



family life

the newsletter of family in faith christian church

family in faith
christian church



1480 Bloomingdale Road
Glendale Heights, IL 60139
www.fifcc.org 630.653.5030



Sunday School begins

September 13
9:15 AM

Pre-register in the narthex!

Congregational meeting

September 20

Following the 10:30AM service



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Sunday Worship Times

Traditional Worship 8 AM
Sunday School 9:15 AM
Adult Bible Class 9:15 AM
Contemporary Worship 10:30 AM

Pastor's Pen

Recent reports show stress levels reaching all-time highs. Work-related stress now affects 80 percent of American workers. Bullying, unsupportive managers, interruptions, pressure and lack of direction, all lead to stress. Some signs are headaches, bad sleep, job dissatisfaction, difficulty concentrating, a short temper, upset stomach, and low morale.

In the past, stressed workers could leave their jobs to find more peace. But with the tough economy, it's hard to do. With pay cuts and loss of benefits, stress has increased at home. Many Americans are reluctant to jeopardize steady incomes. And workers are reluctant to reveal their stress to bosses. They don't want to find themselves without a job.

This isn't new. Since time began, the economy has gone up and down, and there has always been trouble. Plagues, famines, wars, depressions, earthquakes and hurricanes never end. Personally, all of us deal with heartache, even if no one else sees. Our own health, struggles in relationships, shortcomings and failures, and what the future holds, all affect us. What can we do?

There's lots of advice available. Change your job. Serve others. Eat right. Get plenty of sleep. Exercise. Balance work and home. The advice is good, but there are two problems. The first lies in living advice out. We know what we should do, but that doesn't help us do it. The second problem goes deeper. It's about our relationship with God. If we're not right with God, things will never really be right. People may be happy and relaxed and healthy without God. But there's a hole in our lives that can only be filled by Him. Without being connected to Jesus and asking for his help, we'll never really find the solution to stress.

Effective ways to deal with stress

Take it to God. In fact, the one good thing about stress is that it can drive us closer to God. When things are going well, the temptation is to forget about God. When our lives are full of stress, we are much more likely to call out to God for help. Here are some ways to pray when you're in a stressful situation, and don't know the answer.

Confess any known sin in your life. The Bible promises If we confess our sins, God is faithful to forgive us. Don't let unconfessed sin and shame cause you to avoid God.

Commit your decisions to Christ. In Proverbs 3, we read, Trust in the Lord with all your heart and don't lean on your own understanding. In all your ways acknowledge Him and He will make your paths straight. You can't figure everything out all by yourself. Putting your life in God's hands is the starting point for all prayer.

Ask God to reveal His will by giving you a desire. God can direct us with Spirit-controlled desires—Psalm 37:4 Delight yourself in the Lord and He will give you the desires of your heart. As you try to follow God and do what's right, your desires are going to come in line with God.

Compare your desires with scripture. God's Spirit never leads us contrary to Scripture. If my desire feels opposite to the Bible, I know it's not right. That's why it's important to know the Scriptures.

Trust in God to answer his promises, in his time. As you have a clear sense of God's leading, based on his promises, trust he will answer, and give him thanks. You can wait, knowing you are safe in his hands. May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. The one who calls you is faithful and he will do it. (1 Thessalonians 5:23, 24.)

With love, trusting in Jesus,

Pastor Steve

in this issue ...

Spark! your kid's faith
Seeing God through Missions
Clothe the needy
Buy a teen (for a day)



Spark! Activate Faith

Get ready for a brand-new Sunday School program on September 13. Spark! Activate Faith is a dynamic curriculum that combines Bible learning with hands-on activities in Art, Science, Drama, Games, Cooking, and more! Bursting with exciting activities and solid Bible truths, Spark! has something for everyone. All children pre-K through 5th grade are welcome to join us at 9:15 every Sunday in the church for Spark! Sunday School. New this year, registration is requested. Please see the Spark! display in the narthex for information and forms.


It Only Takes a "Spark!"

Sunday School is an important & fun ministry at Family In Faith – a great place to share your faith without a year-long commitment. Our new "Spark!" curriculum is rotation-based – volunteers teach two weeks in a row, then have a break. We also need parents to help out in the classroom – no prep needed! Contact Cheryl Sorenson 630-871-2357 if you can help with Sunday School in any way.

BIBLE BLAST!

HELP VANQUISH THE DARK SIDE WITH THE TRUE LIGHT OF GOD'S WORD ...

This year in Spark! Sunday School, we want to put the Word of God in every child's hands. We need your help! Sponsor a Spark! Bible for \$10 or give any amount to help us cover the cost of the Bibles. Details for our Bible Blast! campaign are in the narthex at church.

YOUTH events

Sept. 19th – **Service Event – PADS**
The youth will volunteer at a PADS shelter in Hinsdale.

Sept. 26th – **Richardson's Corn Maze**
The youth will be going to the corn maze, other members of the church are invited. If any one is interested in coming along to the corn maze, please let one of the youth adults know, either Joe, Marie, Rita or Phil.

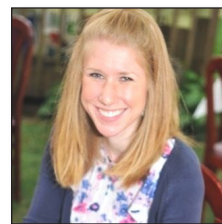
Oct. 4th – **Youth Service Auction**
If there is work to be done around your house or home, the youth want to help out! All you have to do is bid and win, then sit back and let the youth do the work!

Oct. 4th – **BBQ & Game Day** starting at 4pm.

Children's Church

We are very excited to be able to offer Children's Church on the 1st and 3rd Sunday of every month. This is a ministry that brings the children out of the service during the sermon. We present God's truths to them at their level through stories, skits, activities and crafts. Children must be able to sit quietly and listen as well as follow directions. We recommend ages 3 through 5th grade.

If you enjoy working with children and would be interested in helping, even if it is just to be an extra pair of hands to help younger children with a craft, we would love to have you. Please contact Sandi Helm with any questions at 630-665-6252.



Meet Jenna

Family In Faith welcomes Jenna Bremer as our new administrative assistant. Jenna comes to Family In Faith from St. John Wheaton, where she worked for two years during her internship. Jenna is a graduate of Concordia University Chicago and will be attending St. John Wheaton. Please stop by during the week and introduce yourself to Jenna.

Eyeglasses for Mexico

The plane leaves on October 24th. Will you join us?

MOST Ministries (*Mission Opportunities Short Term*) team leaders Don and Gayle

Sommerfeld are organizing a mission trip to Juarez, Mexico, to offer four days of free eyeglass clinics. Designed as an outreach into the local community, **Eyeglasses for Mexico** offers local residents the opportunity to be tested and fitted for eyeglasses. With the free clinics set up at churches Iglesia Luterana Cristo Rey and San Lucas Iglesia, the Pastors of these congregations use this outreach event to share their faith with the community and invite them back for church and Bible study.

The Eyeglasses for Mexico team is collecting all kinds of eyeglasses – prescription, reading, and sunglasses. Please join us in the collection! Donations of dollars are also being collected, as the team will buy reading glasses at the dollar store to add to the 3,000 pair we will need for this trip.

If you would like more information on the October 24-31 Eyeglasses for Mexico Mission Trip or MOST Ministries, contact Don or Gayle Sommerfeld or visit www.mostministries.org online.



FIF Mission Focus

Each month, Family In Faith sets aside or tithes a portion of the general offering for Missions.

September Deaconess Carol Halter, LCMS Missionary



Deaconess Carol Lee Halter has served as an evangelistic missionary among the Chinese people in Hong Kong since 1981. Carol does humanitarian, evangelistic and educational work among the young, the elderly and the poor Chinese people who live in Hong Kong.

Fluent in both Mandarin and Cantonese, Carol nurtures and trains Chinese people to grow in Christ and to share the Gospel by holding educational and evangelism seminars and Bible classes, and by counseling individuals.

October LCMS Northern Illinois District

For more information on Missions at Family In Faith, contact the church office.

Mobile Food Pantry

Family In Faith offers a mobile Food Pantry to area needy families once a month.

September 12 Food Pantry & Coat Drive



Coats Needed

Winter coats, hats, scarves and gloves are being collected to distribute to needy families during the **September 12 Coat Drive**. Last year, we distributed over 100 coats to deserving families. Clean out your closet and donate any gently-used coats, gloves, scarves and hats. Contact Don or Irene Summers with questions.



Back-to-school with ABBA

The school buses are back on the road, parents are going back to work, and children are enrolling in ABBA! Fall at ABBA means opportunities to share Jesus with all the newly enrolled students – and their families. Children enrolled in ABBA have begun learning the routines and rules of their classroom. They are learning the prayers we say before meals and they are attending chapel each week. Most important of all, they are learning that Jesus loves each of them. ABBA is still accepting applications for enrollment, if you know of a family who needs quality childcare, please give them an ABBA brochure.

Help ABBA

Support the students of ABBA by becoming a prayer partner with a child and their family.

ABBA recycles old cell phones, printer cartridges, juice pouches, Nabisco cookie wrappers, Frito Lay chip bags. Donation bins are located outside of the ABBA office. We also will need pumpkins and gourds for exploration in mid-October.

If you can donate any of these items, or become a prayer partner, please contact Karla Neumann at 630-653-7990 or ABBACHildcare@fifcc.org

Karla Neumann
Director, ABBA Christian Childcare