

June 2016 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
Eden Household: (217) 224-3929

To the people of God at Our Redeemer,

The school year has ended. When you have school age children, the ebb and flow of the calendar has a profound change on your schedule. Your routine changes when your schedule gets disrupted. I believe that this is a good thing. I have found that periodically adjusting my schedule is helpful. It is one of the reasons I appreciate the church year calendar so much.

For the past few years, we have been trying to strike a balance with Sunday School in the summertime. The consensus among our Sunday School teachers is that having some time off from teaching, as one person put it, "recharges their batteries." In talking to some of the students, they also look forward to the ending of one year and the new beginning in the Fall.

We have been experimenting with Summer activities for the youth the past few years, and I believe the best option (understanding that there is no perfect option) is for youth Sunday School to take a break but still have the adult Bible class – with the understanding that the "adult" Bible class is not just for adults.

During the Summer, our focus is not taken off of the children, we are simply adjusting the schedule in the hope that they will continue to grow in their faith and life in Christ through worship and study of Scripture by seeing their parents worshiping and studying Scripture.

The ideal scenario would be for all of our parents to be with their children worshiping in the Divine Service and each week taking that opportunity to teach them to follow along the liturgy, sing the hymns, learn how to follow the hymn verses, and be engaged in the worship life of the church. Then the children could join their parents in our Sunday morning Bible study and see with their own eyes that learning more about God and His Word is a priority.

Not only are children perfectly capable of taking in the words, but you will be amazed at how they are able to process concepts, understand, and demonstrate the faith of a little child. Yes, there is danger in that they may ask questions to which "Jesus loves you" is an insufficient answer, but this is part of the joy of discovery. Such moments give you the opportunity to crack open the Catechism and the Bible and search for truth.

My prayer is that having a change of schedule will disrupt the routine of our families and in doing so will create new routines.

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...

June 23rd... Picnic
Social, 6pm

July... TBA Birthday
Dinner outing

July 30th... Serving the
blind at St. James with
a noon meal

Sept. 13th... Fall Rally
at Our Redeemer

June 22 – 25, 2017...
National Convention,
Albuquerque, NM



June 2016

May meeting highlights –

Final plans were set for our rummage sale. Hope you didn't miss it or at least were able to get some valuable treasures donated to the cause of Missions! Thank you for that! Foot scrubs were made for the Sunday School kids to distribute to their mothers!

Event highlights –

The Jacksonville District Convention was attended by four ladies from our group and a highlight shared by all was the impact missions have on the receivers and the givers! Our Quincy Zone Servant Event carried out those missions with the assembling of Personal & School kits to go to Lutheran World Relief and diapers made out of t-shirts to go to Haiti!

Many thanks to all who attended!

Think you might like to be a part of the mission of LWML???

Please...attend one of our upcoming meetings or events!

We welcome you to join us in
"Serving the Lord with Gladness"!

*Lutheran Women
in Mission*



Please contact any LWML member or Colleen Westberg at 217-223-5702 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!!!

Providing Hope for Detroit – Acts 2 Enterprise...\$100,000

The Christ-centered ministry of Acts 2 Enterprise, a holistic urban outreach, is bringing the hope of the Gospel to the city of Detroit. Rev. Christopher Bodley serves as Missionary-at-Large in Detroit, Michigan, for Acts 2 Enterprise (A2E). With 20 years of urban ministry experience, Rev. Bodley oversees programs which bring the Gospel to the people of Detroit. A2E is a Christ-centered presence working with literacy, job partnerships, parenting classes, VBS/Sports Camps and community beautification.

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, Michelle Reinberg-Page, David Rickey, Cole Schullian, Kory Tournear, Jacob Weimer, Vicki Wemhoener, Jackson Weppler.



REMEMBER OUR SHUT-IN MEMBERS AND FRIENDS:

Carolyn Bruemmer, Ralph Genenbacher, Mary Hurley, Cleada Mason, Marilyn Newman, Anna Mae Parsons, Dolly Powers, Don Sass, 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

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

“Barnyard Roundup” Vacation Bible School is June 6-9. Help Wanted! A VBS volunteer sign-up sheet is in the Narthex. **VOLUNTEERS:** We need a large crew to help each night! Please see the forms on the registration table if you are able to help 1, 2, 3, or 4 nights! Please register before May 20th so that we can have t-shirts for the volunteers, too!

Please see the REGISTRATION area for DECORATING décor ☺ We are looking for....

MILK CAN Galvanized Metal WATERING CAN Metal MILK PAIL EGG BASKET Bushel Basket

WINDMILL (Yard size...about 6 to 7 ft tall) Old Fashioned WATER PUMP Wheelbarrow

Next Senior Singles Lunch is Tuesday,

June 7, 11:30 AM at Elder's Family Restaurant. Sign up in Narthex.

Peoria Bach Festival: Join them from **June 5-12, 2016** for the fourteenth annual Peoria Bach Festival. This year's festival will feature eight concerts and six other events include a free lunch lecture and an event for children. Please call (309) 676-4609 or visit www.peoriabachfestival.org for more information.

Summer Choir: While Senior Choir is on “Summer Break” they invite you to join them in singing a hymn from LSB one Sunday a month. This will be sung in unison; we will rehearse briefly downstairs at 8:40 AM. The first time we sing will be **June 19**. We will sing “Beautiful Savior” (LSB 537).

Single Adults: Plan on a weekend of food, fellowship & fun! Lutherans Singles Association is holding their Conference at Bethel Lutheran Church, in Morton, IL on **June 24-26, 2016**.

Registration is Open for *Vocatio* Concordia Seminary, St. Louis is hosting their program for high school students (grades 9-12 for Fall 2016). The dates are **June 25-30, 2016**. This six-day program is designed to encourage and equip young men and women to consider their vocation as Christians. This event includes a Concordia University System college fair, presentations, servant event in Perry County, and more. <http://www.csl.edu/admissions/visit-us/visitation-events/vocatio/>

Save the Date: Tuesday, **Sept. 20th**. ORLC's LWML is hosting Quincy Zone Fall Rally this year.

Christopher Troxel has been called to be Associate Pastor for Christian Growth (*Discipleship*) at Trinity Lutheran Church, Utica, Michigan.

CHURCH SECRETARY – St. James is seeking a talented, energetic individual with prior experience in office support. Must be familiar with MS Word/Powerpoint. Must have excellent clerical and organizational skills. Ability to interact with volunteers and maintain confidentiality is important. Position is full-time with benefits. Please drop resume off to the church office.

Summer Bible Studies

Tuesday Women's Bible Study meets at church each **Tuesday at 9:30 AM** and are finishing Beth Moore's “Breaking Free: Captivity” series.

Thursdays at 6:45 AM at Coach House.

Women's Bible Study the last Thursday of the Month at Donna Troxel's at 2823 Payson Heights, in Quincy.

Volunteer Opportunities

Youth Group Leader Needed Looking for someone 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.

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.

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.

ST. JAMES LUTHERAN SCHOOL, WHERE...

- Christ is the center of everything we do.
- a new technology curriculum will be unveiled in the upcoming school year.
- our third grade class visited the Quincy Art Center.
- our parent group (PTL) is very active in supporting our school.
- our school families help others in need in our community.
- our 7th and 8th grade class hosted State Representative Randy Freese in their classroom.

PREKINDERGARTEN TEACHER – St. James School is currently accepting resumes for an available Prekindergarten 4-year-old teacher. This position is part-time and being in the 2016-2017 school year. If interested, please contact Principal Landskroener (222-8267).

8th GRADE GRADUATION – Last Thursday St. James Lutheran School graduated ten students from the eighth grade. Those students include: **Evan Conover, Julianna Eden, Maddi Ehmen, Blaine Evers, Jerrison Jacobs, Jonathan Kuhn, Larson Lovelace, Sam Schlegl, Alayna Schlipman and Ethan Scott.** We congratulate them and pray for them and the plans that God has in store for them, for He is our light and salvation.

SCHOOL STORE – Our online store has many great items including polo shirts, caps, jackets, backpacks and more. They all come with the St. James school logo! All orders are delivered straight to your home! Check it out!

store.allcustomwear.com/stjamesquincy/.

SCRIP CARDS still available & are available online anytime at shopwithscrip.com. Use the enrollment code **2148D5B139692**.

THRIVENT OFFICE PROFESSIONAL NEEDED

Organization/Business: Josh Schenk, financial representative

Position Title: Office Assistant

Reports to Title: Josh Schenk, the financial representative

Location of Position: Quincy, IL

Hours: Initially looking at 5-10 hours a week with potential to increase hours as business grows. Some flexibility in when the hours would be needed through the week.

Compensation: This would be a 1099 income position with no benefits. Pay range would depend on experience. Send Resumes to Joshua.schenk@thrivent.com

LWML wants to thank everyone for another successful Rummage Sale. Thank you for your generous donations which made the sale possible and to all of you who came out to purchase. Another BIG Thank You for everyone who helped set up, mark and helped with the sale. We are especially grateful to those who don't belong to LWML who so generously gave hours of their time to help. We will be able to fund many mission projects with over \$2,300. We had many people pass thru our church and received many positive remarks. Please keep us in mind and save anything you no longer need for the 2017 sale. Items we did not sell were given to other worthy causes – clothes to St. John's Clothing Closet (It was their Servant Sunday), books to Quincy Public Library and the remaining miscellaneous items were picked up by The Crossing. Thanks again and God's Blessings!!!

June Puzzle Page Answer *(puzzle found on page 11)*

Be thou faithful until death and I will give thee a crown of life. Revelations 2:10

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.

June Birthdays

1 Katherine Schuckman	11 Allison Smith	21 Victoria Fitch
2 James Bangert	12 Janelle Burner	21 Michael Schoch
3 Mark Adams	12 Ada Miller	22 Laurie Bronson
3 Sierra Schnack	13 Heather Meyer	22 Melissa Knapp
4 Scott Baird	13 Craig Wieseemann	22 Addison Kuhn
4 Dorothea Drescher	14 Dane Douglas	22 Jamie Louderback
4 Jerald 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 Hyer	14 Ariel Whitaker	24 Sydney Bronson
7 Marilyn Hanawalt	15 Deborah Manton	24 Alexandra Scharnhorst
7 Gary McElfresh	15 Avery Schlipman	25 Samuel Killday
8 Allen Ebel	15 Stephanie Yates	26 Donna Goodwin
8 Kent Schnack	16 Carol Muehring	26 Audrey Howell
8 Kirk Wemhoener	16 Deborah Wemhoener	26 Thomas Wemhoener
9 Brenda Fleming	18 Todd Shackelford	26 Gretchen Wolfmeyer
10 Madeline Ehmen	19 Marilyn Lehenbauer	27 Frank Baird
10 Dennis Go	19 Terry Vaughn	29 Barbara Creely
11 Christopher Clevenger	19 Delaney Wombles	29 Evan Wolfmeyer
11 Jake Killday	20 Lee Hyer	30 Karol Ehmen
11 Evelyn McDowell	20 Sandra Peters	

June Baptisms

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

June Anniversaries

2 Gary & Carol O'Dell
4 Patrick & Crista Fodor
5 Mark & Kari Adams
10 William & Anne Schanbacher
11 James & Denise Lucas
11 Chad & Amanda Manton
11 Dennis & Darylene Mix
12 Shawn & Susan Doran
12 Brad & Laura Essington



16 Jason & Linda Hardy
17 Paul & Arjee Weisheit
20 Ray & Donna Johnson
25 Alejandro & Holly Casanova
25 Howard & Ruth Snowden
27 Larry & Tracy Bugh
28 James Jones II & Rebecca Jones
30 Richard & Joann Reichert

Pastoral Report

(April 1 – April 30, 2016)

Official Acts

Baptisms

Rosalyn Marie Tournear – April 24, 2016

First Communion
Adult Confirmation
Youth Confirmations
Marriages
Funerals

Membership Changes

Gains [+2B, +1C]

Baptisms [+1B, +0C]

Rosalyn Marie Tournear – April 24, 2016

Adult Confirmations [+0B, +0C]

Youth Confirmations [+0B, +0C]

Transfers In [+0B, +0C]

Affirmation of Faith (from other Lutheran) [+1B, +1C]

Mary Church – April 17, 2016

Losses [-0B, -0C]

Death [-0B, -0C]

Transfers Out [-0B, -0C]

Requested Removal [-0B, -0C]

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

Membership	January 1, 2016	Gains	Losses	April 30, 2016
Baptized	575	+5	-9	571
Confirmed	440	+5	-6	439

Assignments for June 2016

Communion Assistants:

Saturday, June 4 at 5:00 p.m.	Rob Edwards	
Sunday, June 5 at 9:00 a.m.	Gary Hyer	Ryan Vaughn
Saturday, June 11 at 5:00 p.m.	Rob Edwards	
Sunday, June 12 at 9:00 a.m.	Chet Vahle	Jeff Wolfmeyer
Saturday, June 18 at 5:00 p.m.	Rob Edwards	
Sunday, June 19 at 9:00 a.m.	Larry Foster	Stan Yelton
Saturday, June 25 at 5:00 p.m.	Rob Edwards	
Sunday, June 26 at 9:00 a.m.	Steve Schoch	Randy Wolfmeyer

Ushers:

Saturdays at 5:00 PM	Bill Haire
Sundays at 9:00 AM	Bill Schlipman, Alex Schlipman, Terry Morse, Larry Ehmen, Brad Ehmen

Registration Slips: Tina Vaughn with Grace & Gabi

Altar Care: Becky Lunt, Sheila McElfresh & Gina Eickelschulte

Counters: Jan Mueller & Marty Otto

Drivers: Steve Hyer, Jerry Manton, Wanda Spohr, 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

PUZZLE PAGE

RESULTS

By

Bill Schlegl

Why should we be faithful to our Lord? Write the letter that comes between the two letters given.

AC DF

SU GI NP TV

EG ZB HJ SU GI EG TV KM

TV MO SU NP

CE DF ZB SU GI

ZB MO CE

HJ

VX HJ KM KM

FH HJ UW DF

SU GI DF DF

ZB

BD QS NP VX MO

NP EG

KM HJ EG DF

(Answer Found on Page 6)



LCFS Clinical

Fatherhood: More Than A Job

June 2016

It's easy for a father to get caught up in wanting to give his children the best of everything. But these items come with a hefty price tag, which means you spend more hours on the job and less time at home.

By dinner, you are tired and just want to relax. When the weekend finally comes, you do the household projects you couldn't get to during the week. "Hey dad, I need some money to go to the movies with my friends." As you reach in your wallet, you realize you haven't had a good talk with your kids in awhile.

This scenario is common for many fathers. It's easy for the day-to-day responsibilities to crowd out time spent building relationships with your children. The following suggestions offer help to fathers in strengthening their relationships with their children:

- Distinguish between what children want and really need. Your child may need shoes, but does he/she need the highest-priced ones or is that simply what the child wants?
- Take a look at where you spend your time. How much time do you spend at work? At home? With the kids?
- Put down the remote. It's great to occasionally watch a sports game or a movie with your children, but while you're focusing on the television it's hard to share a conversation.
- Include your children in your household tasks. Sharing tasks such as mowing the lawn or painting the garage, is a way to spend time with your children, teach them something new and receive their help. It's a great opportunity to talk, and the task is more fun when it's a group project.
- Give mom a break. Make special time for just you and your children, which also gives your spouse time to do something on her own.



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
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.**