October 2015 Newsletter

Our Redeemer Lutheran Church

The Lutheran Church --- Missouri Synod

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To the people of God at Our Redeemer,

October is finally here!! All year we have been gearing up and building toward the celebration of Our Redeemer's 75th Anniversary. I am especially grateful for all the volunteers who have given of their time to bring the history of our church to life. On the final two Sundays of the month we will be having special events celebrating our history by rejoicing in our present with great hope for our future.

On October 18, we are welcoming Rev. Larry Troxel as a guest preacher. Having served as pastor here from 1982-2009, Pastor Troxel played an important role in the history of this congregation. Rev. Otto and Rev. Brechbuhl are the only other pastors to serve this parish. Our Redeemer is unique in that this congregation has never been vacant. There has never been a time when you did not know who God had given as the shepherd of this flock. I believe the stability and continuity created by long-tenured pastors has been very beneficial to the long-term stability and family atmosphere of our church.

On October 25, as the church observes Reformation Day, we will remember the 75 years of Our Redeemer Lutheran Church as we remember the nearly 500 years of Lutheran heritage. Although Our Redeemer was never a congregation which conducted services in the German language, we will be conducting the Divine Service in German that day (don't worry, I will preach in English). The liturgy and much of the singing will be in German.

The German Service on Reformation Day will be at 10:00 AM. There will be no Saturday evening worship or Sunday School that weekend. Following the service, everyone is invited to stay for a turkey dinner. There will be sign-up sheets for attendance and for helping to bring food and supplies.

We are very excited and blessed to be able to celebrate this milestone in the history of our church. It is important to remember from where you have come. I am even more excited about where I see us going in the future as we continue to faithfully proclaim the mercy and grace found in our crucified and risen Redeemer.

In Christ,

Pastor Eden

Who's Who at Our Redeemer

President	Chet Vahle (2nd term)	Oct. 2015 – Sept. 2016	
Vice-President	Jeff Wolfmeyer (2 nd term)	Oct. 2015 – Sept. 2016	
Secretary	Wanda Spohr (2 nd term)	Oct. 2015 – Sept. 2016	
Treasurer	Donna Haire (1 st term)	Oct. 2015 – Sept. 2016	
Financial Secretary	Evelyn McDowell (1 st term)	Oct. 2015 – Sept. 2016	
Education Board	Melissa Knapp, S.S. Supt., ex officio	Appointed	
	Gretchen Wolfmeyer (2 nd term)	Oct. 2015 – Sept. 2017	
	Randy Wolfmeyer (1 st term)	Oct. 2014 – Sept. 2016	
	Ryan Vaughn (1 st term)	Oct. 2014 – Sept. 2016	
Board of Elders	Larry Foster (1 st term)	Oct. 2015 – Sept. 2017	
	Darryl Drescher (1 st term)	Oct. 2015 – Sept. 2017	
	Brad Essington (1 st term)	Oct. 2014 – Sept. 2016	
	Stan Yelton (2 nd term)	Oct. 2014 – Sept. 2016	
	Steve Schoch (1 st term)	Oct. 2015 - Sept. 2016	
	VOLUNTEER NEEDED		
Evangelism Board	Michele Clevenger (1 st term)	Oct. 2015 – Sept. 2017	
	Ruth Ann Snowden (1 st term)	Oct. 2015 – Sept. 2017	
Property Board	Jeff Smith (2 nd term)	Oct. 2015 - Sept. 2017	
	Steve Kaiser(1 st term)	Oct. 2015 – Sept. 2016	
Stewardship Board	Larry Ehmen (2 nd term)	Oct. 2015 – Sept. 2017	
	David Pellman (1 st term)	Oct. 2014 – Sept. 2016	
Youth Ministry Board	VOLUNTEERS NEEDED		

The Widow's Mite----

Jesus sat down opposite the place where the offerings were put and watched the crowd putting their money into the temple treasury. Many rich people threw in large amounts. But a poor widow came and put in two very small copper coins, worth only a fraction of a penny. Calling his disciples to him, Jesus said, "I tell you the truth, this poor widow has put more into the treasury than all the others. They all gave out of their wealth, but she, out of her poverty, put in everything - all she had to live on".

Mark 12:41-43 ESV

UPCOMING...

Oct. 1st...Monthly mtg. @ 6:30pm

Oct. 4th...LWML Sunday & Brunch, served immediately after the 9am service

Nov. 5th...Monthly mtg. @ 6:30pm

Nov. 14th...Visit our Very Merry Market booth

Nov. 22nd...'Preparing our Hearts for Advent'



October 2015

Sept. meeting highlights – We were blessed this month with a couple of visitors at our carry-in social/mtg. held at Reva's home...Linda Pritchard, Connie's sister and Krista Townsend, wife of John Townsend, our Thrivent advisor!

Sept. event highlights – An additional blessing this month was our annual Quincy Zone Fall Rally held in Pittsfield, hosted by the St. Paul LWML! The featured speaker was Judy Knauer, from Mt. Pulaski, sharing about her Mission trip to Poland to teach English and the love of Christ!

Thinking you might like to be a part of the mission of LWML??? You are invited to check us out at one of our upcoming meetings or events!

We welcome you to join us in "Serving the Lord with Gladness" with your many gifts, talents and resources!

Lutheran Women in Mission



Please contact any LWML member or Michele Clevenger at 217-224-7881 to learn more or go to **www.lwml.org** to read about the mission and great history of the LWML!

National Mission Grant Bulletin Bytes 1942!!!

LWML has donated over \$100 million since

Clean Water and Evangelism Ministry...\$50,000

Short term missionaries make a big impact when they bring tools for creating clean drinking water. The LWML mission grant Clean Water and Evangelism Ministry will support MOST Ministries and their endeavor to bring clean water and the living water of salvation through Jesus to the unsaved around the world. Read more at www.lwml.org.

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, Carolyn Bruemmer, Sutton Perry-Brockemeier, Sean Burner, Richard Grathwohl, Lynda Hinkamper, Lisa Howerton, Elaine Hyer, Kim Long, Meghan Meyer, Michael Morgan, Nancy Ott, Michelle Reinberg-Page, David Rickey, Cole Schullian, Kory Tournear, Jacob Weimer, Vicki Wemhoener, Jackson Weppler.



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

Concordia

Seminary

Our Seminary Students

Concordia Theological Seminary, Saint Louis, MO: Chris Troxel, 12 Founders Way Unit D, Saint Louis, MO 63105



Concordia Theological Seminary, Saint Louis, MO: Jeremiah Jording, 10 Founders Way, Apt A, Saint Louis, MO 63105

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

Superintendent – Melissa Knapp Pre-school – Gina Eickelschulte, Jessica Campbell Kindergarten – Suzanne Troxel Grades 1 & 2 – Monica Foster Grades 3 & 4 – Sandy Callahan Grades 5 & 6 - Donna Haire Grades 7 & 8 – Karol Ehmen High School – Gretchen Wolfmeyer

Latest News

Senior Singles will meet at 11:30 AM on Tuesday, October 6 at the Bailey House, 124 East State Street, Camp Point, IL 62320. A sign-up sheet is on the Narthex table. We will meet at the church @ 11 a.m. to carpool.

Please pick up any Tupperware or baking pans you may have left in the kitchen after our funeral dinners or other carry-ins.

American Heritage Girls Needs Volunteers

for meetings 3 times a month to help with snacks, crafts, and working on badges. Please contact Tina Vaughn or Gretchen Wolfmeyer to help.

Funeral Dinner Help Needed – We still need someone to make funeral dinner calls.

CID Jr. High Lock-In will be held November 13-14, 2015 in Bloomington, IL.

Lectures in Church Music 2015 This is beginning of a three-year series focusing on the Lutheran Reformation, culminating in the 500th anniversary year in 2017. There are lectures & concerts. For more Information, see the flyer on the Narthex table.

Adopt-A-Scout AHG Troop IL2014 needs congregation members to sponsor Troop girls in need. Please prayerfully consider sponsorship to help nurture these girls as they learn and grow in their faith. Contact Tina Vaughn for more info.

LWML Rummage Sale 2016 – Please save any and all items you no longer need for our rummage sale next year. All proceeds go to missions.

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.

Newsletter Deadline – All newsletter submissions must be sent in **no later than the 20**th **of each month**. Newsletters must be mailed out on or before the 25th of each month to ensure they are received in time for everyone to use.

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.



Summarized Financial Results				
Year to Date August 31, 2015				
Income	\$ 197,725.32			
Operating Expenses	(241,485.80)			
Net Loss before Building Fund Expenses	(43,760.48)			
Building Fund Expenses	(87,800.00)			
Net Loss	\$ (131,560.48)			

ORLC LWML would like to invite all women to our "**PREPARE YOUR HEARTS FOR ADVENT**" annual event on **November 22 at 6 PM** in the Fellowship Hall. Enjoy an evening of fellowship as we share and anticipate our Savior's birth. There is a sign-up sheet on the table in the Narthex as well as a sign-up sheet for anyone willing to decorate and host a table. See you there!!! Sign-up cut off is on **Sunday, November 15**th.

Life Chain--Sponsored by the Right to Life of Adams County, Quincy, IL South Side of Broadway between 14th & 18th Streets on Sunday, October 4th, 2:30-3:30 p.m. LIFE CHAIN -- NEW LOCATION! HIGH VISIBILITY A great opportunity to impact 1000's of passers-by with a pro-life message Please join with other area pro-life supporters in peaceful public witness as we stand for 60 minutes praying silently for our nation and for an end to abortion. Pick up your sign at the southwest corner of 16th and Broadway between 2:00 and 2:30 pm. Parking is available in the hospital parking lot. We ask that you position yourselves one arm's length apart on the sidewalk along the South Side of Broadway between 14th and 18th Streets. Please be extra cautious of the traffic, especially if bringing children. Please do not stand in groups. Bring a lawn chair only if unable to stand. This event is an opportunity to stand for life and is held in more than 1,370 cities in the United States.

The Annual Men's Club Turkey Supper will be on Saturday, November 7, 4:00pm –

7:00pm at The Lutheran Church of St. John. Enjoy all you can eat turkey, dressing, mashed potatoes & gravy, green beans & corn, cranberry sauce, applesauce, rolls, beverages and ice cream. Tickets are \$8.00 for adults and \$4.00 for children and available from any Men's Club member.

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! 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 t-shirts, and a 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.

Take time to look through the History Picture Albums. They are a great record of our past!

LERT Volunteer Training Event (Lutheran Early Response Training) Led by Randy Wolf and Stephen Born Immanuel Lutheran Church 203 East Division St. Altamont, Illinois 62411 Saturday, October 3, 2015, 8AM - 4:30PM (Registration begins 8, sessions begin 8:30)

Senior Choir & Youth Choir rehearsals have resumed. Additional voices are always welcome. Senior Choir meets on Tuesdays at 7PM; Youth Choir meets on Wednesdays at 4PM. Youth must be able to read. Please contact Reva Ehmen at 222-2992 with any questions.

Seminary Education Meetings

Rev. William (Bill) Wrede will be at St. James on **Thursday, October 1st**, from 4-8pm in the Fellowship Hall to meet with youth potentially interested in future church work. If you know of anyone, generally 5th grade and up, who might be interested in church work - pastor, Lutheran teacher, or deacon/deaconess, please feel free to pass along a personal invitation. He also said he would be willing to chat for a couple minutes with anyone younger as well.

You are invited to meet with Rev. Bill Wrede, Director of Admissions at Concordia Seminary, to discuss seminary education and the path to becoming a pastor or deaconess. Please contact Rev. Wrede at 314.505.7221 or <u>wredew@csl.edu</u> to schedule an appointment. Walk-ins are also welcome.

Saturday, September 19

Lutheran Student Center 303 N. Clay Street Macomb, IL 61455 309-833-5483 11:00am-3:00pm

LWML Sunday 'THANK YOU' Brunch! SAVE THE DATE!!!

On **Sunday, October 4th, after the 9am service**, your LWML Evening Ladies Aid Society are hosting a brunch to say 'Thank You' for all the support that you, the congregation, have shown us this past year!

All your generosity has not gone unnoticed and we can't think of a better way to show our appreciation than to feed you!

Please don't miss it!!!

ST. JAMES LUTHERAN SCHOOL

stjamesquincy.org 217-222-8267 900 S 17th Street, Quincy, IL 62301

BOOK FAIR If you will be out of town or can't make it to the Book Fair for any reason, you can also obtain books for your family and help support our school by shopping online. The online Book Fair is available from September 19 through October 2, 2015. St. James Online Book Fair Site: <u>http://bookfairs.scholastic.com/homepage/stjamesl</u> <u>utheranschool2</u>

- All orders ship free & benefit St. James School
- Browse over 1200 titles for all ages
- Send wish lists to family and friends

Dear Saints and Supporters of Lutheran Schools,

Last year at the age of 61, I ran my first half-marathon. This year again I will run a half marathon on October 10th. It is the Great River Road Run from Hamilton, Illinois to Nauvoo, Illinois.

Last year I did it because I wanted to see how much fun it was. Actually I did it because I wanted to do whatever I could to help raise funds for St. James Lutheran School. Lutheran School supporters raised over \$6,200. The support came from people in Illinois, Wisconsin, Ohio, Wyoming and perhaps other states.

I was amazed at the generosity and support. For that reason I'm running my second half-marathon. This time all of the proceeds will go to St. James Lutheran School tuition assistance fund.

I feel abundantly blessed that my parents were willing to drive twelve miles one way so that we could attend a Lutheran School. They didn't have to say it; I knew it was because my spiritual life was the most important part of life. I have been privileged the last 25 years of ministry to serve where there has been a Lutheran School. I'm sold on Lutheran Schools.

I've chosen to support the tuition assistance fund because I want as many people as possible to benefit from St. James Lutheran School. I know that it is a financial challenge for some. I'm asking anyone who supports Lutheran Education to consider sending a donation. Any size gift would be welcome. All checks should be made out to St. James Lutheran School. .

Jesus said that there is only one thing needful, one thing that will not be taken from us. Please consider giving a gift to help provide students with the one thing needful through St. James Lutheran School in Quincy.

Recognizing that our mission isn't just local, ten percent of all funds raised will be sent to Mission Central to be divided among three missionaries we support: Dave Mahsman in Eurasia, Micah Wildauer in Togo and Steven Schumacher in Ghana.

In Christ,

Pastor Rempfer

Name

Address _____

Amount pledged or given ______

Please drop your gift by the office or mail your gift to: St. James Lutheran School, 900 S. 17th, Quincy, Illinois 62301

Please feel free to copy this page and distribute this to as many people as possible.

October Puzzle Page Answer (puzzle found on page 11)

Yea, though I walk through the valley of the shadow of death, I will fear no evil for thou art with me, thy rod and thy staff comfort me. Ps. 23:4

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.



 3^{rd} 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 some-thing 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 pay-ment 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@ourredeemerguincy.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.

October Birthdays

- 1 Jeff Blattner
- 1 Donna Church
- 2 Tara Walker-Moffitt
- 3 Bryan Baird
- 4 Angela Nixon
- 4 Donald Stegeman
- 6 Elizabeth Barton
- 6 Rebecca Jones
- 6 Amy Killday
- 6 Donna Schoch
- 6 Emily Vahle
- 7 Kensey McGartland
- 7 Steven Schoch
- 8 Robert Frink
- 9 Janett Mueller
- 11 Eben Fischer
- 11 Jay Jefferson
- 12 Michael Benedetto
- 12 Jessica Campbell
- 13 Shirley Foster

1 Donna Eisenbeiss

- 2 Denise Lucas
- 3 Christopher Schnack
- 5 Sharon Vahle
- 7 Shirley Dieringer
- 7 Abby Fischer
- 9 Jim Holtman
- 10 Gary Gooding
- 11 Steve Kaiser
- 12 Abbie Wolfmeyer
- 13 Maxine Fink
- 1 Eric & Christina Kaltenbach
- 5 Bryan & Heather Meyer
- 7 Dennis & Linda Go
- 12 Roderick & Deanna Hibbert
- 13 Chris & Michele Clevenger
- 15 Larry & Monica Foster
- 15 Nick & Denys Stark
- 17 Matthew & Valerie Frohn
- 17 William & Donna Haire

- 13 Elizabeth Lucas
- 13 Jerry Westberg
- 14 Dana Frohn
- 14 James Jones III
- 15 Darylene Mix
- 15 Joann Reichert
- 16 James Ott
- 17 Coby Klauser
- 17 Maggie Nixon
- 18 Ashley Brown
- 18 Sarah Lucas
- 18 Erik Mix
- 19 Patricia Florey
- 19 Edwin Murphy
- 19 David Ott
- 20 Olivia Badamo
- 20 Cynthia Baird
- 20 Janice Colvin
- 20 Robert Gooding
- 20 Anita Wolfmeyer

October Baptisms

- 13 Abby Hibbert
- 14 Scott Baird
- 15 Heath Heitman
- 15 Rhonda Hummel
- 16 Royal Bugh
- 16 Susan Doran
- 18 Jim Dice
- 18 Denys Stark
- 19 Kayzley Brookhart

October Anniversaries

HITED

- 19 Amelia Knapp
- 19 Jamison Knapp
- 20 Jimmy Perry

- 21 Olive Cook
- 21 Gary Peters
- 22 Martin Eden
- 22 Christopher Knapp
- 23 Krystal Frink
- 23 Myley Longcor
- 23 Ann Nickelson
- 24 Anthony Blickhan
- 24 Rita Boerema
- 24 Jennifer Burner
- 24 Kari Foulk
- 25 Carol Nunn
- 25 Ryan Schnack
- 26 Danny Baker
- 26 Connor Ott
- 28 David Wombles
- 29 Erica Dedert
- 29 Eric Sass
- 30 Joshua Holtman
- 31 Susan Bowl
 - 21 Katie Thomure
 - 22 Joseph Nickelson

Alexander Smith

- 24 Janelle Burner
- 24 Kayla Fuller
- 25 Dave Reinberg
- 26 Rosie Meyer

Chris Allen

Nick Allen

Ted Yelton

Terry & Carole Lannerd

Adam & Stephanie Yates

Stanley & Sharon Yelton

Kent & Nora Schnack

26 Michael & Renee Benedetto

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24 Donald & Selma Fink

29 Ada Miller

26

27

27

27

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18

21

24

Assignments for October 2015

Communion Assistants:

Sat., October 3 at 5:00 p.m.	Joe Cleaves		
Sun., October 4 at 9:00 a.m.	Gary Hyer	Jeff Wolfmeyer	
Sat., October 10 at 5:00 p.m.	Joe Cleaves		
Sun., October 11 at 9:00 a.m.	Jerry Lunt	Stan Yelton	
Sat., October 17 at 5:00 p.m.	Joe Cleaves		
Sun., October 18 at 9:00 a.m.	Terry Morse	Randy Wolfmeyer	
Sat., October 24 at 5:00 p.m.	Joe Cleaves		
Sun., October 25 at 9:00 a.m.	Steve Kaiser	Bob Frink	
Sat., October 31 at 5:00 p.m.	Joe Cleaves		

Ushers:

Saturday at 5:00 p.m.	Gary McElfresh
Sunday at 9:00 a.m. 4 th &11 th	Randy Wolfmeyer, Steve Schoch, Eldon Schoch, Jeff Smith
Sunday at 9:00 a.m. 18 th & 25 th	Brad Ehmen, Clint Gooding, Craig Gooding, Jerry Manton

Registration Slips: Barb Ellerbrock

Altar Care: Becky Lunt, Carol Muehring, Ellie Bowles, Carole Lannerd

Counters: Rosie Meyer & Joann Reichert

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 at <u>Secretary@OurRedeemerQuincy.org</u>

PUZZLE PAGE

PROTECTION

by

Bill Schlegl

What is the best protection that anyone can have?

(A = 26, E = 22, I = 18, O = 12, U = 6)

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(Answer found on Page 7)

Famíly Matters Easing Children's Fears

Kids today live in an age when fear is prevalent, including things like fear of strangers, drugs, terrorism, abuse, drive-by shootings or in-school shootings.

Do you know how to recognize if your child is fearful? Do you notice upset stomachs, changes in sleeping habits, increased/decreased appetite, inability to socialize outside the home or perhaps acting out?

How might you have unconsciously conveyed your own fears or communicated the message that the world is a scary place?

Reassure your children by letting them know that they will be safe and protected. Here are some ways you can help them cope with their fears and convey reassuring messages:

- Acknowledge their fears are valid. Put down the smartphone, turn off the TV and listen to their concerns.
- Reassure them on a regular basis.
- Encourage a regular bedtime.
- Encourage a healthy, balanced diet and commit to some physical activity every day.
- Limit violent/scary television and video games.
- Do something fun together.



In a time of chaos and confusion, share the joy of life and find peace amid the fear.

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 caseby-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 <u>www.facebook.com/LCFSIL</u>. LCFS offers counseling at the following locations:

> 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.

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