



# Faith Family News

November 2023

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Moline, Illinois 61265

## Experiencing Love & Comfort in Times of Loss



*The upcoming holidays bring extra joy and excitement to our world, but to those grieving a loved one, it is often a time of heartache and feelings of loss all over again. The following is from Our Daily Bread Ministries (you can pick up a devotional booklet in the Gathering Space provided free from Faith ).*

**INEXPLICABLE BUT REAL.** This is how author Dave Branon describes the peace God has provided since the death of his youngest daughter almost 18 years ago.

It was a warm June evening and 17-year-old Melissa Branon was headed home from a beach day with friends. As her boyfriend drove them through an unfamiliar intersection, the car was broadsided by another vehicle. Melissa was killed instantly.

Branon shares the hope he found in his book, *Beyond the Valley*. Branon describes the unimaginable heartache of losing a child and his journey of learning to trust God amidst tragedy.

"Many people get hung up on the question of why something bad happened," Branon said. "There's no 100 percent solution this side of heaven. And even if we could know why, it wouldn't matter because the tragedy would not be any less painful. If we dwell on it, we'll get stuck in an

endless cycle of trying to figure out the mysteries of God."

Branon admits he still cries when he talks about Melissa in public settings but loves whenever anyone mentions her name. It brings him and his wife, Sue, great comfort to remember God's great plan continues even though

unimaginable things happen.

"God's plan from before time has been to redeem mankind through Christ's death," Branon said. "Does my child dying negate the whole thing? No, it means that because Jesus died for her and because Melissa put her faith in Him, the plan worked. She is in heaven with Him."

"The pain never goes away," Branon continues, "but as you think about what God has done for your loved one it diminishes the sharp edges. In the midst of our sadness we trust God doesn't do the wrong thing."

Psalm 139:16 tells us all our days were ordained before one even came to be. So we believe Melissa's life was the length of time God wanted her to have. She will enjoy eternity with God forever. What more could a parent want for their child?

Branon encourages those facing loss with what he calls a "theology of grieving" and concludes by saying, "To be absent from the body is to be present with the Lord. It doesn't violate Scripture then to ask God 'Could you say hello to our loved ones because they are in your presence?' God is real and the life of our loved one who trusted Christ is real too. It's just in a different place."



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When you come into church on Sunday mornings, are you looking for the best? Are you ready to enter into the spirit of the moment unguarded and without resistance? (John 4:23-24)

Based on the book *An Apple A Day* by Kent R. Hunter, here's our prescription:

- Worship- looking for what God is doing.
- Have a hungry heart, ready to encounter your living Lord.
- Have a miracle mindset , eager for a God encounter.
- Develop an attitude of gratitude for the privilege to worship the Creator of the universe.
- You should be eager to experience the living Lord.

Please continue to pray for your council members as we seek Gods guidance for leadership decisions. Blessed be the Lord God almighty in this church! Amen.

Prayerfully  
Elizabeth George  
Council President

## NURSE'S CORNER

### Feeling SAD? Let's Talk About Bright Light Therapy



Well, here we go again.... Darkness falls earlier each day now until December 21-22 when we see the "longest night". Gradually, the days lighten after that until June, but in the meantime, **about 5% of the population experience "SADness"**.

SAD (Seasonal Affective Disorder) is a type of depression linked to changes in the seasons. A person may feel sad, have a negative mood, lethargy, difficulty concentrating and lack of motivation as the days become shorter and exposure to sunlight diminishes.

***But wait! There's hope! Studies have proven that bright light therapy has been effective in combatting this condition.***

Bright light therapy uses a small portable device to provide phototherapy. Sometimes called a "happy lamp" or a mood therapy lamp, this device provides a dose of artificial sunlight using fluorescent or LED lights to emit only a specific portion of the visible light spectrum in UVB rays (unlike natural sunlight where a person may also be receiving UVA rays

that can cause skin cancer).

UVB light rays help the body boost melatonin, serotonin, and vitamin D production. In addition, using a bright light therapy may also reset circadian sleep-wake cycles and play a role in reducing anxiety and agitation.

The UVB lamps are widely available without the need for a doctor's prescription (although it is always good to let your doctor know you are using one). These lamps can be found inexpensively at retail stores or on Amazon. ***If purchasing one, here's some things to be sure you check:***

- Make sure that it does filter out UVA rays and only provides UVB rays.
- Look for one that has a 10,000 lux output. It is best to use the lamp early in the morning, shortly after waking up so that it will assist with your sleep-wake cycles. One or two 15-minute sessions a day is often enough to provide benefit.

Of course, it is important to note, that in addition to bright light therapy, there are other lifestyle modifications that can also have a positive impact on SAD: Eat right, exercise, reduce "blue light" exposure before bed from devices (phone, tablet, etc.) which promotes better sleep, and prayer (always prayer)!

*\*Some Information in this article provided by Mark Hyman, MD*



# More Than One Peace of the Pie



**By Chris Gibson**  
**Christian Education Director**

When we think of November, Thanksgiving comes to mind for most of us. Commonly we think of it as a day to gather and enjoy a big meal to celebrate all that we are thankful for. We think of turkey and dressing, mashed potatoes and gravy, cranberry sauce, green beans, sweet potatoes, hot homemade rolls, and a piece of pumpkin pie.

According to Wikipedia, Thanksgiving is a national holiday celebrated on various dates in the United States, Canada, Grenada, Saint Lucia, Liberia, and unofficially in countries like Brazil and the Philippines. It is also observed in the Dutch town of Leiden and the Australian territory of Norfolk Island. In most of the countries it began as a day of giving thanks for the blessings of the harvest as a festival holiday throughout the world during autumn.

In Canada, Thanksgiving is celebrated on the second Monday of October, while in the United States it is celebrated on the fourth Thursday of November. Thanksgiving in the United States is modeled after a harvest feast shared

by the English colonists (Pilgrims) of Plymouth and the Wampanoag (Indian) people.

Outside of farmers, who still celebrate the blessings of a good harvest on Thanksgiving, for the rest of a lot of people it is a day to be off from work and to eat a lot of food including a piece of pie. Thanksgiving has also become a day set aside to thank God for all that He has given us. But is that really what we should be doing? Should we really only have one piece of pie and thank God on only one day of the year?

Paul tells us in *Philippians 4:6-7* “.....in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the Peace of God, which passes all human understanding, will keep your hearts and minds in Christ Jesus.

“Let the Peace of Christ rule in your hearts, since as members of one body you were called to Peace. And be Thankful.” *Colossians 3:15*

“Let us come before Him with Thanksgiving and extol Him with music and song.” *Psalms 95:2*

“Enter His gates with Thanksgiving and His courts with Praise.” *Psalms 100:4*

God has given us His eternal grace and peace, not just one day a year, but all of the days of the year. Every day is a good day created by God and we should make everyday a day of Thanksgiving to God for what He has given. We are not limited to having just one piece of pie on one day of the year. We can have the whole pie on each and every day and thank God each and every day in celebration for His eternal grace and peace.

Now celebrate with eternal Thanksgiving and “May the Peace of God which passes all human understanding keep your hearts and minds in Christ Jesus” *Philippians 4:7*

## S.T.A.R.S. Thanksgiving Meal



**NOVEMBER 14, 2023, 11:30 am - 1:00 pm**

Come join us for a catered meal provided by Hyvee for Thanksgiving! Our Guest Speaker will be Laura Mahn from the N.E.S.T. Café in Rock Island. COST: \$15.00/person. Please sign up no later than Nov 9<sup>th</sup>.

Sign up is on the bulletin board outside the Parish Nurse Office. PLEASE USE the STARS envelope to remit payment!! PLEASE sign up on the sheet outside the Parish Nurse's office so the appropriate amount of food can be ordered!!



### UPCOMING EVENTS

**Fri, Nov 3 - Sat, Nov 4**

- Confirmation Retreat, Starts Friday at 6:00 pm

**Sun, November 5**

- All Saints Sunday
- Daylight Savings Time Ends

**Sat, November 11**

- Veteran's Day
- Faith Family Movie Night, 4:00 pm

**Sun, November 12**

- Communion Sunday

**Tue, November 14**

- S.T.A.R.S. Event, 11:30 am

**Wed, November 22**

- Thanksgiving Eve Service, 7:00 pm

**Thu, Nov 23 - Fri, Nov 24**

- Office Closed for Thanksgiving Holiday

**Sun, November 26**

- Communion Sunday



### PLEASE DONATE NOW!

Please bring non-perishable food and canned goods to put in our food baskets for those in need. The baskets will be assembled and delivered on Sunday, November 19, so please give generously the next few weeks.

# NOVEMBER

## Birthdays

Nov 3	Linda Cothron	Nov 18	Rylee Crouch
	Lois Foley	Nov 19	Kirsten Palmer
Nov 4	Nancy Winter		Joshua Whalen
Nov 6	Kent Breecher	Nov 21	Nickolas Tenney
Nov 7	Angela Whalen	Nov 23	Matthew Crouch
Nov 8	Eli Foley		Abbey Thompson
Nov 9	Marissa Carius	Nov 24	Brent Bogen
Nov 10	Charles Welsh		Cory Bogen
Nov 12	LaVern Ferguson		Rebecca Oliver
Nov 13	Brandon Johnson	Nov 25	Roger Smith
Nov 15	Janet Eilers	Nov 28	Taylor Peterson
	William Rittenhouse	Nov 29	Ruth Heisley
	Rose Udehn		Julie Johnson
Nov 17	Claire Rittenhouse		

## Anniversaries

Nov 10	Jim & Bev Hansen
Nov 27	Clark & Kate Miner
Nov 28	John & Joann Lasley

## Thank You for Your Support!

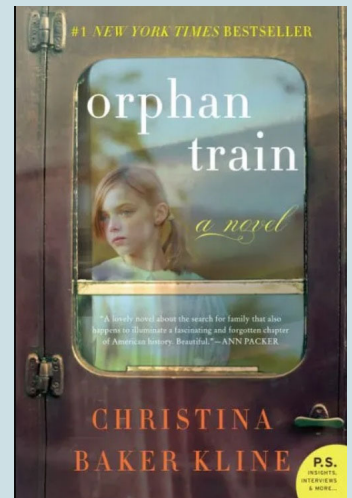


Many thanks to the members of Faith for their support of the Faithful Quilters Ministry during 2023! We blessed and delivered 95 quilts and 9 fabric kits to the Fall Ingathering church in Galesburg this week, giving us a year's total of 144 quilts, 16 fabric kits and 30 hygiene kits.

Your support thru donations of fabric, sheets, blankets and funds for shipping and supplies have encouraged us to continue this ministry all year. We invite anyone to join us on Tuesday mornings to tie quilts and enjoy fellowship with others!

## Join Us for Movie Night on November 11

Faith will be hosting a movie night on Saturday, November 11! Potluck begins at 4 pm. Please plan to join us downstairs in the Fellowship Hall! Movies are *23 Blast* and *Johnny*.



## November Book of the Month

Moving between contemporary Maine and Depression-era Minnesota, *Orphan Train* is a powerful novel of upheaval and resilience, of second chances, and unexpected friendship. **The book club will meet Saturday, December 2 at 10:00 am.**

## PRAYER LIST

### MEMBER SHUT-INS

Thelma Egeberg  
Judie Emmert  
Dorance Johnson  
Jackie Petty  
Candy Smith

### MILITARY

Brady Barlow  
Drew Bogen  
Jeff Burchfield  
Cat Henry  
Doug Hoff  
Ray Rogers



# NOVEMBER READING PLAN

## **WEEK 1    October 30 - November 4**

MONDAY	JAMES 4
TUESDAY	JAMES 4:1-6
WEDNESDAY	JAMES 2:14-26
THURSDAY	JAMES 3:1-12
FRIDAY	JAMES 3:13-18
SATURDAY	PROVERBS 15:1-11

## **WEEK 2    November 6 - 11**

MONDAY	PROVERBS 3
TUESDAY	PROVERBS 3:1-10
WEDNESDAY	JAMES 5:1-6
THURSDAY	PROVERBS 6:1-11
FRIDAY	PROVERBS 10:1-5
SATURDAY	PROVERBS 10:15-22

## **WEEK 3    November 13 - 18**

MONDAY	1 PETER
TUESDAY	1 PETER 1:3-7
WEDNESDAY	1 PETER 1:21-2:3
THURSDAY	1 PETER 2:4-9
FRIDAY	1 PETER 4:7-11
SATURDAY	1 PETER 5:6-11

## **WEEK 4    November 20 - 25**

MONDAY	2 PETER
TUESDAY	2 PETER 1:3-9
WEDNESDAY	2 PETER 1:12-21
THURSDAY	2 PETER 2:1-3, 12-13
FRIDAY	2 PETER 2:17-22
SATURDAY	2 PETER 3:3-4, 8-10

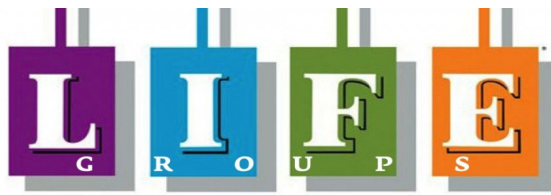
## **WEEK 5    November 27 - December 2**

MONDAY	REVELATION 1
TUESDAY	REVELATION 2
WEDNESDAY	REVELATION 3
THURSDAY	REVELATION 5
FRIDAY	REVELATION 13:1-2, 8-10
SATURDAY	REVELATION 16

The "Faith Lutheran Moline Women's Connection" Facebook Page Devotions also follow this reading plan. Scan the QR code with your phone camera to join the group.







Please check with instructor on when/if class is meeting.

**MEN'S FELLOWSHIP • SATURDAY 8:45 AM**

Men's Fellowship meets Saturdays in the Smart Room at Faith & at The Windmill Restaurant for breakfast on the 2nd Saturday of each month. This is a group you will look forward to every week. All are invited. For more info, contact Chris Gibson at (918) 231-1042.

**WOMEN'S GROUP • SATURDAY 8:45 AM**

Join Linda Cothron as they enjoy coffee and Bible study each Saturday morning at Faith. One Saturday they meet out for breakfast. Contact Linda at (309) 738-9425. All are welcome to attend.

**BOOK CLUB • LAST SATURDAY OF THE MONTH**

This group reads the book of the month and meets to discuss the book. Books can be purchased on the church bookstore. Questions? Contact Cindy Gibson at (815) 378-6698.

**THE LAZARUS CONNECTION • MONDAY 5:30 PM**

This VDC Men's Reunion Group meets every Monday evening from 5:30 to 6:30 pm at the church. This casual group is for men who want to stay connected and accountable on their weekly walk with Christ. For more information contact Jim Case at (309) 798-4176 or [jcase1277@gmail.com](mailto:jcase1277@gmail.com).

**SWEET HOUR OF PRAYER • MONDAY 5:00 PM**

Come pray with our prayer warriors as they confidentially pray for members, our community, and our leaders each week. All are welcome. Have a request for prayer? You can contact Beth George at (563)209-2083 or by leaving a prayer request in the heart shaped pray box.

**FAITHFUL QUILTERS • TUESDAY 9:00 AM**

This group meets each Tuesday morning at 9:00 am for several hours to work on quilting and crafting. Contact Sandy at (309) 762-6563.

**MEN'S GROUP • WEDNESDAY 6:30 PM**

Cool Dude's coffee group is meeting on Wednesday evenings at 6:30 pm. Contact Todd Rittenhouse at (309) 721-2006 to join in. All are welcome to attend.

**WOMEN'S CONNECTION • DAILY ON FACEBOOK**

The greatest of these is love! Join us for a daily devotion! Visit our Facebook page at Faith Lutheran Church and press the "join" button or feel free to call Barb at (309) 738-4228.

**JIM'S LIFE GROUP • SUNDAY 9:40-10:40**

Join Jim's Life Group in the smart room for a video-led Bible study. Join the group anytime. Books are available for purchase in the church bookstore. Contact the church office for more info.

**Faith Lutheran Church**

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**Sunday Services**

8:30 am

10:45 am

9:40 am Sunday School

*(5<sup>th</sup> Sunday is one  
service at 10:00 am)*

PLEASE  
PLACE  
STAMP  
HERE