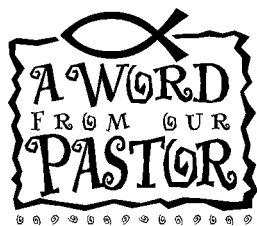


May 2011

# Faith, Family & Fellowship

The monthly newsletter of Faith Lutheran Church



I come to you this month with a thankful heart as together we have journeyed through Lent and Holy Week to a most glorious Easter season of Resurrection and Hope.

How greatly we appreciate the efforts of the Altar Guild. Not only do they ALWAYS prepare for each service of worship so that everything we need is ready and waiting; but, their sensitivity to the various seasons of the church year provide us with displays that lead us from times of humility and reflection on to exuberance and joy.

During Lent many of us were able to share a simple supper together, followed by a time of prayer and meditation at the close of the evening. Thank you to all of you who lovingly prepared the warm soups and good food that enhanced the fellowship of those who gathered together.

This year many of our lives were touched during Holy Week by the story of Christ's Passion featuring the "Jesus Christ Superstar" music. The cast and crew was comprised of over 40 of our members, and most of our active membership and numerous visitors were able to enter into the story during our two performances. A special thanks goes out to: Ryan Eggert (Jesus), Kathie Nichols (Judas), Alexa Bowen (Mary Magdalene), Charles Wolf, Carla Wastalu and Bill Niswonger (the High Priests), Bev Mejia (Pilate), Kyle, Bryan and Corey Alonso (King Herod & his slaves), Jessica Nichols (Peter), and (Apostles) Christina and Olivia Eggert, Donna Kalebich, Sarah Knight, Kate Niswonger, Quaylin, Keegan and William Peretti, Joanna Riemer, Patricia Shue and Debbie Vining; (Musicians) Vince McGirr, Mike Nichols, Tony Raygor, Steve Ver Halen and Chris Bowen, (Choir) Bob Larson, Carol Luthanen, Greg Perkolup, Jay Riemer, and Carol Vicic and (Crew) Chuck Champene, Carol Hennessey, Shari and Verlin Johnson, Charlie and Noah Champene, Jackie Marks, Hannelore Richweiss, Maggie Koseck, Holly Vick, Peter Peretti and Vicki Dallmann. Although our primary goal was to tell the story, we are grateful that through the congregation's generous donations, \$1,444 was raised towards our fundraising goal for the general fund.



In addition to the 24 participants who kept our 12 Hour Prayer Vigil going on Good Friday, the personal testimonies of our 7 p.m. service speakers: Angie Hochevar, Bev Mejia, Bonnie Badurski, Bill Niswonger, Kyle Severson, Paul Weiner and Chris Bowen are truly an inspiration to us all.

As a final touch, the children's Easter Egg coloring and hunt provided by Shari Johnson and her crew and the wonderful Easter morning breakfast presented by our Caring Committee, in addition to the beautiful worship music presented by Music Director, Vince McGirr, and the Choir, musicians and Praise Band all leading up to our glorious worship as once again we celebrate the Resurrected Christ have made this a truly memorable time for us all here at Faith Lutheran.

May God bless you all greatly, as together we share in the ministry, doing God's work, together.

Rev. Jane Perkolup, Pastor  
Vicki Dallmann, Secretary

353 N. Midland Ave, Joliet  
815-725-4213  
Office hours: Mon. thru Fri. 9-1

OUR MISSION: *Sharing the Love of God*

OUR VISION GOALS: *Feed the Hungry ~ Connect with New Neighbors ~ Grow Caring Relationships ~ Engage Adults in Christian Education*



# Bulletin Board



Our Parish Nurse, Kay Champene, will be performing **Blood Pressure Checks** on Sunday, May 1<sup>st</sup> at 9:30 a.m. in Fellowship Hall.



*Men's Breakfast*  
May 21<sup>st</sup>, 8:00 a.m.



The sign-up sheet will be posted in the narthex the preceding Sunday. Men of all ages are invited. Please join us!



*Something for the women... Please come to our BYO (bring your own) Women's Luncheon, Saturday, May 21<sup>st</sup> at 11:30 a.m.*

*To pamper ourselves... nobody needs to cook... just bring a sandwich or salad for yourself (beverages provided). We will meet in the conference room to share the meal together, followed by worship & Bible Study. This is for women and girls of all ages. Hope to see YOU there!*



**Wednesday, May 18<sup>th</sup>**  
at 6 p.m.

This month's dinner will be hosted by our Confirmation Students.

POTLUCK DINNER



**Wed., May 11<sup>th</sup>**  
at noon

Please sign up in the narthex to bring a dish to share. Our guest speaker in May will be **Pam Tabler** from **Hospice**.

And, be sure to come out for our final potluck until fall, on June 8<sup>th</sup> at noon. Our guest speaker will be **Jody Smith** of **J.S. Wellness**, a local small business dedicated to healthy eating. Jody will have fresh fruit smoothies and other healthy items for sample! Call the church office if you need a ride. June will be our final luncheon until fall.

COME TO  
**ADULT FORUM**

SUNDAYS AT 10:00 A.M.



SERIES: PEOPLE OF FAITH IN THE BIBLE, "WHAT DOES FAITH LOOK LIKE?"



As you make your way through "spring cleaning" around the house, please keep in mind **Faith's annual Yard Sale**. We will begin collecting donations on June 1<sup>st</sup>! The sale will take place June 17-18.

If you are able to volunteer your help for this event in any capacity, please call the church office or Shari Johnson. Thank you!



It's time for our annual **WORK DAY!**  
 Saturday, May 14<sup>th</sup> 8 a.m. 'til 2 p.m.  
 Lunch is provided.

Come help us "shine up" the church - Moms \* Dads \* Kids -  
 there's something for everyone to do!

Come join in the fun as, together, we care for the wonderful building  
 and grounds that God has so generously provided for us.  
 Please bring along rakes, clippers, hedge trimmers, etc., if you have them.



You're invited to Faith Lutheran's annual  
**MINISTRY FAIR**

Sunday, May 22<sup>nd</sup>, 9:30-11:00 a.m.  
 Learn more about Faith's many ministries!

Clown!

Treats!

Prizes!

Games!



Fun for all ages! Bring the whole family!



Reserve the week of  
**July 18-22**  
 for  
**Vacation Bible  
 School!**



*A Nursery Attendant is provided  
 for children up to age 4  
 during the 11:00 service every Sunday.*

**Faith member Marianne Gardner**  
 went to be with our Lord on April 7<sup>th</sup>.  
 Funeral Service was held at  
 Blackburn Funeral home on Saturday, April 16<sup>th</sup>.  
 Please keep the family in your prayers.



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## Spring Into Action



When you greet spring with a stuffy nose and watery eyes instead of a happy heart, it's time to take a new look at your seasonal allergies. About 40 million people in the U.S. suffer from seasonal allergies, hay fever or allergic rhinitis. The condition has a strong genetic component, and usually develops during childhood, but can begin later after exposure to environmental factors. The most common allergy triggers, according to The Asthma and Allergy Foundation of America are tree, grass and weed pollen, mold spores, dust mites, cockroach allergens and cat, dog and rodent dander. The following are five important tips that may help you deal with your seasonal allergies.

- **START EARLY** Spring pollen season starts much earlier than most people think. This means that if you take medication to control your symptoms, start using them in mid to end of February before the pollen season starts.
- **KNOW YOUR OTC MEDICATIONS** There are three main types of over the counter medications used to control seasonal allergies; topical nasal sprays, inhaled corticosteroids and antihistamines. If you have mild allergies, oral antihistamines and nasal sprays can both effectively manage your symptoms. If your symptoms aren't controlled, consider switching brands periodically or consult your physician for ideas.
- **CONTROL YOUR ENVIRONMENT** You don't want to have to stay indoors just because you suffer from allergies, but if you're working outside, wear a protective allergy mask for tasks like mowing the grass, raking leaves etc. If you'll be outdoors in the afternoon, take your medicine at lunch so it has a chance to get into your system. Be aware of the daily pollen counts, and plan outside activities on a day the count is expected to be low, or a day in which the wind is minimal. "Stay indoors and you'll be okay" is a myth. Homes have to be ventilated, and about 1/3 of what's outside gets in no matter what you do. You may consider purchasing a high efficiency furnace filter (MERV) level 11 or 12 to minimize allergens circulating through the house.
- **CONSIDER NATURAL REMEDIES** Some natural remedies do help with allergy symptoms, but keep in mind, they do have their limitations. One popular tool is the neti-pot, (found in any major drugstore) which flushes out your nasal cavities by using gravity to rinse them with a saline solution. Some swear by acupuncture as an allergy management, but the findings are inconclusive.
- **DON'T SUFFER IN SILENCE** If what you are using to control your symptoms isn't working, especially after trying various products, a visit to the allergist can bring relief. What you're allergic to can be determined by discussing your symptoms and perhaps doing skin tests. The allergist may ask you to keep an "allergy diary", tracking when and where you've had reactions.

Remember, you don't have to be miserable. See an allergist, find out what you're allergic to and develop a plan.

*-Kay Champene*, Parish Nurse  
Source: Web MD

Kay will be providing FREE BLOOD PRESSURE CHECKS the first Sunday of each month in Fellowship Hall during 9:30 coffee time.

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## INTERESTED IN MEMBERSHIP AT FAITH LUTHERAN?

On Sunday, May 22 we will be holding an informal information gathering session for those interested in membership here at Faith. Lunch will be provided & children are welcome to attend.

We will cover the topics of what it means to be a Lutheran as well as information specific to Faith Lutheran. Those attending will have opportunity to meet some of the leadership from the congregation. We will meet from 12:00 to 2:30 p.m. Please call the church office at 815-725-4213 or let Pastor Jane know if you will be attending so we can plan for you. Hope to see you there!



[www.faithjoliet.com](http://www.faithjoliet.com)

Did you know that our monthly **newsletter & calendar** are posted on the church website? Check it out!!!



Join us for Bible Study  
Tuesdays at 10 a.m.

During times of war it is important to remember our service personnel, both in prayer and with cards and letters. Listed below are friends of the congregation who are serving overseas during this time of conflict. If you have someone to add to our list, please give the following information to the church office or Pastor Jane: name, service address, birthday, and who/relationship submitting the name. Please keep the office updated when they return.



**Lt. Col. Kristina O'Brien**  
379 EMS/CD  
APO AE 09309

For four years we have been praying for those serving our country overseas; and, we announce with great sadness the passing of **Capt. Nathan Nylander**, cousin to member Sandy Hoogstra. Nathan lost his life during the recent military ambush that took place at the Kabul Airport in Afghanistan. Please keep Sandy and the family in your prayers.

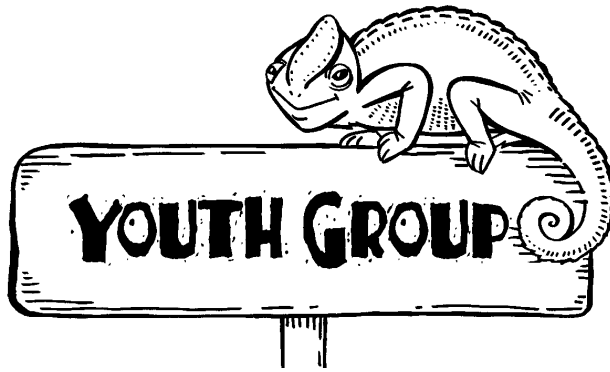


## PRAYER BLANKET MINISTRY

"God grant me the serenity to accept the things | cannot change,  
the courage to change the things | can, and the wisdom to know the difference."

-The Serenity Prayer

If you know of someone who you think would like a prayer blanket, or if you would like to participate in this very worthwhile ministry, please contact Joyce Reed 815-725-5540, Jackie Marks 815-467-4094 or Carol Vicio 815-254-6711.



**DYNAMOS**

Our 1<sup>st</sup> thru 4<sup>th</sup> graders will meet on Thursday, May 26<sup>th</sup> from 6-7:30 p.m. We will be playing games and enjoying a snack together. Come out for the fun and be sure to bring a friend!



**BLAST**

Our 5<sup>th</sup>-8<sup>th</sup> graders will meet on Saturday, May 28<sup>th</sup>, 6-9 p.m. We will enjoy games and a meal together. Bring friends!



**GUPPIES**

Our preschool and kindergarten youth will meet on Saturday, May 28<sup>th</sup> from 10 a.m. to noon. Parents and friends are invited! We would love to have you join us!

**ATTENTION HIGH SCHOOLERS!**  
OUR NEXT HS HAPPENING WILL BE ON SUNDAY, MAY 29<sup>TH</sup> AT NOON. WE'LL CHOOSE OUR ACTIVITY FOR THE DAY AS A GROUP...  
MOVIES? BOWLING?? MINI GOLF???  
COME WITH IDEAS AND FRIENDS!

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*Please call Shari Johnson at 815-725-2501 if you have questions about any of our youth activities.*

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Ladies... Do you need a break?  
 An opportunity for "girl talk"?  
 Some time to yourself?  
 ...in beautiful surroundings?

Mark your calendar for **Women's Retreat**  
 Friday evening, August 5<sup>th</sup> thru Sunday afternoon, August 7<sup>th</sup>.  
**Women's Retreat is coming!**



*Life is fragile - handle with prayer...*

To start up the Prayer Telephone Machine,  
 call Elsie at 815-725-4373



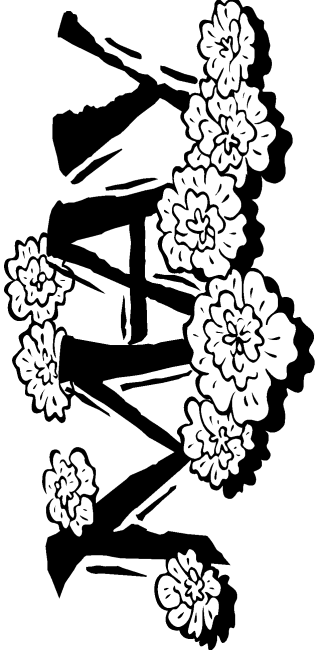
The following members of the Faith Lutheran Family have upcoming birthdays.  
**GOD BLESS YOU** as you recall the day God first gave you life!

- |                       |                         |                      |
|-----------------------|-------------------------|----------------------|
| 05/01 Elaine Kayne    | 05/15 Carol Luthanen    | 06/02 Nora Hennessey |
| 05/02 Bob Carlson     | 05/16 Sam Dowd          | 06/04 Tristan Martin |
| Kim Lovati            | 05/17 Gabriel Mulconrey | 06/06 Antonio Davila |
| Ann Martin            | 05/18 Taylor Farr       | Maggie Koseck        |
| 05/04 Nathan Hambrick | 05/21 Michael Denson    | 06/08 Char Cannon    |
| 05/05 Dianna Bierman  | 05/22 Sarah Johnson     | James Knight Jr.     |
| Joy Fowler            | Kim Mendes              | 06/11 Judy Libersher |
| 05/07 Mary Lauterbach | 05/24 Christian Bohne   | Craig Wills          |
| 05/09 Hazel Gariboldi | Trey Martin             |                      |
| 05/10 Brittany Suski  | 05/26 Gabriella Tancl   |                      |
| 05/13 Doug Cooper     | 05/27 Rylan Johnson     |                      |
| Morgan Mendes         | Marilyn Klotz           |                      |
| 05/14 Katharine Budny | Ed Koseck               |                      |
| Rita Kooi             | 05/28 Marcia Johnson    |                      |
| Richard Schmitz       | 05/31 Briana Budny      |                      |





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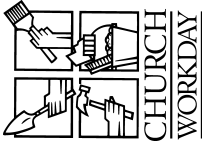
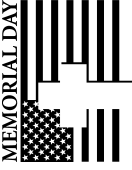



2011



VISIT OUR  
 WEB SITE

www.faithjoliet.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 8:30 & 11 am Worship Fellowship after services 9:30 Blood Press. Checks 10 am Sunday Schl., Adult Forum, Choir Rehearsal	2	3 9 am Staff Meeting 10 am Bible Study 5 pm Education Comm. 6 pm Evangelism Comm.	4 9 am Prayer Blankets 5:30 pm Praise Band 7 pm Confirmation	5 6 pm Worship Comm.	6	7
8 <i>Happy Mother's Day!</i> 8:30 & 11 am Worship Fellowship after services 10 am Sunday Schl., Adult Forum, Choir Rehearsal	9	10 9 am Staff Meeting 10 am Bible Study 6 pm PPRPT 7 pm Church Council	11 9 am Prayer Blankets 12 pm Potluck Luncheon 5:30 pm Praise Band 7 pm Confirmation (exam)	12 6 pm Golden Wings Comm	13	14  CHURCH WORKDAY
15 8:30 & 11 am Worship Fellowship after services 10 am Sunday Schl., Adult Forum, Choir Rehearsal	16	17 9 am Staff Meeting 10 am Bible Study	18 9 am Prayer Blankets 12:30 pm Caring Comm. 1:30 Senior Svc/Loyalton 5:30 pm Praise Band 7 pm Potluck Dinner <i>(Confirmation hosting)</i>	19	20	21 8 am Men's Group 11:30 am Women's Group
22 8:30 & 11 am Worship 9:30 am Ministry Fair 12 pm New Member Class	23	24 10 am Bible Study	25 9 am Prayer Blankets	26 6-7:30 pm DYNAMOS! <i>(1st-4th graders)</i>	27	28 10-noon GUPPIES! <i>(pre-K)</i> 6-9 pm BLAST! <i>(5th-8th gr.)</i>
29 8:30 & 11 am Worship Fellowship after services 10 am Sunday Schl., Adult Forum, Choir Rehearsal	30  MEMORIAL DAY <i>Church Office Closed</i>	31 9 am Staff Meeting 10 am Bible Study				 May Acolytes: 8:30 Holly Vick 11:00 Sam Dowd