

*Our mission is to introduce all people to
Jesus Christ and the exhilarating power and
undefeatable joy He brings to life!*

AUGUST 2022

GOOD NEWS

A monthly publication of Immanuel Lutheran

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Speak Life: End Bullying

by Pastor Chad Fair

H*ave you ever heard a statistic* or a story that just takes your breath away? Well, a few weeks ago I found myself gasping for air after hearing some statistics and stories. It wasn't a health-related gasp, more of a state of shock. Christina and I had the pleasure of attending a "second chance prom" which was a fundraiser for "Speak Life End Bullying," a local non-profit. Speak Life wrote and produced a musical, which they turned into a movie and anti-bullying curriculum for middle and high school students. While the event was a great time and opportunity to make connections in the community, the night also provided some very sobering statistics and stories. Statistics and stories that, as a parent make it difficult to sleep at night. Please know I'm not sharing this information to cause insomnia but rather to raise awareness in hopes of changing the situation.

After the screening of the movie several

local students shared their stories about being bullied and how it affected them. Their stories were heartbreaking, so much so, I was not the only one brought to tears. It sounds hard to imagine but those stories weren't the most disturbing part of the night. After all, it's easy to think, these are isolated incidents or those are just the "weird kids" that are being bullies, not that that is ok either. One in three students has considered taking their own life. One in three...that number was horrifying, disturbing, heartbreaking and breath taking. Now that does not necessarily mean that 1 in 3 kids are bullied but there is a correlation for sure and it's not just the "weird kids". Martin County High School grad and current Denver Bronco safety Justin Simmons, whose foundation is a major sponsor, spoke about being bullied in middle school. Yes, you heard that right, a super star athlete was bullied too. It's happening in our schools, our

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God with us
Immanuel

LUTHERAN CHURCH
& EARLY LEARNING CENTER

2655 SW Immanuel Drive
Palm City, FL 34990
772.287.8188
immanuelpalmcity.org



Pastor Chad's

MONTHLY MESSAGE

(...continued from page 1)

workplaces, supermarkets, sporting events, roadways and in every area of our lives. Bullying has become far too common.

I make no secret that mental health is an important part of our overall health. It's also no secret that a huge stigma still exists around mental health. A stigma that might be slowly eroding, but not fast enough. We've got to start taking this issue seriously and not simply brushing it under the rug. It won't just go away if we ignore it.

We are really quick to point the finger at someone or something to blame for these disturbing stories and statistics. One easy culprit is the internet, more specifically social media. Make no mistake social media is a hotbed for bullying but bullying existed long before social media and the internet and I don't think social media is going away anytime soon. The question then becomes, what do we do? As parents, we've got to teach and model compassion and kindness for our kids, both in person and online. We can't expect our kids to be kind and compassionate if we are not.

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LIVE BOLDLY IN GRACE



*by Pete Morello
Council President*

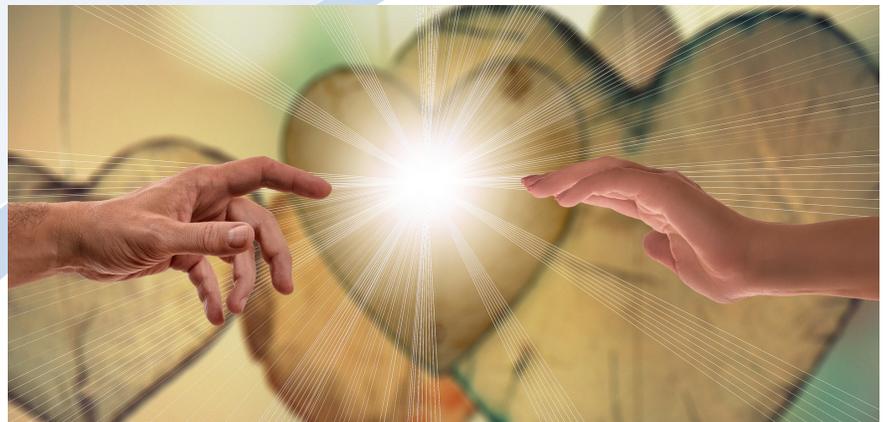
Happy August! Summer vacation is coming to an end, teachers and students head back to school and parents like me celebrate (just a little bit) that we get back to the "normal" routine. My two children, Gia & Dominic, are now in middle school, which can be some of the most challenging years of our

lives. Which leads me to thinking how can I guide my kids to not let those outside negative forces change who they are. One thing I always say to my kids when they are upset or angry is that those feelings are okay, it is how you choose to act on them that can be good or bad. Last month while listening to the sermon a famous Martin Luther quote was used to describe the choice Rebekah made when she chose to follow a servant to marry Isaac, a man she had never met. That quote was "Faith is a living, bold trust in God's grace, so certain of God's favor ..."

Wow, so powerful. According to Martin Luther, faith is making a choice to live boldly, trusting in God's Grace. I am sure Rebekah felt uneasy, scared and those feelings are okay but it was how she chose to act on those feelings that made this story one of sharing the "Good News."

When I am looking at the world around us it seems like a lot of folks have to be bold in their feelings and prove their bold resolve by discrediting others feelings. That sounds like living boldly, but does not sound like grace. The second part of that quote "God's grace makes you happy, joyful and bold in your relationship to God and all creatures," seems to tell us the boldness should be about how gracious God is. If we trust and live in that grace we'll all be happy. That sounds kinda nice. I am going to make sure that my family chooses to act boldly with grace instead of with bold judgment. We should know that judgment comes later and is not delivered by us. Hopefully this message will help my kids navigate middle school. I bet it will help me out a bit too.

What are some ways you live boldly in God's Grace? ■



TAMING TONGUES



by Cheryl Gundersdorff
Deacon

It is that time of year again. Little two-legged objects are beginning to multiply like rabbits on our street corners and their counterparts in our mailboxes. It is political campaign season. We know it is our civic duty as Americans to become informed about issues and candidates.

Unfortunately, campaign season has the tendency to bring about hot tempers, mudslinging, and divisions between family, friends, and neighbors. Even Christians get caught up in the mayhem. That is just the way our human nature is. But, does it have to be? Can we as Christians shine the love of Jesus in the midst of political debates?

The Epistle of James doesn't get very far in the first chapter before it reminds us that our tongues can be like fire spewing its evil words and that our religion is worthless if we don't keep a tight rein on our tongue. The words of our tongue actually begin with our heart. In Luke 6:45, Jesus tells us, "The good man brings good things out of the good stored up in his heart, and the evil man brings evil things out of the evil stored up in his heart. For out of the overflow of his heart his mouth speaks." So how can a Christian shine the light of Jesus by keeping the tongue tamed?

Proverbs tells us to guard our hearts. This is no easy task, but with Jesus living in our hearts and our relying on the guidance of the Holy Spirit, we are off to a good start. To be a follower of Jesus we need to sound like Jesus. We need to speak like Jesus using words of love, grace, and mercy. Proverbs tells us that pleasant words are sweet to the soul and healing to the bone. Our words should be encouraging. The world can certainly use those kinds of words. Before we speak though, James also reminds us that we should be quick to listen and slow to speak. When we truly listen to what another person is saying instead of formulating our response while they are talking, we show that they are valued and we have a genuine interest in them. Then ask the Holy Spirit to guide your speech so your words reflect the light of Jesus.

It is okay for Christians to debate topics, but let us do so in a way that reflects the love of Jesus. How we respond just may be the key to open the door for someone to begin a relationship with Jesus, one that can enable them to experience the exhilarating power and undefeatable joy He brings to life. ■

MONTHLY GOOD NEWS DEADLINE

The deadline to submit items for the monthly newsletter is the 15th of each month. Items received after the 15th may or may not make it into the newsletter. To submit items, send an email to:
ilcmedia2655@gmail.com

(...continued from page 2)

We need to teach them that every person matters, whether we look the same, believe the same, agree or disagree. We also need to teach our kids that they matter, that they are loved. We need to make time to listen to them. We need to show them it's ok to be vulnerable and it's ok to express our feelings.

One in three is a scary number and sounds impossible to overcome. But when you realize how much small things can impact others it suddenly seems more manageable. Just one positive interaction a day can make a difference, not just for young people but for all of us. That one positive interaction may be the only positive interaction that person has. We have the power to be the change. We, as Christians have a unique calling to love those on the margins, those who are the outcast. Jesus did it every step of his ministry and calls us to do the same.

How can we speak life? Love. We can speak life into the world by how we love. Acting with kindness and compassion can cause a ripple of change in the world. Change that could be a matter of life or death.

If you find yourself, or some you know, feeling hopeless here are some resources. For the Suicide and Crisis Lifeline dial 988. If you would like to find a counselor "psychologytoday.com" has a search feature on their homepage to find a therapist in your area. Lastly, while I am not a trained counselor, I am a willing ear 24/7. Feel free to call me any time or text me between 7AM and 10PM on my cell phone 717-329-7122. I'd much rather get a phone call because you need to talk rather than one about something worse. You are loved!!! ■

CONGREGATIONAL COUNCIL

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HOLY LAND PILGRIMAGE



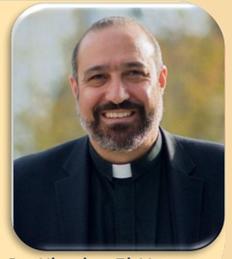
Pr. Chad Fair

February 06 - 16, 2023

From Miami, FL (MIA)

Other Cities Available

Package Price: \$3790



Pr. Khader El-Yateem

- Round trip airfare
- Double occupancy luxury hotels
- Breakfast/Lunch/Dinner daily
- 9 days sightseeing on private bus
- Optional Jordan extension Feb 16-19, price \$750

If you are interested in going on this trip, please sign up in the Narthex or contact Pastor Chad at pastorchad@ilcpalmcity.org. Signing up is not a commitment to go on the trip, it just helps us determine the level of interest.

We now have more ways for you to give!



Mobile

Text: IPCGIVE
to 77977



Online

immanuelpalmcity.org



Envelopes

MONTHLY GIVING REPORT

A report of our giving compared to the approved budget the congregation agreed to at the annual meeting. We're including last year as a comparison as well

	June 2022	June 2021	YTD 2022	YTD 2021
Given	\$27,112.53	\$50,118.09	\$227,144.84	\$231,577.82
Needed	\$41,332.00	\$40,240.00	\$268,658.00	\$261,560.00
Difference	(\$14,219.47)	\$9,878.09	(\$41,513.16)	(\$29,982.18)

OPERATING FUND INCOME & EXPENSES

Our year-to-date operating income and expenses using the latest report of the treasurer.

Through 6/30/2022	ILC & IELC
Income	\$523,378.44
Expenses	\$503,465.24
Difference	\$19,913.20

Fill plates and lift hearts



Essential Thrivent community food bank items

More than 38 million people-including 12 million children-in the U.S. experience food insecurity, leaving families to make hard choices between paying bills or buying groceries. Together, let's help everyone get enough to eat.

- | | |
|---|--|
| <input type="checkbox"/> Canned tuna, ham or chicken | <input type="checkbox"/> Whole grain pasta |
| <input type="checkbox"/> Beef stew, chili or hearty soups | <input type="checkbox"/> Cereal |
| <input type="checkbox"/> Peanut butter | <input type="checkbox"/> Rice |
| <input type="checkbox"/> Canned or dried beans | <input type="checkbox"/> Paper products |
| <input type="checkbox"/> Canned fruit & vegetables | <input type="checkbox"/> Toiletries |

Donations should be non-perishable, but be sure to check expiration dates.

thrivent® Items may be dropped off in the Narthex

PATHWAYS

DISCIPLESHIP FOR
SMALL GROUPS

Want to deepen your relationship with God and other members of the church? Join one of our Pathways Small Groups!

Pathways is about being changed by God's love into the person God has called you to be. It involves immersing ourselves in God's Word, communicating with God through prayer, and serving our fellow human beings...all while deepening our relationships with one another.

Groups can be in-person or online via zoom. Sign up in the narthex or on our website,
immanuelpalmcity.org/pathways

"Pathways gives you skills to better understand the Bible and each lesson builds that understanding even more as you progress to the next lesson. Plus, you can share ideas and thoughts on what you are learning and often time ideas and concepts come up that you might not have been thinking about, you receive the perspective of each member of the group."

- Jeff Carson

If you have questions about what Pathways entails, please contact
Pastor Rebecca at
pastorrebecca@ilcpalmcity.org

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pastorchad@ilcpalmcity.org

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Sexton

Leeona Reid

Text: 772-444-5148

Prayer Requests

To add someone to the prayer list or to the prayer chain contact:

Cheryl Gundersdorff: 772-221-8939

cherylgundersdorff@ilcpalmcity.org





Brittany Lustig

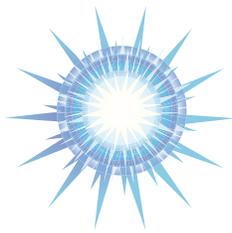
YOUTH & FAMILY UPDATE

I can't believe Summer is almost over. I'm hearing all of the groans now. With the new school year around the corner, we'd like to invite all of our families to the Back to School Bash! This will be an event on August 14th after our acoustic worship service. Service will start at 10 am and we'll enjoy the fun right after!

With school starting soon, we will be starting communications regarding Confirmation class. Please be on the lookout in your email for our schedule and information regarding the first meeting.

We're also starting up Sunday School again on the 11th of September. We are changing the curriculum drastically and I'm looking forward to the future. I need volunteers who love kids and would feel comfortable leading them in a lesson, game, and prayer. The curriculum gives us all the resources we need in order to teach without stress and planning. I'm looking for pairs to group up that can cover Sunday School once every two months! Please let me

(continued on page 7...)



CHILDREN, Y

AUGUST 14TH

10 AM: ACOUSTIC WORSHIP
11 AM: BASH

BACK TO SCHOOL BASH

- BURGERS & DOGS
- WATER PLAY

Math FSA
PERFECT
SCORE!! Way to
go Logan!!!



Our youth at the
Speak Life anti-
bullying musical

YOUTH & FAMILY

(...continued from page 6)

know if you are interested and we can talk more about it together in the coming weeks.

I'm so excited for the school year. Don't forget to bring the kid's backpacks on the Sunday before school starts, August 7th, as we will be blessing them. The Real Life's Children's Ranch needs our support again as they go back to school. If you're able, please bring school supplies, gift cards, cash, or checks to the church made out to Immanuel Lutheran Church for the RLCR. They are always so very grateful! Enjoy your last days of Summer, and let's kick off this school year with a blast! ■



Upcoming Events

- August 7th - Blessing of the Backpacks
- August 14th - Back to School Bash
- August 21 - Confirmation Meeting @ 10:45 am in 202 & 203
- September 11th - Sunday School Resumes



STAFF SPOTLIGHT



Shea Johnson
Office Manager

Hello! I'm Shea! I am super duper excited about this amazing opportunity! It is so wonderful to walk into an office and feel such a warming and welcoming atmosphere and environment!

I was born and raised here in Florida. I'm such an outgoing and fun person. I'm really big on creating moments that are captured for a lifetime of memories! I'm a proud wife to my amazing husband, Jon, with our 2 handsome boys! We are BIG FOOTBALL FANS!! Florida Gators and Green Bay Packers! Our saying for our family is "Families are like fudge - mostly sweet but with a few nuts !

I'm super excited to meet everyone!!

Shea comes to us with a background in insurance verification, office supervision, and member services. Stop by the church office after August 1 to say hi to the newest member of our Immanuel staff!



HEART HEALTHY 101



by Doug Crawford, Stewardship Committee

"Above all else, guard your heart, for everything flows through it." (Proverbs 4:23)

This Old Testament scripture was written by Solomon, the second king of Israel, who was considered among the wisest to ever live in ancient times. Solomon understood that our internal belief system, how we view ourselves and the world and people around us, has a dramatic impact on how we live, give, share our talents, and relate to others. Our heartfelt convictions are the primary driver of how we prioritize our actions, allocate our time & resources, and dedicate our lives.

If we're honest with ourselves, it's easy to 'connect the dots' and see that our interaction with one another is directly correlated with our 'heart health' and therefore 'Heart Health Matters'!

Jesus himself stated in Matthew 15:18, "But the things that come out of a person's mouth come from the heart, and these defile them."

One of my favorite self-directed study guides, Guardrails, was authored by Andy Stanley. As it relates to sentiments of the heart, Stanley listed the following for self-examination purposes:

<u>Negative Emotion</u>	<u>Self-Directed Remedies (exercises)</u>
Guilt (I owe you)	When you feel guilt, confess.
Anger (You owe me)	When you feel anger, forgive.
Greed (I owe me)	When you feel greed, give.
Jealousy (Life owes me)	When you feel jealousy, celebrate.

In and of themselves, each of the four 'self-directed remedies' or 'exercises' could be an entire standalone study-group (session). But if we're honest and deliberate, through self-awareness meditation and prayer, we can continually examine ourselves and recalibrate our inner most thoughts, perceptions, and don't forget to contemplate two of the biggest one's 'acceptance' and 'forgiveness'! Remember, our deep convictions are the 'primary drivers' of how we interact with others and how we influence those closest to us, those that we are blessed to have in our lives.

Healthy relationships take work. Relating to the world around us in a positive and impactful way requires both intention and on-going self-assessment. The book of Matthew provides this guidance, "Therefore, whatever you want men to do to you, you also do to them, for this is the Law and the Prophets (Matthew 7:12)

Recognizing that our behavior will almost always reflect our heartfelt convictions, let's make sure we take time for honest self-assessment and the recognition that "Heart Health Matters"! ■

Sources: Andy Stanley Guardrails Study Guide, Updated Edition, Copyright 2018

EARLY LEARNING CENTER



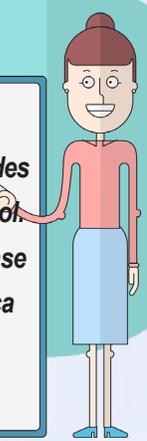
by Rebecca Painter, IELC Director

At Immanuel Early Learning Center Summer Camp, our teachers got creative during spirit week and incorporated Christmas in July to our program. The kids had a ball making summer Christmas crafts and having snowball fights with their friends. We transformed the FDC building into a competitive American Ninja Warrior obstacle course, followed by laser tag with the help of Ignite Sports.

We're not scared! Nature week had bear hunts, led by our teachers. Crafts made from leaves, sticks and flowers that the children found from a nature walk. We also learned about planting and growing seeds

Superhero week has the real superhero's from our county police and fire rescue. The children got to see and explore a police car and firetruck, while learning what to do in an emergency and how to stay safe.

We will wrap up our summer program with water week, where the kids will slide down a water slide and splash into the new school year starting August 10th. ■



Needed:
Teachers and Aides
for our pre-school.
If interested please
contact Rebecca
Painter at
772- 219-2279.



End of Life Planning Seminar Saturday, August 6th at 11 am - 1 pm

If something should happen to you suddenly, do you have all your wishes known? Join us for a planning seminar that will help you organize and plan in the event of an unexpected tragedy.

Lunch from Panera provided

Must register via a sign up sheet in the narthex or contact Pr. Chad in the church office or at pastorchad@ilcpalmcity.org



Join Pastors Chad and Rebecca for their weekly podcast discussing the previous weekend's text more in-depth. Available on our website or on our app.

ADULT EDUCATION

Deborah Circle

2nd Monday of the month
3 pm • Choir Room
not meeting in August

Sisters in Spirit

3rd Tuesday of the month
7 pm • Panera

FELLOWSHIP & SERVICE MINISTRIES

Quilts of Valor

Weds 6:00 pm • Room 202
Info: Jackie Koch, 772.834.8058

Altar Guild

2nd Wednesday of the month
10 am • Room 202
Info: Marj Smith, 772.286.8974
or Belinda Lowe, 772.634.0194

Stephen Ministry

2nd Monday
6:30 pm in Room 202

Wednesday Bridge Group

Wednesdays at 1 pm
Room 201

On hiatus until further notice

Souper Sundays

Every Sunday @ 4:30 pm • FDC
Immanuel's Weeks to help are
the 3rd and 5th Sundays
Contact: Marcie Balow
772.283.0982 or
mbalow45@gmail.com

*Carry-Out only until further
notice*



Deborah Circle Women's Ministry

Will not be meeting in the month of August.
Will resume in September.

STEPHEN MINISTRY

People do not always need advice. Sometimes what they really need is someone to hold their hand when life gets tough, someone non-judgmental with a listening ear, and someone with a compassionate heart to understand them. That someone is a Stephen Minister who can be there for you. To get you connected with a Stephen Minister contact your Stephen Ministry leader: Deacon Cheryl 221-8939 or 485-1954.



Prayer Chain Ministry

There is always a need for prayer. Our Immanuel prayer chain is always available to pray for you or those you know in need of prayer. Contact Deacon Cheryl Gundersdorff 221-8939 to request prayer or to become a member of our prayer team.





Souper Sundays

Immanuel Lutheran volunteers serve every third and fifth Sunday.

To volunteer, contact Marcie Balow at 283-0982 or mbalow45@gmail.com or sign up in the Narthex

MUSIC MINISTRIES

Contemporary Worship Team

Sundays @ 8 am • Sanctuary
Contact Brittany Lustig
brittanylustig@ilcpalmcity.org

Bell Choir

Saturdays at 4:30 pm • Sanctuary
On hiatus over the summer

Chancel Choir

Suspended until further notice

Cornerstone Singers

Saturdays @ 5:15 pm • Sanctuary

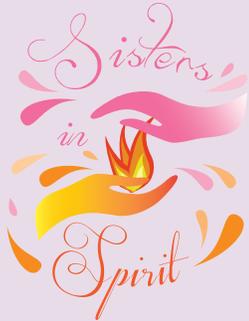
Children's Choir/JAM

Wednesdays at 12:30 pm • FDC
Contact Brittany Lustig
brittanylustig@ilcpalmcity.org

Thrivent Members:

Do you know that you are eligible for an Action Team every year? Benefit members are eligible for 2 Action Teams, Associate members are eligible for 1. Each Action team is eligible for up to \$250. Please, if you have no plans or organizations that you wish to support, consider helping with our Souper Sunday "Snack Bags". As you are all aware, the price of food is climbing. Each "Snack Bag" costs about \$8. We distribute between 25-30 bags per week. We need your help to continue this ministry. For additional information, please call Karen Coombs at 772-600-7272 or 772-475-3312.

Thank you so much.



Sisters in Spirit Women's Ministry

All ladies of Immanuel & friends are invited to the Sisters in Spirit Bible study of Experiencing the Heart of Jesus. We will meet **Tuesday, August 16th at 7 PM** at Panera Bread in Palm City. Contact Deacon Cheryl Gundersdorff 221-8939 for more info and to RSVP.



Altar Guild Meeting

The Altar Guild does not meet in July or August, but we are always looking for volunteers to help with communion at all services. Please call if you are interested.

For more information, call Marj Smith at 772-286-8974 or Belinda Lowe at 772-634-0194.

FOOD BAG DONATIONS FOR SOUPER SUNDAYS



We are continuing to distribute food bags at Souper Sunday. We will be accepting donations of the following:

Food Bags: Tuna salad (boxes or foil bags), Chicken salad (boxes or foil bags), Jif to Go, Filled snack crackers (peanut butter or cheese filled), Breakfast bars, Fruit cups, Club/Ritz Crackers (Snack packs).

Contact Karen Coombs at 772-600-7272



LUTHERAN CHURCH
& EARLY LEARNING CENTER

2655 SW Immanuel Drive
Palm City, FL 34990
772.287.8188
immanuelpalmcity.org

Regular Worship Schedule

Saturdays:

6:00 pm

Relaxed Traditional

Sundays:

9:30 am Contemporary

11:15 am Traditional

All services available via
livestream on our website or
through our app.

OR CURRENT RESIDENT

Nonprofit
Organization
US Postage
PAID
Stuart, FL
Permit No. 144

**AUGUST
14TH**

10 AM: ACOUSTIC WORSHIP

11 AM: BASH

**BACK
TO
SCHOOL
BASH**

- BURGERS & DOGS
- WATER PLAY