



FAITH LUTHERAN CHURCH

Faith Lutheran Church
120 Faith Drive
Columbus WI 53925-1602

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THE August 2016 NEWSLETTER

Faith...Serving God...Serving People

Now faith is the assurance of things hoped for, the conviction of things not seen.

Hebrews 11:1



MISSION STATEMENT

Joyfully recognizing God's commitment and faithfulness to us, FAITH LUTHERAN CHURCH exists to serve God through serving God's people. We eagerly work towards the realization of God's Kingdom by:

- Offering praise-filled worship to God.
- Nurturing individual spiritual growth.
- Fostering an environment of caring and acceptance.
- Reaching out to serve the needs of our community.

God's love stirs us to touch others with the same love we have received—and invites them to share our life of praise and service.

Faith Lutheran Church (ELCA) Columbus, Wisconsin

AS MEMBERS OF FAITH LUTHERAN CHURCH WE PROMISE:

- To attend services regularly.
- To support the congregation financially.
- To live responsibly as a Christian witness.
- To become as involved as possible in the total life and work of the congregation.

And this we promise to do by the help of God.

Now faith is the assurance of things hoped for, the conviction of things not seen.

FAITH'S TOP PRIORITY VISIONING GOALS:

1. Equip members for lifelong spiritual growth and ministry.
2. Continue being an accepting congregation that welcomes and serves all.
3. Develop a climate of joyful giving - money, time and talent.
4. Use our facility to minister to the needs of the community.
5. Develop a site and facility plan, including potential expansion.
6. Work towards building intergenerational activities and relationships.
7. Be a driving force within the ecumenical group to address community needs.
8. Continue and expand our engaging and varied worship life.

Adopted March 2010

**We're on the web:
www.faithcolumbuswi.or**



FAITH LUTHERAN CHURCH

120 Faith Drive, Columbus WI 53925
Evangelical Lutheran Church
in America – ELCA
South-Central Synod of Wisconsin



MESSAGE FROM PASTOR LISA

What do coloring, our 5 senses, and breathing have in common? They are all considered forms of mindfulness meditation. Researchers have demonstrated that mindfulness meditation has both psychological AND physical benefits. It reduces stress, anxiety, and pain! I think we could all use a little less of those three!

So I'd like to describe my favorite ways to meditate.

1. Walking: Even if you let your mind run helter skelter, walking is still very meditative. It's even more so when you pay attention to your surroundings. The trees and flowers, the clouds and birdsong, and the houses and other people. Paying attention to what's around you helps you stay in the present and focus on what is right now instead of your past or future concerns.
2. I recently heard of something called the 3x5. This refers to our 5 senses. The idea is to list 3 things you see, 3 you hear, 3 you taste, 3 you smell, and 3 you can touch (at that moment—not in general.) This helps you focus on the here and now and takes you away from your worries or mood, at least while you are doing the 3x5.
3. I often ask people to name 3 good things or blessings that happened that day. This is a good practice for all of us and helps us stay positive. Sharing what you're thankful for with God or other people is another way to do this.
4. Deep breathing is calming to the psyche and the body. It has been proven to lower blood pressure and anxiety. I've taught my children belly, balloon breathing. Inhale air deep into your lungs, causing your belly to blow up like a balloon. Do that 3-5 times every night before you go to bed or whenever you feel yourself starting to worry.
5. Coloring: I have coloring books at home that I use, but I've really enjoyed going to Sandy Schieble's coloring group at the church on Mondays at 1 p.m. when I've been able to go. You're welcome to join them anytime!

Any combination of these meditation practices can help you find peace in your life and help you deal with life's challenges. Now I'll let you in on a secret. God is easier to notice in the present moment. Sure, you can see where God WAS present by looking back at the past, but we meet God in the present.

These techniques are not only mentally and physically beneficial, but they are also spiritual. Whenever we are able to be present in the moment, we are also better able to sense God's presence in that moment. Just trust me, God is with you always but especially when you are present in the moment.

FAITH LUTHERAN CHURCH

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920-623-3610

Email: faith@faithcolumbuswi.org

Pastor Bob's "open":
pastor@faithcolumbuswi.org

Pastor Bob's "private":
rvmoberg@faithcolumbuswi.org

Pastor Lisa's "open":
nelsonkoksy@gmail.com

Website: www.faithcolumbuswi.org

Robert V. Moberg, Pastor
920-623-4390

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608-834-8412

Sandra Schieble, CRPM
608-712-2910

Christine Hilbrich, Administrative Assistant
920-885-4741

Sue Frish, Assistant to Treasurer
920-484-6545

Betsy Woodward, Assistant to Treasurer
920-992-3485

CHURCH COUNCIL

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President

Henry Elling 920-623-0436
V. President

Amy Kary 605-659-1808
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Eric Hoffmann 608-843-0368
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Mary Larson 920-318-0462

Pat Sullivan 920-484-3545

The “Pres Sez”

Train Ride

What did I learn from a 17-hour train ride to our nation's capitol? Why do we agree to enter a metal container (car, bus, train or plane) to get somewhere? I know people from Faith who could answer the last question in very positive ways and others who see travel as just a necessary evil to maintain family ties and friendships.

For me, the train ride was a stew of emotions and impressions beginning with remembering my father's love of them and followed by my own immediate observations from the experience.

Chicago's Union Station is cursed with a single waiting room that at times lacks sufficient seating for all Amtrak departures . As with any time that people perceive their resources may be limited, the full spectrum of behaviors from rude to gracious can be seen. Unintelligible announcements competing with the din of crowd voices pierce the air frequently and leave one focused on hearing key words and numbers related to one's desired train. Finally, the cattle call for our herd came and the stampede began to funnel to the one door leading to our designated gate and track. Being seniors we were called forward to enter first with the accompanying stares due to our 'privileged' status.

I confess liking the rush of heat and sound produced by multiple diesel-electric engines idling on the tracks. I could feel the 6,000 horsepower engine panting and waiting to be released. This is the closest I will come to touching a giant human technology for harnessing energy to a specific purpose if I exclude a visit to a utility power plant. I feel assured that we have the needed power serving us to get to our destination.

Winding up the ridiculously narrow stairs to our reserved seats in coach, we began to see the birth of some comradery amongst our car-mates with assistance offered for lifting luggage into the overhead racks and patient waiting as people got settled. A prompt departure followed by efficient ticket-taking preceded a determined rush of experienced train riders to the lounge car with its sky windows and unique seating arrangements. Generally politeness reigned as people struggled with their balance and the limited aisle width while making their ways to the restroom, lounge or dining car and encountering others.

At the 10 p.m. bedtime the lights were dimmed and some window curtains drawn. The car took on a surreal feel from muffled voices, track rhythms, and passing street and yard lights. The alien serenity was pierced by the wail and rush of freight trains passed on the neighboring tracks. The conductors did their best to know and awaken the passengers who needed to get off at their night-time stop without disturbing the rest of us. If I ignored the time and GPS of my smart phone, I could easily believe that I was in an episode of *The Twilight Zone*.

The daytime passage through the Allegheny and the Appalachian ranges bore fleeting glimpses of beautiful valleys and streams through a general pallet of vegetation and rock outcroppings. I counted six tunnels of short enough length to not be terrifying. Once through the mountains we began the descent into more populous areas evidenced by more roads, buildings and gang graffiti.

For me the train ride was a synopsis of human life. We are crowded together in the protective shell of the earth hurtling through space. We either can put on our sleep blinders and insert our ear plugs to survive the journey or pay attention to others. We can assume confidence in our technologies or recognize that risk is real. We can push ahead of others for the best seat and food or share. We can see barriers to our desires in the people surrounding us or see Jesus in their eyes. We can see crimes in the graffiti or hear the cries of young men in need of fathers. Which train was I on? Only Jesus can put me on the right one, the one bound for glory.



Television Service Times

Digital channel 980

Cable channel 98

Faith's worship services are aired on the following days and times:
Monday–Friday @ 9:00am

COUNCIL HI-LIGHTS

June 14, 2016

1. A marriage task force was appointed to update our existing marriage policy for Council review and Congregational approval.
2. A Kubb tournament has been scheduled for July 23rd. This is a fun family outing to take place on the front lawn so expect to hear more about this fun event!
3. Covenant letters have gone out to remind those who need to sign up for 2016. This is a very important part of our commitment to Faith and it's members.
4. The Endowment Committee is working on and will present a management plan by November.
5. Encouragement was given to consider projects for our Sunday School youth.

Lisa Sebranek, Council Secretary

JUNE TREASURER'S REPORT

Beginning balance	\$2,394.09
Donations and Additions	\$21,942.57
Expenses	\$18,911.75
Ending balance	\$5,424.91

PASTORAL ACTS

In 
Loving
Memory

July 21, 2016

Gerald Miller

July 22, 2016

Mae Opel

THE RED TENTERS' BOOKCLUB

For our August selection we are reading "*In The Woods*" by Tana French. We will meet on Thursday, August 25, 7pm at the home of Sue Frish. New members are always welcome to join us.

BOOK
CLUB

Lutherdale Fest The 30th ANNUAL
LUTHERDALE
2016 QUILT
AUCTION FEST is
set for Saturday,
August 13th, rain or
shine, at Lutherdale Bible Camp, N7891 U.S. Hwy
12, Elkhorn, WI. Bidder registration and Quilt
Preview begins Friday, August 12th with a Fish
Fry from 4-8pm. The Live Quilt Auction begins at
10am on Saturday, August 13th and continues until
all quilts are sold. The auction is an annual
fundraiser that helps Lutherdale to maintain its
ministry throughout the year. Please set your
calendars and join us for a day full of fresh baked
goods, crafts and odds & ends sales, silent auction
bidding, kids programming, a men's lounge, and of
course our LIVE AUCTION! Come on August
13th and enjoy good food, homemade bakery good,
art and crafts, swimming and canoeing, campfire,
fun with the animals at the farm AND MORE....

Thanks to . . .

- Dianne Patrick, Sue Mathwich, Sue Frish, Betty Rahn, Linda Brumm and Ruth Nordal for helping assemble the July NEWSLETTER.



For all those Spaghetti Supper watchers, the date is October 22. Please keep the date open for volunteering, making bars and cookies, Pumpkin Patch donations, or anything else you would like to do to help. But especially please keep it open to come and EAT! Thank you!



Attention Sunday School Families!

Our first day of Sunday School will be September 11th, 2016 at 9:20am. Please complete and return a registration form to the church office by August 14th. If you did not receive a form in the mail please pick one up at church. Contact Toni Fox or Carmen Bruss with any questions. Thank you to the many wonderful people who have volunteered to teach Sunday school this year!

We still have a need for teachers and assistants for Kindergarten, Second and Fifth grades. If you are interested in helping, contact Toni Fox (tonifox3@yahoo.com) 1-920-210-4951 or Carmen Bruss (carmenbruss@hotmail.com) 1-608-219-4286

Please consider helping in this very rewarding opportunity to serve our church by spreading the Word of God to children!

There's going to be lots of excitement happening in August-September!



Confirmation Orientation for parents of **new confirmation** students and other interested parents on **Wednesday, August 31** from 5:45-7:00pm.

September 10 from 9-10: Introduction to 3rd grade Bibles for 3rd graders and their parents at Faith with Pastor Lisa (nelsonkosky@gmail.com)

September 11 is Rally Sunday.



September 11: God's Work Our Hands.

ONLY ONE WORSHIP SERVICE THAT DAY: 8 A.M.

Who: Every member of Faith Lutheran Church—no matter how young or how old!

What: A day of serving our church and our community We'll be fixing, cleaning, playing games with the elderly, and making things people can use.

Where: Inside and outside our church building AND in our community.

When: SEPTEMBER 11th, 2016

How: By signing up in the narthex and showing up on Sept 11th

September 18: Backpack Blessing at both services (for adults too!)



Bring your backpacks and briefcases and put them in front of the altar before worship.

Installation of Sunday School teachers and assistants at 8 a.m. worship.

September 25: Bible Day

8 a.m. Confirmation students and mentors receive a blessing and 6th graders receive their NRSV Bibles

9:20 3rd grade Bible class with Pastor Lisa for 3rd graders and their parents 10:30 a.m. 3rd graders receive their Bibles in worship.



The Confirmation Retreat for all confirmands being confirmed on Sunday, October 16, 2016 is set to begin on **August 27, 1pm at Faith** with activities at Faith in the afternoon and dinner out Saturday evening, then returning to Faith to continue the retreat. You will sleep at home Saturday night but assemble Sunday morning, August 28 with wrap-up scheduled around lunch time. **Reminder** to bring the rough draft of your Statement of Faith and spending money for your Saturday evening meal.



August

- 1 Kelli Campbell
 - 2 Roger Westphal
 - 3 Hannah Fox
 - 4 Avery Jacobs
 - 5 David Utz
 - 6 Bethany Patrick, Gavin Bruss
 - 7 Deborah Severson
 - 8 Ted Miller
 - 9 Abigail Fox, Grady Ganta
 - 10 Tisha Kurth, Larry Haseman, Pr. Lisa Nelson,
Hunter Wodill
 - 11 Norri Brozek
 - 13 Dana Kelly
 - 14 Jim Agnew
 - 16 Alex Lewke
 - 17 Hunter Hurckman
 - 18 Scott Vick
 - 19 Emma Baxter, Blake Kurth, Cade Kurth
Liam Thelen
 - 20 Shavlik Schultz, Gary Ducat
 - 21 Mitchell Freeman
 - 22 Kelsey Dauman, Melissa Miller, Don Link
Kailey Schroud, Mary Larson
 - 23 Jordyn Jansen
 - 24 Kallie Goetsch, Sienna Sell
 - 26 Jason Gaska
 - 27 Teegan Weidemann, Emily Anthon
 - 28 Megan Meister, Dustin Miller
 - 29 Jessica Gaska
 - 30 Danielle Ayer, Karin Westlake
Rachel Paul
- Connor Graffin, Wilhelmina Mickelson,
Jacob Peterson, Lucas Simons, Rick Tjugum

August Birthdays

- 08/01 Karen Decker, Tisha Kurth, Trina Byrne
- 08/02 Gary Ducat
- 08/03 Cindy Nickell, Karin Westlake
- 08/04 Jim Agnew, Colleen Miller, Tanner Wescott
- 08/05 Dick Hartl, Eric Carney, Michael Rowe,
Joseph Morris

- 08/06 Lyle Sampson, Wilhelmina Mickelson,
Rashon Shidell Fisher, Meredith Campbell
- 08/07 Teegan Weidemann
- 08/08 Retta Kurth, Presley Beck
- 08/09 Kristen Hart, Amber Bussian
- 08/10 Jan Ulrich, Megan Ferrera
- 08/12 Peggy Agnew, Jarod Alverez
- 08/13 Lynne Moberg
- 08/14 Connie Schulz, John Hood III, Breanna Kelly
- 08/15 Brody Scheeler
- 08/16 Betty Thom, Zach Rohrbeck
- 08/17 Graham Lauer
- 08/20 Fred Hurckman, Bob Ayer
- 08/21 Stephanie Dykstra
- 08/22 Debbie Talg, Lillian Schuster
- 08/24 Reta Thies, Luanne Miller, Abigail Halfmann,
Martin Halfmann, McKenzie Bruss
- 08/25 David Jakel
- 08/27 Bill Murray Jr., Heather Schultz, Jamine Kurth,
Josh Kirchberg
- 08/28 Sandra Ebert, Pia Penzotti, Caroline Morris,
Noah Sebranek
- 08/29 Emily Fritz
- 08/31 JoAnn Johnson, Darlene Tjugum,
Holly Schuster, MaKayla Mitchell,
Noelle Niehoff

August Wedding Anniversary's

- | | | |
|-------|------------------------|----|
| 08/01 | Tom & Renee Meister | 24 |
| 08/02 | Jim & Jodi Smith | 19 |
| 08/03 | Jim & Sandy Schieble | 42 |
| 08/05 | Bill & Linda Bussian | 44 |
| 08/06 | Eric & Heather Schultz | 11 |
| 08/07 | Tim & Kristie Rozinski | 17 |
| 08/09 | Pat & Wendy Corlett | |
| 08/12 | Peter & Judy Kaland | 49 |
| 08/13 | Steve & Judy Rubert | 50 |
| 08/14 | Bill & Trina Byrne | 23 |
| 08/15 | Gene & Connie Frey | 57 |
| 08/16 | Eric & Jenny Anthon | 13 |
| 08/17 | Carl & Beth Simons | 20 |
| 08/23 | David & Lori Kikkert | 20 |
| 08/26 | Joel & Luanne Miller | 38 |
| 08/29 | Rick & Sandy Tjugum | 35 |
| 08/31 | Fred & Pat Hurckman | 30 |



Donna Hanks, Christi Jurerson, Dawn Kaminski, Kim Steers, Linda Ulmer

Update from the Finance Committee:

We give thanks to the Holy Spirit who moved many to give for the month of June. We pray for large needs heading our way for replacement of some overdue equipment replacement.

	2016		2015	
	Needed Monthly	Giving	Needed Monthly	Giving
January	\$19,584.00	\$19,741.42	\$18,785	\$14,924.10
February	\$19,584.00	\$17,567.67	\$18,785	\$16,477.53
March	\$19,584.00	\$22,149.91	\$18,785	\$23,404.52
April	\$19,584.00	\$24,649.91	\$18,785	\$20,593.67
May	\$19,584.00	\$18,933.79	\$18,785	\$21,882.49
June	\$19,584.00	\$21,942.57	\$18,785	\$15,555.36
July	\$19,584.00		\$18,785	\$16,656.95
August	\$19,584.00		\$18,785	\$20,284.72
September	\$19,584.00		\$18,785	\$14,109.66
October	\$19,584.00		\$18,785	\$19,988.85
November	\$19,584.00		\$18,785	\$21,659.35
December	\$19,584.00		\$18,785	\$31,928.31



Think Scrip for School and Sports

School is just around the corner. That means school supplies, fall fashion, and all the latest gear is needed to get our kids ready to succeed! Scrip is ready to meet the challenge, and every Scrip purchase will help Faith. It is a WIN-WIN! Need some ideas? Scrip has Walmart, Shopko, Target, Staples, Kohl's, Old Navy, RadioShack, Gap, Lands' End, Eddie Bauer, Aeropostale, iTunes, jcpenny, Best Buy and lots more!

And don't forget the sports. Plan ahead before the trip to the sporting goods store, and purchase your Scrip. Every purchase of Scrip helps Faith's ministries. Run to buy your Scrip for Dick's Sporting Goods, REI, Cabela's, Target, Dunham's Sports, Under Armour, Shopko, Nike, adidas, MC Sports, Gander Mountain, Amazon.com and many more!

And if you are at the store, and forgot your scrip, you can buy and use instantly from your smart phone. Just talk to Troy to get it set up.

For every purchase of Scrip, Faith retains a small percent of the purchase that helps support our ministries. And those small percentage gifts to Faith are tax deductible at the end of the year. It only makes sense to use Scrip for all your purchases.

For more information, including how to buy Scrip online, contact Troy Tadych (troy@tadych.us, 920.623.9514), or click over to our website (<http://faithcolumbuswi.org/church-news#scrip>).