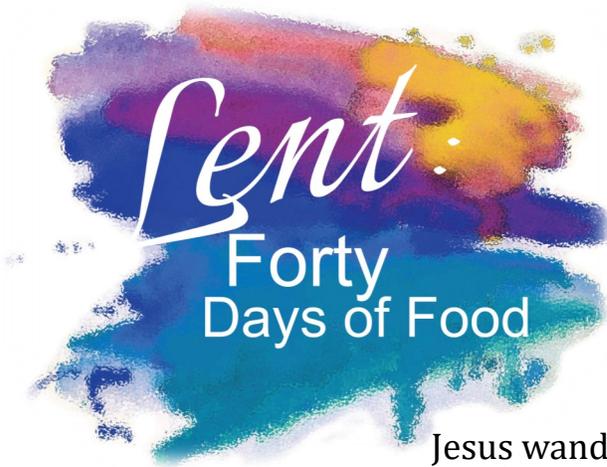


February 2022
Reformation Lutheran
Church

Ref Life

Evangelical Lutheran
Church in America
God's work. Our hands.



Jesus wandered hungry in the wilderness for forty days. To remember this, each of us may give up something meaningful as a Lenten practice.

For many in our community access to food is not a given. Food insecurity is a daily reality. This Lent we invite you to make **Forty Days of Food** a Lenten practice that is meaningful for both you and your family as you remember and reflect not only on Jesus' sacrifice for us but also on the reality of food insecurity for many in our community.

We will have a collection box in the Narthex where you can bring your donations of food staples. At the end of Lent, we will take the food we collect to United Methodist Urban Ministry Food Pantry so that they may distribute food to those in need.



How Are You?

How are you doing?

The wonder of the holiday season and the new year has dwindled...

The other day I was in Trader Joes getting groceries when I ran into someone I knew. In our conversation, they asked, "How are you doing?" And I responded, "okay." Yet, that was far from the truth.

I had a mountain of emails that needed my attention, my dog ate my rug, and I was running to a meeting. The store did not have the items I needed, and I was annoyed that I would have to go to another store later. It was going to rain, and I left my umbrella by the door, forgetting it in my haste. Everything that could go wrong that day did, and I was at my wits' end and wanted to throw the entire day away. *We've all been there.*

So, when my friend asked the question, I responded quickly and easily. Out of habit, I replied, "I'm doing okay." When I walked away, I realized that my response did not accurately convey my emotions. I left with my bottled-up feelings of frustration and the appearance of being "okay."

How many times do we respond with an "okay" when everything is not fine? When everything is falling to pieces, and our emotions are so raw that acknowledging them will lead us to the brink of tears, why do we say we're fine? Instead of naming and owning our stresses and anxieties, we hide them. We take them out when we're alone, or with people we are close to. Being okay is acceptable, but sharing one's emotions, heartaches, and pains can be uncomfortable. If I responded with the truth, I would be afraid that they don't want to listen, or I that was burdening them with my problems.

We are so used to being put together, that we don't share our struggles. We put our struggles and pain behind tight smiles. The fear and apprehension of vulnerability is crippling. So, how do we share that side of us and remove the mask that holds those feelings within? How do we pause before we respond and tap into our emotions? We must have a brave heart to know that it is okay not to be okay. That in this time of uncertainty, work, errands, running from place to place, we are together. Our struggles are not exclusive to us but shared with humanity. We do not have to be afraid of being shamed or of feeling burdened. We are not alone.

Psalm 31:1-2 says, "*In you, O LORD, I seek refuge; do not let me ever be put to shame; in your righteousness deliver me. Incline your ear to me; rescue me speedily. Be a rock of refuge for me, a strong fortress to save me.*"

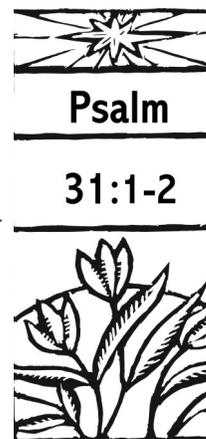
These powerful words are a reminder that we are not alone. Through the Lord, we can find refuge in people and in ourselves.

David's plea is a reminder that whatever we are going through, it too shall pass. We don't have to deal with our stuff silently but can open up to one another. When we do, we might find shared experiences that lead to healing.

It is okay to permit yourself not to be okay and deal with those feelings. We can't push them away and forget about them. We must sit in our grief, loneliness, sadness, anxiety, busyness, and pain and then name it. We have to be on a first-name basis with our emotions so we can deal with them. For when we experience and process those feelings, we will feel lighter, happier, and calmer. Hardships will occur, and sadness will ache. Pain is inevitable, but so is happiness, joy, and laughter.

The next time your emotions are raw, do not conceal it with an "okay" or "fine." Take pause before you answer me when I ask this, '*how are you doing?*'

Rev. Ralen Robinson



Getting to Know You



Dallas and Dulcinea Rakestraw

- Dallas and Dulcinea have been members for 15 years.
- Dulcinea grew up in Council Grove, KS. Dallas grew up in Wichita.
- They both went to KU. Dallas majored in English and Political Science and then attended KU law school. He is an attorney at McDonald Tinker. Dulcinea studied social work, got a masters in public health at KU and recently completed her PhD at WSU in Community Psychology. She is the Research and Program Evaluation Manager at the Public Policy and Management Center at WSU.
- They will celebrate their 19th wedding anniversary in May.
- They have 3 children Thatcher (13), Brynn (11) and Emerson (7).
- The Rakestraw family has 2 dogs, 1 cat, 3 fish and a tortoise.
- They both love to travel. One of them enjoys reading, embroidery, attempting Pinterest crafts and binge watching TV shows. The other enjoys reading, is learning to play the piano and likes to bake. Do you know whose hobbies/activities are whose?
- Dallas can't stand cilantro. Dulcinea doesn't eat any red meat or pork (much to the disappointment of her father).
- They like the Rise service best because of the band and relaxed liturgy. Dallas occasionally likes attending the Traditional service to get a little fill of high church.

They didn't know very many people when they moved to Wichita in 2006. Finding Reformation meant that they found a church home. They have loved making friends and memories with everyone and look forward to doing so for many more years!

Psalm of Lament this Lenten Season

This Lenten Season we will explore the psalms of lament as we a company the scripture to Jesus' last footsteps to the cross. The Psalms of Lament are songs and poems that cry out to God in times of deep distress and despair.

While walking along with the scriptural stories, we'll take a profound reflection on ourselves within the sacred text and how we carry our pain, anguish, and emotions. Do we put it deep down never to grapple with it? Do we ignore it, embrace it head-on, or are we ready to unpack it?

Rather we bury or uproot it; God is in the center of it like God was there for Jesus in his final days, holding us and enveloping us in love.

March 2, 2022: Ash Wednesday

Noon Service & 5:30 pm- 6:45 pm: Supper and service will be at 7pm

March 9, 2022 at 7pm

March 16, 2022 at 7pm

March 23, 2022 at 7pm

March 30, 2022 at 7pm

April 6, 2022 at 7pm



Holy Week April 10th-16th, 2022

Easter Sunday: April 17th, 2022

DID YOU KNOW?

Fun Facts about Reformation Lutheran Church:

- In 1965 Reformation had 514 members.
- Reverend Ronald Stanley was the pastor from 1970 to 1975. He was the first pastor to sing the liturgy at church services.
- Some of the annual events in the 1990's were Lenten Suppers, participating in the Sundown Parade at the River Festival, spring and fall golf outings, ice cream socials, pit barbecues, Thanksgiving Eve pie socials and the progressive dinner.
- From August 1994 to September 1996 was Reformation's "wandering in the wilderness". The church sold the Kellogg property and began construction on the present facility. During that time they worshiped at Curtis Middle School, then shared facilities at John Knox Presbyterian Church and University Baptist Church.
- In 1997 Christcare started. It was a small group ministry designed to grow a member's relationship with Jesus Christ. Six small-group leaders were trained to lead this ministry.

President: Marcia Werts
 Vice President: *Suzanne Koch*
 Secretary: Tom McFarlane
 Treasure: *David Dorf*
 Financial Secretary: Cam Wilson

Welcome the Newest Church Council members of 2022

Council Members:
 Barbara Huff
 Tim Allbritten
 Sheryl Johnson
 Lynette Wetta
 Jan Mullinix
 Alan Hicks
 Mark McKinney



This year, we thank the council members who served and welcome the new council members who have graciously stepped up.

((= Pictured here =)*)*

Ash Wednesday Supper

Wednesday, March 2

5:30-6:45pm

Are you ready for some flying pancakes?

Reformation's Ash Wednesday pancake supper with Chris Cakes is back this year. Come enjoy fellowship and all the pancakes you can eat for \$5.00

Starting right before the Ash Wednesday evening worship service.



Sunday School Teachers Needed

Teachers are needed for children's Sunday School classes for Pre-k thru 3rd and 4th thru 6th grades. You can teach a single Sunday or sign-up for the entire semester.

If you would like to volunteer please go to Sign-up Genius to register. There is a link in the E-mail Blast or use this link:

<https://www.signupgenius.com/go/10C0B4AA9A723A57-sunday>

Wanting to Serve During Worship?

If you would like to assist during Worship, there are opportunities to serve at the Rise or Traditional service, as Lectors, Ushers, Acolytes/Crucifer and to deliver the Children's Message.

Sign up is easy using the SignupGenius app. The links are in the weekly E-mail Blast. Just click on the date and service you would like to serve and sign up. Or call the office and we will get you signed-up.



Women Of Reformation

Feb 1	Blanket Makers, 9:00a.m.
Feb 8	Blanket Makers, 9:00a.m.
Feb 10	Rebecca Circle, 10:00a..m.
Feb 15	Blanket Makers, 900 a.m.
Feb 16	Dorcas Circle, 1:30 p.m.
Feb 22	Blanket Makers, 9:00a.m.

Winter storm coming?



It's that time of year again! If Reformation Lutheran Church cancels worship due to inclement weather, you can find out by checking:

- our Facebook page
- KWCH.com (channel 12)
- KAKE.com (channel 10)
- KSNW.com (channel 3)
- your e-mail for an e-mail blast



Join us for

BTOL Monday

February 14, at 12:00

Pastor Ralen will share differences between life in PA vs. KS

Please bring food to share plus your own table service. Hope to see you then!



Learning/Fellowship Board



We find our greatest bliss in moments of collective effervescence. *Collective Effervescence* is a concept coined in the early 20th century by the pioneering sociologist Émile Durkheim to describe the sense of energy and harmony people feel when they come together in a group around a shared purpose. During the time we weren't meeting in person for church we had Sunday school packets and Zoom church and confirmation, but it simply wasn't the same as when we are able to be together.



Open Door Food Pantry

February is the month we celebrate love on Valentine's Day. Red hearts and valentines are everywhere we look. So, this month in keeping with the Valentine's Day theme, our food cart in the Narthex will welcome donations of "red" foods such as tomato juice, tomato sauce, tomato soup, strawberry or cherry jellos, jellies, jams, or other staple items you find while shopping. Your continuing support for this ongoing service project allows the United Methodist Open Door Food Pantry to serve those in our community with food insecurity.

- Thank you from the Service Board

IN REACH MINISTRY

Reaching out to inactive members:

The In-Reach Board is working on ways to stay connected and to reach out to those in our congregation. We sent out postcards to members to welcome them back to in-person worship. We are gathering information and plan to have a phone call visit with members in 2022.

Altar Guild Welcomes

New Chairperson

Welcome to Allison Bruntz, Reformation's
New Altar Guild Chairperson 2022!

Stephen Ministry



Stephen Ministry has been an integral part of the overall ministry of Reformation since the mid-1990s. If you know of someone who would benefit from a Stephen Minister walking beside them during trials of

all kinds, please let our placement coordinator, Lotus Gerards, know. Her phone number is 316-683-8602.



The Homebound Communion Ministry is looking for additional volunteers to help bring Communion to those who can not attend church services in person.

Homebound Communion was restarted in December after being paused due to COVID. Communion is brought to the homebound on the 2nd Sunday of the month.

This service was started over 20 years ago and delivers communion to congregants once a month. There are 10-12 members who regularly serve Communion to those who are sick or homebound. This service has provided numerous individuals with Communion and conversation.

NEW TO THE STAFF

The Reformation staff has grown and dwindled this past year. Yet, we still prevail.

We recently have hired and welcomed Natisha, Kim and Howard to our Reformation family.

Read more about them in this issue.



Our Bell Director:

Howard Webb. Howard has been involved in the Wichita musical community for many years. He was one of the founders of the Wichita Chamber Chorale and founding conductor of the Heart of

America Men's Chorus. He has been either director or tenor soloist in many different churches in the Wichita area.

The primary focus of his work in music has been in the church. Howard has had a church Job either singing or conducting for most of his adult life. He is known for building organizations, church choirs, concert series, organizing a bell choir, working with the children's choir and hiring guest artists to perform or accompany. For the past 28 years that he has been with Plymouth Church and prior to that many other churches.



Our Custodian:

Natisha Roberts. (Tisha to her friends) Tisha is a proud mother of five, and a grandmother of eight. Family is very important to her. She enjoys taking care of people, especially in the kitchen. She definitely got this from her grandmother. Who was a natural nurturer. She loves children and animals. Paying it forward, random acts of kindness, and treating others the way you want to be treated is the rule that she follows daily. She would like to say Thank you for allowing her to do service, working for you.

Our Office Admin:

Kim Loignon (pronounced LOYG-non). Kim moved to Wichita in grade school, and says Wichita her hometown. She was raised on the West side and went to Mayberry Jr High and West High School.



Kim has an Associate's degree in accounting from DeVry University Online. Completing her coursework through remote learning, while working seasonally in our national parks in many

picturesque vacation destinations from Alaska to the Florida Keys.

Born in San Francisco and raised in a United Methodist / Presbyterian church environment. The congregation all attended the United Methodist church for Sunday School and then they would walk over to the Presbyterian church for worship services. In the early 2000's Kim, served in the Jews for Jesus' ministry donor records department. She is a fan of random acts of kindness, known for offering prayers and a shoulder when needed.