



# THE ZION ZEALANT

**Zion Lutheran Church, 101 E. North St., Columbia City, IN 46725**

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## Pastor's Corner

Greetings in the Name of Christ Jesus our Lord!

For my article in this edition of the Zealant, I want to share an article written by a friend of mine, Chad Bird. He is

*“... devoted to iconic words--windows to things in heaven and on earth, which reveal who we are, who our God is, and who we are in him. I am a husband, father, poet, runner, lover of Hebrew and the Hebrew Bible, and an active Christian of the Lutheran confession. My writings have been published in The Federalist, Modern Reformation, the Lutheran Witness, Concordia Journal, and elsewhere. Two of my hymns were included in the Lutheran Service Book. And I have authored two books: The Infant Priest: Hymns and Poems and Christ Alone: Meditations and Sermons.”*

(From his blog at: <https://birdchadlouis.wordpress.com>)

We have few children attending church, Sunday school, and youth activities lately. At the time of this writing, there's only one child eligible for Confirmation class this year! This has not only been brought to my attention by numerous folks over the past several months, but is indeed an issue I recognize and dearly pray about quite often! What is an answer to this growing dilemma among our churches?

From material I have repeatedly seen regarding what younger folks desire from the church is that it be constant, truthful, and subscribe faithfully to God's Word. They actually don't want a lot of fluff. They want encouragement and strengthening in these tough times.

Read this article, those of you parents and grandparents of our youth. Those of you concerned about where our church is headed, come to church. Participate in our Revitalization Program. Come to the Bible study on Sunday mornings. Pray for the church, the Bride of Christ.

See you in church!

Pastor Phil Rittner

### *When Your Children Stray from the Church*

James and Holly may not have been perfect parents, but they did the best they could when rearing their daughter and two sons. The kids never had to worry about where the next meal was coming from. They attended good schools, had good friends, made some good childhood memories. More importantly, James and Holly made sure church was part of their children's weekly life. All three were baptized and confirmed. They were at Sunday School, VBS, and weekly church services. These parents trained up their children in the way they should go, as Proverbs 22 says. And now that they are old, they have not departed from it.

Actually, only one of them hasn't. Their oldest son is still active in his local parish. But their youngest son and their daughter—they may go to church when Easter rolls around, but even then, they usually stay home. For James and Holly, it's more than disappointing; it's a deep ache that won't go away. They stress over if and how they failed as parents.

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They're worried sick not only about their children, but about their grandchildren who are growing up unbaptized, untaught, with little or no knowledge of God and what He's done for us in Christ.

These parents are far from alone. Scattered throughout all denominations are moms and dads whose greatest disappointment in life is that their children have seemingly abandoned the faith. And they're all wondering the same things: Why? Where did we go wrong as parents? And what can we do to bring our children back to church?

This is a hard struggle with no easy fix, but perhaps the following reflections will prove helpful. This is not a to-do list. It is written for your consolation and encouragement as you bear this cross. You are welcome to add your own thoughts in the comment section below.

1. **The water of baptism never evaporates.** If your children were baptized, either as infants or when they were older, they cannot become unbaptized. God the Father made them His children in that Gospel-saturated water. And because He did it, it remains a perfect, saving work. They can try to walk away from their baptism, but that's as impossible as walking away from gravity. Yes, sadly, they can deny or reject what God has done for them in these saving waters, but even then, the fact they are baptized as God's son or daughter remains as true as ever. God loves them. He baptized them. He claimed them as His own. If and when you can, remind them of this beautiful truth. It is the kindness of God, it is the baptismal love of the Father in Christ, that will lead them to repentance and the Father's house once more.

2. **Even a tiny faith has the full Christ.** One of the most comforting verses in all the Scriptures is Isaiah 42:3, "A bruised reed He will not break; and a smoldering wick He will not snuff out." Our Father is not the kind of God who weeds people out of His kingdom who don't have faith that is quite up to par. Quite the opposite. Bruised reeds and smoldering wicks are especially beloved of God because of their fragility. He leaves the ninety-nine sheep to scour the hills for a single, lost lamb. Your child is precious to God. And even if a spark of faith remains, that spark holds within it the full fire of the Father's forgiveness. Bruised reeds belong to God as much as solid oaks. Do not assume that because your children are not attending church that they don't believe anymore. I was that child once. I was fighting an inward battle with God; I didn't like His church or, for that matter, many churchgoers. Outwardly, it may have seemed that in me there was nothing but darkness, but on the inside there was at least a smoldering candle of faith. And that faith held the full, forgiving, faithful Christ.

3. **Even if we are faithless, God remains faithful.** One of my favorite poems is "The Hound of Heaven" in which the poet describes his inward flight from God. "Down the night and down the days...down the labyrinthine ways," he fled from his Father. Yet God doggedly pursued him; He showed him through life's struggles and losses that all the happiness this man pursued was found in Him who gives all things. God is like that. "If we are faithless, He remain faithful—for He cannot deny Himself," (2 Timothy 2:13). He cannot deny that He is our Father. If you, as an earthly parent, are worried about the spiritual welfare of your children, just think of how much more your heavenly Father is concerned. Your children mean infinitely more to Him than they do to you. Even if they are faithless, He will remain faithful in His loving pursuit of them.

**4. Your Christian Life Makes an Impact.** When I stopped going to church, my parents did not. Although I would never have admitted it back then, the sheer fact of their continued fidelity to Christ meant something to me. Never downplay the impact that your example provides to your children, even if they are grown and leading lives of their own now. You are still their mom and dad. And there is within most of us an eye that never completely stops looking to our parents for guidance, for love, for approval, for acceptance. Even in the worst-case scenario, if our children do not believe anymore, let us continue to believe, to pray, to be an example for them. We pray for them, the whole church on earth and in heaven prays for them, and even Christ Himself prays to the Father in the Holy Spirit for them.

**Grace and grace alone will sustain and heal both parents and children.** God's grace in Christ is not only for your children; it is for you, too. Those bruises on your soul that no one can see, where you've beat yourself up about your children straying from church, Christ's blood is a healing medicine for them, too. Chances are, even if your actions had nothing to do with your children's decisions, you still feel like you share part of the blame. The all-encompassing grace of Christ covers all your guilt, real and false. He became our mistakes, our failures, on the cross, so that we become in Him exactly as the Father wants us to be. Your guilt, real or imagined, is no longer yours; it belongs to Jesus. In Him, God declares you a perfect parent, free of sin, free of guilt. Remember, you have a parent, too, a heavenly Father, whose love and concern for you is boundless. You are and will ever remain His child. And your children are and will ever remain His children. Be still and know that He is your Father—the kind of Father who spends all day and all night doing nothing but thinking of, smiling upon, and showering His grace down onto you.

Speaking to Jerusalem, His beloved city, God says, “Can a woman forget her nursing child, that she should have no compassion on the son of her womb? Even these may forget, yet I will not forget you. Behold, I have engraved you on the palms of my hands; your walls are continually before me,” (Isaiah 49:15-16). The same is true for you and for your children. God will not, and has not, forgotten you. The face of your children is engraved upon the hands of the Father. The nail scars in the hands of Jesus spell out your name, and the names of your sons and daughters. We are all in His hands.

Even if your children stray from church, Jesus Christ will never stray for them. Even now, He seeks them out, calling them by name, for they are His lambs, more precious to Him than anything in heaven or on earth. I pray that love, the love of the Good Shepherd, may be your peace as well as your hope.

**In all my writings, the grace of Jesus Christ for you is front and center. That is what we need in our fragmented world, full of hurting people. My award-winning book, *Christ Alone: Meditations and Sermons*, is packed with reflections that go that extra mile of grace. Again and again, they present the Christ who is crucified and risen for you. Please take a moment to check it out here. *[I have a copy of this book in my office if anyone would like to see it! Pastor Phil]* You may also be interested in my collections of hymns and poetry entitled, *The Infant Priest*, which you can purchase here. Both books are also available on Amazon, as is my booklet *Why Lutherans Sing What They Sing (also on Kindle)*. Thank you for your prayers and support!**

## **Voter's Assembly Minutes**

### **Jan 18, 2015**

With 24 members and 1 guest attending, the meeting was called to order at 11:45am by President Jeff Braun with Pastor Rittner giving a prayer. A motion was made and seconded to accept the Church Council minutes of December 16, 2014 as posted in the January 2015 ZEALANT.

TREASURER: report accepted as presented. Total receipts for the month of December 2014 are \$9369.95.

DISPERSING TREASURER: report accepted as presented. Still owe \$3447.20 on the furnace loan. Ministry grant has not arrived yet. Balance in checking/savings accounts total \$106,842.97.

TRUSTEES: Sacristy is complete and came in under budget. Extra keys were made for the gym and whom has keys is on file in church office. Our computer issue was updated thanks to Jeff Braun and he will keep an eye on it for the future. A class on finances with scripture undertones, written by Dave Ramsey, was discussed. It would last 9 weeks at one day per week, costing \$90.00. We would advertise and open it to the public as well. Shed prints are available to see, but still waiting on paperwork from State.

BOARD OF EDUCATION: Kenny Knuth read the report presented. December Sunday School attendances: student 7 and adult 13. Barb Knuth has ordered materials for the Spring session. Missions: total of

\$208.54 was raised for K9 Comfort Dogs for Chaplains. Jan/Feb will be the Whitley County Ministerial Association Energy Assistance. Still needing new board members as well as chairman; please see Kenny Knuth if interested. There will be a Palm Sunday Congregational Service on March 29, 2015 similar to the Christmas one.

OUTREACH: collection of hats, scarfs and gloves was given to Mary Raber School for distribution of those in need. Sample package of tracts was ordered from Concordia Publishing House and will be used throughout the year. If anyone needs a certain tract, please let Peggy Brooke know. Information on the heart defibulator was given to the trustees and once the Ministerial Enhancement Fund has been received, we will ask that one is purchased for Zion. The Outreach committee will meet the third Saturday of each month.

STEWARDSHIP: none

YOUTH: hope to see the movie CLERICAL ERRORS soon; hope to finalize the Valentine's Dance and help at the St Mary's Soup Kitchen in Fort Wayne plus ice skating.

ELDERS: Mike Gerbers has agreed to be president and Steve Smith secretary for 2015. There will be a rotation of pastors from our circuit for the Lenten season on Wednesdays. Still need a lay delegate to

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(Voter's minutes continued)

attend the District Convention in Fort Wayne June 25 & 26, 2015. Request for transfer from Zion to Christ Lutheran Church, Arlington, TN for Mr/Mrs Thomas Wilburn and sons; accepted.

PASTOR: has gone back attending prisoners at the Whitley County Jail after 13 months. The American Red Cross was extremely grateful for our "last minute switch" recently in hosting the blood drive when the Methodist Church couldn't due to a funeral.

UNFINISHED BUSINESS: none

NEW BUSINESS: A Constitution committee needs to be formed asap to get an updated constitution done and submitted to District. One person per committee suggested to also help out. Discussion followed; tabled until Council meeting in February. The Revitalization program was discussed by Pastor Geoffrey Robinson and some items have been checked off our "to do" list. The adult Sunday School class is a part of this program, so please attend each Sunday at 9am. The calendar for 2015 for each committee active here at Zion was approved. Jerry Lahrman offered to purchase new padded stackable chairs for the gym; discussion followed, but no decision was made. Jeff Braun suggested we collect coats, hats, scarfs and gloves together this year. Start watching for winter sales to stock up or begin knitting; both were great opportunities for us.

With motion made and seconded, meeting closed at 12:47pm with the Benediction recited.

Respectively submitted,

Laura Gerke

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## LENT

Ash Wednesday, Feb. 18th  
Service @ 7:00 pm

Feb. 25th

March 4th

March 11th

March 18th

March 25th

Sunday, March 29th  
Palm Sunday  
Service @ 10:15 am

April 2nd  
Maundy Thurs.  
Service @ 7:00 pm

April 3rd  
Good Friday  
Service @ 7:00 pm

April 5th  
EASTER  
Sunrise Service @ 7:00 am  
Breakfast  
Easter Service 10:15 am

Ladies Aid/LWML Meeting  
January 15, 2015

Nine members attended the 1 pm meeting. President Kathaleen Reese opened the meeting with prayer. She continued with a devotion entitled "This Year Live by the Beatitudes."

President Reese presented the Bible Study taken from the LWML Winter 2013 Quarterly. It was entitled "Praising God Even When He Seems Silent." Using Psalm 145 starting with verses 1-3 it shows how King David says we should bless and praise God for his greatness. Members read the following verses 4-7 and used adjectives and nouns to describe God's attributes: mighty/acts, honor/works, terrible acts/might and goodness/righteousness. In verses 8-9; God's qualities written are: gracious and compassionate, great mercy and good to all with mercies over all his works. In verses 10-12: we find reason to praise God because of his works and all saints bless him and speak of God's glory and power. And so we must also make this known: God's mighty acts. In verse 13a: God's everlasting kingdom means he is always with us. In verse 13b: His dominion endures for us and he is there for us through all, and he raises us up when we are down. We should wait on the Lord who gives us all we need in his due season. He opens his hand and satisfies the desire of every living thing. The Lord is righteous and holy in his works. So when the going gets tough, we should turn to God and try not to control things ourselves because he has given the power of the Holy Spirit who will have power for us. We can only have peace when we look to God to be near us and call upon him so he can fill the desires of those who fear him. He hears our cry and will save us. He preserves all who love him, but the wicked he

will destroy. Passages were also read from Psalm 100:5, Hebrews 12:15, and Corinthians 3:18. Members read the Closing Prayer in unison.

A Mite Devotion was then read by Melody Reese. "Season of Light" is the story telling about the LWML hymn "As with Gladness Men of Old." This commemorates the Epiphany-that just like the Star of Bethlehem guided the wise men, Christ is our light. Their treasures brought to Jesus were a foresight into Jesus future. Open our eyes to see the Light of Jesus who became the Savior of the world through his death and resurrection. Then we are to continue to seek him and serve him.

Business Meeting:

Marty Williams asked members to continue filling the red boot with dimes in 2015 for more mites.

The secretary's reports for November and December were accepted with a motion by Sami Blomquist and 2nd by Marty Williams. Joan Lane presented her treasurer's report from November 21st to December 31st. A motion was made by Maxine Lott and 2nd by Lois Duffy to accept the report.

Correspondence:

Thank you letters came from LAMP, Lutheran World Relief, Worship for Shut-ins, and Lutheran Military Veterans and Families. A card and poetry "Twelve Verses Written at Christmas" came from Pastor Rastl. President Reese read the enclosure.

Committees:

Marty Williams will be working on quilts. Nine attended the Volunteer Breakfast given by the Cancer Society of NE Indiana. The

(continued on next page)



(Ladies Aid continued)

theme was “Infusing the Spirit of Volunteerism.” 350 cancer pads were sewn in 2014. Total to date: 8,450. Jennie Childs will continue with the Stamps for Mission project and coupons.

Cheer:

Joan Lane reported that Valentines will be sent to shut-ins and possibly candy. President Reese thanked members for their delivery of Christmas gifts to shut-ins.

Christmas Party 2014:

17 attended the noon luncheon at Hal’s Tri-Lakes Restaurant on Dec. 20th. We will plan to gather there again for the Dec. 2015 party.

New Business:

The Valentine Bake Sale is February 8th after the service. See details in the Zealant.

Dates for Rallies in 2015:

The 3-Zone LWML Rally is April 18th at Zion Bull Rapids, New Haven, IN. The North Zone LWML Rally is on October 10th at Bethlehem Suburban Lutheran Church, Ft. Wayne, IN.

LWML Retreats for Women:

Camp Lutherhaven on January 23-25.

Theme: “Behind the Veil” and for the Indiana District it will be at Madison, IN—Clifty Falls State Park on April 24 & 25. Theme: “Go Forth In Joy.”

Organization for 2015:

For programs, topics and leaders, and hostesses.

- Save Soap for Lutheran World Relief
- Prayer Chain needs more members
- All try to remember to visit and send cards to Shut-ins

In Closing the Meeting:

Members read “A Prayer for the New Year” together.

Fellowship:

Apple cake and snacks were served by President Reese and Melody Reese. The table décor was set with various cute snowmen. Lois Duffy won the table prize.

Respectively submitted,

Lois Duffy



**Valentine  
Candy / Bake Sale  
by Ladies Aid—LWML**



**Sunday, Feb. 8, 2015  
after service**

**Monies go to Missions**

**If anyone would like  
to help donate items for this project,  
bring to kitchen Sat. or Sun. a.m.  
and mark Ladies Aid.**



**Thank You!!**



## **YOUTH**

Zion Lutheran Youth Group is now on Twitter!! Follow us so you can find out what is happening!

**Sunday** School Attendance Contest!

For the months of February and March we will be having a contest to see who has the best attendance. There will be two divisions: Grades 6-8 and grades 9-12. Whomever has the best **Sunday** School attendance for those two months will win a \$25 gift card to Bones Theatre!





**SUNDAY  
SCHOOL  
SCOOP  
February 2015**

Sunday School classes will be making hand crafted valentines the first two Sunday's in February as an outreach ministry from Zion's children/youth.

Lessons for February:

- 1st—"Jesus and the Little Children"
- 8th—"Jesus Heals a Man Who is a Paralegal"
- 15th—"The Transfiguration"
- 22nd—"Jesus Calms a Storm"

The Primary Class (Kg-Grade 2) as a service project, recently cleaned out and organized the children's activity bags for worship that hang on the hall tree just outside the Nursery. Thank you to Emerson Knuth for her diligence in completing the project.

The Sunday School mission project supporting the LCMS K-9 Comfort Dogs totaled \$208.54.

January and February's collection is supporting the Whitley County Ministerial Association Energy Assistance program. Thank you for your continued support of these projects throughout the year.

Class Attendance:

Primary and Preteen classes tie for 1st place (100%); Jr./Sr. High—50%

Perfect Attendance:

Emerson & Mason Knuth

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**Rev. Phil Rittner**  
**Cell Phone: 260-415-9078**  
**(I text if you'd like!)**  
**Email: revrittner@reagan.com**

## **Thank You!!**

Board of Outreach would like to thank all who brought in hats, gloves, scarves and socks to give to schools or Family services.

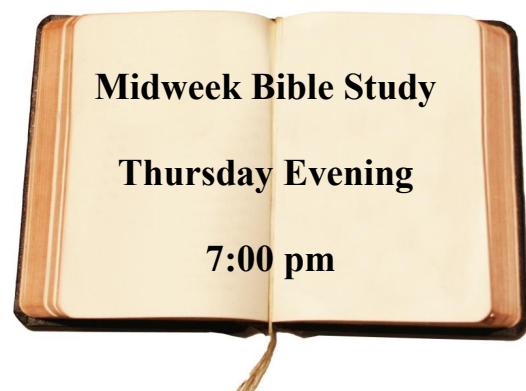


**Roses**  
to Jeff Braun  
for working  
long hours on the  
office computer!!  
To get it up and running again.

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## **Costco Shopping Event**

Jeff Braun would like to share with his family at Zion another Costco Shopping Event. It will be on Saturday, February 28th from 9:30 a.m. to 5:00 p.m. Flyers for this will be placed on the Narthex bulletin board, you must have one to get into the store.



**Midweek Bible Study**

**Thursday Evening**

**7:00 pm**

**67th ANNUAL NATIONAL  
LUTHERAN LAYMEN'S  
League HANDICAP  
BOWLING tournament  
Open Division Tournament**

To be held at: Classic Lanes 1421 N.  
Willis Dr. Bloomington IN 47404

DATES: April 11-12, 18-19, 25-26 &  
May 2-3, 2015

TIMES: Sat. 12:00 & 4:00 pm (EDT);  
Sun. 11:00 & 3:00 pm (EDT)

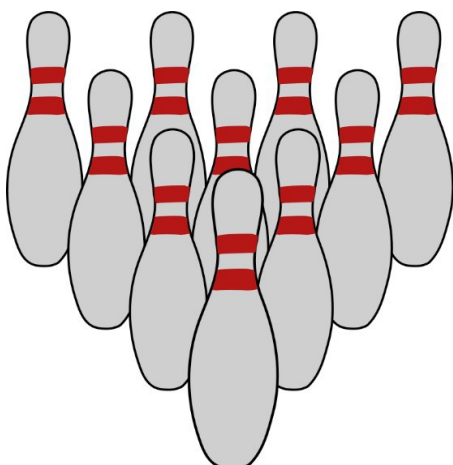
ENTRY DEADLINE: March 21, 2015  
(Latest Postmark Accepted)

HOSTED BY: Trinity Lutheran Church, 501 W.  
Temperance St. Ellettsville IN 47429

<http://trinitylutheranellettsville.org/2015-LLL-bowling-tournament/>  
<http://www.facebook.com/groups/723656004392634/>

SPONSORED BY: CENTURY SUITES  
& CHAPMAN'S RESTAURANT

This is for ALL Lutheran Churches  
to participate.



**Winter Church Closing**

**Information:** In the event our weather turns bad, and we find the need to cancel our church activities - we invite you to check out WANE-TV, Channel 15 in Fort Wayne, and WOWO Radio for information about Zion's closings. We've entered into the age of automation with these resources, and it'll be quicker and better to notify everyone.

Of course, you are more than welcome to contact Pastor Phil (by Home/Cell/FaceBook/Text) for information or your concerns about whether or not we'll have church on any given day the weather appears iffy. Note, we'll also follow the general thinking of many others who plan to close the day before a significant storm may occur - so we'll make the cancellation notices the day or night before, as well as the morning of.

**Worship Services**

**SUNDAY**

Sunday School—9:00 a.m.

Worship—10:15 a.m.

w/Communion

1st & 3rd Sundays

**WEDNESDAY**

Worship—7:00 p.m.

w/Communion

2nd & 4th Wednesday



(This Christian Valentine poem is based on a famous Bible Valentine verse on love.)

### **I Corinthians 13**

**Valentine's Day is a day of love,  
For showing that we care,  
And if we read the Bible,  
God describes love there:**

**If we speak like celestial angels  
From heaven up above,  
All our words mean nothing  
If we don't have Christian love.**

**Love is patient, love is kind;  
It doesn't brag or boast;  
Love conquers pride and envy;  
It is never self-engrossed.**

**Love is not rude or angry;  
Forgiveness counters wrong;  
Love stays away from evil;  
It sings a truthful song.**

**Love is full of trust and hope;  
It always perseveres;  
Love never fails; It's faithful;  
To the Bible it adheres.**

**And if you give this kind of love  
To your special Valentine,  
You'll be loving right in harmony  
With God's own sweet design.**

**By Joanna Fuchs**



The Oaks and Oak Point:  
Patricia Neidermeyer, Charles Stanley,  
Temporarily: Willie Scheumann

Renaissance Village:  
Dorathy Ummel

Peabody Home (Memory Care)  
Alberta Warnick

Luther Home in Crown Point:  
Harriet Redman

Those at home:  
Sami Blomquist, Bob Gallmeyer, Linda  
Hobkirk, Jim Jackson, Bill Neidermeyer,  
Wayne Reese, Tim & Sandra Rueger,  
Karen Scheumann, and Michael Sexton

Those Serving in the Armed Forces:

Jessie Contreras, Chris Decker,  
Alex Hart, Joshua Rittner, Matt Shoda,  
Jason & Ashley Weatherly  
and Dayne Zielinski

### **SPECIAL PRAYER REQUESTS**

. . . and anyone else we have not  
mentioned that might be in our  
hearts. . . Lord, hear our prayers.

# Dave Ramsey Classes

All the questions can be directed to Dan Knuth by phone, text or email.

Cell#: 260-403-3368 Email: djmdjm1010@yahoo.com

## What is Financial Peace University?

We all need a plan for our money. Financial Peace University (FPU) is that plan! It teaches God's ways of handling money. Through video teaching, class discussions and interactive small group activities, FPU presents biblical, practical steps to get from where you are to where you've dreamed you could be. This plan will show you how to get rid of debt, manage your money, spend and save wisely, and much more!

FPU classes meet for around an hour and a half one day a week for nine weeks. The nine week class including workbooks, and online tools will cost \$93.00.

The average family pays off \$5,300.00 in debt and saves \$2,700.00 in the first 90 days.

### Lesson 1

Super Saving Common Sense for Your Dollars and Cents

### Lesson 2

Relating With Money Nerds and Free Spirits Unite!

### Lesson 3

Cash Flow Planning The Nuts and Bolts of Budgeting

### Lesson 4

Dumping Debt Breaking the Chains of Debt

### Lesson 5

Buyer Beware The Power of Marketing on Your Buying Decisions

### Lesson 6

The Role of Insurance Protecting Your Health, Family and Finances

### Lesson 7

Retirement and College Planning Mastering the Alphabet Soup of Investing

### Lesson 8

Real Estate and Mortgages Keeping the American Dream From Becoming a Nightmare

### Lesson 9

The Great Misunderstanding Unleashing the Power of Generous Giving

### Baby Step 1

\$1,000 - Emergency Fund

### Baby Step 5

College Funding

### Baby Step 2

Debt Snowball

### Baby Step 6

Pay Off House

### Baby Step 3

3-6 Months of Savings

### Baby Step 7

Build Wealth & Give

### Baby Step 4

15% in Retirement

## Reflections

Sunday, January 4, our Pastor was compelled to still offer a Merry Christmas, yet explaining we were out of season by one day. It's as if there were some difficulty letting go, never wanting it to end.

I have memories as a young boy attending St. Paul's Lutheran School and Church. Attending choir practices for weeks to prepare for the Christmas



Service celebrations. Sure, family get-togethers, presents, snacks, and special meals were great; but there was something else. This is the time of year when we celebrate the birth of Jesus. It has a special place in our hearts that warms and comforts us. It brings us joy that we do not want to let go.

This year's Christmas Program at Zion reminded us once again of the message of our risen Lord's humble birth to save us all. And though I am far from being a young boy, I was surprised by an unexpected gift. Another memory was created. As I was asked to participate in speaking some verses during the program, so were many of you. Listening to all of you speaking your parts was very much (to me anyway) like the shepherds listening to the angels proclaiming Jesus birth. This was another special Christmas. I hope you too were blessed with many memories this Christmas with family, friends, and the birth of our Savior in the center of it all.

So keep the Spirit of Christmas in your hearts all year long until the day we are all together joining the Heavenly Host singing praises to our God.

Your servant,  
Jeff Braun

**And suddenly there appeared with the angel a multitude of the heavenly host praising God and saying, "Glory to God in the highest, And on earth peace among men with whom He is pleased." (Luke 2: 13)**



# MENTAL HEALTH MOMENT

## New Year's Resolutions

### MOST COMMON RESOLUTIONS

**1. Spend More Time with Family & Friends.** More than 50% of Americans vow to spend more time with family and friends this year. Make plans to meet friends for an evening out or special event.



**2. Fit in Fitness.** Regular exercise has been linked to more health benefits than anything else. Studies show it reduces risk of some cancers, enhances longevity, weight loss, mood, and blood pressure.

**3. Tame the Bulge.** More than 66 percent of adult Americans are considered overweight or obese, so it comes as no surprise that weight loss is such a popular New Year's resolution.

**4. Quit Smoking.** Even if you've tried to quit before, don't let it get you down. On average, smokers try about four times before they quit for good.

### 4 CRITICAL RESOLUTION COMPONENTS

- Pick only one resolution. Sticking to more than one is nearly impossible for your brain to handle. Analyze everything you've thought about to change and pick the one thing that's most important for you.
- Take baby steps – make it a tiny habit. Now that you've picked one resolution, break it down to the simplest task possible. If your resolution is “going to the gym”, turn it into a habit that you can perform in under 60 seconds.
- Hold yourself accountable for what you want to change. Tell others or write it down. People around you can have a big impact on your behavior. If you tell friends and family about the new habit, you're much more likely to stick to it.
- Focus on the carrot, not the stick. Positive feedback and rewards increase your chance of success, so treating yourself to an unhealthy snack after a few days of successful diet habits change is appropriate if you want to make it through.

Mental Health Moment is an Employee Assistance Program publication. For more information on your Employee Assistance Program benefit, please contact your HR Dept. or call Bowen Center at 1.800.342.5653





# Grief Support Group

**"FREE"**

Open to all adults who have survived the loss of a loved one.

10:00-11:30 a.m.

every other

Saturday

Emmanuel

Lutheran

Church

917 W.

Jefferson Blvd

Ft. Wayne, IN.

Upcoming

dates: Jan. 31

**Starting in February**

this group will

meet on the

2<sup>nd</sup> and 4<sup>th</sup>

Saturdays of the

month.

You can start at any time and attend all the sessions or just a few. For more information or to let us know you are coming, please call Vicki Graft or Linda Shutt at 260.373.0213.





# SERVING IN FEBRUARY 2015

## USHERS

1ST—Ralph Sexton  
8TH—Mike Gerbers  
15TH—?  
22ND—Steve Smith

## ACOLYTES

1ST—Shianne Brooke  
8TH—Kyler Bills  
15TH—Mason Knuth  
22ND—Logan Bachelder

## GREETERS

1ST—Joyce Reidt  
8TH—Lois Duffy  
15TH—Pat Decker  
22ND—?

## ALTAR GUILD

Peg Brooke

## BLOOD PRESSURE

?

## POWERPOINT

1ST—Larry Haugk  
8TH—?  
15TH—Larry Haugk  
22ND—?

## COFFEE HOUR

1ST—?  
8TH—?  
15TH—?  
22ND—?

Please sign up on bulletin board!!!!  
(We need volunteers to help usher! Please let Cheryl know if you can.)

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## BIRTHDAY'S

3 Martha Essex  
5 Shianne Brooke  
7 Sarah Schneider  
8 Karen Scheumann  
8 Melody Reese  
9 Jason Huguenard  
9 Jack Lane  
12 Ralph Kieper  
15 Tim Rueger  
16 Terry Frick  
19 Bob Downen  
19 Hailey Puckett  
21 Verna Doehrman  
21 Bryan Sexton  
21 Riley Coons  
22 Regan Decker

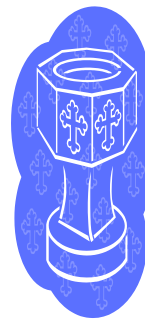


## ANNIVERSARIES

24 Sean & Ge'Onna Decker



## BAPTISMS

Ge'Onna Decker  
Christopher Decker  
Tracy Decker  
Caleb Decker  
Nicholas Decker  
Bradley Hart  
Summer Hart  
Larry Haugk  
Jack Lane  
Melody Reese  
Sandy Rueger  
Tim Rueger



# FEBRUARY 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 S.S. makes Valentines 9 am Worship w/Communion 10:15 am	2 Cheryl on vacation	3	4 Wed. Evening Service 7 pm	5 Ladies Aid Sewing 9 am Bible Study 7 pm	6	7 Altar Guild 9:30 am
8 S.S. /Staff makes Valentines 9 am Worship 10:15 am Bd. of Ed. 11:30 am Youth 11:30 am LWML Bake Sale after service	9	10	11 Wed. Evening Service 7 pm Elders	12 Bible Study 7 pm	13	14 
15 Transfiguration Sunday S.S. 9 am Worship w/Communion 10:15 am	16	17 Council 7 pm	18 Ash Wed. Service 7 pm 	19 Ladies Aid Sewing 9 am LWML 1 pm Bible Study 7 pm	20	21 Outreach 10 am
22 1st Sunday in Lent S.S./Staff 9 am Worship 10:15 am Trustees 11:30 am Blood Pressure 11:30 am	23 Zealant Items Due!	24	25 Lenten Service 7 pm	26 Bible Study 7 pm	27	28