

February 2016 Newsletter

Our Redeemer Lutheran Church

The Lutheran Church --- Missouri Synod

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To the people of God at Our Redeemer,

One of the many things I love about our congregation is the focus on and desire to deal with one another as “family.” We often talk about the “Family of Our Redeemer.” Staying in contact with the 600 members of our church “family” is a challenge for me, our elders, evangelism board, and any of our other leaders.

In the past (about a generation ago), each household was assigned to be under the authority of an individual elder, but it has been a long time since those groupings were used for any deliberate functions. With the help of our evangelism committee, we are going to reorganize our church family into five groups headed by our elders. Each elder group will be divided into two groups of about 20 households. Each of those groups will be encouraged to be in contact with one another, visit one another, encourage one another in regard to our ongoing worship life, make sure everyone is reminded of our special events like the Very Merry Market, VBS, church picnic, LWML activities, etc.

Within each group, there will be opportunities to visit and care for a couple of our homebound members. When you look at a list of all of our sick or homebound, it seems like too much for any one person to give meaningful time to them all. However, if you have two or three within your “family” group, it is not such a daunting task and I foresee more people getting involved.

I am very excited about this, and it is my hope that we are able to create more opportunities for interaction among our members outside of weekend worship. You will be hearing more about this in the coming months. Please continue to pray for our church family that we may continue to share the Gospel and let others see the joy we have as children of God within the church on earth awaiting the Church Triumphant.

In Christ,

Pastor Eden

Who's Who at Our Redeemer

President	Chet Vahle (2 nd 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

February 2016

UPCOMING...

Feb. 4th ...Monthly
mtg., 6:30 pm

Feb. 7th & 8th ...Pick
up your soup orders

Feb. 18th ...Ash
Wednesday

March 3rd ...Monthly
mtg, 6:30 pm

**Apr. 22nd &
23rd ...CID District**
Convention,
Jacksonville

Jan. meeting highlights –
What a highlight is was seeing Colleen Westberg installed as our new society President by Pastor Eden! We thank you, Colleen, in advance for your service to our LWML society!

The second highlight was preparing lap blankets to be given to various organizations in the Quincy area to accommodate residents or patients! Preparing those also made for great fellowship! We are excited to see what Colleen has in store for the Feb. meeting!

Jan. event highlights –
No LWML events

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

THE TIME IS
now

We are committed to helping LWML make an impact on the next generation.

We are dedicated to sharing our hearts for Jesus Christ, caring for our sisters in our community and congregation, and helping them use their gifts to serve the Lord.

We are glad to be a part of LWML, and this year we will invite the women in our lives to consider learning more about LWML with us.



Please contact any LWML member or Colleen Westberg 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

LWML has donated over \$100 million since 1942!!!

Hope and Healing to the Navajo People...\$75,000

The mite offerings of the Lutheran Women's Missionary League are bringing help and healing to the people of the Navajo Nation. High unemployment has led to poverty, substance abuse, domestic violence, suicide and many hurting families with little hope for the future. The ministry of Vicar Tim Norton and Shepherd of the Valley Lutheran Church will bring the Gospel to the Navajo Nation and help equip them to live victoriously in the midst of their circumstances.

For more information on this, and other 2015-2017 Mission Grants go to 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, Levi Meyer, 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, 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 Wepler.



REMEMBER OUR SHUT-IN MEMBERS AND FRIENDS:

Elizabeth Barton, Carolyn Bruemmer, 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, 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

Upcoming Events

Beth Moore DVD Bible study each **Tuesday** at **9:30 AM** through **March 22nd**. Contact Linda Go at 257-1022 if interested.

Altar Care Brunch is **Saturday, February 6th** at **9:30 AM**. Please join us for fellowship & instruction. **We are in great need of volunteers.** Contact Linda Go (257-1022) or Sharon Reinberg (430-6929) or sign up on the Narthex table.

The Lenten Season will soon be upon us and we are looking for groups to host Lenten Dessert nights. Dates available are: **February 10th & 24th; March 2nd, 9th, & 16th** (*Senior Choir will host Feb. 17th*) Please contact Renee Benedetto at 224-2098 or the church office if you are able to help out.

Holy Cross Golden Men's Club Soup Supper on **February 18 at 6PM** serving Oyster Soup & Chili. RSVP by **Feb. 16** Robert Heinecke 217-430-4835

2nd Annual Sweetheart Supper hosted by St. James School 7th & 8th grade. Please join us for a romantic lasagna dinner on **Friday, February 19 at 6:00 PM** in the school cafeteria. Reservations are required. Tickets are **\$25 per couple**, and all proceeds benefit the class's trip to study marine life in Key Largo, Florida. Please call Miss Dickhut to make your **reservation by February 12** at 217-653-8247.

Women's Bible Study on **February 25th** and **March 31st** at **6:30 p.m.** If interested, please contact Donna Troxel at 224-9000 or 242-7030.

Living The Light – 2nd Annual Winter Women's Retreat, **Feb. 26 & 27, 2016**. Please contact Malinda Eden for more information.

A Reminder – Thrivent members with Choice Dollars can now direct them from all of 2015. **Deadline is March 31st, 2016.** (4th quarter Thrivent Choice Dollars were not available until Jan. 2016.) "How to Direct" cards with the Thrivent information on the table by the stairs. Both online and phone instructions are given. Or, if you prefer, you can contact one of our local Thrivent representatives (Gretchen has their contact information) and they can take care of this for you.

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.

Volunteer Opportunities

Youth Group Leader Needed Looking for a young man or young couple willing to lead our Youth Group. Please see Pastor or our Church President 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.

Care Net Services Volunteer Training **February 8-12** from 5-8 PM and **February 13** from 10 AM to 3 PM Cost is \$20 Call Heidi to reserve your spot by **February 3** at 217-223-8200.

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.

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.

2016 Lutherans for Life Essay Contest: For grades 6-12. Winner gets \$100 and goes on to Nationals and if you win at that level you get another \$250. See Gretchen for details if you are interested.

Thank You

A Big “Thank you” to all the members who brought in items for **Our Redeemer’s 75th Anniversary History Board Displays**. Some of you have told the committee to keep items and add them to the church’s records for future Anniversary celebrations. If you are someone who wants items back for your personal records, please make arrangements with Gretchen in the office or Sandy Callahan to pick them up. **Thanks again** to all who took time to bring in history items for the 75th Anniversary of ORLC.

ORLC History items will now be kept in file cabinets in the old chapel. If any members wish to donate history items, they can be stored there. Also in the future, any items of importance can be saved there for our 100 year anniversary.

Thank you for all of the wonderful warm items that you donated to the children. Many of our children walk to school and do not have gloves, hats, coats and socks. Your kind hearts will help keep our children warm and ready for school this winter.

Cyndi Ott

Scrip is a powerful fundraising tool that enables families to raise funds just by ordering gift cards from your church’s scrip program to use for their everyday shopping. When they order those gift cards, they’ll receive the full value of what they paid, and they’ll earn an immediate rebate percentage of what they spent – typically between 3% and 15%, depending on the retailer. Scrip fundraising offers our families a way to contribute more to our church’s education mission by shopping smart and using scrip to pay for their household spending. Plus, a scrip program is easier to manage than other fundraisers. Once families get started, they can just keep shopping with scrip all year round and it is so convenient!

Adult Sunday School donates to Lutheran Bible Translators & the mission of Alvina Federwitz. December’s collection was \$101 which brought the 2015 total to \$1,490.02. Since April 1977, Adult Sunday School has collected & sent approximately \$41,414.15.

February 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 they comfort me.
Psalms 23:4

ST. JAMES LUTHERAN SCHOOL, QUINCY, IL

217-222-8267

SCHOOL ENROLLMENT has begun at St. James. If you know of anyone who would be interested in a quality Christian school, please let them know about St. James Lutheran School. Principal Landskroener would welcome the opportunity to speak with prospective families.

DID YOU KNOW THAT...

- our PreK made snow in their classroom using baking soda and shaving cream?
- our third grade class participated in the Right to Life of Adams County's annual poster contest?
- our kindergarten – 2nd grade students will see the play *Shrek* at QCT?
- our 6th grade students dissected owl pellets?
- we’re getting ready to celebrate the 100th day of school? (Students can dress as if they are 100 years old.)
- we were visited by 18 former students who came together to support a classmate whose father had died? (They attended both the visitation and the funeral of Ted Barnes.) One of them said that they just needed to “come home” to visit St. James. They shared many memories of their time spent here. How truly proud and blessed our school was to have them visit us.

VOLUNTEER OPPORTUNITIES – There are opportunities at St. James for those who wish to get involved with our school and help our students and teachers. Please speak with Principal Landskroener if you may be interested in becoming a volunteer “Eagle” at St. James.

MRS. STRACKELJAHN, our first grade teacher, has officially announced her retirement from teaching at the end of this current school year. She has been a faithful servant for many, many years at St. James and thank her for her unselfish ways in which she served the people at St. James. We wish her and Dale many blessed years to come in their retirement.

Miscellaneous Constant Information

Newsletter Deadline – All newsletter submissions must be sent in **no later than the 20th 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.

Calendar Deadline is also the **20th of the month prior** since it is always enclosed with the Newsletter. If you see an error or need to change a date for an event, please contact the church office. Our weekly calendar is always based on the calendar sent with the newsletter, so please let us know if there are any changes right away.

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 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!

Church Office Hours are Monday through Friday from 8:30 AM to 5 PM with time out for lunch between 12 and 1. Staff may be in the office before or after these hours, but please call before stopping in so that we can have items ready for you (keys, sermon copies, envelopes, etc.) and can do our best to help you when you arrive.

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.

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.

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.



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.

February Birthdays

1 Randy Ellerbrock	11 Ellen Stockhecke	19 Kenneth Wiesemann
5 Sheldon Foulk	12 Donna Eisenbeiss	21 Henry Hardy
5 Clinton Gooding	12 Jaela Vaughn	21 Jason Klauser
5 Daniel Hufendick	13 Jennifer Tournear	21 Martha Otto
5 Jeffrey Smith	14 Lindsey Howlett	23 Ricky Goertz
5 Colin Stegeman	16 River Bugh	24 Phillip Baker
7 Rebecca Lunt	16 Adam Buss	24 Alejandro Casanova
9 Robert Edwards	16 Annalisa Eden	24 Levi Cook
9 John Frohn II	16 Darren Fink	25 Michael Douglas
9 Aaron Goodwin	16 Conall Wolfmeyer	25 Kara Mercurio
9 Randy Wolfmeyer	17 Kimberly Gooding	25 Arron Ohnemus
10 Ben Knoernschild	17 Isabelle Hillerts	26 Shelly Holtman
11 Farren Campbell	17 Ryne Lubben	26 Ellen Southward
11 Reva Ehmen	19 Amy Buss	27 Gary Cramlett
11 Elise Luker	19 William Schanbacher	29 Laura Essington

February Baptisms

1 James Jones II	9 Rebecca Jones	15 Tad Douglas
1 Jim Lucas	11 Renee Durst	15 Brandon McGartland
2 Monica Foster	11 Don Fink	16 Randy Ellerbrock
3 Darrell Drescher	11 Lauryn Hinthorne	17 Cameron McDowell
3 Barb Hall	11 Mary Lazzeri	20 Bennie Hines Jr.
3 Luke McElfresh	12 Larry Ehmen	22 Ellie Bowles
5 Kirk Vahle	12 Larry Foster	27 Jessica Campbell
6 Kyle Frink	12 Harry Hall Jr.	28 Brian Burner
6 Melanie Zehnle	13 Nathaniel Hurley	28 Judi Burner
8 Eric Fischer	14 Bob Frink	28 Austin Fischer
	14 Shanna Wemhoener	

February Anniversaries

8 Charles & Pamela Church
13 Jason & Stephanie Bush
14 Gary & Shelia McElfresh
17 Mark & Lynnette Carpenter



Assignments for February 2016

Communion Assistants:

Saturday, February 6 at 5:00 p.m.	Rob Edwards	
Sunday, February 7 at 9:00 a.m.	Larry Foster	Jerry Lunt
Wednesday, February 10 at 7:00 p.m.	Larry Foster	Larry Ehmen
Saturday, February 13 at 5:00 p.m.	Rob Edwards	
Sunday, February 14 at 9:00 a.m.	Steve Kaiser	Chet Vahle
Saturday, February 20 at 5:00 p.m.	Rob Edwards	
Sunday, February 21 at 9:00 a.m.	Gary Hyer	Stan Yelton
Saturday, February 27 at 5:00 a.m.	Rob Edwards	
Sunday, February 28 at 9:00 p.m.	Christ Knapp	Bob Frink

Ushers:

Saturdays at 5:00 p.m.	Bill Haire
Sundays at 9:00 a.m.	Don Blattner, Joe Cleaves, Jeff Wolfmeyer, Randy Wolfmeyer, Jerry Manton
Ash Wednesday, Feb. 10, 7PM	Steve Kaiser, Joe Cleaves, Brad Essington, Ryan Vaughn
Lent 1 Wed. February 17, 7 PM	Chet Vahle, Barb Vahle, Howard Snowden, Ruth Ann Snowden
Lent 2 Wed. February 24, 7 PM	Bill Schlegl, Gary McElfresh, Gary Hyer, Kathy Hyer

Registration Slips: Eleanor Schlegl

Altar Care: Kathy Hyer, Michele Clevenger, Ellie Bowles, Renee Benedetto

Counters: Bill Schlegl and Barb Ellerbrock

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 Secretary@OurRedeemerQuincy.org

Pastoral Report

(November 1 – December 31, 2015)

Official Acts

Infant Baptisms
First Communion
Adult Confirmation
Youth Confirmations
Marriages
Funerals

Ken Knoernschild – November 2, 2015
Cheryl Holtman – November 2, 2015
Norma Baird – November 24, 2015

Membership Changes

Gains [+1B, +0C]

Infant Baptisms [+1B, +0C]

Kainalu Thomas Ezi Klauser – December 25, 2015

Adult Confirmations [+0B, +0C]

Youth Confirmations [+0B, +0C]

Transfers In [+0B, +0C]

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

Losses [-1B, -1C]

Death [-1B, -1C]

Norma Baird – November 20, 2015

Transfers Out [-0B, -0C]

Requested Removal [-0B, -0C]

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

Membership	January 1, 2015	Gains	Losses	December 31, 2015
Baptized	597	+16	-38	575
Confirmed	463	+10	-33	440

PUZZLE PAGE

GOD'S PROTECTION

by

Bill Schlegl

Write the letter that follows each letter given to learn of God's protection over us.

X D Z S G N T F G H V Z K J

S G Q N T F G S G D U Z K K D X N E S G D

R G Z C N V N E C D Z S G H V H K K

E D Z Q M N D U H K E N Q S G N T

Z Q S V H S G L D S G X Q N C S M C

S G X R S Z E E S G D X B N L E N Q S L D.

(Answer found on Page 6)



LCFS Clinical Services – February 2016

A Lifetime of Positive Relationships

Your first childhood memory is likely to be of an event that occurred when you were four or five years old. Early recollections seem to be related to the onset of language. Interestingly, much of what we learn about relationships occurs in the years prior to our memories. Our experiences as infants and young children become the prototype for relationships later in life. In nurturing parent-child relationships we survive and thrive.

The day an infant is born a special exchange begins between parent and child. The infant cries and the parent tries to soothe and comfort the infant. If a caregiver is sensitive and responsive, the child begins to experience security and comfort when they are together. The parent provides a secure attachment.

There are three main components to a secure attachment relationship:

- Physical connection, which means plenty of comforting touch and eye contact
- Emotional connection with parents responding accurately to cries and needs
- An environment that is consistent, predictable and safe

These same components remain essential for life. An infant who experiences secure attachment becomes a child who has positive peer relationships, a positive sense of self, experiences joy and learns to regulate his or her emotions. These relationship skills continue throughout life.

Emotional connection problems occur when a parent is unavailable or rejecting, care is inconsistent or when a child's needs remain unseen or ignored. An infant who experiences an insecure attachment can become a child who struggles with peer relationships, has clingy and anxious behaviors, cannot cope in stressful situations and has a negative sense of self.

Patterns of parent-child attachment are passed on from one generation to the next. But it is never too late to create positive change in a parent-child relationship. Your relationship is the foundation for your child's future relationships.

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.**

2016 QUINCY BIBLE INSTITUTE

4-6 PM at Our Redeemer Lutheran Church, 2701 College Avenue

Sunday, February 14 at 4 PM *St. James Lutheran Church will provide cookies during fellowship time.*

The Empty Tomb: Evidence for the Resurrection of the Son of God

Rev. Martin Eden

The birth, life, ministry, death, and resurrection of Jesus is the most talked about story in the history of the world. It is a story told by many witnesses. Join us as we examine the evidence of the real person called Jesus of Nazareth and what the witnesses who knew Him are saying about Him.

Converting Grace and Abiding Grace

Rev. Mike Grieve

What does grace have to do with our eternal election to salvation? How do the means of grace not only create faith, but keep us in the faith and under grace? What do the Scriptures teach regarding the difference between being under the law and under grace? We will look at these and other questions that pertain to faith, the forgiveness of sins, and our eternal salvation in Christ Jesus.

TAKE THIS JOB AND LOVE IT

CONTEMPLATING VOCATION AS THE PEOPLE OF GOD

Rev. Mike Fieberkorn

TAKE THIS JOB AND LOVE IT: Contemplating Vocation as the People of God

There is a hymn in our hymnal, #853, "How Clear Is Our Vocation, Lord." It posits in its opening line that once we hear our Lord's call, our vocation becomes very clear. For some this may be true, but for most of us, it's not always clear how we should best prioritize our time and juggle all the various responsibilities we have. Further, Satan likes to tangle and twist our view of life so that we direct our efforts in the wrong directions, or value unimportant things over what are truly to be our priorities. Come explore "Take this job and love it" to better comprehend the various callings God has given you in this earthly life, and more importantly, learn how to overcome some of the deception Satan tries to sow as you live out your callings each day.

Sunday, February 21 at 4 PM

There will be a carry-in at 6:00 p.m. following the presentation. Our Redeemer will be supplying the meat and beverages. Please RSVP through your local congregation no later than February 14.

"The Joyful Exorcist: How One is Joyful in the Face of Evil"

Rev. John Dreyer

When we wake up in the morning and go about our day, we are usually driven by the demands of the day and our circumstances in life. However, as baptized Christians we belong to a bigger world than just a physical world. We also belong to a spiritual world. How do we see our daily life in the big picture that includes this spiritual world of angels and demons? We will address the Christian understanding of our daily life within the big picture of life.