

Newsletter  
January 2021

# Faith Lutheran

*Growing Through Living God's Word*

---

*Rev. Brett Satkowiak*  
*Pastor*

*Karen Eck*  
*Deaconess*

*Pat Brackman*  
*Administrative Secretary*

*Patty Sojka*  
*Preschool Administrator*

## Be Still My Soul

We've heard a great deal about the effects of the pandemic on life, on health, and on the economy ... it's bad. But as I'm sure you're all aware, there are additional tolls that have been paid, particularly in the area of mental health. According to a poll conducted in mid-July, 53% of adults in the U.S. have said that their mental health has been negatively affected by the pandemic. It's not difficult to understand why either.

- Fear of the virus or what might happen to you or a loved one should they become infected
- Stress of lost income due to work or the economy being impacted
- Additional stress of public health measures dramatically altering your everyday life
- Loneliness due to increased isolation and the cancellation of social activities
- Anxiety surrounding the desire to determine right and wrong in a new and difficult situation

As a result, many adults have reported difficulty eating and sleeping, increased alcohol consumption and substance abuse, and the deepening and worsening of mental health conditions already in play. And all age ranges have been affected, from the very young to the very old.

But it's not all gloom and doom. Believe it or not, there is ONE group, ONE cross-segment of American society that has actually improved mentally since the pandemic began. According to a Gallup poll of over a thousand U.S. adults conducted in November, those who attended religious services weekly saw a positive change in how they rated their mental health between 2019 and 2020. In 2019, 42% of Americans who attended services weekly said that they felt their mental health state was 'excellent.' In 2020, it rose to 46%. No other group in the poll produced an increase; all the others were either the same or worse.

So now for the Lutheran question ... what does this mean?

### Worship Schedule

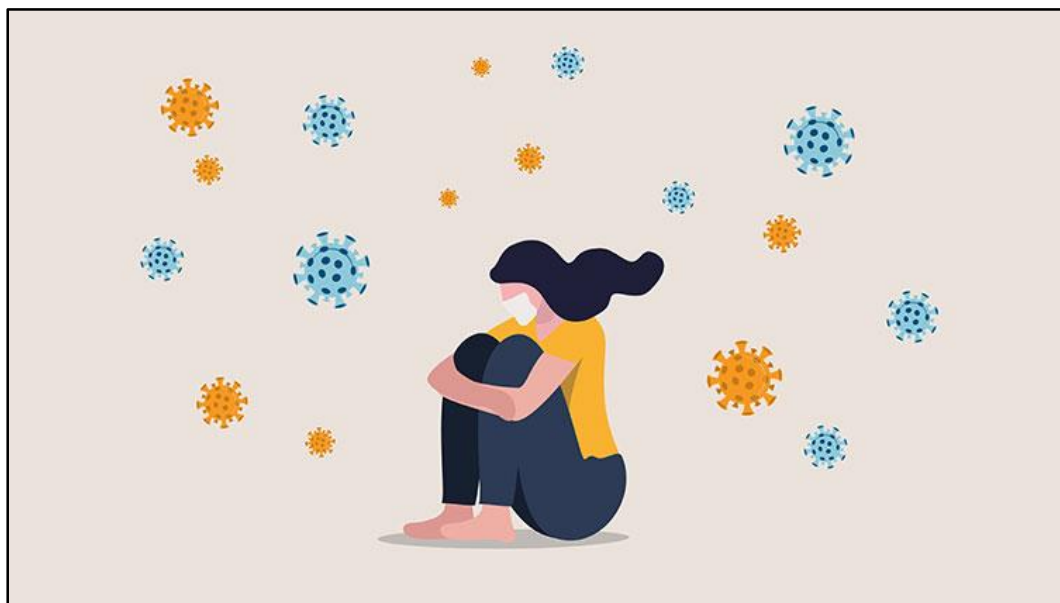
*Saturdays 5:00 p.m.*  
*Devotional / No Music*

*Sundays 8:00 and 10:30 a.m.*  
*Divine Service*  
*Bible Class/Sunday School*  
*9:15 a.m.*

*Communion celebrated at all*  
*regular services*

*1700 S. Halleck Street*  
*Demotte, Indiana 46310*  
*219-987-3730*  
*faithdemotte.org*

---



---

*“Christianity provides a framework by which we can better understand what’s going on around us, while also pointing us to a hope beyond ourselves and our situations.”*

---

Religion has long been seen as a source of community and comfort by all. So it shouldn’t come as a surprise that those who attend services on a not only regular, but frequent, basis would have some positive outlets in the middle of a pandemic. However, religion -- and Christianity being a prominent voice in this regard – also provides a framework by which we can better understand what’s going on around us, while also pointing us to a hope beyond ourselves and our situations.

A novel virus that sweeps the world begs questions of ‘how’ and ‘why’ for many; but for Christians, we know that disease is part of the curse God placed on humanity and the created world we were called to care for because of our sin and rebellion against Him. Now there may be more specific questions to be answered regarding this specific virus, but even that general understanding removes some of the ambiguity.

A world that tries to care for the health of 350 million people in the midst of an outbreak may go to extreme lengths to cling to a life that largely is viewed as all there is. But for Christians, we know that measures used to stop a virus are only a stopgap or half-measure, as death and disease are only defeated by the restoration of humanity and creation through the hands of the same God that both created and cursed it to begin with. And that provides comfort and hope that our ultimate fate won’t be decided by doctors, politicians, or how well we wash our hands, but rather by Jesus, who united our fate with Himself through His life, baptism, death, and resurrection.

In short, regular, frequent church participation not only provides a much-needed escape and outlet during times of hardship and chaos in the world, but clarity, hope, and peace. The world has been laser-focused on protecting the body, but human beings aren’t just bodies to be protected. We are body, mind, and spirit, and ALL must be nurtured and considered equally. That is why we have taken the steps we have at church to keep it as safe as is reasonable, because we do not want concern for the body to trump concern for the mind and spirit as well. We do not want the concerns of the world to keep you from making use of the promises and blessings God has placed here at Faith Lutheran Church.

So as you consider the new year, consider your participation in your faith and your church. When is the last time you heard the Word? When is the last time you gathered with the other members of the body of Christ, unified in that shared identity? When is the last time you received the body and blood of the Lord, promising forgiveness, life, and salvation, as well as comfort to your spirit and encouragement for the days ahead?

Beyond that, let me also say that there is a difference between ‘regular’ and ‘frequent’ when it comes to church attendance. Popping in for a service around Christmas or Easter every year – or even once every month or so – might be regular, but to really have a shot at improving your spiritual, mental, emotional, or even physical state, it needs to be more frequent. Think about it ... even if you attended church every weekend, as well as every midweek and special service offered, that’s less than 70 hours a year. Even if you throw in a weekly Bible class, that’s right around 120 hours. Contrasted with the nearly 6000 waking hours we spend throughout that same time period, surrounded by stresses and fears, depression and loneliness, and all the cares and anxieties of a world that, while important, offers us little real hope, even that hardly seems enough.

As Martin Luther explained in the third commandment, “Remember the Sabbath day by keeping it holy. *What does this mean?* We should fear and love God so that we do not despise preaching and His Word, but hold it sacred and gladly hear and learn it.”

And know that in doing so, you are taking one of the best possible steps for your own well-being, mind, body, and spirit.

*~ Pastor Brett Satkowiak*

## Find Financial Peace



Financial Peace University is a Christian financial wellness program designed to help households pay off debt, sort out insurance needs, invest faithfully, and prepare for retirement, all while cultivating a heart of giving to God and His church. Led by Dave Ramsey, this program has a proven track record of helping people find peace and wellness in the realm of personal finances.

The 9-week course will begin here at Faith on Friday, January 15th at 6:30 p.m. The cost is \$130 per household. To sign up, please contact Megan Spurgeon. If the registration fee is a concern, please talk to Pastor Brett.

## Pew Sisters Women's Bible Study – Old and NEW

The Pew Sisters Bible Study is centered around women of our faith sharing stories of how that faith has impacted their lives. We read a story each time, written by other women throughout our Synod, and discuss them together as women of Faith Lutheran here in Demotte. It is a great time for growing in faith and fellowship with other women of the congregation.

The MORNING class has been meeting for a few months now on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays at 9:00 a.m. (with childcare provided for those who need it). This class will continue for all those who've been participating (any any new friends that might like to join too).

Starting on January 13th at 6:00 p.m., we will have a new EVENING session hosted by Marianne Klemp. This class will meet every other week.

Plenty of chances for women to grow in faith and relationships outside Sunday mornings.

## Angel Tree Wrap-Up

Thank You, God; Your family is so amazing!

“Remember those who are in prison, as though in prison with them, and those who are mistreated, since you also are in the body.” - Hebrews 13:3

As a congregation, we were able to purchase gifts for 26 children on behalf of their parents who are in prison this Christmas! And together with the help of Pulse Technologies, we were also able to bless the caregivers of those 14 families with \$100 or more in grocery gift cards to help them take care of those children even more. Thank you to everyone who purchased gifts. And a SPECIAL ‘thank you’ to the six families who volunteered their time to deliver all those gifts in the middle of the holiday season.

## LWML December News

NOW is the time to make plans to attend the 39<sup>th</sup> Biennial LWML Convention in Lexington, Kentucky, June 24–27, 2021! Join your LWML sisters who are “Running the Race ... Looking to Jesus,” the convention theme based on Hebrews 12:1–2. Attendees will be inspired by the convention goal, “Looking to Jesus, we run the race set before us and proclaim the joy of the Lord.”



## Faith SCATTERCAREIES Update!



Want to help the food bank and have some fun? If you have heard of the game Scattergories, it involves having categories of things -- such as ice cream favors or kitchen items -- then you roll the dice and come up with things that start with the letter it lands on. For example, if the dice lands on a 'C,' then you could put 'Chocolate' for ice cream favor, and 'Cup' for kitchen item. However, in THAT game if someone else picks the same thing, you don't get points; in our game it just means double the food for those who need it!

Many are struggling during this time and pandemic and hardship. Local food banks are running desperately low on supplies, and grocery stores are having difficulty stocking their own shelves with certain items. As members of Faith who have been called to love our neighbors by Christ, our Lord, we should be able to offer some help.

While Playing SCATTERCAREIES this Past month, I found we have a Propensity for the letter 'P'. Our Perfectly Prepared Plans allowed us to Purchase over 100 items for the Food Bank, from Pink salmon, Pickles, and Pumpkin, to Progresso sauce, Pears, Peas, and Popcorn.

Now as we Jump into January, Join in the Joy of Jesus by taking a Jaunt or Journey to the store to try out our new Jazzy letter 'J'. I will not Jest or Judge as I say 'thank you' for your Joyful giving, which has allowed us give roughly 375 items over the past three months! To God be the Glory!

You can drop your items off at church, and we'll be happy to take them up to the Good Neighbor Food Pantry for you. If you have any questions about this, please contact Jen Satkowiak (586-850-5623 or [jennifer.satkowiak@gmail.com](mailto:jennifer.satkowiak@gmail.com)).

## A Special Thank You to an Incredible Congregation

Pastor Satkowiak and his family would like to extend a very special and sincere thank you to the congregation here for their very generous gift this past Christmas. We are thrilled that God has called us here to be part of the Faith family, and we have been nothing but blessed by coming here to Demotte.

"I thank my God in all my remembrance of you, always in every prayer of mine for you all making my prayer with joy, because of your partnership in the gospel from the first day until now." (Philippians 1:3-5)

May the blessings of Christmas follow us all throughout this time as we continue journeying in the Gospel together for a long time to come.

## Pre-School Minute

The virtual preschool Christmas programs have been filmed, edited and sent to parents! They were a tremendous success! Our parents truly appreciated being able to watch their children perform in a manner that was safe for all families.

We held our Christmas parties on the last days of school. We made some crafts and played some games. Though a bit different than in years past (no parent volunteers allowed), we believe the kids still had a great time.

Pastor Brett held chapel in the classroom at the end of December. The kids always enjoy hearing the Nativity story, and we love that they get to hear it in many voices.

We wish you all a very Merry Christmas and blessing in the coming year. As always, thank you for your continued support of the preschool.

In His Service,

Patty Sojka

Pre-School Administrator



## Deaconess' Corner



I waited patiently for the Lord;  
he inclined to me and heard my cry.  
He drew me up from the pit of destruction,  
out of the miry bog,  
and set my feet upon a rock,  
making my steps secure.  
He put a new song in my mouth,  
a song of praise to our God.  
Many will see and fear,  
and put their trust in the Lord.  
Psalm 40:1-3

There is a lot of talk about a new year, and people are saying they hope it will be a better year than 2020. There have been lots of challenges and difficulties in this past year, but what can we be sure of? The writer of Hebrews tells us: “Jesus Christ is the same yesterday and today and forever” (Hebrews 13:8)

Solomon, the writer of Ecclesiastes states: “What has been is what will be, and what has been done is what will be done, and there is nothing new under the sun.” (Ecclesiastes 1:9)

He seems to be saying there is nothing new, but his father David wrote: “He put a new song in my mouth.”

Sounds like a paradox, doesn't it?

Maybe the new thing for 2021 -- although it is not really new -- is that we focus on Psalm 40:3. Instead of complaining, we can sing a song of praise to our God. Then look what the promised result is: “Many will see and fear, and put their trust in the Lord.”

And notice what David says in verse 1: “I waited patiently for the Lord; He inclined to me and heard my cry.” So let's praise God even in the middle of the pandemic and the restrictions we find so frustrating. Perhaps by our patience and our praise of God rather than complaints, many will see and put their trust in the Lord.

### Activities for January

- Sunday School resumes on January 10<sup>th</sup>
- Pew Sisters will meet on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays in January again, starting on January 14<sup>th</sup>
- A new EVENING session of Pew Sisters led by Marianne Klemp will begin on January 13<sup>th</sup> at 6:00 p.m., meeting every other Wednesday
- Ladies of Faith will meet on Sunday, January 17<sup>th</sup> at 3:00 p.m. to discuss some new service opportunities

And as always, call me (219-987-2358) or text me (219-424-0998) or e-mail me (ksue46@gmail.com) if there is any way that I can minister to you.

Deaconess Karen