



Our Church						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>This Week</i>						



FIRST LUTHERAN CHURCH

116 S. B Street, Monmouth, IL 61462; (309)734-2106
 www.flcmonmouth.org; email: office@flcmonmouth.org



FIRST LUTHERAN MONN MOUTH
 @FLCMONMOUTH.ORG

Our Staff

Pastor Jamie Gallagher

prjamie@flcmonmouth.org
 Cell (630)200-3550

Secretary

Angela Bradley-Volz
 office@flcmonmouth.org
 M, T, Th, F (8 am to noon)

Custodian

Chris Algren

Musicians

Janice Algren
 Jamie Reynolds

Preschool and Day Care Director

Bobbie Nees
 (309) 734-5350

Congregation Council

President: Rose Sandstrom

Vice President: Doug Cruce

Secretary: Diane Carlson

Warren Dobry

Steve Erlandson

Ted Hanson

Jim Johnson

Linda McGuire

Evelyn Volz

Dear Friends and Family,

The fall leaves were especially beautiful in our parking lot yesterday morning.

Today, we woke up to more fall-like blustery conditions. It is windy, much cooler, and there is rain in the air. Fall is a season that reminds us the

world needs to shut down for a while. Wouldn't it be nice if the pandemic would, too? It probably won't for quite a while. Thank you to everyone who continues to follow the guidelines for maintaining a safe community at First Lutheran. We will not shut down these guidelines until we know it is fully safe.



Congregation Meetings – October 18 and November 22

Join us this Sunday for one of two important Congregation meetings as we adjust our constitution regarding the allocation of endowment fund interest.

We currently allocate these funds 4 ways at 25% to each: General Fund, Benevolence, Capital Improvement and Reinvestment.

The change we will vote for will divide the interest in these 3 ways: 50% to General Fund, 25% to Benevolence, and 25% to Capital Improvement.

This is a change to our constitution, so we need two meetings to finalize this change. We need a quorum of 32 voting members at each meeting to be able to accomplish our business. Please remember as you attend we do require masks, social distancing, and have in place other measures to reduce the risk of spreading the pandemic. Seating in the balcony is also available for those who wish to take an extra step toward social distancing.

The Building and Grounds Committee will also discuss a project that we are hoping to accomplish through a recent bequest. Congregation approval for this project will be sought as well.

Each meeting will begin at the end of worship.





**Thank you for continuing to remember the ministry of
First Lutheran Church.**

We accept offerings by mail, in worship, and through electronic giving.

To receive a form to begin electronic giving, please email the office and request one. Angela will mail you a copy and once you return that form, giving will be automatically withdrawn from your account.

Your giving supports our congregation and beyond.



This upcoming Sunday we will close out our recent sermon series on the Old Testament lessons. Moses and the Israelites have left Mt. Sinai and the complaining continues. How does Moses seek help from God?

Join us Sunday either during our 9 AM in-person worship, or through the worship video link that is emailed on Monday with the Our Church-This Week newsletter.

Vision and Purpose Giving

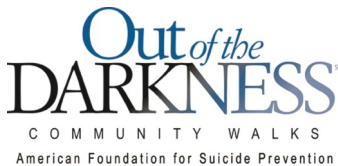
Did you see the video of Kurt talking about the American Foundation for Suicide Prevention? It is a part of our Sunday worship. Pastor Jamie will also provide a separate link to this video.

Kurt speaks to what our donations to AFSP accomplishes. He is dedicated to this work, and thanks everyone for their support.

Thank you for supporting Vision and Purpose giving every month.



**American Foundation
for Suicide
Prevention**



Living the Creed

Take Home Exercise

Sunday, October 18, 2020

Living the Creed is our way of having Sunday school. This simple PDF is filled with reflective questions for the whole family and sometimes includes fun activities. Watch for this week's Living the Creed to be released on Friday.



All Saints Sunday is November 1st

This year, we would like to include pictures of those who we are remembering on All Saints Sunday.

If there is someone you know who passed away since last November 1, please let Pastor Jamie know. Send a picture to prjamie@flcmonmouth.org so the picture may be included during the litany on that day.



Reminder: we will not have a Zoom Bible study this Wednesday or next due to schedule conflicts.

We will resume again on Wednesday, October 28.

Youth Happens At First

This week's zoom meeting will be rescheduled. Youth families, watch your email for information.



Pastor Jamie is looking for 6 volunteers willing to read a devotion on camera to use during our Advent/Christmas season.

For more information, and to offer to sign up, please contact Pastor Jamie



Oct 12 Raymond Bruyn
Oct 16 Ayla Johnston
Oct 17 Tom Best
Oct 18 Kim Rains, Loretta Johnson



October 15 Teresa and Ken Miller



Bradley Anderson, Josie Blake, Bev Coulter, Nancy Dowell, John Ellison, Linda Ellison, Dave Erlandson, Jim Erlandson, Brad and Jodie Haist, Cassie Jern & Family, Delores Johnson, Graham Johnson, Bob Kerschke, Ila Roseberry, Marjorie Swanson, Norman Worthington, Evelyn Volz, Darrell Thirtyacre, Donna Larson, Beckie Bean, Joy Johnson, Pat Root, Pastor Katie Gallagher, Jim and Kim Johnson, Kay and Glenn Bailey

and Sgt. Lacey Elliott, who continues to serve our country

Please let the church office know any updates that are needed to our prayer list.

SUICIDE PREVENTION / MENTAL HEALTH - - FIRST LUTHERAN

By Kurt Volz

This year I decided that along with asking for donations for the American Foundation for Suicide Prevention I would also give the congregation something.

I recently was able to watch a half day conference on the impact of suicide. One of the speakers talked about the need for communities to engage in mentally healthy lifestyles in the first place to be pro - active and preventive with regard to suicide prevention.

The speaker proposed the analogy of a three legged stool for a framework. The first leg of the stool of healthy self-care is making sure we take care of our mind. Are we using positive problem solving steps ourselves – and take our time -- to try to address problems on our own? Then, after we have given our own problem solving a ‘go of it’ do we discuss the problem issue with someone we trust?

Another item the speaker added for healthy self-care for our minds is to keep them ‘limber’. This can be done by doing mind game playing such as playing solitaire card games, Mahjong tile games, word search games, etc. which is good for strengthening our mind. Those games are like having our minds doing pushups, chin ups, and running laps !!

The second leg of the stool would be taking care of our body. One of the important areas of self-care for our bodies is that of proper sleep. I often use the analogy of electronics like phones and laptops needing to be recharged. Our brains get recharged while we sleep so to have enough battery power we need a sufficient amount of good sleep. Another important part in self-care of our bodies is proper nutrition. Our bodies need good nutrition just as vehicles need gas to be able to run.

The third leg of the stool for good mental health self-care is to take good care of our spirit. This would include feeding our general spirit in areas such as our hobbies and involvements that help us feel a purpose. Taking care of our spirit also includes friendship contacts and keeping contact with relatives. It would also include, for us Christians, feeding our Spiritual selves with regular time in prayer communication with God, listening to uplifting Spiritual hymns/songs, reading Spiritual oriented literature, etc.

At this time when the nation is concerned with a vaccine being developed against COVID – 19 the above items may not be a guaranteed ‘vaccine’ against suicide – but they are all steps in maintain a stronger mental health.

The Upcoming Holiday season

Poinsettias plants are a traditional feature of our Advent and Christmas decorations. This year, we will not be ordering live plants. The Worship Committee has decided that we will try a new thing.

Instead of purchasing a poinsettia plant, we will accept donations in the amount you might ordinarily spend on a plant. The donations will go toward the Warren County Ministerial Association Emergency Fund, a fund designed to help people in need.

When you donate, a special coloring page with a poinsettia design on it will be colored by a youth member of our church, and placed on the glass between the sanctuary and the narthex. The page will list the name of the donor and have a line for whom the donation is in honor of or in memory of.

Curious about our Ministries?

We have several committees that are continuing to work even during this time of pandemic. For information on how to join a committee, please call the office.

Active Committees

Finance/Stewardship .. Chair Gary Martin

Building and Grounds .. Chair Steve Erlandson

Worship and Music ... Council Rep Jim Johnson

Specific Elected Committees

Endowment

Memorial

Personnel

Preschool and Day Care Board

In-Active Committee

Christian Education and Youth

Weekly Devotional



God saved you by his grace when you believed. And you can't take credit for this; it is a gift from God.

Ephesians 2:8

In October, we celebrate the Reformation. One of the enduring gifts from Martin Luther's work as a reformer is the re-discovery of God's grace. Luther was frustrated by what he felt was the church taking this gift away from people. The sale of indulgences was a ploy, Luther believed, to control people. He felt the church was scaring people into paying money for something God already gave freely.

The church's practice of selling indulgences was common in Luther's time. The indulgence was a contract, in exchange for a certain amount of money, one could have sins forgiven and time removed from purgatory. The pope decided this practice could have practical implications, such as fundraising to build a new St. Peter's basilica. Many missionaries from Rome began traveling throughout Europe to push the sales of indulgences on a confused and often times uneducated populace.

Luther opposed the sale of indulgences for any reason, but the overt fundraising tactics just to build a grand cathedral pushed him over the top. The events leading up to Luther posing his 95 theses on Oct 31, 1517, included the arrival of one of Rome's top indulgence sellers. Luther hoped he would be able to engage others and through debate and logic the church would see the error of its ways and return to what scripture says about salvation.

Luther did not succeed in changing the minds of the Roman church leaders. But his work, along with many allies, brought about a new way of being church, a way Luther called "Evangelical". In today's context, that word has taken on political implications that do not agree with Luther's understanding. For Luther, being Evangelical was about telling this good news: God saved you by his grace when you believed. This is God's work. Not our work. Not our money. Not our repentance. Not our atoning. Not our dying and rising. This is God's work. The enduring legacy of the reformation lives on whenever we proclaim this Good News.

In peace,

Pastor Jamie