

February 2012

Faith, Family & Fellowship

The monthly newsletter of Faith Lutheran Church



Lent is coming upon us. When I think of Job, I envision him sitting on the side of the road (after he had lost everything) woefully pouring ashes on his head. In our Ash Wednesday service of worship, when ashes are marked on our forehead, come the words "from dust you came and to dust you shall go". A very sobering thought! Each year our season of Lent begins when the earth is void of color, often covered with ice, snow, mud, rainwater, or a combination there-of. It's as if the earth is woefully mourning the loss of color and fruitful life.

Here at the church we go through the sobering experience as well. Our sanctuary is void of color and blossom. The Sunday gospels bring us through the agonizing steps of Christ's journey here on earth. Wednesday soup suppers are modest. Evening vespers are just that – done in diminishing light, quiet, meditative.

The season of Lent has much to teach us. There is not one of us who does not know hurt, pain and suffering. Sleepless nights, broken dreams, dreary footsteps, fears and doubts – we all have had those times in our lives. Some of us are going through them right now. Lent reminds us that God is in the midst of our trials and tribulations; and there is a comfort and a love that carries us through those times. Lent teaches us how to endure those times, knowing that the hope of Easter is coming. Lent builds our faith and empowers us with the strength to survive. I pray you will enter into the Lenten season with us, your brothers and sisters in Christ. Come, worship, and be fed.

God's Blessings,

Pastor Jane

During Holy Week this year, we will once again be performing
a Passion Concert featuring the music of
"Jesus Christ Superstar"

WE NEED... singers, dancers, musicians, costumers, stage hands and ushers!

Please contact the office (815-725-4213) or Pastor Jane if you'd like to join in.

EVERYONE is invited to participate!

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



Annual Congregational Budget Meeting

Sunday, February 12th

9:30 a.m.



POTLUCK LUNCHEON

Wednesday, February 8th at noon

Please sign up in the narthex.
We will welcome guest speaker Chet June, a lawyer with June, Prodehl, Renzi & Lynch LLC, to share information on elder law.
Call the church office if you need a ride.

COME TO

ADULT FORUM

SUNDAYS AT 10:00 A.M.



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



Something for the women...

Please come to our BYO (bring your own)

Women's Luncheon, Saturday,

February 18th 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!

Men's Breakfast

February 18th, 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!



Welcome to the pulpit. . . .

Seminarian Kyle Severson will be here to preach on Sunday, February 12th, and you will have an opportunity to chat with Kyle during Adult Forum.

Our Parish Nurse, Kay Champene, will be performing **Blood Pressure Checks** on February 5th at 9:30 a.m. in Fellowship Hall.





PLEASE COME TO
SIMPLE SOUP SUPPER & EVENING VESPERS
 WEDNESDAY EVENINGS DURING LENT
 FEBRUARY 29TH - MARCH 28TH
 6:00 P.M. MEAL, 7:00 P.M. WORSHIP



Sunday,
 February 5th



Join us for Worship on
 Ash Wednesday,
 February 22nd.
 Services will be held at
 11:00 a.m. and 7:00 p.m.



For our **FEBRUARY CHALLENGE**
 we are collecting
SPARE CHANGE
 in baby bottles to benefit the
 Living Alternatives Pregnancy
 Resource Center.

**Empty bottles will be available in the narthex
 throughout the month. Thank you, in advance,
 for your generosity!**

From Your Service Committee
 Thank you to those who helped clean and
 rearrange the church kitchen. Plans are being
 made for the Easter Breakfast to be held
 between the services Easter Sunday.



Life is fragile - handle with prayer...

To start up the Prayer Telephone Machine,
 call Diane at 815-722-0856
 or go to www.faithjoliet.com and email your request.

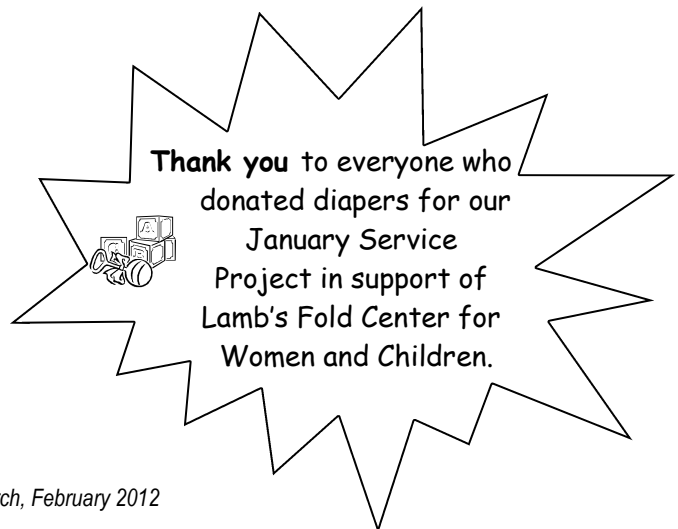
PRAYER BLANKET MINISTRY

"God grant me the serenity
 to accept the things I cannot change,
 the courage to change the things I 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 725-5540, Jackie Marks
 467-4094 or Carol Vicic 254-6711.



**Thank you to everyone who
 donated diapers for our
 January Service
 Project in support of
 Lamb's Fold Center for
 Women and Children.**

Post-Holiday Blues



Now that we have all wound down from the holiday season, it is common to feel a bit down as we try to adjust to our normal winter routine. The weeks between Thanksgiving and New Years are often the busiest time of the year for a lot of us. We are expected to be filled with cheer, joy and love for everyone, and we have to realize that is not always possible. The following tips may help you cope with the feelings of post holiday depression that you may be experiencing.

- Realize that the holidays do not define who you are as a person. Feelings of sadness, anxiety, exhaustion and/or irritation are normal emotions in response to the stress and demands of the season. Accept the fact that you are feeling the way you are. It is okay.
- Do not worry or feel that there is something wrong with you because you may be experiencing negative emotions. You are not alone in what you are feeling.
- Talk about your feelings with your spouse, a family member or friend. You will probably find that these are feeling similar emotions, and often time verbalizing your feelings is all it takes to ease some of the sadness you may feel.
- Get moving!! Exercise is one of the best ways to release your endorphins (the body's own natural feel-good hormones). Exercise also helps to clear your mind, and aids in losing the few pounds you may have gained.
- Rest, relax and get a good amount of sleep at night. Fatigue can also affect your mood.
- Try to identify anything specific that could be accounting for the feelings that you're having. Keep a journal and refer to it periodically so you can change some of the circumstances when the next holiday season begins.

It is important to know that typically these post holiday blues are short-lived. If you can't shake the feelings that you're experiencing, you should seek the help of a counselor or therapist. They have tools to help you work through your feelings and help you get back into the swing of things.

-Kay Champene, Parish Nurse

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

Worship and Music Committee Report

The Worship and Music Committee met on Jan. 5th and discussed the Christmas Eve services. The attendance was good at both services and the altar decorations, fabulous.

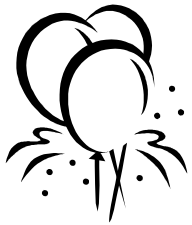
We then discussed our upcoming Lenten services. On Feb. 22nd, two Ash Wednesday services will be held at 11:00 a.m. and 7:00 p.m. The next five Wednesday Lenten services will be from Feb. 29th through March 28th. A Simple Supper consisting of soup, salad, bread and beverages will be served at 6:00 p.m. followed by the service at 7:00 p.m. Members of the church council committees will each take a turn preparing and serving the Simple Supper on one of the five consecutive Wednesdays.

Our Healing Service will be held on April 22nd.

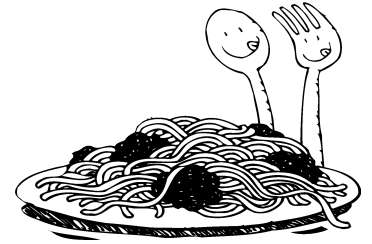
The next meeting will be on March 1st at 6:00 p.m.

-Carla Wastalu

Worship and Music Committee Chairman



COME ONE AND ALL
to our annual



Mardi Gras Spaghetti Dinner



Tuesday, February 21st

4:30-7:30 p.m.

\$10 each/\$30 family

Tickets can be purchased in
advance in the narthex,
or at the event.

carry-out orders
available!



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



02/02 Dan Hoogstra	02/14 David Dorke	Robin Lambert
Paul Wiener	02/15 Ann Marie Zan	03/01 Aiden Mulconrey
02/03 Ken Koval	02/17 Ben Hornsby	03/02 Amos Finkle
02/04 Brandon Hochevar	Reagan Goldfuss	Heidi Litchfield
Connie Libersher	02/19 Kimberly Van Hyning	03/03 Samantha Johnson
John Vick	02/20 Louise Specht	Bob Peretti
02/05 Bryan Alonso	Katherine Strle	03/04 Jeremiah Davila
Rachelle Mulconrey	02/22 Taylor Bowen	03/07 Jason Jarosz
Bill Niswonger	02/24 Jaycee Jarosz	03/09 Greg Goldfuss
John Reed	Justin Tacchia	Justin Niswonger
02/06 Kyle Alonso	Holly Vick	03/13 Angie Pollard
02/09 Carolyn Nelson	02/25 Thomas Ratko	03/14 Marteen Bohne
02/11 Wendy Bertani	Joy Wolf	Tracy Farr
Chris Bowen	02/26 Michael Vargo	Jacqueline Hambrick
Kay Champene	02/28 Karen Dengler	Erin Hagstrom



DYNAMOS

Our 1st thru 4th graders will meet on Thursday, February 23rd 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!



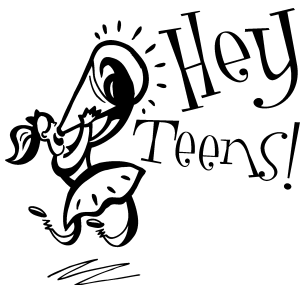
GUPPIES

Our preschool and kindergarten youth will meet on Saturday, February 25th from 10 a.m. to noon. Parents and friends are invited!



BLAST

Our 5th-8th graders will meet on Saturday, February 25th, 6-9 p.m. We will enjoy games and a meal together. Bring friends!



Our High School group will meet on Saturday, February 18th from 10 am until noon. We will be setting up for Sunday's Coffee Hour and preparing for the upcoming SPAGHETTI DINNER. The dinner is Tuesday the 21st; we will begin serving at 4:30 pm. We are requesting that all teens come to church that afternoon as early as possible (*like right after school, if you can!*).

NEED COMMUNITY SERVICE HOURS??? Here's a terrific opportunity to earn some hours! Time worked during setup on Sat. the 18th, helping during Coffee Hour on Sunday the 19th, and/or working the Spaghetti Dinner on the 21st will all count toward service hours.

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



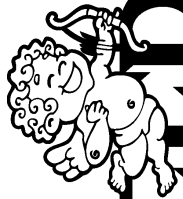
Congratulations to Kim and Kelly Van Hyning on the birth of a daughter Christmas Eve and to Uncle Kyle and Grandparents, Dorothy and Greg Severson.

During times of war it is important to remember our service personnel, both in prayer and with cards and letters. 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.





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 Joliet, IL 60435
 815-725-4213
 faithnews1@sbcglobal.net



FEBRUARY

2012



www.faithjoliet.com

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9 am Prayer Blankets 7 pm Confirmation	2 Groundhog Day	3	4
5 <u>5th Sun. after Epiphany</u> "Souper Bowl of Caring" 8:30 & 11 am Worship 9:30 am Nursing Ministry 10 am Sunday Schl. Forum, Choir Rehearsal 1 pm JCS Rehearsal	6 	7 9 am Staff Meeting 10 am Bible Study 12 pm Evangelism Comm. 5 pm Education Comm.	8 9 am Prayer Blankets 12 pm Potluck Lunch 5:30 pm Praise Band	9	10	11
12 <u>6th Sun. after Epiphany</u> 8:30 & 11 am Worship 9:30 Annual Meeting 10 am Sunday Schl. Forum, Choir Rehearsal 1 pm JCS Rehearsal	13 	14 <i>Valentine's Day</i> 9 am Staff Meeting 10 am Bible Study 6 pm PPRT 7 pm Church Council	15 9 am Prayer Blankets 1 pm Caring Committee 1:30 Sr. Svc./Emeritus 5:30 pm Praise Band 7 pm Confirmation	16	17	18 8 am Men's Breakfast 10 am High School Group 11:30 am Women's Group
19 <u>Transfiguration</u> 8:30 & 11 am Worship Fellowship after services 10 am Sunday Schl. Forum, Choir Rehearsal 1 pm JCS Rehearsal	20 <i>Presidents' Day</i>	21 9 am Staff Meeting 10 am Bible Study Spaghetti Dinner 4:30-7:30 pm	22 Ash Wednesday 11 am & 7 pm Worship 5:30 pm Praise Band 5:30 pm Praise Band 7 pm Confirmation	23 6 pm DYNAMOS! (1 st -4 th graders)	24 	25 10 am GUPPIES! (pre-K) 6 pm BLAST! (5 th -8 th gr.)
26 <u>1st Sunday in Lent</u> 8:30 & 11 am Worship Fellowship after services 10 am Sunday Schl. Forum, Choir Rehearsal 1 pm JCS Rehearsal	27	28 9 am Staff Meeting 10 am Bible Study 6 pm Golden Wings Comm.	29 9 am Prayer Blankets 5:30 pm Praise Band 6 pm Simple Supper 7 pm Lenten Worship 			