

June 2015 Newsletter

Our Redeemer Lutheran Church

The Lutheran Church --- Missouri Synod

2701 College, Quincy, IL 62301-3558
Internet: www.OurRedeemerQuincy.org
E-mail: Secretary@OurRedeemerQuincy.org
Pastor's E-mail: Pastor@OurRedeemerQuincy.org

Fax: (217) 223-2392
Telephone: (217) 223-1769
The Eden Home (217) 224-3929

To the people of God at Our Redeemer,

On June 14, 2009 I was installed as your pastor. These six years have gone by very fast. As this milestone approaches, I find myself looking around at other milestones. June 25 will be the 20th anniversary of my ordination. It will also mark the 485th anniversary of the presentation of the Augsburg Confession – which is a much bigger reason to celebrate that day.

Of course, Our Redeemer is marking 75 years as an official congregation. I pray that you take the time to read the history and look at the pictures in the narthex as they keep getting updated, and I thank all who have donated memorabilia and I especially thank those who have worked to pull together the words, pictures, and people of our past. This is where I want to be corny and say, “They have made history.”

In all seriousness, I am so thankful for my 20 years in the ministry. I am especially thankful for the six years of serving my Lord here at Our Redeemer. As a congregation, you are a joy to serve and it is easy to see why no senior pastor serving here has ever accepted another call.

As we ponder the milestones and numerous changes in our lives and in our church, what is constant is that the Word of God has been proclaimed, the Sacraments have been administered, and the righteousness of God has been revealed to the sinners who gathered on the north side of Quincy confessing their faith in that Word of God as it is understood according to the 28 articles of faith in the Augsburg Confession.

In Christ,

Pastor Eden

Who's Who at Our Redeemer

| | | |
|----------------------|---|------------------------|
| President | Chet Vahle (1 st term) | Oct. 2014 – Sept. 2015 |
| Vice-President | Jeff Wolfmeyer (1 st term) | Oct. 2014 – Sept. 2015 |
| Secretary | Wanda Spohr (1 st term) | Oct. 2014 – Sept. 2015 |
| Treasurer | Hannah Ajdinovich (1 st term) | Oct. 2014 – Sept. 2015 |
| Financial Secretary | Colleen Westberg (3 rd term) | Oct. 2014 – Sept. 2015 |
| | | |
| Education Board | Melissa Knapp, S.S. Supt., ex officio | Appointed |
| | Gretchen Wolfmeyer (1 st term) | Oct. 2013 – Sept. 2015 |
| | Randy Wolfmeyer (1 st term) | Oct. 2014 – Sept. 2016 |
| | Ryan Vaughn (1 st term) | Oct. 2014 – Sept. 2016 |
| | | |
| Board of Elders | Terry Morse (3 rd term) | Oct. 2013 – Sept. 2015 |
| | Jerry Lunt (3 rd term) | Oct. 2013 – Sept. 2015 |
| | Joe Cleaves (1 st term) | Oct. 2013 – Sept. 2015 |
| | Brad Essington (1 st term) | Oct. 2014 – Sept. 2016 |
| | Stan Yelton (2 nd term) | Oct. 2014 – Sept. 2016 |
| | | |
| Evangelism Board | Linda Go (1 st term) | Oct. 2013 – Sept. 2015 |
| | VOLUNTEERS NEEDED | |
| | | |
| Property Board | Jeff Smith (1 st term) | Oct. 2013 – Sept. 2015 |
| | VOLUNTEERS NEEDED | |
| | | |
| Stewardship Board | Larry Ehmen (1 st term) | Oct. 2013 – Sept. 2015 |
| | David Pellman (1 st term) | Oct. 2014 – Sept. 2016 |
| | | |
| Youth Ministry Board | VOLUNTEERS NEEDED | |
| | | |

Remembering In Our Prayers



REMEMBER IN PRAYER THOSE IN OUR NATION'S MILITARY SERVICES: Mark and Kari Adams, Mark Borg, Paul Boriack, Steve Clark, Aaron DeWerff, Michael Goodwin, Robert Goodwin, John Haines, Zach Howerton, Ryan Keller, Jason Klauser, Bryan Meyer, Levi Meyer, Jeremy Myers, Jeremy Schwartz, Aaron Schmitt, Ryan Thruston, Andy Tipton, Marc Troxel, Brandon VanBastian, and Charles Wheeler.

REMEMBER IN PRAYER THOSE WITH ONGOING HEALTH NEEDS: Nick Austin, Becky Bangert, Katie Brennan, Carolyn Bruemmer, Sutton Perry-Brockemeier, Sean Burner, Chris Clevenger, Richard Grathwohl, Lynda Hinkamper, Lisa Howerton, Elaine Hyer, Bernice Jording, Kim Long, Meghan Meyer, Michael Morgan, Nancy Ott, Michelle Reinberg-Page, David Rickey, Cole Schullian, Kory Tournear, Jacob Weimer, Vicki Wemhoener, Jackson Wepler.



REMEMBER OUR SHUT-IN MEMBERS AND FRIENDS: Norma Baird, Elizabeth Barton, Carolyn Bruemmer, Jim Callahan, Doreetha Elliott, Ralph Genenbacher, Mary Hurley, Cleada Mason, Marilyn Newman, Nancy Ott, Anna Mae Parsons, Don Sass, LaVora Scoggan, Joyce Southward, Ida Utterback, Robert Wemhoener, Lucille Wiskirchen.

Keep Our Missionaries in Your Prayers

Apple of His Eye Mission Society,
The Evangelical Lutheran Church in Latvia,
The Lutheran Church of the Redeemer, Harlow, Essex, U.K.,
The Independent Evangelical Lutheran Church in Germany,
Mrs. Alvina Federwitz in Liberia, West Africa,
Jonathan and Carrie Federwitz and their children in Papua New Guinea,
Danny and Becca DeLoach and their children, 8001 Hope Lane, Waxhaw, NC 28173
Mrs. Julie Lutz, home on furlough.
Rev. Peter Kolb in Sri Lanka

Our Seminary Students

Concordia Theological Seminary, Vicarage
Chris Troxel, 17633 Zinc St., Edmond, OK 73012

Concordia Theological Seminary, Ft. Wayne, IN:
Timothy Wilcoxon, 514 East Washington Center Road, Ft. Wayne, IN 46825



Our Mission

To the glory of God we are SHARING Our Redeemer by ...
CARING for one another in Christian love and compassion
ENCOURAGING growth and outreach through worship and Bible study

Sunday School Staff

Superintendents – Melissa Knapp
Pre-school – Gina Eickelschulte, Gretchen Wolfmeyer
Kindergarten – Suzanne Troxel
Grades 1 & 2 – Monica Foster

Grades 3 & 4 – Hannah Ajdinovich
Grades 5 & 6 - Donna Haire
Grades 7 & 8 - Cyndi Ott
High School – Steve & Donna Schoch

Latest News

LWML Picnic: The June Picnic will be held on **Thursday, June 4th at 6:00 p.m.** and we will gather at the large pavilion at **Wavering Park**. Please bring your favorite dish to share! Hamburgers, hotdogs, buns, condiments, tableware, lemonade and ice tea will be provided. **Please RSVP to Malinda Eden at 224-3929.** Hope to see you all there!

First Communion Sunday will be **June 7.**

VBS 2015 will be **June 22 - 25** from **6 pm – 8 pm**, with dinner served at **5 pm**. We look forward to you joining us at Camp Discovery!

Summer Church Schedule is underway with one **9:00 AM** service. Adult Bible Class and Children's Sunday School follows the service at **10:10 AM**. This schedule will run until Labor Day.

Summer Sunday School Help Needed
We need help with Pre-School and Grade School Sunday School. Please share your time and talents with the children of ORLC for a week or more. Contact Gretchen to help.

Photos Needed for 75th Anniversary boards & booklet, **especially from 1970 on through today.**

Free To A Good Home
a lovely self-playing organ.
If you've been meaning to add more music into your life, here's your chance.
Contact the office for info.



Peoria Bach Festival 2015 - Join the Peoria Bach Festival from **May 31-June 7, 2015** for another week of celebrating the music, art, and faith of Johann Sebastian Bach (1685-1750). Altogether there will be eight concerts, several free lectures, two festival worship services, and an event for children. For details please visit www.peoriabachfestival.org or call (309) 676-4609 for a complete Peoria Bach Festival 2015 schedule.

Church Directory – Sign Up Now! New family photos are needed for our new **75th Anniversary Directory**. Lifetouch will be here **June 29th & 30th** taking photos. Please contact the church office very soon to schedule your appointment. We would love for all church families to participate!

Church Workday – Saturday, June 6 at 8AM
We need able bodies to work inside and out on projects which include: yardwork and exterior cleaning, trimming bushes, removing an old air conditioner, prepping the lawnmower, and basic plumbing work. Please contact Jeff Smith or see the signup sheet in the Narthex for more information.

Welcome Committee Needed Looking for friendly ORLC members to help follow up with new visitors and families that may need our help. Please contact Pastor Eden for more information.

Issues, Etc. "Making the Case" Conference
Attendance is limited to 400. We already have more than 200 registrants. This year's speakers include: Dr. Paul Maier, Dr. David Menton, Mollie Ziegler Hemingway, Pr. Will Weedon, Pr. Jonathan Fisk and Pr. Chris Rosebrough. **"Making the Case"** is scheduled for **Friday, June 19** and **Saturday, June 20** at Good Shepherd Lutheran Church in Collinsville, IL, 15 miles east of St. Louis.

4th Annual Old Fashioned School Picnic is **Sunday, June 7, 2015** at Immanuel Lutheran Church in Wesy Ely, Missouri. Sunday school at 9:30 a.m. with Worship service at 10:30 a.m. Everyone Welcome!
Fish Fry at Noon (free will donation)
Activities for All Ages
Light Evening Meal and Vespers at 5:00 p.m.
Note: We are searching for any photos of the church and school, including group pictures and composites. Photos will be scanned that day and returned to you.

CareNet Baby Bottles Blitz continues through Father's Day, **June 22nd**, CareNet baby bottles will be available for you to fill with spare change or a check and then return to church by Father's Day. CareNet is a non-profit crisis pregnancy center that helps to change lives, save souls, and save lives. A wonderful testimony letter from CareNet's Assistant Director is available for you to read on the Narthex table.

LEARN ABOUT TWO COMPLETELY DIFFERENT BIBLICAL TEACHINGS --- on your Lutheran Radio Station Worldwide KFUE. The program ***Law and Gospel*** uses the theological distinctions between Law and Gospel not only to apply the Bible, but also to understand our relationship to God's entire plan of salvation in Christ. Join host Tom Baker **weekdays at 9:30-10:00am Central Time**. Find it at kfuo.org and [Facebook.com/KFUORadio](https://www.facebook.com/KFUORadio).

Thrivent Action Teams - If you are a Thrivent Financial member or have a Thrivent member in your group, you can apply for Thrivent funds to help with a fundraiser or to finance an event. You can lead a Thrivent Action Team to bring people together to coordinate an educational event, conduct a service activity, or organize a fundraiser for something you are passionate about. It's easy and fun! **Simply apply at least 21 days prior to your event at www.thrivent.com/actionteam**. Thrivent will provide resources to help you plan the event, promotional items- including Thrivent T-shirts, and a Community Impact Debit Card loaded with \$250 of seed money. For ideas or to learn more simply visit thrivent.com/actionteam or contact Mick Goslin at 314-452-0477. Several members in our area have led Action Teams this past year and this program has helped with their fundraisers; Benefit for a Family with medical expenses, Autism support group fundraiser, and Servant event expenses, etc. Think outside the box for ways that you and Thrivent can help your church, your school, and your community. You can apply for seed money for advertising (printing, posters, etc.), and for seed money for supplies for an auction (for example), and for seed money for food that will be served at an event. If you have any questions, contact your Mick Goslin, your Congregational Advocates, or the Adams County Chapter Board members.

Need Gift Ideas? In addition to Scrip Cards, RADA & Cookbooks, the American Heritage Girls have some candles, wax melts and air fresheners available for purchase in the Old Chapel. All of the Abby Candle items are made in the USA and 50% of each sale goes right back to our St. James school Troop IL 2014.

Looking for an easy way to serve ORLC? We need additional helpers at the **SCRIP** table, especially on Saturday evenings. This involves sitting at the table, handing out gift cards, and signing off on orders. Our team will happily train you and sit with you until you are comfortable.

**Summarized Financial Results
Year to Date April 30, 2015**

| | |
|------------------------|-----------------------|
| Income | \$ 100,571.23 |
| Operating Expenses | (127,688.99) |
| Building Fund Expenses | (2,000.00) |
| Net Loss | \$ (29,117.76) |

Seeing and Sharing Jesus

June 2015

Students at St. James Lutheran School...

- learn about the Christian faith through being nurtured and fed every day.
- attend Fine Arts assemblies.
- participate in PTL sponsored activities.
- learn Cursive handwriting.
- are part of a vocal choir (PB&JS) from grades 3 – 8.
- attend a school-wide chapel service every week.

"SIGN, SIGN, EVERYWHERE A SIGN..." The lyrics of this song puts us in mind that it's **time to display your "St. James Enrolling Now" sign** in your yard and/or place of business. If you need a new one, contact the school office (222-8267).

BOXTOPS AND UPC LABELS - Please continue to save General Mills Box Tops, Campbell's products UPCs, Hy Vee UPCs and Tyson A+ labels during the summer. Thank you for supporting the school library.

Mrs. Hagemann

TEACHING POSITION AVAILABLE – St. James has a 4th grade teaching position available for the 2015-2016 school year. If interested, or know of someone who might be, please contact our principal, Mr. Nathan Landskroener at 222-8267.

TUITION ASSISTANCE FUND – We have more students receiving free/reduced hot lunch than ever before which gives us an indication of the **need for tuition assistance. Thank you for your response** to the tuition assistance letter.

Wouldn't you like to be part of the St. James Lutheran School family? Talk to a current St. James family. Find out their experience with St. James School and then consider meeting with our principal, Mr. Landskroener, to ask questions and discuss ways in which St. James Lutheran School can be of service to you and your family.

THE ST. JAMES LUTHERAN SCHOOL ONLINE STORE is now open. You will find a nice variety of items. Three school logos are offered. It's easy and friendly. Simply go to <http://store.allcustomwear.com/stjamesquincy/> and see the products they have to offer. After checking it out, you may have some ideas of items to add to our store. If so, please contact Mr. Landskroener.

June Puzzle Page Answer (puzzle found on page 12)

| |
|---|
| <p>Thou shalt open thine hand wide unto thy brother, to the poor, and to the needy in thy land. Dt. 15:11</p> |
|---|

Miscellaneous Constant Information

Like Texas Roadhouse? Stop by the ORLC Scrip table to purchase Texas Roadhouse gift cards. Now you can also pick up a discount card for FREE compliments of **St. James Lutheran School**. Any small donation to the school would be appreciated. Thank you!

GREETING CARDS (sponsored by the PLuS group) Be sure to check out the variety of assorted greeting cards. Cards are \$.50.

PLEASE SAVE LABELS - Please continue to save HyVee UPCs, General Mills Box Tops, Campbell's products "point" labels, and Tyson A+ labels. Place them in your child's classroom container or give them to Madeline Hagemann or put them on the white drawer marked "labels" in St. James' narthex or by the secretary's office @ ORLC Thank you!

Drawer Cart by the Office Steps

Top Drawer: Campbell's labels & General Mills box tops for education, HyVee UPCs, & Tyson A+ labels. They benefit the St. James school library. They can't use the Betty Crocker or the Kool-Aid points though. Thanks!

2nd Drawer: For any type used greeting card fronts. Good Samaritan home uses them to make things.

3rd Drawer: For cancelled stamps for missions. They must be complete stamps.

Rada Cutlery is an on-going fundraiser. Rada



as a variety of, products: cutlery, stone-ware soy wax candles, and quick mixes. We have started taking orders for our next RADA order. Once we have \$60 in

orders, we will place the order. So, if you don't see something in our many "in stock" items, go ahead and fill out an order form with payment. Please **visit the Rada display in the old chapel. You may leave a completed Rada order form with payment at the scrip table.** Thank you for your support of PLuS!

Want to Go Paperless?

We would be happy to email you any church correspondence and newsletters if that is the option you prefer. Contact the church office, write your email on the bottom of your attendance card, or email

secretary@ourredeemerquincy.org.

Attention Parents of College Students:

If your child is away at college, please let the church know their new address and/or email as soon as you get it. We would like to nurture those relationships, pray for them, and help to keep them informed.

Concordia Food Bank If anyone is interested in mailing coupons to the Seminary Food Bank, the address is: Concordia Food Bank, 801 Seminary Place, St. Louis, MO 63105.



Lutheran Child and Family Services of Illinois



Lutheran Child and Family Services of Illinois' professional licensed counselors can help with any problem. They provide individual, couple, marital and family counseling to help address all types of situations. Insurance is accepted. Call 800-363-LCFS (5237) to schedule a FREE confidential initial consultation.

Considering adoption? Lifelink International Adoption (a ministry of Lutheran Child and Family Services of Illinois, LCFS) is seeking families interested in adopting from Korea. We're receiving child referrals again after a temporary break and have a limited number of families on our waiting list. Our South Korean program is one of our most enduring (twenty-nine years) and reliable. Learn more about Lifelink's adoption programs at www.lifelinkadoption.org or contact us at 630-521-8281 or intadopt@lifelinkadoption.org. Lifelink International Adoption is a program of Lutheran Child and Family Services of Illinois.

June Birthdays



- | | | |
|----------------------|-----------------------|--------------------------|
| 1 Kitty Schuckman | 11 Jake Killday | 20 Sandra Peters |
| 2 Hannah Ajdinovich | 11 Ev McDowell | 21 Tory Fitch |
| 2 Jim Bangert | 11 Allison Smith | 21 Mike Schoch |
| 2 Jennifer McConnell | 12 Janelle Burner | 21 Michael Stanbridge |
| 3 Mark Adams | 12 Ada Miller | 22 Laurie Bronson |
| 3 Sierra Schnack | 13 Heather Meyer | 22 Melissa Knapp |
| 4 Scott Baird | 13 Craig Wiesemann | 22 Addison Kuhn |
| 4 Irene Drescher | 14 Dane Douglas | 22 Jamie Louderback |
| 4 Jerry Meyer | 14 Connie Louderback | 22 Jessica Weisenburger |
| 5 Larry Bugh | 14 Lynn Sharrow | 23 Betty Blumenkamp |
| 5 Trent Douglas | 14 Amanda Spilker | 23 Raven Bugh |
| 5 Mary Ann Hyer | 14 Ariel Whitaker | 24 Sydney Bronson |
| 7 Marilyn Hanawalt | 15 Debbie Manton | 24 Alexandra Scharnhorst |
| 7 Gary McElfresh | 15 Avery Schlipman | 25 Sam Killday |
| 8 Al Ebel | 15 Stephanie Yates | 26 Donna Goodwin |
| 8 Harold Hinkamper | 16 Carol Muehring | 26 Audrey Howell |
| 8 Kent Schnack | 16 Debbie Wemhoener | 26 Tom Wemhoener |
| 8 Kirk Wemhoener | 17 Bernice Jording | 26 Gretchen Wolfmeyer |
| 9 Brenda Fleming | 18 Todd Shackelford | 27 Frank Baird |
| 10 Madeline Ehmen | 19 Marilyn Lehenbauer | 29 Barb Creely |
| 10 Dennis Go | 19 Terry Vaughn | 29 Evan Wolfmeyer |
| 10 Mary Myers | 19 Delaney Wombles | 30 Karol Ehmen |
| 11 Chris Clevenger | 20 Lee Hyer | |

June Baptisms

BAPTISM

- | | | |
|--------------------------|-----------------------|--------------------------|
| 1 Eric McConnell | 13 David Showman II | 25 Gretta Otto |
| 1 Jason Morse | 16 River Bugh | 26 Krista Dicks |
| 1 Ruth Snowden | 16 Nela Church | 26 Addison Kuhn |
| 4 Gary Cramlett | 16 Chance Clevenger | 26 Kirk Wemhoener |
| 5 Linda Go | 17 Mike Vahle | 27 Stacey Gruen |
| 6 Dan Hufendick | 18 Jaiden Valentine | 27 Alexandra Scharnhorst |
| 7 Gary Hyer | 21 Gina Eickelschulte | 28 Sherry Yelton |
| 8 Holly Casanova | 21 Dalton Stockdale | 29 Lynn Wombles |
| 10 Jessie Dedert Huebner | 23 Brandy Gilbert | 30 Eric Fischer |
| 13 Jairyn Hinthorne | 23 Dick Reichert | |

June Anniversaries

- 2 Gary & Carol O'Dell
- 4 Patrick & Crista Fodor
- 5 Mark & Kari Adams
- 10 Bill & Anne Schanbacher
- 11 Jim & Denise Lucas
- 11 Chad & Amanda Manton
- 11 Dennis & Darylne Mix
- 12 Shawn & Susan Doran
- 12 Brad & Laura Essington
- 16 Jason & Linda Hardy
- 16 Arron & Valerie Ohnemus
- 17 Paul & Arjee Weisheit
- 20 Ray & Donna Johnson



- 21 Doc & Ann Knoernschild
- 22 John & Debbie Dillinger
- 25 Alejandro & Holly Casanova
- 25 Randy & Beth Ellerbrock
- 25 Howard & Ruth Snowden
- 27 Larry & Tracy Bugh
- 28 James & Rebecca Jones II
- 30 Dick & Joann Reichert

Assignments for June 2015

Communion Assistants:

| | | |
|----------------------------|---------------|----------------|
| Sat., June 6 at 5:00 p.m. | Rob Edwards | |
| Sun., June 7 at 9:00 a.m. | Gary Hyer | Jeff Wolfmeyer |
| Sat., June 13 at 5:00 p.m. | Rob Edwards | |
| Sun., June 14 at 9:00 a.m. | Larry Ehmen | Stan Yelton |
| Sat., June 20 at 5:00 p.m. | Rob Edwards | |
| Sun., June 21 at 9:00 a.m. | Jerry Lunt | Bruce Burner |
| Sat., June 27 at 5:00 p.m. | Rob Edwards | |
| Sun., June 28 at 9:00 a.m. | Craig Gooding | Steve Schoch |

Ushers:

| | |
|------------------------|---|
| Saturdays at 5:00 p.m. | Bill Haire |
| Sundays at 9:00 a.m. | Brad Ehmen, Larry Ehmen, Alex Schlipman, Bruce Burner, Terry Morse |

Registration Slips: Ann & Ken Knoernschild

Altar Care: Becky Lunt, Shelia McElfresh, Gina Eickelschulte, Linda Go

Counters: Jan Mueller and Marty Otto

Drivers: Steve Hyer, Jerry Manton, Wanda Spohr, Ruth Hall, Ryan Vaughn

If you wish to help in one of these areas, please contact the church office at 217-223-1769 or by email:
Secretary@OurRedeemerQuincy.org

Pastoral Report

(January 1 – April 30, 2015)

Official Acts

Infant Baptisms
First Communion
Adult Confirmation
Youth Confirmations
Marriages
Funerals

Dorothy Hagemann – April 2, 2015
 Gloria Douglas – April 8, 2015

Membership Changes

Gains [+2B, +2C]

Infant Baptisms [+0B, +0C]

Adult Confirmations [+0B, +0C]

Youth Confirmations [+0B, +0C]

Transfers In [+2B, +2C]

Pastor Michael Simminger – April 14, 2015 from St. James, Quincy, IL
 Missy Simminger – April 14, 2015 from St. James, Quincy, IL

Profession of Faith (from other Lutheran) [+0B, +0C]

Losses [-2B, -2C]

Death [-1B, -1C]

Gloria Douglas – April 3, 2015

Transfers Out [-1B, -1C]

Cynthia Fonck – April 8, 2015 to St. Peter's Lutheran, Mishawaka, IN
 Michael Fonck – April 8, 2015 to St. Peter's Lutheran, Mishawaka, IN

Requested Removal [-0B, -0C]

Statistical Adjustment [+/-0B, +/-0C]

| Membership | January 1, 2015 | Gains | Losses | April 30, 2015 |
|------------|-----------------|-------|--------|----------------|
| Baptized | 597 | +6 | -14 | 589 |
| Confirmed | 463 | +5 | -14 | 454 |

PUZZLE PAGE

HELPING OTHERS

by

Bill Schlegl

What directions does God give us when we see someone in need? Use the backward code to learn how you can be a helper to others.

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | B | C | D | E | F | G | H | I | J | K | L | M |
| Z | Y | X | W | V | U | T | S | R | Q | P | O | N |

G S L F

H S Z O G

L K V M

G S R M V

S Z M W

D R W V

F M G L

G S B

Y I L G S V I

G L

G S V

K L L I

Z M W

G L

G S V

M V V W B

R M

G S B

O Z M W

Family Matters

LCFS Clinical Services

June 2015

Maintaining a healthy balance in our lives

"I feel like my job is consuming my life," said Karen. "I put in extra hours, worry about work when I'm away from the office and find it hard to take a vacation without feeling guilty." Karen is not alone in her situation. Many people feel that a certain aspect of their lives is overpowering the other facets of their lives.

Throughout nature, you see that things have a certain symmetry to them. We see that balance in flowers, trees and even people's faces. When we write, we like to center our words on the paper. We place a bouquet of flowers in the middle of a table. It is pleasing to the eye to have things equal on each side of that imaginary dividing line.

When we speak about the balance of nature, we refer to the fact that too much or too little of something throws everything off. Too much rain means floods, soil erosion and plants that decay from all the moisture. Too little rain results in droughts and plants that wither and die. Fortunately, nature is forgiving and allows a little bit of leeway.

Our lives are also about balance. Too much or too little of any one thing can throw our lives out of kilter. Working long hours without a break, such as a vacation, a day off or even an hour off is not healthy physically, mentally or emotionally. As in nature, it can throw off that delicate ecosystem known as our bodies.

Keeping things in balance isn't just about work. We can overdo or minimize things in just about every aspect of our lives. Having fun, watching TV, exercising, spending money and keeping relationships are all things which we can have too much of or too little of.

Our bodies cannot operate on continuous overload. We can't drive a car at 100 miles per hour, day in and day out, without necessary maintenance. We can't expect everything to function at age 40 the way it did at 20.

Pace yourself and be attuned to those little warning bells and whistles that signal it is time for a break/time for maintenance and put balance back into your life.

You and your family do not have to struggle alone. LCFS counselors help families generate hope and cope with life's challenges. Most insurance plans accepted; sliding-scale fees are available on a case-by-case basis. For more information or to schedule an appointment, contact us at lcfs_info@lcfs.org or 800-363-LCFS (5237).

Discover LCFS and the services we offer at www.lcfs.org and www.facebook.com/LCFSIL.

LCFS offers counseling at the following locations:

Northern Illinois

Crown Point at Immanuel Lutheran Church, Belvidere
Grace Lutheran School, River Forest

Central Illinois

Trinity Lutheran School, Bloomington
LCFS office, Decatur
Christ Lutheran Church, Normal
LCFS office, Springfield

Southern Illinois

LCFS office, Belleville
LCFS office, Mt. Vernon
LCFS office, Sparta

**To schedule a first-time appointment,
call 800-363-LCFS (5237) or
visit www.lcfs.org for additional information.**