



June
2024

a publication of Fellowship Lutheran Church, Rev. Robin Wargowsky, Pastor
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"Remember the sabbath day, and keep it holy. Six days you shall labor and do all your work. But the seventh day is a sabbath to the LORD your God; you shall not do any work--you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the LORD made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the LORD blessed the sabbath day and consecrated it."
Exodus 20:8-11 NRSV

Dear Fellowship Members and Friends:

As we move into the warmth and renewal of June, it's a great time to reflect on a vital, yet often overlooked, aspect of our faith: the Sabbath. In our fast-paced world, the idea of setting aside a day for rest and spiritual rejuvenation can seem almost impossible. However, "Remember the Sabbath" is not just a rule to follow, but a gift to cherish. As summer approaches, we all have the opportunity for rest and renewal - for Sabbath - and I hope that you are able to take the time to enjoy and relax this summer.

Observing a Sabbath rest makes us stop and in so doing contributes to our health. Rest and relaxation are crucial for our well-being. Medical and psychological research consistently shows that regular rest reduces stress, improves mood, boosts immune function, and enhances overall health. Some of the problems associated with a lack of rest and relaxation include inattentiveness, inability to concentrate, impulsivity, moodiness, learning difficulties and health problems. Taking time to rest has been shown to enhance responses in the brainstem which controls respiration, heart rate, and blood pressure (Nurse Robin now speaking, as well as Pastor Robin).

But beyond the physical and mental benefits, Sabbath rest is a time for spiritual growth. It's an opportunity to deepen our relationship with God through prayer, reading scripture, and reflecting on God's goodness. The commandment to rest reminds us that God created everything in six days and rested on the seventh day. If this is good enough for God, the injunction implies, surely it should be good enough for mere mortals. It also serves as a reminder to live humbly. We are not God. We are not called to "do it all."

One of the things I have learned in my fourteen years of ministry is the importance of self-care, and the knowledge that as hard as we try, it's not possible to "do it all." Our bodies and our souls need rest and relaxation for our physical and emotional well-being. Our bodies simply function better all around when we have adequate rest. May we take time this summer for self-care and enjoy a Sabbath rest. May the Sabbath be a day of joy, peace, and spiritual nourishment.

See you in church!

Pastor Robin

ANNOUNCEMENTS

EMERGENCY PREPAREDNESS PLAN UPDATE - In 2022, our church council developed an Emergency Preparedness Plan (EPP) for responding to various types of emergencies such as medical, fire, tornado/severe weather, intruder, and active shooter situations. Council updated the EPP in 2023 and has again updated it in May 2024. Copies are available in the workroom, secretary's office, and Pastor's office. Please feel free to take a copy to review, then return it. OR, you can contact George Biemel and he can send you a PDF of the EPP.

BRIGHT ROAD CORRIDOR IMPROVEMENTS AND EMERALD PARKWAY ROUNDABOUT - Fellowship recently received a notice from the City of Dublin regarding construction work that is taking place along Bright Road where it intersects Sawmill Road as well as west of that intersection to Emerald Parkway, and also installation of a new roundabout on Emerald Parkway south of Bright Road. Construction began in early May 2024 and is anticipated to be completed in **Fall 2025**. A copy of the notice is posted on a bulletin board in the center hall.

THE SMOKY ROW FOOD PANTRY is at 7260 Smoky Row Rd., Columbus. The most needed items for **April, May, and June** include:



- Toilet paper
- Baby items (Diapers 2-3-4, Wipes)
- **Toiletries, such as shampoo/conditioner, hand soap, deodorant, toothpaste**
- Laundry detergent
- Kitchen cleaning items, such as dishwasher liquid, and dish soap

Place donations in the containers located in the Narthex. Your generosity is gratefully appreciated by our neighbors in need. Thank you!



Sunday School Sunday School classes for youth and adults are on break until the fall.

Women's Dinner and Guys Night Out Update The next women's dinner will be on Tuesday, May 28th at 6:00 p.m. at BD's Mongolian Grill, 6242 Sawmill Rd., Columbus, OH 43017 (614) 798-8300. The next Guys' Night Out will be on May 28th at 6:00 p.m. at Shawnee Station Taproom, 6058 Glick Rd., Powell, OH 43065 (614) 376-0754. All are welcome!

WORSHIP
VOLUNTEER
opportunities



Worship Servers Needed! If you are able to help out at our 10:00 a.m. worship service, please let Pastor Robin know. Assisting ministers, lectors, counters, and greeters are needed. Not sure what these roles involve or never done it before? We will be happy to help you out! We are also looking for fellowship hosts following worship on the 1st Sunday of each month. Sign-up on the table in the narthex.

Holy Communion We celebrate Communion weekly. All baptized Christians who believe that Jesus Christ is truly present in the bread and wine are invited to join us in the celebration of Holy Communion. Grape juice is available in the center of the trays. Non-communing children and adults are welcome to come forward for a blessing.

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!



Give to Fellowship with Your Smartphone with Vanco Mobile - If you would like to give to Fellowship with your smartphone, please download Vanco's smartphone app, **Vanco Mobile**. Vanco Mobile will 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.

Pastoral Care Request If you have a pastoral care request (hospitalization, upcoming surgery, need for counseling, etc.), please call Pastor Robin at (937) 725-4930. If you would like a home visit by Pastor Robin, please let Pastor Robin know so it can be scheduled. It does not need to be a pastoral emergency...just an opportunity to get to know you better.



Staying Connected Program for the Elderly - Ohio has a program for the elderly to "stay connected." You get to pick the hour to receive the phone call. For more information, here is the link: <https://aging.ohio.gov/wps/portal/gov/aging/care-and-living/get-help/staying-connected/>.

Save the Date - On Saturday, June 29th, we are planning to have a "clean the inside of the church" day and to get rid of the things we no longer need. Stay tuned for the details!

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!

Staying Connected Program for the Elderly - Ohio has a program for the elderly to "stay connected." You get to pick the hour to receive the phone call. For more information, here is the link: <https://aging.ohio.gov/wps/portal/gov/aging/care-and-living/get-help/staying-connected/> .

Attendance Information (In-person & virtual)

April 7	17/33 views	May 5	30/25 views
April 14	20/38 views	May 12	30/18 views
April 21	35/24 views	May 19	46/14 views
April 28	36/29 views	May 26	23/9 views

*Fellowship Lutheran Church
Congratulations 2024 Graduates!*

Aleisha Crispin



Aleisha graduated from Dublin Coffman High School on May 26th. She will attend the University of Cincinnati majoring in Sports Nutrition and will be on the cheer team.

McKenzie Laucher



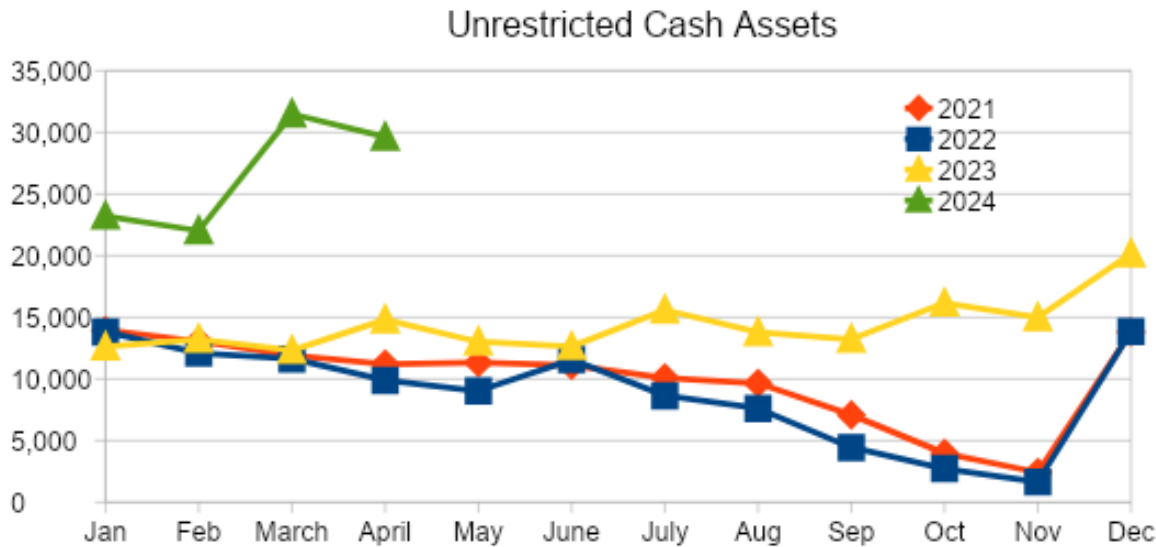
Kenzie graduated from Olentangy High School on May 19, 2024 and will be attending Purdue University in their engineering program. Her focus will be on Chemical Engineering.

Mallory Tonn

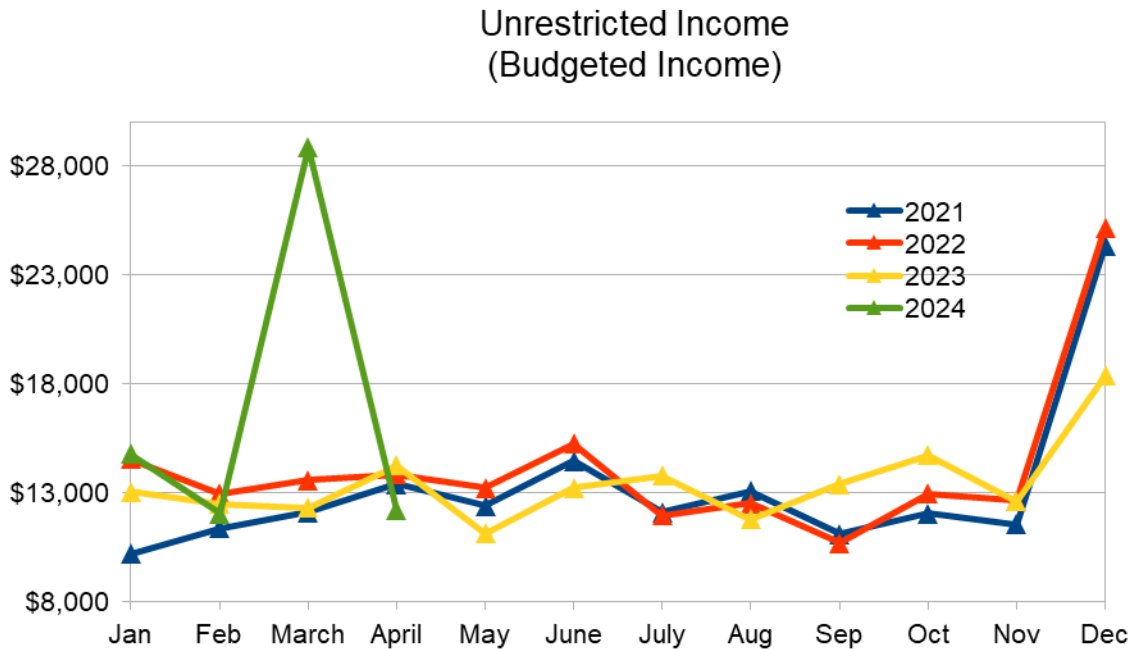


Mallory graduated from Worthington Kilbourne High School on May 26th. She will attend the University of Akron as an Education Major in their Primary Inclusive Teacher Preparation Program.

We began 2024 in a very positive position with an Unrestricted Cash balance of \$23,211.74. As usual for us and for most churches, we had a large end of year bump in our income for December. We also have had a large contribution in March from a family doing a Qualified Charitable Distribution (QCD) to account for their total annual giving. This has given us a large cushion for this time of the year, but will result in our monthly giving to be down a proportional amount through the rest of the year.



The following chart shows our income by month and you can see the large individual contribution in March.



In the first quarter of 2024, we have made several contributions to our partners and neighbors. We contributed \$1,250 to the Southern Ohio Synod. We also raised \$280 in contributions from our congregation for the Souper Bowl which was matched from the Grace Lutheran Funds for a total contribution of \$560. These funds support the work of the LSS Food Pantries and their support for the hungry in our area.

Our income continues to benefit from increases in the interest rates we are receiving. We included increases in interest income in our budget plans. We received over \$450 in interest in the first quarter. I continue to balance our bank accounts so that we maximize the amount in our money market account to get the most interest income, while maintaining plenty of cash in our checking account to cover our ongoing expenses.

Our bank accounts hold \$55,731.20 of cash on hand. Of that, \$31,483.47 is unrestricted that we can use for any of our operating expenses. Again, our Unrestricted Cash is trending comparably to prior years, with the exception that we received the one-time pre-paid contribution from one family which has significantly increased the balance for now. It will decline faster as the year progresses since we have already collected that one, large contribution.

On the liability side, our mortgage balance is \$245,585.85.

On the next page are the first quarter 2024 statistics of our bank balances, income and expenses.

I mentioned the Qualified Charitable Distribution (QCD) earlier. This is a strategy to reduce the tax impact of taking Required Minimum Distributions (RMDs) from your IRAs and 401Ks. All distributions from an IRA or 401K are taxable events. However, that is not true of QCDs. A QCD is a direct distribution from your tax deferred account to a qualified charity. A church counts as a qualified charity. If you are over 70 ½, you can make QCDs to charities of your choice. As an example, let's suppose a person is 75 years old and has an RMD of \$40,000 for the tax year and would be in the 22% tax bracket. He or she could make a QCD from of, say, \$10,000 to Fellowship or any other charity. Instead of owing \$2,200 on that distribution, there would be \$0 tax liability. That means that you would save \$2,200 on your taxes that you would have had to pay due to taking that part of your RMD. It's kind of like the old tax deduction for charitable contributions that was eliminated in the 2017 Tax Cut and Jobs Act. Almost any brokerage or Mutual Fund company can do QCDs for you. If you would like more information on using QCDs as a way to reduce your tax liability for RMDs, you can discuss it with your financial adviser (such as Thrivent). I can also answer some questions regarding QCDs. I could give you some web references and overall suggestions.

Thank you again for your support. Your support makes our ministry go and supports our mission of sharing God's love and grace through our words and actions.

I am happy to answer any questions you might have about our financial status.

Todd Engen, Treasurer

tcengen@att.net

614-226-4965

First Quarter 2024 Financial Update (cont.)

- Todd Engen, Treasurer

Bank Balances as of 3/31/24:

ASSETS	
BANK ACCOUNTS	
CHECKING ACCOUNTS	\$4,735.03
SAVINGS ACCOUNTS	50,996.17
Subtotal Bank Accounts	55,731.20
MORTGAGES & LOANS	245,585.85

First Quarter Income:

	Actual	Budget	Difference	%
INCOME				
CONTRIBUTION INCOME				
UNRESTRICTED	52,649.96	41,955.00	10,694.96	125%
Subtotal Contribution Income	52,649.96	41,955.00	10,694.96	125%
INTEREST INCOME	451.56	240.00	211.56	188%

First Quarter Expense Budget Comparison of Expenses by Area:

ADMINISTRATION	25,572.39	25,610.25	37.86	100%
ADMINISTRATIVE EXPENSES	545.18	1,150.50	605.32	47%
WORSHIP	232.39	573.75	341.36	41%
CONGREGATIONAL LIFE	474.98	200.01	-274.97	237%
EDUCATION & YOUTH	58.50	142.50	84.00	41%
OUTREACH	1,250.00	1,250.01	0.01	100%
PROPERTY AND SUPPORT	11,099.89	13,732.80	2,632.91	81%
STEWARDSHIP EXPENSES		37.50	37.50	0%
Subtotal Fixed Expenses	39,233.33	42,697.32	3,463.99	92%

First Quarter Mortgage Principal Payments (the negative number is the payment amount):

FCB Mortgage	-2,536.05	-2,490.00	-46.05	102%
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Church Staff

Pastor	Rev. Robin Wargowsky
Treasurer	Todd Engen
Secretary & Financial Secretary	Tracy Farel
Organist	Dixie Heck
Sub. Pianist/Organist	David Fleisher, Ruth Albert
Choir/Band Director	George Biemel
Custodian	Kenneth Hunt

Executive Committee

President	George Biemel
Vice-President	Mike Rankin
Secretary	Sonya Thelin Pastor Robin

At-large Council Members

Angela Kidd
Bill Lude
Susan Wolfe

Team Coordinators

Congregational Life	Vacant
Education & Youth	Vacant
Outreach	Pete Cardimen
Property	John Votino
Stewardship	Vacant (Council)
Worship	Karen Harris

Thank you for your leadership!!!

Worship Servers Schedule for June 2024

	June 2	June 9	June 16
Asst. Minister	George Biemel		Cindy Frey
Lay Reader	George Biemel		Cindy Frey
Counter	Bill Lude	Bill Lude	Bill Lude
Greeter		Karen Harris	
Fellowship Host		---	---
Altar Guild	Karen Harris & Darcy Dom	Kathy & Tracy Farel	Dianna Roll & Angela Kidd

	June 23	June 30
Asst. Minister	Ruth Albert	Paul Wargowsky
Lay Reader	Ruth Albert	Paul Wargowsky
Counter		
Greeter		
Fellowship Host	---	---
Altar Guild	Karen Harris & Darcy Dom	Kathy & Tracy Farel



Worship Servers Needed!

If you can fill any of our openings for assisting ministers, readers, counters, greeters or fellowship hosts or help out in future months, please call or email Pastor Robin or Tracy Farel. Thanks!

FOR OUR MEMBERS:

- | | |
|------------------------|----------------------|
| Major N Crispin | Ed Lathy |
| Carolyn Crispin | Frank LeMay |
| Byron Engen | Leena LeMay |
| Margery Gress | Pete Meighen |
| Cheryl Hamilton | Sonja Meighen |
| Don Johnson | Ray Ward |
| Lillian Kachic | |

June Birthdays

- | | |
|------------------|------|
| Sonya Meighen | 6/17 |
| Dianna Roll | 6/19 |
| Cathy Votino | 6/19 |
| Cheryl Hamilton | 6/25 |
| McKenzie Laucher | 6/26 |
| Megan Howard | 6/27 |
| Nathan Votino | 6/29 |
| Chad Laucher | 6/30 |

FOR OUR FAMILY AND FRIENDS:

- Martha Ackerman**, Karen Harris' friend
- Bill Brenner**, Pastor Robin's friend's father
- Rosemary Craig**, Cindy Frey's mother
- Mark Crumrine**, Karen Harris' classmate
- Ray Djoice**, Karen Harris' friend
- McKenna Harris**, Karen Harris' granddaughter
- Kristi Mason**, Mike Rankin's second cousin
- Mike McKinley**, David Fleisher's friend
- Nora Murphy**, Margery Gress' friend
- Karen O'Hara**, Sonya Thelin's friend
- Charlotte Schall**, Pastor Robin's mother
- John Schall**, Pastor Robin's stepfather
- Jeff Sielaff**, FLC visitor
- Val Wittkorn**, Donna Williamson's friend
- Diana Zinhon**, Darcy Dom's friend



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!

DEATHS:

- Laura Falconi**, Sonya Thelin's co-worker
- Fisk Paro**, former member
- Maureen Profeta**, mother of Frank Profeta (John Votino's business partner)

June Anniversaries

- | | |
|--------------------------|------|
| Paul & Robin Wargowsky | 6/07 |
| Doug & Carol Scantland | 6/10 |
| John & Cathy Votino | 6/17 |
| Chad & Amanda Laucher | 6/18 |
| Steve & Donna Williamson | 6/22 |



June 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26 <i>Holy Trinity</i> 10:00 am - Worship 11:30-4:00 - CJMC	27 <i>Memorial Day</i>	28 6:00 am - CJMC Pray 6:00 pm - Women's Dinner 6:00 pm - Guys Night Out	29 6:00 am - CJMC Pray	30 6:00 am - CJMC Pray 1:30 pm - SICC Prs 8:00 pm - CJMC	31 6:00 am - CJMC Pray	1 6:00 am - CJMC Pray 9:30 am -5 pm -SOS Assembly
2 10:00 am - Worship 11:30-4:00 - CJMC	3	4 6:00 am - CJMC Pray	5 6:00 am - CJMC Pray	6 6:00 am - CJMC Pray 8:00 pm - CJMC	7 6:00 am - CJMC Pray	8 6:00 am - CJMC Pray
9 10:00 am - Worship 11:15 am - Executive 11:30-4:00 - CJMC	10	11 6:00 am - CJMC Pray 7:00 p.m. - Worship (zoom)	12 6:00 am - CJMC Pray	13 6:00 am - CJMC Pray 8:00 pm - CJMC	14 6:00 am - CJMC Pray	15 6:00 am - CJMC Pray
16 10:00 am - Worship 11:30-4:00 - CJMC	17	18 6:00 am - CJMC Pray 7:00 pm - Council	19 6:00 am - CJMC Pray	20 6:00 am - CJMC Pray 8:00 pm - CJMC	21 6:00 am - CJMC Pray	22 6:00 am - CJMC Pray
23 10:00 am - Worship 11:30-4:00 - CJMC	24	25 6:00 am - CJMC Pray 6:00 pm - Women's Dinner? 6:00 pm - Guys Night Out?	26 6:00 am - CJMC Pray	27 6:00 am - CJMC Pray 1:30 pm - SICC Prs 8:00 pm - CJMC	28 6:00 am - CJMC Pray	29 6:00 am - CJMC Pray Inside Church Clean-up Day
30 10:00 am - Worship 11:30-4:00 - CJMC	1	2 6:00 am - CJMC Pray	3 6:00 am - CJMC Pray	4 6:00 am - CJMC Pray 8:00 pm - CJMC	5 6:00 am - CJMC Pray	6 6:00 am - CJMC Pray

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 diverse, thriving community of faith where all are welcome to celebrate God's love and grace.

June 2024 Newsletter