

FAITH AND VALUES

Altamont Area Churches

Baptist

First Baptist Church: Pastor Bill Weaver, 102 1st Baptist Dr, Office 618-483-3250. Sunday Events: Worship at 9:30am with Bible Study Following at 10:45am. See us at Google Maps or like us on our Facebook page at Altamont First Baptist Church to see our other events and times. Feel free to join us for any events.
Blue Point Baptist Church: Pastor Brad Shaw, 217-663-3811, Moccasin Rd. at Blue Point Trail. Sunday School 9:30 a.m.; Sunday Service 10:30 a.m.; Wednesday Bible Study 6:30 p.m.

Catholic

St. Clare Catholic Church: Rev. Joseph Havrilka, KCHS, 216 N. Ninth St. Altamont, 618-483-5346, Parish Liturgies: Sat. 5:30 p.m. at St. Marys in St. Elmo, Sun. 8 a.m. at St. Anne and 10 a.m. at St. Clare, Mon. No Mass Offered, Tues. 5:30p.m. at St. Mary in St. Elmo, Wed. 9:30 a.m. at LCC Chapel, Thurs. 8 a.m. at St. Anne in Edgewood, Fri. 8 a.m. at St. Clare in Altamont(except First Fridays - 4:15 p.m. Holy Hour, Reconciliation followed by Mass at 5:30 p.m.). PSR Classes for K -12 from all three parishes on Wed. eve at St. Clare, 6:30 - 7:30 p.m.

Christian

Altamont Christian Church: Pastor Jody Kitts, Office 483-6018, Sunday School, 9:00 a.m. and Worship at 10 a.m., A.W.A.K.E. Children's Church 10 a.m., Wednesday 5:30 p.m. meal, Bible Study 6:15 p.m.
Mason Christian Church: Pastor Mark White, 624 N. Rt. 37 P.O. Box 116 Mason. Office:618-238-4724, Sun. Fellowship, 9 a.m., Sunday School 9:30 a.m., Worship, 10:15 a.m., Wed. Youth Group Bible Study 7 p.m. www.masonchristianchurch.org

Lutheran

St. Paul ELCA: Interim Pastor Brian Wachendorf, 483-5249, 2293 E. Highway 40, Worship Service 8:30 a.m., Sunday School at 9:45 a.m. Find us on Facebook: St Paul ELCA-Altamont.IL; YouTube: St. Paul ELCA-Altamont, Illinois; and on our website at: www.stpaulelcaaltamontil.com
Immanuel Lutheran Church: Rev. Scott Niermann, 483-6395 203 E. Division St., www.immanuelaltamont.org, Saturday Worship 6 p.m., Sunday Worship 8:30 a.m., Sunday Worship 11 a.m., Sunday School and Bible Class 9:45 a.m.
Zion Lutheran Church: Pastor Marcus Manley, 5534 E. 600th Ave., Altamont, 483-5571, Sunday School 9:15 a.m., Worship Service 8:00 a.m.
Bethlehem Evangelical Lutheran Church: Marcus Manley, Pastor. 618-483-6756, 6351 N. 200th Street, Altamont, Divine Service 9:30 a.m. Sunday School 10:45-11:30 a.m.
St. Paul (Blue Point) Lutheran Church: Rev. David Speers, Pastor, Sunday School 8:30 a.m.; Church Service 9:30 a.m., 14026 N. 500th St., Altamont, 618-483-6993

Methodist

First United Methodist of Altamont: Pastor Tonna Percival, 101 West Monroe Ave, Altamont , 618-483-6036. Sunday Worship at 9 a.m.; Sunday School at 10:30 a.m. **Methodist Circuit:** Pastor Edward Wojnar, 483-9849, First and Third Sundays: Funkhouser 10:45 a.m. Second and Fourth Sunday: Salem 11 a.m. **First United Methodist of St. Elmo:** 215 N. Walnut Street, St. Elmo, 829-3364, Sunday: Sunday school, 9:30 a.m.; Sunday worship, 10:35 a.m.

Non-Denominational or Other

LCC Chapel Worship: 702 West Cumberland Road, Altamont 62411, (618) 483-6136, 2nd Sunday - 9:30 a.m. Immanuel's Christ Care; Every Sunday- 11 a.m. Catholic Communion; Sunday - 2:30 p.m. Church Service; Monday - 10:30 a.m. Holy Communion ELCA, Tuesday, 9:30 a.m.; Catholic Mass; Wednesday, 10:30 a.m. Bible Study; Second Wednesday, 2 p.m.

St. Elmo and Brownstown Area Churches

Baptist

First Baptist Church of Brownstown: Olen Evans 503 East Oak, P.O. Box 146, Brownstown, 427-3280 Sunday School 9:30 a.m., Morning Worship 10:30 a.m., Evening Worship 6 p.m., Prayer Meeting and Bible Study Wednesday 7 p.m. Mission Groups for Children Wednesday 6 p.m.
Heartland Baptist Church: Pastor Troy Kurtz, 618-829-5974, 801 N Walnut, St. Elmo, Sunday School: 9:30 a.m.; Sunday Worship: 10:45 a.m.; Sunday Evening: 6 p.m.; Wednesday Prayer Meeting: 6:15; Wednesday night Service: 7 p.m.

Catholic

St. Mary's Catholic Church of St. Elmo: Rev. Joseph Havrilka, KCHS, Cumberland Rd, St. Elmo. See St. Clare Catholic Church above for schedule

Methodist

Trinity Chapel: Pastor John Heicher, Located west of St. Elmo on Rt. 40, 6 miles N. on Avena Rd. Sunday School 10:30 a.m. Worship 9:30 a.m. and 3 p.m., Bible study Wed.
United Methodist of Brownstown: Pastor Don Thomas, 103 Maple St., Brownstown 427-3803, Sunday School 9:30 a.m., Church Services 10:40 a.m.

Christian

St. Elmo Christian: Pastor Jim Quick, 112 W. 6th. Sunday morning worship: 9:30 a.m.; Youth group: Wednesday evening 6-7:30 p.m.; Office phone: 618-829-5050
Liberty Christian Church: Minister Clayton Richison, Located at corner of 1600 St and 2300 Ave., 5 1/2 miles north of Route 40 618-347-2271 Sunday services are: Adult Sunday school at 9:00 a.m. followed by worship at 10:00 a.m.
First Christian Church of Brownstown: Nathan Brands, Minister; 516 West Cumberland Road.; 618-427-3687; Sunday Morning Worship 9:30 am; Sunday School 10:45 am;
Macedonia Christian: South of St. James 829-5183 or 349-6126 Sunday School 9:30 a.m., Worship Service 10:30 a.m. and Class 6 p.m. Everyone Welcome.

Lutheran

Zion Lutheran: Pastor Brad Frye, Loogootee, 283-0725, Sunday Worship service with communion 8:30 a.m.

Non-Denominational or Other

Aperion Care: Sunday Worship Service at 2 p.m.
Connection Church: Pastor Tim Caraway; 2230 US Rt.40 St. Elmo; 618-829-9757; info@connectionse.org; www.connectionse.org; Sunday: Connection Cafe 9:15 a.m., Worship service 10 a.m.; Wednesday: Bible study 6:30-7:30 p.m.; Thursday: prayer meeting 7 p.m.
First Church of God: Pastor Jeremy Smith, 412 N. Walnut, St. Elmo, 829-5640, 829-3389, Sunday: Morning worship, 9:30 a.m.; Sunday school, 10:30 a.m.; Sunday night, 7 p.m., Wednesday: Kids Klub, Youth Fellowship, and Adult Bible Study, 7 p.m.
Kaskaskia: Pastor Nick Robertson, Sunday School 9 a.m., Sunday Service 10 a.m. Bible study and Frog Children's Program Wednesday, 6:30 p.m.; Located 2 1/2 miles west of Wright's Corner
New Horizons: Pastor Kent "Pee Wee" Denton, 502 W. Tower Rd. St. Elmo, Sunday School 9:30 a.m., Worship 10:30 a.m.
St. Elmo Seventh Day Advent: Pastor Florin Liga, 801 N. Main, St. Elmo, 829-9227 www.stelmoadventist.org Church Service Saturday 11 a.m. and Sabbath School - Saturday 9:30 a.m. Prayer meeting every Thursday night at 7 p.m.
The Table: 501 N. Main, Wednesday and Saturday, Cafe opens at 6 p.m., Service at 7 p.m.; Bible Study Tuesday evenings, Cafe at 6 p.m., study at 7 p.m.; Young Adult Group Friday evenings at 7 p.m.
The Fields Church (Launching Fall 2025): Pastor Samantha Landrus, 100 S Olive St., St. Elmo, 217-234-2795, online services - 8:30am, 10am, 11:30am, samantha.landrus@thefields.church, https://thefields.church/st.elmo/
St. Elmo Community Church: Pastor Jeff Morrison, 215 N. Walnut, St Elmo 829-3364, Sunday Worship 10:35 a.m., Sunday School 9:30 a.m.

Vandalia Area Churches

Bethel Baptist Church: 182 IL 185, Vandalia, IL 62471, 618-326-7451
CenterPointe Church: 1616 Veterans Ave, Vandalia, IL 62471, 618-283-9100
Crown Point Church: Country Club Road South, Vandalia, IL 62471, 618-339-1646
Family Worship Center: 1803 Janette Dr, Vandalia, IL 62471, 618-283-0700
First Christian Church: 305 N 5th St, Vandalia, IL 62471, 618-283-2001
First Church of God: 3001 Thril Hill Road, Vandalia, IL 62471, 618-283-1718

First Pentecostal Church: 1009 W Gallatin St, Vandalia, IL 62471, 618-283-0714
First Presbyterian Church: 1221 W Fillmor St, Vandalia, IL 62471, 618-283-0937
First United Methodist Church: 127 N 4th St, Vandalia, IL 62471, 618-283-3684
Holly Cross Lutheran Church: 726 W Fillmore St, Vandalia, IL 62471, 618-283-1133
Metro Community Church: 1500 W Jefferson St, Vandalia, IL 62471, 618-283-3465
Mother of Dolores Catholic Church: 322 N 7th St, Vandalia, IL 62471, 618-283-0214

Northside Christian Church: 1845 Jackson St, Vandalia, IL 62471, 618-283-1970
Parkview Free Methodist Church: 1507 W Jefferson St, Vandalia, IL 62471, 618-283-0799
St James Lutheran Church: 727 W Gallatin St, Vandalia, IL 62471, 618-283-0725
Unity Baptist Church: 716 County Rd 1700 N, Vandalia IL 62471, 618-283-1113
Vera Baptist Church: 29 E 2045 Ave, Ramsey, IL 62080, 618-267-4736

Focus On The Family with Jim Daly

Strategies for Prioritizing Family Meals

Q: How can we make family meals a priority when we're all so busy? Our schedules are nuts. Whether I'm working from home or go to the office, I often don't finish until at least 6 p.m. Then I have to fix dinner while the hungry crew waits impatiently -- or just does their own thing.

Jim: Let's start by acknowledging that as a working mom with a busy family, you're not positioned to serve up the kind of family dinners your great-grandmother likely produced. That's OK. Don't give up, just change your strategy; approach the problem from a different angle.

Remember that shared meals don't always have to happen in the evening or during the busy working week. Sometimes that's just not realistic. Research shows if you can manage three family meals a week, you'll be on the right track. This is achievable if you're willing to adjust your plan to include weekends and other mealtimes. A little creativity and ingenuity can compensate for your lack of time.

One way to do this is to prepare a large number of meals beforehand. Numer-

ous cookbooks, blogs and websites offer practical tips for planning and preparing meals "in bulk" on a once-a-week or even once-a-month basis. If finances allow, you may also want to look at subscription-based services offering customized meal plans, recipes and correlated shopping lists. This can take much of the stress out of food prep so you can focus on the relational aspect of mealtimes.

If you don't want to get involved in planning that far ahead, you may be able to simplify things just by changing your ideas about dinner. The evening meal doesn't have to be a big production. The point is to have some family time around the table. And if you make it a group effort -- everybody pitches in to help -- that amplifies the benefit for all concerned.

Q: I've heard you advocate "cultivating grit and resilience" in children. Tell me more?

Dr. Danny Huerta, Vice President, Parenting & Youth: The ability to overcome challenges is typically the result of grit (the capacity to persevere toward a goal) and resilience (being able to

bounce back from adversity). These, in turn, come from working through difficulties. Unfortunately, many parents shelter kids from disappointment, fear and failure; they may even avoid establishing boundaries out of concern about "bad feelings."

Remember: You don't need to solve all your kids' problems for them. Validate them by acknowledging the challenges they face, but remind them of their capabilities -- and celebrate victories. Emphasize pa-

ience, self-control, faithfulness, humility, respect and creativity as character traits that provide the framework for developing resilience and grit.

Here are several important concepts to teach your children as they learn to cultivate grit and resilience:

-- Fail with a bounce. Losing with a "next time" mindset permits growth. Failing with an "I have something I can work on" mentality provides motivation for

improvement.

-- Push through with a "no matter what" attitude. This helps kids rise above discomfort and learn to sift through their thoughts to pick the best ones, not just the easiest ones.

-- Adopt the "one more" mentality. We all have "one more" in us, even when we feel like quitting. Teach your children to push themselves a bit beyond what they thought they could do.

-- Own your decisions.

Teach them to make decisions, take responsibility for them and avoid blaming others when their decisions don't go well. Ask, "What do you think you should do next?"

-- Pursue growth, not happiness. Kids need to learn early on that happiness is a decision, not a right. It's not based on circumstances, but on their response to circumstances.

These Fine Businesses Support Area Churches

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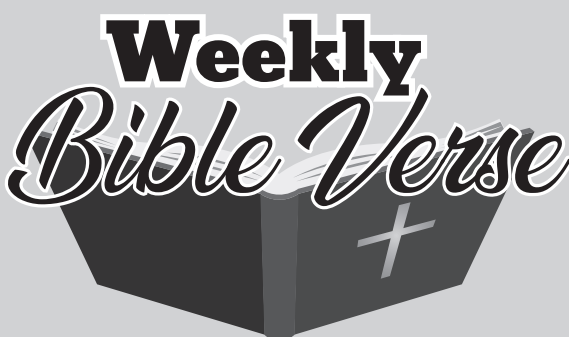
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You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love.
Galatians 5:13 (New International Version)