. Over 25 percent of adults over 50 are taking pills that “keep your brain healthy.” It is unclear, as the FDA does not require makers to prove the supplements are effective if they do not make any claims about specific diseases. The following is what experts say about some of the popular items.

B Vitamins...B Vitamins like B6, B12, and B9 (folic acid) all play a role in brain health. But unless you’re low on that vitamin or pregnant (folic acid is a must to prevent birth defects), a supplement is unlikely to help. If you are at elevated risk for Alzheimer’s Disease, ask your physician if medication(s) should be prescribed. The research into the use of Vitamin B supplements to boost cognitive ability is inconclusive. You should stick with food sources like leafy greens to stay sharp.

Caffeine...Caffeine pills and powders aren’t a good idea, because of the risks of overdose. But you can enjoy coffee without guilt if it doesn’t interfere with your sleep or make you jittery. Some coffee might be good for your brain. It is a stimulant that helps perk you up, plus it promotes energy by blocking brain receptors for a chemical called adenosine (which is sometimes used to treat heart arrhythmias).

L-theanine...A natural amino acid, L-theanine seems to have potential for improving mental performance, especially when combined with caffeine. Studies have been small, such as one in 2019 that included 30 people. Until there is more research, a safe bet is to drink green tea, which naturally contains both L-theanine and caffeine, as well as antioxidants that may help your mental and physical well-being in other ways.



Omega 3’s...

The traditional Mediterranean diet, which includes omega-3-rich fish, is linked to a lower risk of dementia. But can omega 3 supplements help? So far, large studies (including one sponsored by the National Institutes of Health) have not proven that.



Curcumin...Found in turmeric (an ingredient found in curry powder), curcumin has been noted for its antioxidant powers. Does it help explain why Alzheimer’s rates are lower in India? A UCLA study found that people who took curcumin fared better on memory tests and had less buildup of abnormal proteins in their brains. But this study included only 40 people, and other research has not found this result, so more studies are needed.

Food First...While certain supplements might help in some cases, most healthy people don’t need pills to stay sharp. Eating a diet that is rich in vegetables, berries, whole grains, and fish, key parts of the so-called MIND diet (Mediterranean Intervention for Neurodegenerative Delay) diet is a way to support brain health as you age. Staying physically active, getting enough sleep, taking care of any medical conditions you have, keeping up your social connections, and challenging your mind by being a life-long learner can make a significant difference, too, and it is good for the rest of your body as well!

This article is reprinted from the Kansas Parish Nurse Ministry, Faith Community Nursing, Quarterly Newsletter, Spring 2025.

Ash Wednesday
WORSHIP
WEDNESDAY, MAR. 5
12PM | 5PM | 7PM
DINNER SERVED FROM
5:30-6:30PM

Small Group Study
Promised Hope
 by Michelle Diercks
 Starting March 5
 Sign-up online or in the lobby!

Pick up your Lenten devotions in the lobby

In *Servant of the Lord*, we see Jesus teaching His disciples and healing the sick and hurting who follow Him. We see Him enduring the scorn of the Jews who mocked Him and the brutality of the Romans who crucified Him., We see Him display the love of God — a love that took our sins upon Himself even unto death, so that we might be raised to life through the power of His resurrection.

Lenten Services
 Wednesdays at
 5pm & 7pm
 March 12 - April 9
 Dinner served from
 5:15-6:45pm

Community Service Day Out
 Saturday, April 5
 9am-12pm | Meet at Faith!
 Pre-Register online or sign-up in the lobby!

FREE! EASTER EGGSTRAVAGANZA
 Food! Inflatables! Easter Story!
 Saturday, April 19
 11am-1pm | At Faith

ARTESIAN MINISTRIES
Faith Speaks
 Presents
Donna Snow
 Saturday, May 31 | 6:30pm
 Be Strong & Courageous:
 A Study of Joshua

DOORSTEP
 Neighbors Helping Neighbors
"Souperbowl" Collection!
 Faith donated 874.3lbs of food (149 more lbs than last year)! Thank you for your generosity!

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!"

Visioning Event


Saturday, March 8 | 11:30am

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







Faith's 5th Annual Chili Cook-Off



Wednesday, March 19
5:30-6:45pm

Enter your chili to win the coveted Chili Cook-Off Trophy!

FAITH LUTHERAN CHURCH



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FaithLutheranTopeka.com

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Debbie Siegel, bookkeeper
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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

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)