

November 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,

Recently, at our elder's, council, and voter's meetings, we have talked quite a bit about evangelism and the need to reach out to those outside the church and to reach those within our congregation who have fallen out of worship practice. We all have a responsibility for ourselves and for those around us.

To draw an analogy: If there were a student at Quincy High School who stopped coming to class, failed to do the homework, and rejected the attempts of the teachers to change this behavior, it would not be the fault of the teachers that this person failed. However, if the teachers expressed little concern for the student, looked the other way, or attempted to justify the delinquent student's behavior, then the teachers should certainly share in the blame.

The prophet Ezekiel was called to be the watchman for the people of Israel. The Lord said to Ezekiel: "So you, son of man, I have made a watchman for the house of Israel. Whenever you hear a word from my mouth, you shall give them warning from me. If I say to the wicked, 'O wicked one, you shall surely die,' and you do not speak to warn the wicked to turn from his way, that wicked person shall die in his iniquity, but his blood I will require at your hand. But if you warn the wicked to turn from his way, and he does not turn from his way, that person shall die in his iniquity, but you will have delivered your soul" [Ezek. 33:7-9].

We each have people over whom God has given us charge. Pastors are given a congregation to care for and are held accountable if the Word is not proclaimed and Sacraments are not administered rightly. The elders of the church have vowed to uphold the teaching and administration of the church. Fathers are held accountable if the Word of God is not taught to their children. God-parents have vowed to see to it that the baptized children in their charge hear the Word, are taught the Ten Commandments, the Lord's Prayer, attend the services in God's House, and eventually confirm the faith of their Baptism. And all confirmed members of our church have professed before God that they would rather die than fall away from their faith and life within Christ's church.

Certainly, everyone's relationship with God is one on one with their Creator and Redeemer. The abundance of faith in one person cannot spill over to cover for the lack of faith in another. Likewise, the sins of people who have rejected the Holy Spirit are not counted against their Christian friends and family whose Gospel message they have discarded.

It seems that each family is a mixture of believers and non-believers. This is a difficult situation that all of us have to deal with in some form or another. Whether it is with family members or close personal friends who have expressed little or no interest in hearing the Gospel, repenting of their sins, or coming to church, we are presented with what I view as an opportunity more so than an obligation. It is an opportunity to share our life in Christ with others that their eyes and ears might be opened to the joy of the Gospel, the comfort which comes with forgiveness, and the hope for the life to come.

There is no standardized formula for success. Some people only need to be asked once to come to church. Unfortunately, many people need to have a tragedy or dramatic change in their lives before they wake up and see a need for God. In most all of the “success cases” that I have witnessed, the individual who received faith in Christ was someone who regularly associated with a person or people who were not afraid to bear witness to God through their words or through their actions. It is the people with whom we associate most frequently who have the greatest influences in our lives.

Many people feel uncomfortable sharing God’s Word because they are afraid that they cannot articulate their faith in a way that does justice to the power of Holy Scripture. We all have different strengths and weaknesses. What most people do not realize is that it is the Word that does the work. Expressing your joy in the Gospel to those in your life is effective because there is a built-in trust level that already exists with your friends and family.

We are all leery of “too good to be true” messages, especially when they come from strangers. However, we will listen to someone we trust. It is the trust that you have built over your lifetime that will allow God’s Word to be heard more favorably than if you were talking to a stranger. As the hymn writer says, “If you cannot speak like angels, if you cannot preach like Paul, you can tell the love of Jesus. You can say He died for all.” What a privilege it is that God has given us the opportunity to be His instruments and carry His Word of salvation. As St. Paul says, we are jars of clay in whom God has placed the greatest of all treasures.

In Christ,

Pastor Eden

January – September 2016 Profit & Loss Budget vs. Actual

Income	<u>Jan – Sep 16</u>	<u>Budget</u>	<u>\$ Over Budget</u>	<u>% of Budget</u>
001 · 001 General Offerings	213,732.41	220,500.00	-6,767.59	96.9%
002 · 002 Together in Mission	5,530.00	5,799.01	-269.01	95.4%
003 · 003 Loose Plate	3,188.81	4,500.00	-1,311.19	70.9%
008 · 008 PLuS Fund-Raising	0.00	2,250.00	-2,250.00	0.0%
011 · 011 General Fund Interest	6.28	37.49	-31.21	16.8%
019 · 019 ORLC Scrip Fund	<u>0.00</u>	<u>5,250.01</u>	<u>-5,250.01</u>	<u>0.0%</u>
Total Income	239,327.91	238,336.51	991.40	100.4%
Expense				
Mission	17,549.00	18,549.00	-1,000.00	94.6%
Personnel	135,921.26	138,342.01	-2,420.75	98.3%
Program	77,164.83	103,857.05	-26,692.22	74.3%
Property	<u>23,108.69</u>	<u>26,077.47</u>	<u>-2,968.78</u>	<u>88.6%</u>
Total Expense	256,059.29	286,825.53	-30,766.24	89.3%
Net Income	-16,731.38	-48,489.02	31,757.64	34.5%

Who's Who at Our Redeemer

President	Chet Vahle (3 rd term)	Oct. 2016 – Sept. 2017
Vice-President	Jeff Wolfmeyer (3 rd term)	Oct. 2016 – Sept. 2017
Secretary	Wanda Spohr (3 rd term)	Oct. 2016 – Sept. 2017
Treasurer	Donna Haire (2 nd term)	Oct. 2016 – Sept. 2017
Financial Secretary	Evelyn McDowell (2 nd term)	Oct. 2016 – Sept. 2017
Education Board	Melissa Knapp, S.S. Supt., ex officio	Appointed
	Gretchen Wolfmeyer (2 nd term)	Oct. 2015 – Sept. 2017
	Randy Wolfmeyer (2 nd term)	Oct. 2016 – Sept. 2018
	Ryan Vaughn (2 nd term)	Oct. 2016 – Sept. 2018
Board of Elders	Larry Foster (1 st term) Communion Assistant	Oct. 2015 – Sept. 2017
	Darrell Drescher (1 st term) Special Services	Oct. 2015 – Sept. 2017
	Bill Haire (1 st term)	Oct. 2016 – Sept. 2018
	Howard Snowden (1 st term)	Oct. 2016 – Sept. 2018
	Terry Lannerd (1 st term)	Oct. 2016 – Sept. 2018
	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 (2 nd term)	Oct. 2016 – Sept. 2018
Stewardship Board	Larry Ehmen (2 nd term)	Oct. 2015 – Sept. 2017
	David Pellman (2 nd term)	Oct. 2016 – Sept. 2018
Youth Ministry Board	Jamie Louderback	

The Widow's Mite---

And a poor widow came and put in two small copper coins, which make a penny. And he called his disciples to him and said to them, "Truly, I say to you, this poor widow has put in more than all those who are contributing to the offering box. For they all contributed out of their abundance, but she out of her poverty has put in everything she had, all she had to live on." **Mark 12:42-44 ESV**



UPCOMING...

Nov. 3rd – Monthly mtg., 6:30pm

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

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"!

"Featured" CID LWML Mission Grant

Reaching the Homebound in Central Illinois – \$3,000

Grant funds will cover the fees to enable the broadcast of the "Worship for Shut-ins" program. Lutheran doctrine and Word and Sacrament remain central to every broadcast, pointing to Christ as our Savior!

*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!!!

Deaconess Training — LCMS support for International Partner Churches...\$90,000

Deaconess training programs are being introduced in our partner churches in the Philippines, Latvia, Liberia, Indonesia, and other countries. Educational and financial support is provided for this training and will promote education to the underprivileged women who have a passion to learn confessional theological studies to serve the church. The LWML assists in this endeavor by granting part of our mission offerings to the support of deaconess training.

For more information about this mission or to donate to this grant, go to **www.lwml.org/mission-grants**.

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, Sean Burner, Steve Dunker, Richard Grathwohl, Lynda Hinkamper, Elaine Hyer, Becki Jones, Kim Long, Meghan Meyer, Michael Morgan, Sutton Perry-Brockemeier, Michelle Reinberg-Page, David Rickey, Cole Schullian, Kory Tournear, Bee Wagner, Jacob Weimer, Vicki Wemhoener, Jackson Weppler, Betty Wolfmeyer.



REMEMBER OUR SHUT-IN MEMBERS AND FRIENDS:

Carolyn Bruemmer, Ralph Genenbacher, Don Green, Mary Hurley, Bob Jording, Cleada Mason, Marilyn Newman, Anna Mae Parsons, Betty Perry, Dolly Powers, Dave Reinburg, Don Sass, Joyce Southward, Ida Utterback, Bee Wagner, 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, Fort Wayne, IN:

Tyler Arends, 926 East 1000 North Road, Melvin, IL 60952

Concordia Theological Seminary, Saint Louis, MO:

TBD



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 – Sharon Reinberg

Grades 5 & 6 - Donna Haire

Grades 7 & 8 – Donna Haire

Teens – Gretchen Wolfmeyer

November News

Women's Bible Study will study 2 Timothy for six weeks starting **Tuesday, November 1st** at 9:30 AM each week. Please join us for this new Beth Moore study! Sign up in the Narthex.

Next Senior Singles Lunch at O'Shea's, **Tuesday, Nov. 1st at 11:30 PM.** Sign up at the Narthex table so we have enough space reserved.

Your favorite programs on your **Lutheran Radio Station KFUE Radio AM850.** Hear special Reformation and All Saints Day programs, revisions to the Small Catechism, artists' fight for religious freedom, and more!

Tues, Nov 1 — Small Catechism Explanation Revisions: Concord Matters @ 2pm

Wed, Nov 2 — Christian Artists in Colorado Fighting for Religious Freedom: World Lutheran News Digest @ 2:30pm

Thurs, Nov 3 — Lutheran History Nuggets on Historically Speaking: His Time @ 8:45am

Fri, Nov 4 — Exodus 40 – "The Tabernacle Erected" with guest Rev. Kevin Martin: Thy Strong Word @ 12pm

Archived at KFUE.org. Follow us on Facebook.com/KFUEradio or Instagram @kfue.radio for shareable photos and program information.

Very Merry Market We are looking for people to make Pies, Cakes & Cookies for the VMM. If you can help, please sign-up in the Narthex. Items can be brought to church, the week of **November 6th.**

CID Junior High Lock-In

Date: **November 11-12, 2016** - 8PM to 6AM

Place: Five Points, 360 N. Wilmor Rd, Washington,

Ongoing Ambassadors for Christ Events:
November 11-13, 2016, Ferrin, IL, Bethlehem Lutheran Church.

Rake & Run will be Nov. 12th. If you are interested in having your leaves raked or in helping to rake please sign up on the table in the Narthex. (This is the same day as the VMM.)

LWML will be serving a meal for the blind on **November 19th** at St. James Church.

LWML Bible Study will not meet in November, but we encourage one & all to attend the **Preparing for Advent** event on **November 20.** The next LWML Bible Study will be the 4th Thursday in January, which is the 26th.

Advent Desserts: Advent is fast approaching and we are looking for groups to host the Advent Dessert Nights. We need hosts to serve coffee and desserts after the services on **November 30th** and **December 7th.** LWML will host **December 14th.** Please contact the church office or Renee Benedetto at 224-2098 if you can help us out.

Thursday Morning Bible Class recently donated gift cards to **Lutheran Church Charities Disaster Response Team** to be sent to people in need in The Baton Rouge LA area. We received a letter and pictures from **Steven & Mary Kistler** whose home was flooded during the end of August. They are members of Trinity Lutheran Church in Baton Rouge and live in Denham, LA. They lost all of their belongings and are waiting for the studs in the walls to dry before rebuilding. They are currently sleeping in a borrowed motorcycle trailer parked at their home. (That has been 7 weeks!) Mary writes that they still have jobs and income, but so very much is needed to rebuild their lives. Please pray for them and read their story on the front table.

Senior Choir meets at **7 PM** on **Tuesday** night. Additional voices are always welcome (No auditions required!) especially as they begin preparing for Advent & Christmas services.

Youth Choir meets at **4 PM** on **Wednesday** afternoon for 45 minutes. Grades 2-12 are welcome! (Children must be able to read.)

Donations of Sunday School Snacks There is a sign-up sheet in the Narthex for those willing to provide light snacks for our Sunday School children. There are usually 35-40 who attend.

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.

ST. JAMES LUTHERAN SCHOOL, 217-222-8267
4th Grade is collecting clean plastic caps and lids to be turned into a buddy bench for the school playground. Please save plastic lids/caps from milk jugs, detergent bottles, hair spray, spray paint, toothpaste, deodorant, water bottles, ice cream buckets (under 8 inches), cream cheese, cottage cheese, mayonnaise jars, peanut butter jars, Cool Whip, coffee cans, butter, prescription bottles (labels removed), caps w/recycle numbers 2,4,5, etc. Remember, it's caps only! Bring them to the fourth grade classroom or the school/church office.

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 8:00 AM to 4:30 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.

November Birthdays

1 Victoria Hufendick	13 Mayce Bent	23 Herbert Hillebrenner
3 Bernard Weisenburger Jr.	13 Danielle Deeter	23 Lori Post
5 Brianna Frink	13 Renee Durst	23 Katherine Spohr
5 Steven Voepel	15 Dennis Fleming	24 Marjorie Baker
6 Karen Lohmeyer	15 Dakota Martin	24 Paul Weisheit
7 Bethany Foster	16 Andrew Allen	25 Carolyn Cramlett
8 Bruce Burner	16 Evan Baker	25 Robert Tipton
8 Mildred Graham	16 John Church	27 Jeremy Holtman
8 Verna Harker	16 Lori Klauser	29 Bernice Wagner
9 Maggie Bowles	18 Shelia McElfresh	29 Adrian Zehnle
9 Audrey Church	19 John Baker	30 Stephanie Bush
9 Colleen Westberg	20 Jesse Schweitzer	30 Roderick Hibbert
10 Frank Hanawalt Jr.	22 Heather Feinstein	30 Brandon McGartland
11 Charlotte Vahle	22 Matthew Weppler	30 Ida Utterback (103)
12 Donna Johnson	23 Dexter Goetz	30 Kristen Vahle

November Baptisms

2 Piper Clevenger	9 Becky Lucas	23 Ace Weisenburger III
3 Martin Eden	9 Joann Reichert	24 Ethan Clevenger
4 Jerry Lunt	10 Bryan Baird	24 Quinton Hibbert
6 Caleb Buss	10 Danny Baker	26 Ethan Sass
6 Ray Johnson	10 Kensey McGartland	27 John Baker
7 Ariel Whitaker	13 Eben Fischer	27 Robert Gooding
7 Harlie Whitaker	13 Alex Fitch	28 Jan Colvin
7 Jeanette Wyatt	13 Beth Lucas	28 Erik Mix
8 Audrea Fitch	13 Katie Schoch Schieber	29 Karen Lohmeyer
8 Hayley Harvey	14 Tanner Clevenger	30 Erica Dedert
8 William Schlegl	19 Brianna Frink	30 Pat Florey
8 Curt Spohr	19 Amy Killday	30 Kari Foulk
9 Kriss Frink	22 Angie Nixon	30 Keaton Jones
9 Autumn Lucas	23 Dexter Goetz	

November Anniversaries

5 Carl & Carol Muehring
 15 Todd & Joyce Waterkotte
 20 Ryan & Tina Vaughn
 22 Larry & Reva Ehmen



25 David & Lynn Wombles
 26 Harry & Barbara Hall Jr.
 26 James & Shelly Holtman
 27 David & Jessica Showman

Pastoral Report

(September 1 – September 30, 2016)

Official Acts

Baptisms
First Communion
Adult Confirmation

Sean Michael Burner – September 24, 2016

Youth Confirmations
Marriages
Funerals

Ann M. Brackensick – September 14, 2016

Membership Changes

Gains [+5B, +4C]
Baptisms [+0B, +0C]
Adult Confirmations [+0B, +1C]

Sean Michael Burner – September 24, 2016

Youth Confirmations [+0B, +0C]
Transfers In [+0B, +0C]
Affirmation of Faith (from other Lutheran) [+5B, +3C]

Kat Kittrell – September 25, 2016

Jake & Amy Rainbolt with Mercayah, Elijah, and Memphis – September 25, 2016

Losses [-1B, -1C]
Death [-1B, -1C]

Ann M. Brackensick – September 11, 2016

Transfers Out [-0B, -0C]
Requested Removal [-0B, -0C]

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

Membership	January 1, 2016	Gains	Losses	September 30, 2016
Baptized	575	+19	-14	580
Confirmed	440	+13	-11	442

November Puzzle Page Answer *(puzzle found on page 12)*

“Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.” Hebrews 4:16

Assignments for November 2016

Communion Assistants:

Saturday, November 5 at 5:00 p.m.	Dennis Go	
Sunday, November 6 at 9:00 a.m.	Chris Knapp	Bob Frink
Saturday, November 12 at 5:00 p.m.	Dennis Go	
Sunday, November 13 at 9:00 a.m.	Larry Foster	Jerry Lunt
Saturday, November 19 at 5:00 p.m.	Dennis Go	
Sunday, November 20 at 9:00 a.m.	Gary Hyer	Larry Ehmen
Saturday, November 26 at 5:00 p.m.	Dennis Go	
Sunday, November 27 at 9:00 a.m.	Brad Ehmen	Brad Essington

Ushers:

Saturdays at 5:00 PM	Rob Edwards
Sundays at 9:00 AM	Steve Hyer, Terry Morse, Stan Yelton, Clint Gooding, Craig Gooding
Thurs. Nov. 23, 7 PM	Mark Vahle, Steve Kaiser, Bill Haire, Bill Schlegl
Wed., Nov. 30, 7 PM	Joe Cleaves, Steve Schoch, Larry & Monica Foster

Registration Slips: Ellie Bowles

Altar Care: Ruth Essington, Melanie Zehnle, Shelly Holtman, Laura Essington

Counters: Larry Ehmen, Emily Becker

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



The holidays will soon be here and many of us may be feeling the pressure of getting ready. Shopping, going to parties, baking and many other activities, in addition to our normal tasks, can leave us exhausted. We always have more projects than we have time for. We often have more socializing than we feel up to.

The holidays bring different memories and feelings to each of us. For some, the holidays are a very joyous time; for others they are very emotional and bring up feelings of holidays long past.

It is important to know that symptoms of stress vary with each individual. During the holidays some people have trouble falling asleep or staying asleep. Some wake up early, while others have trouble getting up in the morning. Some gain weight; others have headaches or mood swings. Some experience an inexplicable sadness, while others may miss loved ones who are no longer there.

It is important to remember that the holiday blues are often short-lived and are a reaction to the stress of the holiday season. Although some stress is good, too much stress can make us feel overwhelmed and exhausted.

Here are some ideas that may help you manage the holidays:

- Plan your time and recognize that it is okay to say “no.” Don’t over-schedule yourself.
- Set your priorities and let the less important things wait.
- Recognize that not everything can, or has to be, perfect.
- Delegate tasks to other family members.
- Don’t over-indulge in sweet, high-calorie food. Eat regular meals, especially lots of fruits and vegetables. Watch your intake of alcohol and tobacco. Try to get 6-8 hours of sleep per night.



If you recognize that stress or holiday blues continue beyond the holidays, they may be symptoms of a more serious problem. If that’s the case, it may help to speak with a mental-health professional.

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

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

PUZZLE PAGE

HELPERS

by

Bill Schlegl

What do we all need in order to be good helpers to those in need?

(A = 1, E = 5, I = 9, O = 15, U = 21)

$\overline{12} \overline{05} \overline{20}$ $\overline{21} \overline{19}$ $\overline{20} \overline{08} \overline{05} \overline{18} \overline{05} \overline{06} \overline{15} \overline{18} \overline{05}$

$\overline{03} \overline{15} \overline{13} \overline{05}$ $\overline{02} \overline{15} \overline{12} \overline{04} \overline{12} \overline{25}$ $\overline{21} \overline{14} \overline{20} \overline{15}$ $\overline{20} \overline{08} \overline{05}$

$\overline{20} \overline{08} \overline{18} \overline{15} \overline{14} \overline{05}$ $\overline{15} \overline{06}$ $\overline{07} \overline{18} \overline{01} \overline{03} \overline{05}$, $\overline{20} \overline{08} \overline{01} \overline{20}$

$\overline{23} \overline{05}$ $\overline{13} \overline{01} \overline{25}$ $\overline{15} \overline{02} \overline{20} \overline{01} \overline{09} \overline{14}$ $\overline{13} \overline{05} \overline{18} \overline{03} \overline{25}$,

$\overline{01} \overline{14} \overline{04}$ $\overline{06} \overline{09} \overline{14} \overline{04}$ $\overline{07} \overline{18} \overline{01} \overline{03} \overline{05}$ $\overline{20} \overline{15}$

$\overline{08} \overline{05} \overline{12} \overline{16}$ $\overline{09} \overline{14}$ $\overline{20} \overline{09} \overline{13} \overline{05}$ $\overline{15} \overline{06}$ $\overline{14} \overline{05} \overline{05} \overline{04}$.

(Answer Found on Page 9)