



**WELCA Project Promise School Kits** - Imagine having to choose between having a meal or purchasing a notebook. *Project Promise School Kits* are sent to places where even the few required school supplies may be more than a family can afford. WELCA is sponsoring the

annual school kit drive. Each kit contains the following items:

**FOUR** 70-sheet notebooks of wide- or college-ruled paper, approximately 8" x 10 1/2"; no loose leaf paper

**ONE** 30-centimeter ruler, or a ruler with centimeters on one side and inches on the other

**ONE** pencil sharpener

**ONE** pair of blunt scissors (safety scissors with embedded steel blades work well)

**FIVE** unsharpened #2 pencils with erasers; secure together with a rubber band

**FIVE** black or blue ballpoint pens (no gel ink); secure together with a rubber band

**ONE** box of 16 or 24 crayons

**ONE** 2 1/2" eraser

Donations to help fill school kits are now being accepted. Bring your purchased items to church. Shopping lists are available at the display in the gathering space.

### Faith Evangelical Lutheran Church

Rev. Elizabeth Lee 262-812-3064

420 Read Street, PO Box 128 Walworth, WI 53184

262-275-3445 secretaryfelc@gmail.com

www.felcwalworth.com Look for us on facebook.com

Worship & Holy Communion - Sundays 9:00 a.m.

Contemporary Worship - 2nd Sunday of the month

Confirmation & Christian Education Classes

Wednesdays 5:30 p.m. September thru mid-May

JULY 2017

## NEWS FOR THE FAITHFUL



### Supplies Needed for VBS Robot Project

We're asking for recyclable items for creating robots at VBS. Suggested items: cotton balls, buttons, spiral & wagon wheel pasta, bottle tops, yarn, ribbon, plastic bottle tops, springs, flip open bottle tops, googly eyes and cereal boxes. Thank you!



### Volunteers needed for VBS Attention anyone in high school or beyond

We are in need of Crew Leaders. Crew Leaders stay with the same group of children throughout the week. They get to know the children, assist the teachers in each rotation, and have lots of fun! **VBS is July 24-28** and Crew Leaders would need to be present from 8:10-11:45am each day.



**Wine and Word  
Women's Book Study  
Monday, July 10 7:00 p.m.**

**Special Congregational Meeting  
Sunday, July 9, 2017 following worship**  
Read Pastor Elizabeth article in this newsletter for more information.



The Holy Spirit continues to call us into a promised future that brings hope and life into our congregation, communities and the world! To help bring God into our midst and strengthen the ministries of FELC the Church Council with the recommendation of the Education Committee has unanimously voted to present to the congregation a new position of Director of Children, Youth and Family Ministries.

This is a 60 hour a month position that would have a monthly stipend of \$1080-\$1200 depending on experience. A fiscal note provided by the Finance Committee is included for review.

The Church Council with the leadership of Kristi Reieron, Council President, and I are calling a **Special Congregational Meeting on Sunday, July 9, 2017 following worship** to discuss and vote on the following resolution:

**Whereas**, the congregation stated a desire to strengthen and grow in our children, youth, and family ministries.

**Whereas**, the Church Council believes the best way to accommodate this growth is to create a paid director of children, youth, and family ministries position.

**Whereas**, a job description was written by the education committee, which was reviewed and approved by the executive committee and the Church Council

**Whereas**, a salary recommendation was researched and discussed by the education committee with a recommendation of \$18-\$20 per hour at about 60 hours a month (or \$1,080 - \$1,200 per month) decided by the executive committee and approved by the Church Council.

**Be it Resolved that**, Faith Evangelical Lutheran Church will create a Director of Children, Youth, and Family Ministries position based on the Church Council's approved job description with a salary recommendation of between \$1,080 to \$1,200 per month. This position will start once a qualified candidate has been hired.

Print copies of this resolution, the job description and fiscal note are available at the church.

While it can be scary to take such a large leap of faith, God has promised to be with us. In July I will be leading a Bible Study on Acts where we will all be reminded of the major leaps of faith that the early

*Continued on next page*

### Monthly Financial Report May 31, 2017

Cash Received:		
From Envelopes, Special Contributions, and Others	\$6,346	
From Memorials/Dedicated	<u>935</u>	
Total Cash Received		\$7,281
Cash Paid:		
Operating Expenses*	\$15,583	
Synod Benevolence	1,200	
Committees	1,788	
For Memorials/Dedicated	<u>1,203</u>	
Total Cash Paid		19,774
Monthly Change in Cash (Cash Rec'd - Cash Paid)		<u>(12,493)</u>
Cash Balance, April 30, 2017		<u>75,078</u>
Cash Balance, May 31, 2017		62,585
Less: Memorials/Dedications/Restricted Cash		<u>13,624</u>
Unrestricted Cash Balance, May 31, 2017		48,961

\* Includes changes in non-cash assets, current liabilities, and restricted transfers \*\*Includes monthly and specific donations

### Year to Date Information

From Members to General Fund (as of May 31, 2017) **	Budget	Actual
	57,435	52,310

### Memorial/Dedicated/Restricted Information

<b>Balance, May 1, 2017</b>		13,892
<b>New Dedicated</b>		
Peterson Memorial	(962)	
Projection System	270	
WELCA	100	
Chili Dinner	(105)	
Expense Reimbursements	<u>430</u>	
Total Change in Dedicated		
<b>Balance, May 31, 2017</b>		<u>(268)</u> 13,624

# JULY

## Birthdays & Anniversaries



- 1 Hazel Fischer
- 4 Amelia Nelson
- 10 Karen Martinez
- 12 Nick Freymiller
- 14 Rod Lee
- 25 Scott Forsythe
- 30 Laura Voss



- 2 Chloe Weborg
- 3 Dave Woodrich
- 13 Corrine Lee
- 28 Nick Voss



- 6 Bill & Pam Clark
- 17 Bob & Sue Pruessing
- 22 Perry & Barb Weborg
- 31 Tom & Holly Stanfield

Please report any errors/omissions in writing to the church office.

# JULY 2017



- |                          |                                 |
|--------------------------|---------------------------------|
| 2 Brent Tildahl          | 2 Karen Martinez, John Schwenn  |
| 9 Rick Lottig            | 9 Mary Heyer, Lynn Lottig       |
| 16 Carlene Sensenbrenner | 16 Jim Haeni, Vera Maurer       |
| 23 Pam Christensen       | 23 Sue Schaid, Gail Nelson      |
| 30 Jim Haeni             | 30 Vera Maurer, Pam Christensen |

- 2 Jose Martinez, Steve Miller, Kevin & Kris Strehlow, John Schwenn
- 9 Larry & Tracy Volbrecht
- 16 Mary Heyer, Scott Kovarik, Brent Tildahl
- 23 Dave Woodrich, Frank Andersen, Jim Haeni
- 30 Jose Martinez, Steve Miller, Kevin & Kris Strehlow, John Schwenn



Pastor's article continued...

church made and the amazing things that happened because of it. Great faith brings about great responses and I am excited for the future God is calling FELC and each of us into. I look forward to meeting and voting on creating the position and hiring a Director of Children, Youth and Families Ministries. Thank you for your prayerful consideration of this matter and commitment to living into God's promises together.

Shalom,  
Pastor Elizabeth



**Bible Study on Acts** will meet on the Sundays, July 16, 23 & 30 following the 9:00 a.m. worship services.



**Members:** Kenny Schaid, Shirley Heyer, Evie Andersen, Ardis Walstra, Hazel Fischer, Helen Van de Bogert  
**Family & Friends of Members:** Katie Mehlretter, Kay O'Toole (Kris Strehlow's sister), Mike O'Toole (Strehlow's brother-in-law), Janet White (Bev Pruessing's cousin), Jonathan Carlton (grandson-in-law of Arnell's), Sandra Tigges (Kris Strehlow's sister), Kaitlyn Vegter (classmate of Clark boys), the family of Ken Bell (Jenny Van de Bogert's father), all service men & women, Sofia Zematis (neighbor of Christensens), Dr. Katarzyna Zaremba, Bruce Lewis, Mike Palmer, Jean Null & family (cancer), Rebecca Greco, Kim Christiansen (Lisa Voss' sister), Renae Clinton (friend of Rachel's), the family of Steve Bergerson, Marques Brugger, Jim Sarkis (friend of Jim Haeni), Reita Erickson (Rachel's aunt), Bishop Mary Froiland & the synod staff, Maddie Sarkis, Pete Maxon & Steve Hall (friends of Connelly's), all victims of violence

To report any changes/additions, call 275-3445 or email [secretaryfelc@gmail.com](mailto:secretaryfelc@gmail.com)



## 22 POSITIVE HABITS OF HAPPY PEOPLE

By Karla Tildahl, RN, Parish Nurse

*(I used this article some years ago and thought with what is going on in our world right now it would be a good one to repeat.)*

Many people spend their lives waiting to be happy. They think, "If only... then I would be happy". The truth is happiness doesn't come from wealth, perfect looks or even a perfect relationship. Happiness comes from within. It's not always easy, but you can choose to be happy, and in most circumstances there's no one who can stop you from being happy except for yourself. What's the secret to being happy? Those who are happy tend to follow a certain set of habits that create peace in their lives. If you learn to apply these habits in your own life, there's a good chance you'll be happy too.

HERE ARE 22 SUCH BEHAVIOR'S THAT YOU CAN USE TO ENHANCE YOUR LIFE AND YOUR HAPPINESS:

- **Let go of grudges** – Forgiving and forgetting is necessary for your own happiness, as holding a grudge means you're also holding onto resentment, anger, hurt and other negative emotions that are standing in the way of your own happiness. Letting go of a grudge frees you from negativity and allows more space for positive emotions.
- **Treat everyone with kindness** – Kindness is not only contagious; it's also proven to make you happier. When you're kind to others, your brain produces feel-good hormones like serotonin.
- **Regard your problems as challenges** – Change your internal dialogue so that anytime you have a problem you view it as a challenge or a new
- **Express gratitude for what you have** – People who are thankful for what they have are better able to cope with stress, have more positive emotions, and are better able to reach their goals. You might keep a gratitude journal and write down each day what you are grateful for.
- **Dream big** – Rather than limiting yourself, when you dream big you're opening your mind to a more optimistic, positive state where you have the power to achieve almost anything you desire.
- **Don't sweat the small stuff** – Happy people know how to let life's daily irritations roll off their back like rain on a well-waxed car!
- **Speak well of others** – Talking negatively about others is like taking a bath in negative emotions; your body soaks them up.
- **Avoid making excuses** – It's easy to blame others for your life's failures, but doing so means you're unlikely to rise past them. Happy people take responsibility for their mistakes and missteps, then use the failure as an opportunity to change for the better.
- **Live in the present** – allow yourself to be immersed in whatever it is you're doing right now, and take time to really be in the present moment. Avoid replaying past negative events in your head or worrying about the future; just savor what's going on in your life now.

- **Wake up at the same time every morning** – This helps regulate your circadian rhythm and makes you feel more energized and happy in the morning.
- **Don't compare yourself to others** – Your life is so unique and when you measure your own success based on your personal progress you will be happier.
- **Surround yourself with positive people** – You need to choose friends who are optimistic and happy, as they will surround you with positive energy. Base-ment people (pessimistic) just pull you down with them.
- **Realize that you don't need other's approval** – It's important to follow your own dreams and desires without letting naysayers stand in your way. It's fine to seek others' opinions, but happy people stay true to their own hearts and don't get bogged down with the need for outside approval.
- **Take time to listen** – Listening helps you soak in the wisdom of others and allows you to quiet your own mind at the same time. It will help you gain different perspectives also.
- **Nurture social relationships** – Positive social relationships are key to happiness, so be sure you make time to be with friends, family etc. Wow! Being active at our church is great for this.
- **Meditate** – meditation and prayer helps you keep your mind focused, calms your nerves and supports inner peace. Research shows it can even lead to physical changes in your brain that make you happier. Quite meditation time also helps you to listen to what God is saying to you.
- **Eat well** – What you eat directly impacts your mood and energy levels in both the short and long term. Eating healthy primes your body and brain to be in a focused happy state. Eating processed junk foods will leave you sluggish and prone to chronic disease.
- **Exercise** – This boosts levels of health-promoting brain chemicals like serotonin, dopamine and norepinephrine which may help buffer some of the effects of stress and also relieve some symptoms of depression. Exercise is a daily tool that can enhance your frame of mind, reduce stress and make you feel happier.
- **Get enough sleep** – getting the right amount of sleep makes one optimistic and happy. It also helps you to problem solve better.
- **Live minimally** – clutter has a way of sucking the energy right out of you and replacing it with feelings of chaos. Clutter is an often-unrecognized source of stress that prompts feelings of anxiety, frustration, distraction and even guilt. So give your home/office a purging!!
- **Be honest** – lying increases your stress levels and decreases your self-esteem. Truth telling boosts your mental health and allows others to build trust in you.
- **Accept what cannot be changed** – everything in your life is not going to be perfect and that's okay. Happy people learn to accept injustices and setbacks in their life that they cannot change, and instead put their energy on changing what they can control for the better.

You may have noticed that some of the habits of happy people are one in the same with those that are essential for leading a healthy lifestyle – exercising, eating right, getting enough sleep and meditation. Once you adopt a happiness mindset, healthy habits will help keep your mood elevated naturally even in the midst of stress.

Happy people tend to be healthy people and vice versa. Here's to happiness!