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## *February Readings*

	<b>First Reading</b>	<b>Psalm</b>	<b>Second Reading</b>	<b>Gospel</b>
<b>Feb 4/5</b>	Isaiah 58:1-9a[9b-12]	Psalm 112:1-9[10]	1 Corinthians 2:1-12[13-16]	Matthew 5:13-20
<b>Feb 11/12</b>	Deuteronomy 30:15-20	Psalm 119:1-8	1 Corinthians 3:1-9	Matthew 5:21-37
<b>Feb 18/19</b>	Exodus 24:12-18	Psalm 2	2 Peter 1:16-21	Matthew 17:1-9
<b>Feb 25/26</b>	Genesis 2:15-17; 3:1-7	Psalm 32	Romans 5:12-19	Matthew 4:1-11

## *Messiah Staff*

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**Nathan Carlson**  
**Sydney Marsh**  
**Kurt Parker**  
**Missy Fite**  
**Marilyn Boston**  
**Karen Bowman**  
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 Custodian, p/t  
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## *From the Desk of Pastor Orin :*

Dear Saints,

Greetings in the name of our crucified, risen, and ascended Lord and coming Savior Jesus Christ!

Time is quickly moving forward, and it will be Lent before you know it. So, I have chosen to write to you about Messiah's 2023 observance of Lent. Plans are for it to be a time of fellowship around a meal prior to worship, beginning on Ash Wednesday, February 22. Each Wednesday, dinner will be at 5:30 p.m. followed by worship at 6:15 p.m.

I am grateful that you are committed to this practice of sharing bread with sisters and brothers of the faith in this beloved community. Thank you for signing up as a group to provide a simple meal during Lent.

It has always been the intent of Lent to emphasize God's call to repentance. Prophets preached this message and so too did John the Baptist, and Jesus in the New Testament. They proclaimed that God desires us to, "Be holy because I am holy" (1 Peter 1:16). Thus, Lent is a reminder that we are set apart.

Throughout the Bible, God's people used visible objects to reveal how the old sinful self is buried with Christ and raised to new life full of joy and peace in the resurrected Lord Jesus.

We are encouraged to do so by Luther who said: "In the time of the New Testament, God has given us Baptism, the Sacrament of the Altar, and absolution to bring Christ very close to us, so that we can have Him not only in our heart but also on our tongue, so that we can feel Him, grasp Him, and touch Him...Thus we perceive God not only with our hearts but also with our eyes and our hands, for He gives us a tangible and visible sign of Himself. At all times God has so governed His people that He could also be recognized visibly by them, lest they say: "If it were possible to find God, we would roam to the ends of the earth in search of Him." If you had ears to hear, it would be needless to wander far in search of God. For He wants to come to you, plant Himself before your very eyes, press Himself into your hands, and say: "Just listen to Me and take hold of Me, give Me eye and ear; there you have Baptism and the Sacrament of the Altar...We can thank God that He placed His dear Son into the lap of His mother Mary. Those who saw Him touched and felt the Son of God; and those who heard Him also crucified the Son of God! And now, when Christ could no longer be perceived personally and physically, He bequeathed to us His Word and Sacraments, which we can perceive with our five senses" (Luther's Works 22:420-21). So, this Lent, we will emphasize hearing and learning from God's word with other bodily senses.

Finally, I have asked Fr Ken Chumbley to partner with me in leading Lenten midweek worship. We hope to feed you well both materially and spiritually with Biblical treasures. So, come, see, touch, smell, taste, and recognize that God is nearer to you than you realize. Then, go out with eternal hope and joy, and reflect the light of Christ into this dark world.

In Christ's service,

Pastor Orin

Heartfelt Thanks!

The Cummings' family wishes to thank you, our Messiah family, for the generous Christmas gift, complete with a beautiful card that encouraged hope and affirms the love of Christ. You make us feel deeply loved and supported in our walk with you. God Bless!

# *Let's Talk Fats: Good, Bad, and Ugly*

Human bodies need some fat from the food that we eat. Many Americans have been told to lose weight or decrease fat intake. We need to understand the terminology and what fat does. Fat is a major source of energy. Fat aids in absorption of some vitamins and minerals. Fat is also needed to build cell membranes (the exterior stabilizer of cells) and develop the sheaths around nerves (vital for proper working of nerve impulses). Fat also plays a role in blood clotting and controlling inflammation. Excess fat is responsible for clogging arteries which supply blood to major organs.

Definitions: Differences in types of fats are primarily related to their chemical structure of carbon and hydrogen. Each type of fat has a slightly different chemical structure.

Trans Fat – is a byproduct of hydrogenation that turns healthy oils into solids and prevents them from becoming rancid. These fats have no known health benefits and no safe level in foods. They are banned in the U.S. **UGLY FAT!**

Saturated Fat – is mostly solid at room temperature and found in butter, whole milk, full fat yogurt and cheese, and high fat meat. **BAD FAT!**

Unsaturated Fat – is mostly liquid at room temperature and found in vegetable oils, seafood and nuts. Polyunsaturated fats are identified as Omega 3 and Omega 6 fats found in sunflower seeds, walnuts, fatty fish. Monounsaturated fats are identified primarily as palmitic acid and are found in olive oil, sesame oil and nuts. **GOOD FAT!**

Triglycerides – fat that is formed by the liver from sugar and refined carbohydrates. **BAD FAT!**

Cholesterol – a waxy substance. Some comes from dietary sources (20%) and some made by the liver to provide energy to cells (80%) Two primary types of Cholesterol are LDL (may cause liver to make more cholesterol, therefore not beneficial), HDL (transports cholesterol to liver to be removed from body, therefore beneficial).

Since the human body produces almost all of the fat needed for energy and other functions, very little extra dietary fat is needed. Fat consumed in food should be limited. Excess fat intake as well as intake of saturated fats is implicated in obesity, heart disease and inflammation which is responsible for several diseases. Excess saturated fats are currently being studied for changing the microbiome (normal bacteria) in the gut. These changes may cause an increase of inflammation.

A healthy eating pattern would focus on “real” (less processed) food. Eat fresh fruits and vegetables without butter or creamy sauces. Substitute skim milk for whole milk. Include plant oils (canola, peanut, olive safflower). Limit fatty red meat by substituting fish, poultry, and lean meat. Reduce sugars and replace processed grains such as white bread and white rice with whole grains and brown rice since our bodies can use these simple carbohydrates to make saturated fats.

Besides dietary measures, it has been shown that a healthy lifestyle should also include daily physical activity which decreases LDL. Stopping smoking will also lead to decreasing LDL.

[www.NIH.gov](http://www.NIH.gov) [www.heart.org](http://www.heart.org) [www.CDC.gov](http://www.CDC.gov) [www.health.harvard.edu](http://www.health.harvard.edu) [www.diabetes.extension.illinois.edu](http://www.diabetes.extension.illinois.edu)  
[www.healthline.com](http://www.healthline.com)

## *LWR Work Returns to Fellowship Hall*

Beginning in February, we will resume meeting in the Fellowship Hall to work on items for Lutheran World Relief. We invite all Messiah women to join together on the **2<sup>nd</sup> and 4<sup>th</sup> Mondays from 9:30 to 12:00 noon**.

We will be cutting T-shirts for making diapers, will have sewing machines available for finishing diapers, and will be tying quilts. We hope to see many women there—the work is gratifying and the fellowship is a gift. If you have questions call or text Marilyn Dial at 850-642-0148 or Vickie Donnell at 417-839-8862. We're ready to get back together and we hope that you will join us.

Also, *Diapers in a Bag*, *Baby Receiving Blankets in a Bag*, and *Quilts in a Bag* (complete with instructions) will still be available to check out to complete at home. These bags can be checked out and returned to the church office during church office hours. If you have question, please contact Rose Hohbein at 417-300-9652.

Marilyn & Vickie

## *Thank You*

A thank you from Linda Waltz:

Thank you for all of the sympathies I have received upon the passing of Judy Bartlett!

## *Worship and Music*

CALLING ALL SINGERS!!!

Who: Sopranos, Altos, Tenors and BASSES  
What: Join us for our EASTER CANTATA  
Where: Messiah Lutheran Church  
When: Sunday, April 9, 2023 @ 9:30 AM Service

Have you been looking for an opportunity to sing in church???

Now is the time to join our Adult Choir- Alleluia Singers as we prepare to sing the Easter portion of Handel's Messiah!

Rehearsals are held in the Sanctuary on Wednesday evenings from 7:30- 8:30 PM.

**\*\*ONLY A 7 WEEK Commitment\*\***  
**\*\*Start attending February 15th\*\***

Please contact our Senior Choir Director - Dawn Gutierrez with any questions or concerns you may have about joining this group.

## *February and March Altar Flowers*

February 4/5	Vic and Peggy Shelton—in memory of Allen Potter Vic and Peggy Shelton—in memory of Allen Potter
February 11/12	Open Open
February 18/19	Holly Marsh—in honor of Sydney Marsh's 27th birthday Lisa Melgren—in memory of Willis Melgren
February 25/26	Hoeman Family—in honor of Paige Hoeman's second birthday Open
March 4/5	Open Open
March 11/12	Open Open
March 18/19	Susan Lane—in memory of Ken and Thelma Lane Open
March 25/26	Open Open

## *Blood Pressure Screenings*

Saturday readings will be done from 4:45 to 5:30 **PRIOR** to the service. Sunday readings will be done from 10:30 to 11:30 **AFTER** the service. If you are not fully vaccinated and boosted, please wear a mask. (Masks will be provided for anyone who needs one.)

Upcoming dates for blood pressure readings:  
February 4 & 5

Mark your calendars—see you there!

## *Book Club*

Book Club meets each 2nd Thursday of the month at 2:30 p.m. in the Church Library.

The book for February is "Caste" by Isabell Wilkenson

February to June book choices:

March—"Damnation Spring" by Ash Davidson

April—"Ordinary Grace" by William Kent Krueger

May—"The Orphan Collections" by Ellen Marie Wiseman

June—"This Tender Land" by William Kent Krueger

## *WELCA General Meeting*

Would you like to make a Lutheran Lenten Rosary to help you travel to the cross with our Lord during the 40 days of Lent beginning February 22?

Join us on February 4, 10:00 AM in the Youth Room for a general meeting. We will have coffee and snacks, a short business meeting and we will make the rosaries together. Look for the poster in the Narthex and sign up to attend. There is no charge; we just want to make sure we have enough kits for everyone. If you have any questions please call Marilyn Dial at 850-642-0148.

We hope to see you there!

## *Crosslines*

Thank you to Linda Elliott, Mary Keidle, Susan Lane, Lisa Melgren, Martha Morris, and Jane Schwab who came on a snowy Jan. 12 day to serve 51 families/104 people at Crosslines.

As people are back to more traveling, the small lotions, shampoos, and soaps from motels can always be used.

Crosslines and other Council of Churches programs are moving the first of February to their new location at 3055 E. Division.

## *Transportation Ministry*

Messiah began its Transportation Ministry on January 22nd, providing rides for 4 Messiah members. It's always good for people who want to be in church to be able to get there!

We are thankful for our dedicated driver, Gene Chrisman. Gene comes to this ministry highly qualified—with a caring spirit and he currently is employed by Fist Transportation, LLC.

We are in the process of putting together a team of members who will "ride-along" on a rotation schedule according to their availability. A fun thing to do to provide support to riders and our driver.

If you know of someone who is in need of transportation to Sunday morning worship or you could "ride-along" contact [vickiedonnell@yahoo.com](mailto:vickiedonnell@yahoo.com) or call/text Vickie at 417-839-8862.

Congregational Care Committee

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*Messiah Spirit February 2025*

**Messiah Lutheran Church**  
925 E. Seminole Street  
Springfield, MO 65807

*\*Return Address Requested*

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## *February Birthdays*

- |  |   |                                     |
|--|---|-------------------------------------|
| <b>February 3</b><br>John Youngquist               | <b>February 12</b><br>Conner Gebken               | <b>February 22</b><br>Katie Colwell |
| <b>February 4</b><br>Nathan Carlson<br>Faye Hudson | <b>February 13</b><br>David Adams                 | <b>February 24</b><br>Genny Maroc   |
| <b>February 5</b><br>Daniel Everett                | <b>February 17</b><br>Jan Skinner<br>Betty Thomas | <b>February 25</b><br>Don Blumberg  |
| <b>February 8</b><br>Jo Ann Kreuger                | <b>February 20</b><br>Sydney Marsh                | <b>February 28</b><br>Carter Bergin |
| <b>February 11</b><br>Marilyn Dowell               | <b>February 21</b><br>Ed Donnell<br>Nora Dimond   |                                     |

*If you do not see your birthday on the list or would like your birthday to be included on the list for another month (or off!), or if you see anything that needs to be corrected, please call the church office.*