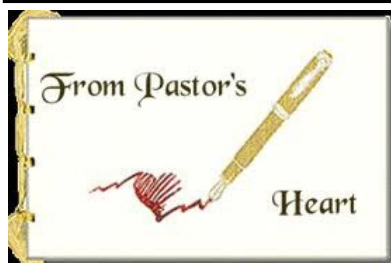




April
2020

a publication of Fellowship Lutheran Church, Rev. Robin Wargowsky, Pastor
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"Do not fear, for I am with you, do not be afraid, for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious right hand."
Isaiah 41:10

"But now thus says the Lord, he who created you, O Jacob, he who formed you, O Israel: Do not fear, for I have redeemed you; I have called you by name, you are mine. ²When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you. ³For I am the Lord your God, the Holy One of Israel, your Savior." **Isaiah 43:1-3**

So much has changed in our world since I last wrote a newsletter article to you. The coronavirus pandemic has changed almost every aspect of our lives. From what we have been hearing on the news, it seems very unlikely that we will be able to worship together in person during the month of April, but who knows? How are you doing during these difficult times? If you need assistance in any way, please let us know. Tracy is at the church Monday, Wednesday, and Friday mornings. While I am mostly working from home right now, I drop by the church on Tuesdays, Thursdays, and Saturdays. All calls coming to the church are forwarded to my cell phone so you can easily reach me. Please don't hesitate to call. I continue to pray for all of you.

Our synod (Southern Ohio Synod) has sent us a resource entitled, *Surviving the COVID-19 Pandemic With Your Mental Health Intact*, that I think will be helpful. It was written by Jody Passafume, a licensed Mental Health Counselor and Clinical Social Worker. Here it is:

Let's face it: Humans are social beings. Some more than others; but even the most devout introverts require human interaction on a regular basis. The concept of social distancing is not our friend and certainly not our mental health friend! Here are some thoughts on how to survive the Covid-19 pandemic with your mental health intact.

Develop a routine

Just like comfort food, routine is the comfort food for the mind. Develop a new routine based on your risk factors and recommended CDC guidelines. Routine does not mean "rigid." It does imply a regular series of patterns one might engage in most every day. Slow down your morning and nighttime routines. Maybe add a step or two you have always wished you had the time to take. Be mindful of your selfcare and relish in it.

Tackle a project or learn something new

Throughout the remainder of the day, get creative! Make a working list of all those tasks and projects you've been putting off for months and years. Now is a great time to dig into them and possibly spend more time than you originally expected you would be able to. List are also like food to mental health—it feels so good when you cross something off! Our new normal can allow time to learn and perfect that hobby you have

been wanting to start forever. Need a lesson? Check out YouTube or have someone verbally walk you through the steps you need.

Alternate activity types

Plan to alternate sedentary activities with more physically active ones. Vow to get up off the couch after each episode of your binge watching: 10 minutes of activity for every hour of inactivity. You have been told for years the mind, body, and spirit cannot be separated. It's true! Each aspect feeds and enhances the others. Likewise, the mind prefers a variety of engagement. Different areas of the brain are stimulated by different activities. Keep that in mind when setting up your routine. Switch from primarily visual activities to ones primarily auditory to ones primarily tactile and so forth. Alternate between crossword puzzles and numerical puzzles; between reading and writing letters (remember that skill?); between cooking for enjoyment and playing an instrument. Sing! It has been proven to increase brain chemicals which contribute to a positive mental health.

Battle anxiety with mindfulness

Addressing anxiety requires persistent mindfulness to constantly challenge the productivity of your "busy brain." Each time you find yourself ruminating on something out of your control, actively and repeatedly remind yourself spending energy processing things beyond your control only drains your ability to remain mentally healthy. Use distraction, activity requiring concentration, and self-talk to calm your anxiety-feeding thoughts.

Additional thoughts for those diagnosed with depression: if you believe your current medication regimen is not maintaining your healthy levels, contact your doctor's office (preferably without going in!) and discuss the possibility of increasing your dosage or adding an enhancer temporarily until this crisis abates.

Look outward, not just inward

Think of others! Feelings of depression are lightened by both a sense of accomplishment and a sense of helping others. Going to the grocery store? Check in with an elderly neighbor, relative, or congregational member to see if they need you to pick something up for them. Take precautions when dropping off their order. Write them a letter and mail it or stick it in their mailbox. Rake a yard. Go dance in front of their window. Deliver medication. Make a meal. Sing them a song over the phone. Paint them a picture. Walk their dog. FaceTime. Skype. There are endless possibilities that will help them and help you!

There will be a follow up to this article posted this weekend on the Synod website. Until we meet again in person, please take care of yourselves and reach out if you'd like to chat. Remember that God continues to be with us always!

God's love and blessings,

Pastor Robin

ANNOUNCEMENTS

Women's Activities

Women's Dinner - TBD

Women's Bible Study - Date TBD Come and join us as we discuss Chapter 12 from the book, *Finding Rest in a Busy World*, by Margaret Feinberg. Susan Wolfe facilitates the discussion. This will be our last meeting until fall.

Meals on Wheels for April and May

Friday, April 17	Engen	Friday, May 15	Biemel
Saturday, April 18	Himmel-McDaniel	Saturday, May 16	Wolfe

If you would like a home visit by Pastor Robin, please let Pastor Robin or Tracy know so we can get one scheduled. It does not need to be a pastoral emergency... just an opportunity to get to know you better.

Kroger Plus Fundraising Information: If you would like to register your Kroger card for the Community Rewards Program, please contact Pastor Robin or the church office. Thank you so much for participating in this fundraiser! We received over \$800 last year!

Thrivent Members - For those of you with choice dollars don't forget that Fellowship can be a recipient of those dollars. Thank you to all who have donated this way in the past!

Do You Order From Amazon? If so, then try Amazon Smile to support Fellowship Lutheran Church! First, go to Amazon Smile and choose Fellowship Lutheran Church, Columbus, OH as your charity. Then, shop as usual and Fellowship will receive a percentage of your purchase. It's that easy!

Help Wanted! Amazing Grace Day Camp - Need volunteers and campers. Camp is scheduled for July 13 to 17, 9 AM to 3 PM. Please invite your neighbors' and friends' elementary aged children to attend. Volunteers needed to help with food, crafts and general assistance for the counselors. See Todd Engen or Bill Lude if you'd like to help out or would like a flyer for the camp to invite someone.

Changes in Holy Week and Easter Services Due to coronavirus precautions, we are cancelling our Holy Week and Easter services. Palm Sunday and Easter Sunday services will be streamed. We hope to be together again soon.

Give to Fellowship with Your Smartphone with GivePlus+ - Our EFT provider, Vanco, provides a smartphone app, Give+, to enable anyone to donate at anytime to Fellowship. It makes it easy to give instantaneously for a regular gift, a recurring gift, or a special occasion gift. We will be tailoring it over the next couple weeks to reflect the funds that we use at Fellowship. In the meantime, you can download the app and try it out. Just search your app Store for Give Plus. To start, search for churches near you or specifically for Fellowship. John Votino and Todd Engen have used it, so they can give you more information.

Frebis Food Pantry The remodeled Frebis Food Pantry is completed. They are open Monday, Wednesday, Thursday, and Friday. Volunteers are needed at Frebis to fill orders, drive the truck, and work with the computer. If you are interested, call 614-300-3263 and ask for Joel, Paul, or David. You may also call 877-LSS-MEAL or Bill Lude at 614-707-3275 or 614-764-1084.

Attendance Information

<u>Date</u>	<u>Attendance</u>	<u>Date</u>	<u>Attendance</u>
2/2	45/9	3/1	56/15
2/9	59/11	3/8	42/12
2/16	48/9	3/15	27/5
2/23	45/9	3/23	streamed
2/26	37	3/39	streamed



Welcome new members Kathryn Tucker and Andrew Smith!

And congratulations to Nicholas and Rachael Meighen on their recent marriage!



*“Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God’s love has been poured into our hearts through the Holy Spirit that has been given to us.” **Romans 5:1-5 NRSV***

As Thomas Paine said, these are times that try men’s souls. This verse from Romans tells us that God’s love and grace come to us and will give us strength and peace. It may not be easy, but it will come. Such are our days today with the Corona-virus rampaging around the world. Many people are losing their jobs as we try to prevent its spread by closing non-essential parts of our economy. We worry about what might happen if we catch the virus. Honestly, even our congregation is threatened.

Your leadership team is working to insure the health of our congregation – both spiritually and financially. Following the recommendations of our Governor and state Health Director, we have stopped our in-person worship services. However, we are working to make sure that we don’t become disconnected. Pastor has already started putting a virtual service on our Facebook page and YouTube. We are developing plans to keep people in touch with each other. We are looking for ways to maintain our outreach in spite of the restrictions. We are experimenting with tools that we can use to communicate electronically, and we have made it possible to give your offering to the church electronically through the GivePlus phone app and also on our web-page.

So, it seems like we are powerless. But, that’s not really true. There are many things we can do to take some control over our lives and our relationships with our faith family at Fellowship and our community. Here are a few things you might be able to do to keep Fellowship going virtually:

- Pray – you can pray for the congregation, for our leaders and health care workers, for our shut-ins, for God’s work to continue in the world
- Help each other – If someone is in need, we can pitch in to help. If you have needs, reach out to us as leaders or to a friend at Fellowship.
- Write or phone – we can keep our communications going with telephone calls and notes. Our shut-ins and people living in senior communities are most likely to get disconnected. A short call, note or card would help anyone keep their spirits up
- Organize a virtual bible study
- Organize a collection for one of our local aid groups – like Smoky Row Food Pantry.
- The congregation could use some help with someone with skills in doing podcasts and webcasts..

Finally, if you are not giving electronically yet, you can help the congregation out by setting up EFT (Electronic Funds Transfer) or giving regularly using electronic giving. If we normally give in the offering basket, that is easy when we go to the church every Sunday. But, if we are prevented, as we are now, it is easy to let that slip. Setting up an automatic offering monthly, or weekly, or whatever you choose will help make sure that Fellowship can continue our mission and work. Our EFT vendor offers the GivePlus app to us without any extra charge. You can access it from your phone or from our website. You can give via credit card or EFT. You can

create an account easily on the app, or you can give without an account. There are also other options, like PayPal, Venmo, etc. We have GivePlus running and available right now. If you have an app that you'd rather use, let us know and we can set up a Fellowship account for it that you could give to. However, our preference is GivePlus as it is freely available to us, the app is easy to use, and it integrates with our church software to make record keeping easier. If you need help with it, please contact me or one of the other leaders who have used it. We are checking our mail frequently. If you prefer to send your offering in via check, that's ok too.

This is not an easy time. We will be tested. But, we can rise to the occasion and come out better for it at the end. In fact, it might even be good for us. It is giving us an opportunity to re-think some of the things we do and look for more ways to do it, and maybe better ways. Please hang in there. Your leadership team is hard at work to enable us to weather this storm. We ask for your prayers and help to get us through.

Your Servant in Christ,

Todd Engen

**"Our Church All Are welcome"
"To Share God's Love and Grace Through Our Words and Actions"**

This is the day that the Lord has made, let us rejoice and be glad in it. We need to help and look out for each other now more than ever. The emotional stress of a potential sickness and also not working and or the uncertainty of no job until this situation is over with can on some days be overbearing. So let's all help each other, let's all continue to pray for the good things in life for all people of the world and of course your personal prayers. Think happy and look at awesome family happy pictures, and if you can, face time your friends to stay in touch daily or weekly and just say hi, how are you doing?

What's on the horizon from the support side? - we do have a few projects to accomplish:

- Spring clean up will be directly after the men's breakfast, if we are able to hold a breakfast. If not - we will still meet if the Virus situation does not change. If we do meet, we will definitely practice project social distancing. If we are still under a strong recommendation of a lockdown, we will adjust accordingly.

- Below are some estimates of what we need to accomplish within our budget. If you would like to donate some funds to property to help off set costs, please do so if you can.

- Mulch Appx \$200
- Stain Appx \$200
 - Shed
 - Benches
 - Cross on the entrance
- Sawmill road entrance
 - Mulch and plant area
 - Paint metal Cross Appx \$75
- Air conditioner Appx \$400
- Carpet cleaned Appx \$250
- Windows cleaned Appx \$200

Some of this items are wish lists - but the office air conditioner needs repaired and we will fit this one into the budget.

Stewardship side of "Our Church": continue to invite your contacts, friends, family to join us on Sunday's for our web cast video on our streamed service.

If you're not set up for EFT, please touch base with Tracy: also the Give Plus app is available for your phone as another source of giving.

Until we can all get together again, stay safe and confined as much as possible. Prayers to All.

John

"Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead." 1 Peter 1:3

As new life appears around us in the springtime, we reach the end of Lent and celebrate our new birth in Christ's love. Worship during this month reflects our preparation for Easter and the rebirth it delivers to all children of God.

Virtual worship services

We will continue to connect virtually through online tools and telephone until the COVID-19 pandemic has subsided.

Thank you to Pastor Robin, Amy, and Michael for recording the meaningful services of the Word during this challenging time!! The lovely music, scripture, and inspirational messages are a calming touchpoint in amid the current challenges we face every day. In case you missed Pastor Robin's previous emails, here are links to the recordings:

- **March 22**

<https://www.facebook.com/236561770376/videos/3861844690507267/>
https://www.youtube.com/watch?v=R01g_8eVQUY

- **March 29**

<https://www.facebook.com/236561770376/videos/235125127631404/>
<https://youtu.be/8qQQkutcnnA>

Dates to remember

We hope to worship in person on the following future dates:

June 7	Recognition of Graduates, Healing service, change to summer liturgy and newer Lord's Prayer
August 9	Outdoor service

FOR OUR MEMBERS AND HOMEBOUND:

- | | |
|------------------------|--------------------------------|
| Sarah Almeida | Hazel Lambert |
| Fritzi Bear | Frank & Leena LeMay |
| Major N Crispin | Sonja Meighen |
| Bob Drake | Joshua Mott |
| Barb Fisher | Sue Perry |
| Margery Gress | Martha Sampson |
| Cheryl Hamilton | Ray & Carol Ward |
| Zach Jaeger | Bill Zahn |
| Lillian Kachic | |

FOR OUR FAMILY AND FRIENDS:

- Joan Albert**, Ruth Albert's mother
Steve Bear, Fritzi Bear's son & Dave Bear's brother
Toni Carroll, Pastor Ron Bott's wife
Kelly Clark, Votino's friend
Rosemary Craig, Cindy Frey's mother
Alex Edmerson, Sheila Ingram's son
Janet & Eric Goldberg, Sherri Reed's friends
Chris Johnson, Bruce Johnson's sister-in-law
Roger Linley, Barb Fisher's friend
Patti, friend of the Moravian church
Cindy Powell, Don Johnson's friend
Anna & Les Schmelzer, Sherri Reed's friends
Belinda & Gabriella Seemer, Sherri Reed's friends
Mary Ann Stanton, Frey family friend's mother
Edwin Orlando Swan, Sheila Ingram's friend
Carol Swank, Pastor Robin's friend
Dr. Jenifer Takats, Todd Engen's wife
Baby Hayden Valesky, Votino's great nephew
Jenny White, Barb Fisher's friend

FOR OUR SHUT-INS:

Lynn Brown, Debbie Bear's mother...

DEATHS:

- Brad**, Bill Zahn's sister's daughter's son-in-law
Kimberly Emery, Jean Johnson's niece
Frank Hall, former member
Cynthia Hallas, Pastor Robin's friend
Nancy Mally, Bill Zahn's former colleague
Florence Raetzel, Kate King's Brother's mother-in-law
Robert Scheeser, Stacy Niedecker's uncle & godfather
Roy Stevens, Karen Harris' Granddaughter's Stepfather

April Birthdays

Todd Engen	4/6
Pat Frey	4/6
Jim Jaeger	4/6
John DeVantier	4/8
Pete Cardimen	4/11
Ray Ward	4/15
Doug Scantland	4/16
Lori Hobbins	4/18
Mallory Tonn	4/20
Jeanine Biemel	4/22
Bill Lude	4/30
Robin Wargowsky	4/30



Happy Birthday to those celebrating birthdays this month! This list reflects the information we have in our computer at this time. We welcome your corrections and additions!

April Anniversaries

Andy & Jenny Devantier	4/11
Bill and Cathy Zahn	4/27
Todd & Jenifer (Takats) Engen	4/30



Church Staff

Pastor	Rev. Robin Wargowsky
Treasurer	Heather & Chris Tonn
Financial Secretary	Tracy Farel
Office Secretary	Tracy Farel
Organist	Michael Cherup
Sub. Organist	David Fleisher
Sunday evening pianist	Amy Wargowsky
Choir Director	George Biemel
Custodian	Kenneth Hunt

Executive Committee

President	Todd Engen
Vice-President	Mike Rankin
Secretary	Ruth Albert Pastor Robin

Congregational Life

Director	Chad Laucher
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Education & Youth

Director	Bill Lude
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Outreach

Director	Carol Jaeger
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Stewardship & Support

Director	John Votino
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Worship

Director	Sonya Thelin
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Thank you for your leadership!!!

April 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5 Palm Sunday 10 am - Worship (streamed) 11:00 am - Executive (Zoom)	6	7 7:00 pm - Council (Zoom)	8	9	10	11
12 Easter 10 am - Worship (streamed)	13	14 7:00 pm Worship (Zoom)	15	16	17	18
19 10 am - Worship (streamed)	20	21 7:00 pm - Council (Zoom)	22	23	24	25
26 10 am - Worship (streamed)	27	28	29	30		

Fellowship Lutheran Church
7350 Sawmill Road
Columbus, OH 43235

ADDRESS SERVICE REQUESTED



Our Purpose: To share God's love and grace through our words and actions.

Our Vision: To be a "called and gathered" family of faith whose members so fully experience the undeserved love of God that we are moved to express that same love of God, in our relationships with one another and our whole community . . .

April 2020 Newsletter