

***I HOPE THAT EVERY DAY OF AUGUST BRINGS YOU LOTS OF REASONS TO SMILE AND CELEBRATE! MORNINGGREETINGS.COM***

Many thanks to the volunteers that helped with the fair. It’s a bit of work, but also a lot of fun getting to see friends unexpectedly!

Wishing two of our Veterans a speedy recovery—Rev. Bob Peach and Bob McWhorter. Donnie Dorn said, “I’m sure glad my name isn’t Bob!” lol

**BIG TOP COMES TO FMHS!**

**OUR PICNIC IS SCHEDULED FOR SEPTEMBER 11TH**.(REMINDER THERE IS NO MONTHLY SUPPORT GROUP—JUST THE PICNIC.) **THE PICNIC WILL BE AT THE RED ROOFED BUILDING AT THE EVERGREEN LOCATION. BRING A SIDE TO SHARE. CIRCUS THEME !!**

Many are looking forward to resuming the Chosen group with Pastor Carol. DATES are scheduled in this issue of the CHAT!

FMHS office is now open:

Tues. 10-2, Wed. 10-2, Thurs. 5-7pm



Volume 6, Issue 8

August 2025

**CHAT**

**FMHS**

**Susan Elke, President**

**Sue Heth, V.P.**

**Maria Soutar, Secretary**

**Karen Dorn, Treasurer**

**INSIDE THIS ISSUE**

* **Picnic Sept. 11th**

**Red Roofed pavilion**

* **Carol’s Corner**

**Proverbs 4:18**

* **Listen to Your Heart**

**Aug 28th 5:30-6:30**

* **Recipe:**

**Caesar Chicken**

* **CHOSEN dates**
* **Mellow Moth Group**
* **News From Sue**
* **QR Code for the Website!!!!**

**FMHS BOOK FUNDRAISERS**

**WRITTEN BY LOCAL AUTHORS**

**Mary Ellen Eversman & Carol Johnson**

*DRAWN TOGETHER was written by Mary Ellen Eversman. This book recognizes the struggle and need to address children’s mental health issues.*

THE HEALING POWER OF WORDS IN RHYME was written by Rev. Carol Johnson. It represents years of “penned” life experiences….a full range of joys and sorrows, ups and downs, challenges and respite points! Hopefully the reader will find comfort and encouragement through the shared life experiences.

 The books are available in the FMHS office located at 202 N Banker, Effingham, IL. Drawn Together $8.50, and The Healing Power of Words in Rhyme $20.00. All proceeds go to continuing to provide information, guidance, and resources to our area’s citizens in their time of need!

**Caesar Chicken**

**Thanks to Cookie Rookie**

Grease 8 1/2 x 11” pan, 375

* 4 boneless, skinless chicken breasts
* 1½ cups freshly grated Parmesan cheese *divided*
* ½ teaspoon freshly ground black pepper
* 1 cup [Caesar salad dressing](https://www.thecookierookie.com/classic-caesar-salad/)
* ½ cup sour cream
* Pound Chicken breasts to 1” thickness. Sprinkle the breasts (both sides) with 1 cup of grated Parmesan cheese and all of the freshly ground black pepper, and place them in the prepared baking dish. Whisk together Caesar dressing and sour cream in a small bowl. Pour the Caesar/sour cream mixture over each breasts then sprinkle the remaining ½ cupgrated Parmesan cheese on top. Place the prepared chicken in the oven and bake at 375°F for 30 minutes. Turn the oven to broil and broil the breasts an additional 2-4 minutes, or until the chicken turns golden brown. It can burn quickly, so watch it closely. Remove from the oven, cover loosely with foil and allow chicken to rest 5-10 minutes before serving. Sprinkle with fresh parsley.

***ENJOY!***



 Carol Johnson, Rev.

“**But the path of the righteous is like the light of dawn, that shines brighter and brighter until the full day.” Proverbs 4:18**

 It has been said that Christians are not “earthly beings who are called to have occasional spiritual experiences”, but we are “spiritual beings who have occasional human experiences”! As the Apostle Paul explained to the Corinthians, it is intended that we be more at home in the spiritual realm with God, than we are in the body. (11Corinthians 5:8). The “natural state” of the mature Christian is more spiritual than natural, but it is both. In this life, there is a force in continual battle to keep us “off track”, and out of the light…to keep us from His Light and Ways. When this happens, as it does for all of us one time or another, we must intentionally join our efforts with God’s empowering grace, to get ourselves back on track, back in alignment. We have angelic help and the Spirit’s power to assist!

 I once had a car whose front end went out of alignment. If I let go of the steering wheel while traveling down the highway, the car would veer to the right and try to run off the road! Driving the car, I constantly felt the pull of the wheel, and I would need to counter-steer constantly to keep the car on the road. I was really glad when I was able to get some quality repair assistance to get it back to its intended function! Oddly enough, life gets like that sometimes. This is the effect of the force or influence we call darkness or evil. Surely you ‘ve felt it. Paul described it this way in Romans 7: 19-20: “**I do not do the good I want, but the evil I do not want is what I do. Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me.”** Oh, yeah…ever been there? I surely have.

 The word for “sin” in Greek is “ham-artano”, as used by Paul. It’s an archery term meaning “to miss the mark, to move off -track (like my car earlier), to miss the bull’s eye, to miss the point, or to be off-center”. If you put a CD or DVD, even in the right equipment…but it is not centered…you will immediately see the significance of being “off center”. Jesus invites us to center our lives on Him, who Himself was centered on God and centered on loving and sacrificing Himself for us. Jesus knew that He had come to save us. **“The Son of Man came to seek out and to save the lost.”** He came to find people who are going around and around in circles, out of harmony with God, out of harmony with others, out of harmony with themselves, and off -track. We get a clue to His saving purpose in the gospels. The word for “journey” shows up again and again, reminding us just where it is that Jesus is going. He is journeying toward Jerusalem, journeying toward the cross. He’s journeying toward His destination, His destiny of serving us. In our discussions on “The Chosen” episodes, we really see this!

 Sooner or later, your alignment will get off, and will need tending to. God allows us all to start over many times in this life…and we are always wiser from it.

 When we’re overwhelmed with activity, worry, or distractions, perhaps the best thing we can do is **to sit.** Take a time out. Take a moment or two to collect ourselves and re-focus. Once we get ourselves calm, we can then **listen,** listen to Jesus’ word. We might take time to read some of God’s word or to recall God’s promise, to recall that in baptism God made us His children. Once we listen and remember, we can choose to reclaim God’s promise to us, affirm our own vows to make God the center of our lives. When we sit, listen, and choose to align with the Light of Christ, we can return to our tasks with renewed peace and joy. Now, that is what proper alignment feels like! Bull’s eye!

**FMHS WEBSITE**



**QR CODE**

**A HEARTFELT THANKS**

**To FMHS Volunteers, who have been helping man the office, bringing treats and water to share, dusting, watering plants, mail pick up, and repairs! ...Your contributions keep us going!**

**Ashley Dryden, Kaitlyn Eskew, Libby Kidd, Robert McWhorter, Maria Soutar, Susan Elke, Carol Johnson & Chuck Suttle, Patty Winn, Donnie and Karen Dorn.**

 **Thanks for the puzzles! They provide hours of entertainment for everyone!**

 **In Kind** **Contribution**: Phone/Sue Heth

 **Donations:**

 Luella Baker—donuts for the Veteran’s Group

 Susan Elke –brownies for the Veteran’s Group

 Rhonda Schonschack—toilet paper, snacks

 DAVA—funding for pizza for Veterans.

 Charity Foundation of America

 **Long Term Supporters**:

 100+ Women Who Care

Paul & Virginia Koboldt Trust,

United Way of Effingham County

**OFFICE WISH LIST:**  All OK for now! Thanks

MEMORIAL DONATIONS

***“We remember your life, and celebrate the memories”***

CHOSEN

 Thanks to: Pastor Carol Johnson

**“The Chosen” Discussion Group continues in September, for Season 5**

Beginning in September, The Family Mental Health Support (FMHS) Center, serving Effingham County and surrounding area, will host a bi-monthly discussion group on the series “The Chosen”, Season 5, led by Carol Johnson. Each session will include the viewing of an episode (there are 8 in season 5) on DVD, and use of a sheet of questions to guide discussion. Sessions will be held **4 p.m. to 5:30** at the center **(202 N. Banker St.) Tuesdays, beginning September 2.**

All are invited to join, at no cost. Carol will provide study guides for participants. Though this is not a Bible Study, participants may bring Bibles if desired, to assist in the use of the biblical narrative involved. All are encouraged to bring a writing tool for use on the study guides that are provided. We also share snacks, occasionally!

**Save these dates:**

1. “Entry”—September 2
2. “House of Cards” –September 16
3. “Woes” – October 7
4. “The Same Coin”—October 21
5. “Because of Me” – November 4
6. “Reunions” – November 18
7. “The Upper Room: Part 1” –December 2
8. “The Upper Room: Part 2” –December 16

This historical drama introduces Jesus and the calling and preparation of his initial disciples. You will encounter a very authentic Jesus and will find the flawed crew He gathers, very believable and relatable! We have already seen and discussed the powerful development of each disciple He calls to be a part of the ministry, as shown in Seasons 1, 2, 3, and 4.

To help us prepare for materials and to accommodate you in the office space, consider signing up by contacting the office (217-500-7489), or telling Sue Heth or Carol Johnson. We hope to see you there! We have great discussions!

****

 ***WELCOME TO OUR NEW Wednesday 10-2 volunteers!***

 **Libby Kidd**

 **Robert McWhorter**

 **Jane Langland**

 **AND**, **TO OUR NEW Thursday 5-7pm volunteers!**

 **Ashley Dryden**

 **Kaitlyn Eskew**

 ** DATES TO REMEMBER!**

**August 4………. 6-7pm Mellow Moth Men’s group, Magnus Conference Hall, 110 W 4th Street in Saint Elmo**

**August 5, 12, 19, 26.. 10-2 FMHS Office hours**

**August 12…………………. 6-7pm Mellow Moth Teen’s group (location above)**

**August 7,14,21,28.…. 5-7pm FMHS Office will be open every Thursday**

**August 14, 28th.........10-12pm Veterans Support Group,FMHS Office**

**August 14 …….……… 5:30-7pm Monthly Support Group, First Baptist Church,**

 **Speaker: Lt. Tom Webb, Effingham PD**

**August 22…………… 6-7pm Mellow Moth Family Group (location above)**

**August 28th…………. Listen to your Heart Group, 5:30-6:30pm, FMHS Office**

**August 26th.………… Inspiration Discussion Group, 1-2pm, FMHS Office.**

**August 27th…………. 6-7pm Mellow Moth Women’s Group (location above)**

**I am Destiny Kurilo, founder of Mellow Moth Mental Health Support Group, a peer led support group for those who are experiencing mental health issues or who have loved ones who struggle with mental health issues. My Husband, Frank Kurilo, and myself are the leaders of 4 different groups that meet monthly.**

**My passion to start Mellow Moth came about 4 years, roughly 1 year after my father died by suicide in 2020. Another driving factor for us is that our small town has a high rate for suicides. We host four different meetings each month, in hopes to help anyone who may need support.**

**The first Monday of each month is our Men's meeting, the second Tuesday of each month is our Teens meeting (age 13-17), the third Friday of each month is our Family meeting and the fourth Wednesday of each month is our Women’s meeting. All meetings take place from 6pm-7pm at the Magnus Conference Hall Located at 110 W 4th Street in Saint Elmo, next to the police station. During these meeting we like to have a topic for discussion but also have a share time for those who would like to participate. Our upcoming meetings for August are as follows:**

**Men's group-August 4th**

**Teens group- August 12th**

**Family group-August 22nd**

**Women’s group- August 27th.**

**“”**

 **E**

 **NEWS FROM SUE**

 **August Greetings! Summer is moving right along! I hope that you have been safe and staying out of the heat! I was thankful the Schutzenfest building was air conditioned!! Thanks, again, to all who helped!!**

 **Welcome to the Mellow Moth Group! They are located in Fayette County. Destiny and Frank Kurilo have been working hard to get this group established. For now, we will be working to support each other.**

 **Season 5 of the CHOSEN has arrived. Mark your calendars and continue the journey with our excellent leader, Pastor Carol Johnson.**

 **Lt. Tom Webb, Effingham PD, will be our August speaker. He will talk about the CIT (Crisis Intervention Training) the police have as well as the PTSD training for dispatchers. I’m looking forward to his presentation.**

 **September 11th 5:30-7 is when the BIG TOP comes to FMHS. It will be a time of fun and fellowship—and, of course, you can expect games, face painting, and a carnival atmosphere. Mark your calendars, and I’ll see you there!**

***Sue Heth***