

Abiding Tidings

ABIDING CHRIST LUTHERAN CHURCH



Our Purpose is to grow in discipleship!

Our Mission is to share Jesus Christ with our members and others through worship, education, witness, giving, and stewardship so that all who hear may believe in Him and become free to act as responsible persons before Him, our Lord and our Savior.

Letter from Deacon Nancy

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Can you imagine-summer has just rushed by and it is time to get ready to go back to school. Everything seemed a month ahead of normal including our gardens. The church garden had plentiful cucumbers, eggplant, and hot peppers. The cabbage will be ready for fall. I have been blessed with many cucumbers and the pickle production has been in high gear. I hope more will come out next year especially to help water the garden if it is dry. A big thank you to Mike Worthington and Jen Webster (Lyman) for all their work on the garden. Speaking of gardens, there are several new adult Sunday school offerings coming soon. Hugh Trimble will lead a 3 or 4 week session on caring for creation using ELCA material on the environment. His class starts August 5. I will be offering a 4 week study on ‘A Gardener Looks at the Fruits of the Spirit’ based on a text by W. Phillip Keller. This offering will be either September or October. Look for an announcement later. Mark your calendars for Rally Day Sept 9.

A big LSIM event is coming Sunday September 16 at St. Marks. They will be hosting an open air worship with hot dogs and the fixings. It will be from 10 am to 3 pm. Parking will be made available to anyone volunteering. The Council at St. Marks is really energized for this event and would welcome anyone who can help or attend. See me or Pastor Craig if interested.

The call committee continues to meet regularly and there may be an interview coming soon. The Capital Campaign kicks off in September and that group is also meeting and working diligently. A thanks to Tom Batterman for taking two Sundays a month to preach. A big thanks to staff who are helping Pastor Craig. I am blessed by you all and the other LSIM churches by the welcome and guidance given to a new Deacon. There still is a lot to learn yet.

The women’s Wed Bible study group will resume on Sept 5th from 11-12 in the conference room. Susan Svendsen and I will be facilitating the weekly study. I hope there will be a good turnout. The women will continue the tradition of going out to eat the first Wednesday of the month following the Bible Study.

Have you seen the labyrinth recently? It has disappeared! I will plan to resurrect it soon and make it more visible and get the instructions

Staff:

Pastor: Rev. Craig L. Fourman

Deacon: Robyn Poling

LSIM Deacon: Nancy Trimble

Director of Faith Formation:

Heather McGee

Director of Lay Ministries:

Raleigh Sandy

Parish Nurse: Beth Ewing

Director of Finance:

Debbie Fox

Accompanist: Juli Poling

Office Manager: Joyce Haugen

Office Assistants:

Beth Irwin, Brenda Kelly

Sexton: Larry Brown

Letter from Deacon Nancy ...

(Continued from page 1)

reposted by the door to the office wing. Use of it will help it remain visible. It is a valuable aid to one's prayer life and centering the spirit. If you haven't tried this, see me for details.

I have spoken to Pastor Sue who is doing well and settling into this new part of her life's journey. Her family is also well. I will also be retiring from my position at Ohio's Hospice this fall and be more available for Abiding Christ and the other LSIM churches.

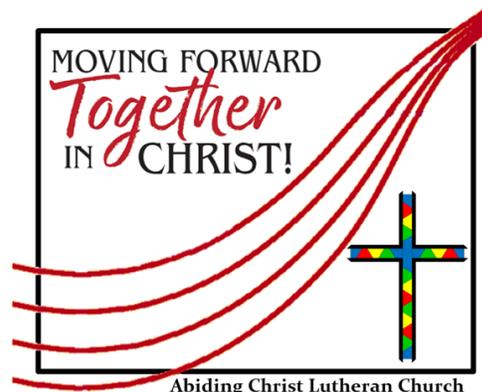
Hoping your summer was a blessing! There will be challenges as we continue our lives' journeys together as Disciples of Christ.

In His Name,

Deacon Nancy Trimble

Moving Forward Together in Christ

Abiding Christ continues **Moving Forward...Together in Christ!** As we anticipate the Fall, we anticipate the beginning of a new chapter of our ministry together. As choirs start afresh, children's and youth ministry take on new expressions, worship numbers increase as people return from summer travel, and as other ministries re-orient with fresh energies, so also we anticipate the beginning of a new three-year capital campaign.



Abiding Christ Lutheran Church

Our theme comes from Ephesians 2:10 *“For we are what God has made us, created in Christ Jesus for good works, which God prepared beforehand to be a way of life for us.*

Over the years, Abiding Christ members have generously support the mission of Jesus; a mission we all share, through a variety of three year capital campaigns. These campaigns are, in large part, a tool we use to make mission a reality. This building we so cherish is a center for mission where the heart of our faith life is formed and publically expressed. Everything from vibrant worship, to engaging classes for the teaching and nurturing of faith in young and old, to the wide variety of fellowship and service outreach activities flow from here, because of a bold decision we made over ten years ago to expand and remodel our building. This campaign will continue to ensure that we pay down our debt, but also that we upgrade, enhance and add onto this space through which we serve our community and world in the name of Christ!

YOU are crucial to the vitality of this congregation and its mission. We have already achieved **100% of our goal from the current three year campaign** – *and we still have 3 months to go!* **Thank you** for making such a powerful and concrete expression of your walk with Christ! But also, thank you in advance for being a part of our **Moving Forward...Together in Christ** campaign which will kick off in early September! Please keep the Campaign committee in your prayers as we move ahead. (Matt Kromphardt, Dave & Marci Greenisen, Cathy Heath, Susan Svendsen, Keith Mefferd, Tom Rittinger and numerous other volunteers who have agreed to serve) and also our Kairos consultant, Pastor Tim Johnson. Watch the Tidings and your email for additional information and materials that will be coming, beginning in late August!

*****Worship & Music Team*****

From Deacon Robyn—Music News

This has been a busy summer for our musicians! The choir sang through Holy Trinity Sunday, and then many of us jumped into rehearsals for "Guys and Dolls." I was so proud of the cast and crew for their hard work! The performances were great, and the rehearsals were fun. It's such a joy to be able to share these experiences with our church family!

Our Sunday morning worship services have begun with special music provided by the children. This will continue into September. If your young person would like to sing or play an instrument for the prelude, please let me know!

On August 26th, we will have our first music rehearsals of the season. Bells meet at 5:00 pm on Sundays followed by choir at 6:00 pm and band at 7:30 pm. If you have any interest at all in participating in any of these groups, come join us on the 26th! You will not be required to participate FOREVER; However, most people who come do decide to stay! I have been told many times, "I've always wanted to sing, but I just can't carry a tune," or "People have always told me to NOT sing!" I believe that if you have a desire to sing and a willingness to learn and attend rehearsals, you will enjoy singing in our choir. You may not sing solos, and you may not feel like you are "a great addition" to the group, but every person who joins us is there for a reason. I tell the choir regularly that one voice alone might not sound terribly pleasing to the ear, but if you put that same voice next to another, they might complement each other beautifully. So please, let ME be the judge of whether or not you can carry a tune! If you have any questions regarding any of these ensembles, come talk to me or send me an email.

Grace and peace,

Deacon Robyn

*****Faith Formation Team*****

From Heather McGee, Director of Faith Formation

Vacation Bible School

THANK YOU for your guidance, enthusiasm, and willingness to play an active role in Rolling River Rampage. Rafters and Guides had a great week! Our VBS outreach efforts extend far beyond a single week in July. Planning begins a full year ahead of the event, and memories last long after the final decorations are put away. Thank you for volunteering, attending, transporting, encouraging, and cheering us on!

By the numbers:	59	Total kids registered to attend VBS 2018 (ages 0-5 th grade)
	23	Youth volunteers (grades 6-12)
	3	College student volunteers
	50	Adult volunteers on site

Rally Day

Mark your calendars: September 9 is Rally Day and our return to regular Sunday School classes.

Heather McGee

Director of Faith Formation

Faith in Action Team

Bazaar, Sweet Corn Festival, and More

It's that time of year again - time to start thinking about the bazaar. Need to get out the crafts, pans, jars and ideas. The Bazaar is the second Saturday in November. November 10th will be here before you know it. This year's Bazaar coordinators are Beth Irwin and Angela Batterman.

We continue to help those in need through FISH, Helping Hands Food Bags, Helping Hands Hygiene Bags, Sonset Café South, the Community Garden. To help out with FISH please bring in food and leave it in one of the FISH bins. If you would like to help with taking it to the FISH pantry please contact Kim Kreiger (kkreig@aol.com or 937-878-7744). To help with Helping Hands Food Bags and Hygiene Bags, please bring in the food/hygiene and leave it with Joyce in the office or to help fill the bags please contact Joyce Haugen (office@abidingchrist.net or 937-878-2888). To help out with the Community Garden, please come and weed and harvest. If you do not know how to tend a garden and need more information or would like to help in a more hands on, please contact Mike Worthington (mworthi802@aol.com or 937-236-3142). To help with Sonset Café South, contact Beth Irwin (bethirwin@abidingchrist.net or 937-878-8528). If you would like to help with Sonset Café at St. Mark, contact Frank Irwin (fjirwin262@gmail.com) or 937-878-8528.

If you are interested in being part of the Outreach Ministry Work Group please come to the meeting on the first Sunday of the month or contact Dave Greenisen (mdgeenisen@netzero.net or 937-429-9790).

The Sweet Corn Festival is August 18th and 19th. We will once again have a hospitality booth. We will be giving out free bottles of water. We will be accepting donations of water for this event.



Prayer Chain

We have an Email Prayer Chain Group at Abiding Christ. If you would like to be part of it, please email Joyce at office@abidingchrist.org

Nurturing Ministry Group

Lutheran World Relief Quilting Bee



The quilting group would appreciate your help in putting together quilts in August and September. We have a large number of quilt tops and back ready to put together, but we need more hands to help. Sewing skills are not needed. Please consider joining us at church from 1:00-3:00 pm Wednesday, August 15, September 5 or September 19. If you can stop in any of those dates or even for an hour, we would love your help.

Diana Bernlohr

Health News From Beth Ewing, Parish Nurse— Mourning the Death of a Parent

The death of a parent is the most common form of bereavement in the United States. Almost 12 million Americans bury a parent every year, but our society tends to believe that because it is expected that our parents will die, bereaved adult children need to “get over it quickly and move on.”

A 45-year-old woman who lost both of her parents within nine months of each other laments, “The death of my parents was a shattering experience. Suddenly there was no buffer between me and my mortality. I felt like I was nobody’s child—an abandoned orphan. It forced me to grow up suddenly as everyone began to see me as the new parent in the family.”

If the relationship with the parent was close, many bereaved adult children feel they have lost a friend and advisor. They lament that there is no longer anyone who can truly relate to their childhood memories, nor anyone with whom they can openly share their or their children’s awards, achievements, or everyday lives.

The Next Steps

Old sibling rivalries and jealousies can reappear at the time of a parent’s death, especially when there is contention over the inheritance. When a parent dies, many adult children begin to explore the meaning of their lives and examine the direction their lives are taking. Some make significant changes in their lives.

If you have lost a parent, these suggestions may help:

- Acknowledge the importance of the loss and allow yourself to grieve completely. Feelings of anger, ambivalence, guilt and shame are normal.
- Don’t pressure yourself to “get back to normal.”
- Address any unfinished business with your deceased parent by writing a letter, talking with someone you trust, or seeking help from a professional who specializes in grief.
- Create new family patterns, rituals and ceremonies. Prepare in advance for special holidays and anniversaries.
- Join a bereavement support group to share your feelings with others.
- Each year, acknowledge the anniversary of the death of your parent. Create a memorial tribute by donating to a charity in your parent’s name, planting a tree, visiting the cemetery, making a memory book or whatever works for you.
- Take your friends and family up on their offers to help. Be specific about what you need.
- Learn to parent yourself. Surround yourself with people who love you.

Feelings and Reactions to a Significant Loss

- Grief is a necessary process that helps an individual adjust to a loss.
- Grief is not a lack of faith.

(Continued on page 6)

Health News From Beth Ewing, Parish Nurse ...

- Grief is a normal reaction to the loss of a significant someone or something in your life.
- Unfortunately, there are no written scripts for how to grieve or for how long to grieve.
- Each person grieves in his or her unique way at his or her own pace

Feelings Often Experienced While Grieving

Sadness

- Most common reaction
- Exhibited sometimes by crying

Anger

- Frequently felt and can be one of the most confusing feelings experienced
- If it is not acknowledged or turned inward, anger can cause depression or suicidal feelings
- The mourner sometimes blames another person for the death in order to make sense of the loss or to validate that it could have been prevented

Guilt

- Guilt is often associated with something that happened or was neglected around the time of the death

Anxiety

- The more intense and persistent the anxiety, the more outside help is needed to process your grief
- Anxiety comes from fear of being unable to care for yourself and/or awareness of your own mortality

Fatigue

Shock

Loneliness

Helplessness

Yearning for the lost person

Relief

- Common when the deceased suffered before the death but guilt can follow a feeling of relief

Numbness

- A lack of feelings often occurs shortly after the death

Physical Sensations Often Experienced While Grieving

- An empty feeling in the stomach
- Loss of appetite
- Tightness in chest or throat

Health News From Beth Ewing, Parish Nurse ...

- Fatigue, insomnia
- Over-sensitivity to noise
- Heavy and repeated sighing
- Lack of muscle power
- Irritability
- Tearfulness
- Shortness of breath
- Dry mouth

Thoughts Often Experienced While Grieving

Disbelief

- Typical reaction when first learning of the death of a loved one
- A sense of depersonalization (nothing seems real)

Confusion

- Difficulty concentrating
- Inability to organize your thoughts
- Forgetfulness

Preoccupation

- Constant thoughts of the deceased and/or how to get the deceased person back

Hallucinations (Sensing the presence of the deceased)

- Visual
- Auditory

Behaviors Often Experienced While Grieving

- Sleep disturbances
- Appetite changes
- Absent-minded behavior
- Social withdrawal
- Dreaming of the deceased
- Avoiding reminders of the deceased
- Searching for and calling out for the deceased
- Sighing
- Restless over-activity
- Crying

Health News From Beth Ewing, Parish Nurse ...

- Visiting places or carrying remembrances of the deceased; treasuring items that belonged to the deceased

Taking care of yourself

Any of the tips below can make a difference. Read them over. Choose one to incorporate into your day. Tomorrow, next week or next month add a few more. As you feel better, check off a few more boxes, and return to the ones you've already tackled. Whatever kind of loss you are coping with, every day you will be stronger and better able to handle it.

Emotional Care

- Write emails, letters and poetry. Write in a journal. Record your feelings on tape.
- Talk with others about how you feel to release bottled-up feelings and tension. Join a bereavement support group.
- Laugh! Grief is serious, but not always solemn. Laughter discharges grief energy.
- Read books, articles and poetry written by others who know about loss.
- Phone a compassionate, supportive, cheerful friend.

Mental Care

- Affirm to yourself that you are OK—hurting, but OK. Loss is the problem, not you!
- Notice what's on the top of your mind. Then notice what surfaces next.
- Keep a notebook to release thoughts that weigh on you.
- Make it a habit to put things like keys and paperwork in the same place every time, so you can find them.
- Make lists of things to do.
- Lower your expectations—about how much you can do, and how soon.
- Expect that you will not be able to concentrate, make decisions and remember things as well as usual.

Physical Care

Nutrition

- Eat healthy foods: bread/whole grains, vegetables/fruit, meat, milk and dairy products. Avoid junk foods.
- Drink plenty of fluids: 8 glasses of water and juices a day for hydration and eliminating wastes.
- Avoid alcohol and caffeine. They can cause dehydration, headaches and low back pain. Alcohol steals vitamins, decreases circulation, can cause heart fluttering and can act as a depressant.

Exercise

- Helps clear your mind and improve concentration
- Generates a feeling of accomplishment and control

Health News From Beth Ewing, Parish Nurse ...

- Releases chemicals to promote a sense of well-being
- Increases energy and enhances body's ability to fight disease
- Strengthens heart muscle and improves flexibility
- Controls weight and improves muscle tone and appearance, which helps to improve self-image
- Relaxes muscles afterward, promoting better sleep at night
- Reorganizes and redirects static energy to help you feel calmer

Sleep and Rest

- Before bedtime avoid caffeine, heavy foods and major mental or physical tasks.
- Avoid violent TV programs late at night.
- Avoid overuse of habit-forming tranquilizers and barbiturates.
- Relax before bed by taking a bubble bath.
- Read an upbeat book in bed before sleeping.
- Encourage your mind to let go of your day.
- Listen to a meditation, relaxation or guided-imagery tape.
- Practice relaxation by tensing/releasing muscles from toes to top of your head.

Beth Ewing, RN, MSN, CNM, WHNP-BC
Parish Nurse

Source: <https://www.vitas.com/resources/grief-and-bereavement>

Blood Pressure Checks

In the Parish Nurse office
9:30 am & 12:00 pm

**Next blood pressure check date:
August 26, 2018**

SCHOOL SUPPLIES FOR FAIRBORN SCHOOLS

ACLIC will be collecting school supplies for Fairborn City Schools through August 12. Lists from each school are available in the Welcome Area. Monetary donations may be given to Sheila Keeton or the church office.

Thank you in advance for your support.

AN EASY WAY TO HELP!

If you shop at Kroger, you can help raise funds for Outreach and other programs at Abiding Christ Lutheran Church through Kroger's Community Rewards Program.



There is no cost to take part – each time you shop at Kroger and swipe your Kroger Plus Card, our congregation earns 4%.

Visit www.kroger.com/community

Click the Kroger Community Rewards tab on the left side of the page. Follow the instructions to sign in or create an account, then enroll or update your account.

If you need help creating an account, ask one of the church staff!

ABIDING CHRIST LUTHERAN CHURCH

Group # 34202

Thank you for taking part in this easy way to support
Abiding Christ Lutheran Church

HELPING HANDS – FOOD NEEDED

The Helping Hand bags of food are given to people to help them until they can get to the FISH pantry. If you can help, there are lists of food used to make the Helping Hands bags at the Welcome Desk. You can bring the food to the office.

& HYGIENE ITEMS - NEEDED

In addition to the Helping Hands food bags, the church has been giving out some ziplock bags containing hygiene items. Now that the community is aware of a place to get hygiene items, Pastor Craig has had numerous requests. I have lots of soap bars and shampoo to put in the hygiene bags, but **I need toothpaste, toothbrushes, deodorant and conditioner** (to go with the shampoo). If available, then razors and shaving cream are also put in the hygiene bags. **Please regular size items, not travel/sample size.**

Thank you. Joyce

*****Management Team*****

Attendance

July	Mid-Week	Sunday	Total
Week #1	40	229	269
Week #2	38	214	252
Week #3	105	251	356
Week #4	48	211	259
Week #5	41	215	256

Parish Statistics

Members in Hospital during month:

- † Jeff Albrektson
- † Linda Boyles
- † Larry Palmer
- † Anya Penner
- † Ruth Tetmeyer

Prayers:

- † Skip Blankenhorn
- † Family of Rev Richard Faust

Baptism:

- † Willow Rose Turner, 7/15/18

From the financial secretary—OFFERING ENVELOPES

If you are running low on offering envelopes please contact Joyce Haugen or me for a new box.

Don't worry about a change in number as our software is keyed to your name so there will be no loss of data.

Hugh Trimble
Financial Secretary

Thank You & Announcements

To all our friends and brothers and sisters in Christ, thank you so much for your cards, kind words and especially your prayers during Craig's two year ordeal with a pressure wound and our recent travels across our beautiful country.

Craig and Terri Leaver.



QR code for
ACLC YouTube
Services
YouTube

Thank you to Dan and Norma Kirkpatrick, Zetta Davidson, Leona Rader, Joyce and Jim Haugen, Frank Irwin, Pastor Craig, Leann Fourman, and Mary Fourman for your help with the Yard sale. We made \$210.85 for the Fairborn Kids at Risk.

Beth Irwin

AC Strings & Regional Orchestra Concert

Saturday, August 11

The A.C. Strings and Fairborn Regional Orchestra will be performing at 7pm in the Meister Hall.

Public invited!

Youth Group Kayaking Trip

August 25th

Please RSVP to Jessica Fourman

at 949-357-7377

or email her at jessicabl85@icloud.com

by August 17th!

Cost is approximately \$25 per person.

Help with explaining and executing advanced directives (Living Will, Health care power of attorney) and DNR forms

Contact Nancy Trimble CNP at 879-2001 or email ntrimble@woh.rr.com.

Nancy A. Trimble PhD, RN, ANP-BC

Fairborn Kids at Risk Fundraiser

Abiding Christ Sheet Sale

Go to

<https://www.aaaonlinefundraising.com/abidingchrist>

to place your order



Sheet Sets



Duvet Covers



Essential Oils

SHEET SALE IS NOW ON-LINE

You can now order sheets on-line for the Fairborn Kids at Risk Fundraiser any time. Just go to <https://www.aaaonlinefundraising.com/abidingchrist> to place your order. Questions – see Beth Irwin, bethirwin@abidingchrist.net . Through this website you can have them delivered to the church at no additional charge or to your home for a flat shipping rate.

ABIDING CHRIST—AUGUST 2018

SUN	MON	TUE	WED	THU	FRI	SAT
		IHN—Interfaith Hospitality Network ACLC—Abiding Christ Lutheran Church	August 1 5 pm Weight Loss Group 5:45 pm Sunset Café South 6:30 pm Wed Night Worship	2 10 am Men's Gathering 6 pm KT Zumba 7:15 pm AC Strings 7:30 pm Fairborn Civic Band	3 2 pm Prayer Shawl Ministry	4
5 8:30 am Worship 9:45 am Sunday School 10 am Prayer Group 11 am Worship 12:15 pm Faith Formation Team, Nurturing MG, Outreach MG	6 6 pm AC Strings, KT Zumba	7 6 pm KT Zumba	8 5 pm Weight Loss Group 5:45 pm Sunset Café South 6:30 pm Wed Night Worship	9 10 am Men's Gathering 6 pm KT Zumba 7:15 pm AC Strings 7:30 pm Fairborn Civic Band	10 2 pm Prayer Shawl Ministry	11 8:30 am—3:30 pm Church Mice 7 pm AC Strings Concert
12 (Home Communion) 8:30 am Worship 9:45 am Sunday School 10 am Prayer Group 11 am Worship 12:15 pm Faith in Action Team	13 6 pm AC Strings, KT Zumba	14 6 pm Finance Gp, KT Zumba 6:30 pm Traditional Worship MG 7 pm Worship & Music Team	15 1 pm LWR Quilters 5 pm Weight Loss Group 5:45 pm Sunset Café South 6:30 pm Wed Night Worship	16 10 am Men's Gathering 6 pm KT Zumba 7:15 pm AC Strings 7:30 pm Fairborn Civic Band	17 2 pm Prayer Shawl Ministry Set-Up for Sweet Corn Festival	18 8 am—5 pm Zumba Training Session 10 am—12 pm Capital Campaign Workshop 11 am—7 pm Sweet Corn Festival

<p>19 8:30 am Worship 9:45 am Sunday School 10 am Prayer Group 11 am Worship 11 am—6 pm Sweet Corn Festival 1 pm—5 pm Zumba Training Session</p>	<p>20 6 pm KT Zumba</p> <p>Tidings Input <u>DUE TODAY</u></p>	<p>21 6 pm KT Zumba 6:30 pm Management Team</p>	<p>22 5 pm Weight Loss Group 5:45 pm Sunset Café South 6:30 pm Wed Night Worship</p>	<p>23 10 am Men's Gathering 6 pm KT Zumba 6:30 pm Cub Scout Pack—Den meetings 7:30 pm Fairborn Civic Band</p>	<p>24 2 pm Prayer Shawl Ministry</p>	<p>25 8 am—5 pm Christmas in Action (off-site) 5:30 pm Blessing of the Vines</p> <p>Youth Group Kayaking Trip</p>
<p>26 (Home Communion) ACLC host IHN in Xenia 9:30 am BP Checks 9:45 am Sunday School 10 am Prayer Group 11 am Worship 12 pm BP Checks 5 pm Bells 6 pm Choir 7:30 pm Band</p>	<p>27 IHN 6 pm KT Zumba</p>	<p>28 IHN 6 pm KT Zumba</p>	<p>29 5 pm Weight Loss Group 5:45 pm Sunset Café South 6:30 pm Wed Night Worship</p>	<p>30 IHN 10 am Men's Gathering 6 pm KT Zumba 6:30 pm Cub Scout Pack—Den meetings 7:30 pm Fairborn Civic Band</p>	<p>31 IHN 2 pm Prayer Shawl Ministry</p>	<p>Sept 1 IHN 8:30 am—3:30 pm Church Mice</p>

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Pastor Craig Fourman



The Abiding Tidings

August 2018

ACLCLC Worship Service is broadcast on: Tuesday 11 am digital channel 991, U-Verse channel 99, Digital TV channel 117.61;
Thursday 4 pm digital channel 991, U-Verse channel 99, Digital TV channel 117.61