

# Fredsville Lutheran Church

## February 2026



### Connect with Us



The Rev. Lee R. Gable, Pastor



32756 150th Street  
Cedar Falls, Iowa 50613



319-989-2065



[www.FredsvilleLutheran.org](http://www.FredsvilleLutheran.org)



[Fredsville@FredsvilleLutheran.org](mailto:Fredsville@FredsvilleLutheran.org)



@Fredsvillelutheran



**YouTube** @Fredsvillevideos



### Upcoming Events

- Feb 2 - QPR Training at New Hartford
- Feb 4 - Confirmation Class
- Feb 11 - Confirmation Class
- Feb 15 - Annual Meeting
- Feb 18 - Ash Wednesday Lent Begins
- Feb 22 - Bowling Sunday
  - at Maple Lanes in Waterloo

**More Events on the Calendar**

### Bowling Sunday Funday

Sunday, February 22 at 1:30 pm

Maple Lanes Bowling Alley - Waterloo

Youth: Free (Can bring one guest)

Adult: \$12

To ensure a reservation, please sign up before Sunday, Feb 15 by emailing [Fredsville@FredsvilleLutheran.org](mailto:Fredsville@FredsvilleLutheran.org). Please include all names/ages of bowlers.

## Birthdays

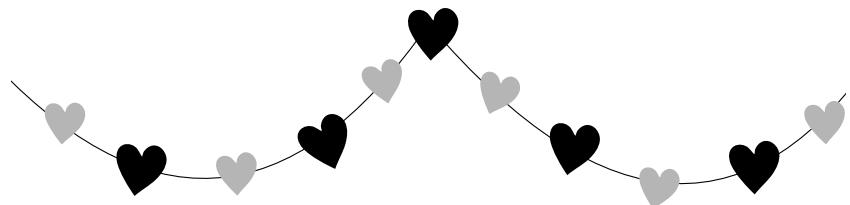
Bryson Grider - 2  
Matthew Opoen - 3  
Tony Norton - 4  
Julie Harberts - 5  
Ryan Petersen - 6  
Alana Husmann - 8  
Heidi Kruger - 10  
Angelene Reinicke - 10  
Alicia Wildeboer - 13  
RayLyn Lott - 14  
Amy Jensen - 16  
Larry Depping - 17  
Beverly Lupkes - 19  
Karol Boike - 22  
Daphnee Lutgen - 22  
Jennifer Verhulst - 23  
Stefanie Swinton - 24  
Jalen Lotts - 24  
Jannan Marx - 25  
LuAnn Petersen - 26  
Travis Wibben - 26  
Madelyn Norton - 27  
Zayden Adams - 27  
Carl Bakker - 29  
Nora Hines - 29  
Paul Nielsen - 29

# FEBRUARY 2026



## Anniversary

Jon & Ann Hilliard - 29



## Prayer List

- **The Family of +Jerry Christensen+**
- **Catherine Petersen**
  - recovery
- **Deana Peters**
  - (SIL of Jana & Cory Hermann)
  - diagnosed with Breast Cancer

These names were received by the church from the individual or their family and have consented to have their names released to the Fredsville congregation. Please do not hesitate to contact the church office (319-989-2065) to be included in our weekly prayers or contact Pastor Lee.

## Pastoral Pondering ... A Recipe for Lent

All four of the Gospels have the story of Jesus feeding the 5000. The disciples had just returned from mission work and Jesus invites them to a time of rest, then the crowds arrive. So, Jesus teaches until it is evening and the disciples want to send everyone away to get food, but Jesus says, "You give them something to eat." All we have is five loaves of bread and two fish. It is enough. Jesus blesses and breaks the loaves and gives them to the disciples and the disciples give them to the people and everyone is fed. A simple supper, that leaves everyone with a full stomach and a full heart. This is a recipe for Lent.

One of my favorite Lent memories were the "Simple Suppers" at my home congregation, Holy Trinity Lutheran Church, in Lanse, Pennsylvania. This was part of our Wednesday evenings in Lent. There would be one or two home made soups and a loaf of bread, lovingly made and offered for all to share. We shared time around the tables in conversation and the warmth of meal together as a family of faith. As the weeks went on more people would be inspired to share, more soup would be offered, another loaf of bread. By the end of Lent the gathering was anything but simple, as multiple crockpots of soup and loaves of bread adorned the table, with plenty left over.

What began as a simple meal together became so much more to those who gathered. The generosity of a few inspired the generosity of others. The joy of food and conversations shared by a few inspired the invitations for others to join in this time of shared community. It wasn't complicated, soup, bread, and friends. That is the recipe for a hearty community of full bellies and full hearts. That's a recipe that I would like to share with you this Lent.

On Wednesday evenings, during Lent, I invite you to a Simple Supper of Soup, Bread, and Friends. We will gather at 6:30pm in the Community Room at the Dike Library. Together we will share a meal, conversations around the table.

I hope that together we can stir in some laughs, prayer, and reflections about following the way of Jesus, a recipe worth sharing with others. I hope generosity will inspire more and invitations will be extended to welcome more friends to feel the warmth of community.

*May the Peace of Christ  
be with you always...*

*Pastor Lee*



# A Word From Fredsville's Council President

Hello Fredsville

Happy February! The month of love, sweet greetings, and the time to spread some extra kindness. In addition to all these wonderful things I wish for you to have FUN this month. As adults sometimes we forget how to have fun and get in touch with our childlike enthusiasm. They say we as we age, we revert to our younger years -- sometimes our very younger years -- and honestly sometimes that's not all bad.

Is it true, everything we needed to know we learned in kindergarten? I am beginning to think so. We learned how to be kind, say thank you, have fun, be inclusive, and make friends. Life was full of new experiences, and we were given the opportunity to explore them without fear of harm. We learned about consequences and learned how to make things right when maybe the situation did not turn out as we had planned. We were quick to forget, and I think more easily to forgive. Our lives were mostly filled with instant gratification. We joyfully engaged in things that we found pleasurable.

We did goofy things and some things our parents will never understand. But really, weren't these happy times? Our worries were who will I make friends with today or what will I play with today? We were inquisitive and thirsty to learn. Each day was a new beginning to fill with all the things we found interesting and delightful. We had fun. Play, eat, sleep, repeat. What a life!

I want you to have fun this month. Exaggerate your enthusiasm for life, love, and rekindle your childhood innocence and creativity. Do something you enjoy or something that makes you smile or something that fills your heart with happiness. Be in the moment. Take hold of the opportunity to laugh and be silly. Step out of your comfort zone and find the child inside. Laugh every day. Live like the doors are wide open and the world is your play ground.

Say yes, this month to take a chance and try something new. Life is short and sometimes can be messy. Enjoy the awkward moments and don't be afraid to laugh at them.

I pray that February is the month for you to have some fun. Love unconditionally. Trust completely in God and enjoy all the good things that he has made available to you. Smile my friends and embrace the child inside of you.

God Bless,  
Brenda-



**Q&A**  
**By: Sue Green**  
**Funeral Luncheons**  
**February 2026**

Now that I am retired, I have been taking my turn in helping out with the funeral luncheons at Fredsville. Providing hospitality and comfort to the family and the friends of the deceased is important so I thought that it would be good to share with you, how the funeral luncheons "work". I would like to thank Jean Loger for her input into this Q & A.

**Q: How do you request a funeral luncheon for your family member?**

A: Jean Loger will serve as your hospitality/luncheon contact person. The family can contact Jean (319-269-3236) or Jean will contact the family. The goal is to make the meal and all hospitality as easy as possible at a time of when there are many emotions and many decisions to be made.

**Q: What happens next?**

A: Jean will ask you if you want a traditional Fredsville funeral luncheon or something different such as a catered meal or special requests. A traditional Fredsville funeral luncheon consists of open-faced sandwiches (ham, turkey, cheese and egg salad), salads, potato chips and an assortment of homemade desserts.

We are flexible and hope to meet your needs/requests as efficiently and easily as possible. If families prefer to have a catered meal and/or something else, we can help coordinate, organize and serve that as well.

The family will be asked if they would like reserved seats in the fellowship hall for the luncheon. An estimated number of seats to be reserved for the family will be needed.

**Q: Who orders the food? How do you know how much food needs to be ordered?**

A: Jean will order the food. One of the questions she will ask you is "How many people do you think will stay for the funeral luncheon?" Based on your answer, she will order the amount of food needed.

**Q: Who pays for the food?**

A: The family pays for the food. All of the food except for the desserts are generally purchased at HyVee. Your food bill becomes part of your funeral expenses. The donated desserts are made with love by members of the Fredsville congregation.

**Q: Who makes the sandwiches, serves the meal and cleans up?**

A: Several members are on a list that Jean uses to find funeral help. The anticipated number of people staying for the lunch determines how many sandwiches need to be made, which determines the number of people that she needs for helping in the kitchen.

**Q: Can anyone help with the making of the sandwiches, serving the meal and cleaning up?**

A: Yes! If you would like to be on the list to help, please give Jean Loger a call at 319-269-3236. She would love to put your name on her list.

**Q: Can men help with the funeral luncheons?**

A: Yes! Whenever possible, a male is recruited to help load/unload the dish washer. The dishwasher trays are heavy and the steam really comes out. Thus, someone who can lift those heavy trays is the V.I.P. of the funeral luncheon help.

**Q: Can anyone bake to donate bars, cake or cookies?**

A: Yes! If you would like to contribute with homemade baked goods, please give Jean Loger a call at 319-269-3236 to be put on her list.

**Q: What is the process for getting the funeral luncheon ready?**

A: The funeral luncheon workers arrive two hours before the start of the funeral service. Some workers begin getting the fellowship hall ready. Are there enough seats? If not, more tables and chairs will be set up. Red paper placemats are set at each seat, along with a white napkin and silverware. Each table will have salt and pepper shakers along with coffee creamer and sugar. Meanwhile, other workers begin making the sandwiches. The food and beverages are prepared for serving.

**Q: What are the various jobs for serving the funeral luncheon?**

A: The workers decide who is going to pour the beverages, who is going to keep the food table full, who is going to be in the kitchen replenishing the sandwich and dessert trays, who is going to keep the salad bowls filled and who is going to be washing the dishes.

**Q: Who is responsibility for putting away the leftover food and cleaning up?**

A: The funeral luncheon workers take care of putting the leftover food away and washing up all the dishes.

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A: The funeral luncheon workers take care of putting the leftover food away and washing up all the dishes.

**Q: What happens to the leftover food?**

A: The family can choose from several options regarding leftover food: take home, donate to the Salvation Army, donate to area friends in need, save to serve following a worship service or confirmation class. Jean will help with this process as needed.

For the last funeral luncheon, the family took home some of the leftover food, offered those attending Worship the next day leftover sandwiches and bars and then donated remainder of the leftover food to the Salvation Army. Due to the current remodeling of the Salvation Army Kitchen, they requested that our donated funeral food be packaged individually so it could be available for "Grab N Go". So, cottage cheese and sour cream containers were re-used to put the leftover broccoli and pasta salads in and bread bags were re-used to package up the leftover potato chips.

Both Kathy (the Cook) and Ellie (the Community Relations Director) were so pleased to receive this donated food! As they were busy with their jobs, I asked the two secretaries that helped me if they could share their favorite Bible verses with me. (My Q & As always include at least one Bible verse.) The secretaries were happy that I asked them and immediately had a verse to share with me.

Secretary Mary: *Jeremiah 29:11 "I alone know the plans I have for you, plans to bring you prosperity and not disaster, plans to bring about the future you hope for."*

Secretary Patricia: *John 3:15 "So that everyone who believes in him may have eternal life."*

A big thank-you goes to Jean Loger for her leadership as the Hospitality/Funeral Luncheon Chair and to all of the Fredsville members who bake and/or serve the Fredsville funeral luncheons. You are doing God's work in providing comfort to the grieving families and friends.

# FREDSVILLE LUTHERAN CHURCH

## Council Meeting Minutes

Date: Sunday, January 25, 2026 11:00 am

### **Call to Order & Devotions**

The meeting was called to order by Council President Brenda Cooper. Pastor led a brief devotion and opening prayer, giving thanks for laughter and community and asking for the Spirit's guidance in the council's conversation and decisions.

Attendance: Linda Nielsen, Roy Stefan, Keene Petersen; Wanda Nielsen, Tom Verhulst, Todd Mikkelsen, Tony Norton, Abby Brekke, Amy Camarata, Pastor Lee.

Guests:

- Dan Crotty (Property Committee / HVAC presentation)

### **New Business:**

Property Committee – HVAC Proposal

Dan Crotty, on behalf of the Property Committee, presented a proposal for HVAC upgrades to the sanctuary and gathering space. Dan provided council with a handout that compared the bids received and discussed the project.

- One unit is unrepairable and the others are aging with repair issues.
- Likely funding sources: primarily the Memorial Fund for this major capital project, with Building fund available for smaller projects. Dan will check whether rebates are available through CFU or other sources; council noted commercial rebates are often more limited than residential.
- Due to the project size, congregational approval is required.
- The goal is to present this proposal for vote at the upcoming annual meeting Feb 15.

Motion: To accept the Property Committee's recommendation to proceed with the HVAC replacement project as proposed by Mike Fereday for a base cost of \$67,781, and to seek congregational approval at the annual meeting to spend up to \$75,000 total for this project (to cover incidental electrical work and other contingencies).

Motion to approve: Amy Camarata

Seconded by: Tony Norton

Vote: Motion carried unanimously.

## **Secretary's Report**

Minutes from the previous council meeting were distributed by Abby via email. Approved via email by majority.

## **Treasurer's / Financial Reports (Linda Nielsen-Treasurer)**

General Fund: \$77,007.97

Building Fund: \$20,014.54

Memorial Fund: \$9,023.40

### Synod/ELCA Benevolence

- Current budgeted benevolence is \$6,000.
- Council discussed the importance of benevolence giving.

Motion: To increase the annual synod/ELCA benevolence line in the 2026 budget from \$6,000 to \$7,000. Linda reminded everyone that once we commit to that amount. We need to honor our commitment, as the NEIA Synod will count on that number. Council understood.

Moved by: Tom Verhulst

Second by: Amy Camarata

Vote: Motion carried.

## **Constitutional & Bylaw Updates**

- Pastor reported required updates from the ELCA and Synod, including:
  - Updated language (Word and Sacrament, Word and Service, deacons, etc.).
  - Minor spelling and wording corrections.
  - Ensuring all previously adopted updates were properly saved and incorporated.
    - A second vote is required on the previously adopted change regarding council spending authority:
  - Council may approve expenditures without congregational vote up to 10% of the last approved budget.
  - This allows the limit to scale with the size of the budget and congregation.
  - These items will be included on the annual meeting agenda.

## **Nominations & Committee Updates**

### **Church Council**

- Outgoing members include Tom Verhulst, Brenda Cooper (President) and Todd Mikkelsen.

- New nominees:

- Amanda Bakker
- Gary Kohen
- One additional council member is still being pursued.

### **Endowment Committee**

- Melissa Loger and Loren Bakker have agreed to serve.

### **Farm Committee**

- Carl Nielsen has agreed to serve.  
- Tom confirmed that the farm lease termination/renewal notice has already been sent for the next cycle.

### **Cemetery Committee**

- Art, Jim, and Roy have agreed to continue serving.

### **Mutual Ministry Committee**

- Meeting pending; no report this month.

### **Abelskiver Supper – April 19**

- Date & Time: Saturday, April 19, 4:00–7:00 p.m.  
- Egg Cracking: Saturday, April 18 at 9:00 a.m. (volunteers invited).  
- Last year's event served approx. 300 people; this year's planning target is 400.  
- Advertising plans include broader outreach, flyers to nearby Lutheran churches, and social media.  
- Proceeds will be shared between:

- Fredsville Family & Youth – to support intergenerational activities (bowling, family events, youth outings, etc.).
- Threehouse Campus Ministries (UNI) – multi-denominational campus ministry providing support, meals, and community for students, including international students.

- Youth will be invited to help serve and participate.

## **Annual Meeting**

- Annual Congregational Meeting: Sunday, February 15.
- Agenda items: approval of reports and budget, HVAC project authorization, constitutional updates, and elections.
- Immediately following the annual meeting, the new council will hold a brief organizational meeting to elect officers.

## **Pastor's Report**

- Christmas worship and the program went very well with strong participation.
- Continued pastoral care through home/facility visits, hospital support, and Jerry Christensen's funeral.
- Confirmation and Bible study are going strong; planning underway for Lent activities.
- Ongoing involvement with candidacy committees and Iowa Faith & Climate Network.
- Outreach includes solar follow-up, Eagle Scout pollinator project, LWR Health Kits, and Bowling Sunday.
- Active in community events and partnerships with Dike UMC.
- Administrative work continues smoothly with annual reports and constitution updates.

## **Next Council Meeting**

Organizational Meeting: Immediately following the annual congregational meeting on February 15.

Next Regular Council Meeting Sunday, February 22 following worship.

**Closing Prayer:** Council closed with the Lord's Prayer.

*Report written by: Abby Brekke, Council Secretary*



## Mary and Martha fun for all

Friday, Feb 20, and Sat., Feb. 21, 2026

*Celebrating and learning and doing.*

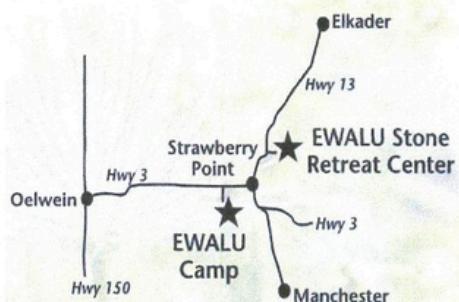
**YOU and your friends are invited to a retreat to celebrate all the Marys and Marthas! This is a Celebration of YOU!**

Who is welcome? Any woman who belongs to the ELCA and their friends.

*A Woman, a Christian, a helper, a doer, a listener, a learner.*

Activities: Bible board games, mixer game, puzzle, ***bring your own crafting projects*** (everything is welcome including: quilting, bandage rolling, knitting & crochet, etc.)

### EWALU STONE RETREAT CENTER



The Stone Center is located just 2.5 miles north of Strawberry Point on Highway 13.

#### **Friday, Feb. 20th**

Arrive any time after 4 p.m.

Join us for a soup supper, hymn sing, games, puzzle, and crafting time.

The overnight stay and meals for the two days are \$45. Beds, bedding, and towels included (You may have to share a room.)

What to bring: comfortable clothes, craft projects are optional, and yourself with a joyful heart.

#### **Saturday, Feb. 21<sup>st</sup>**

Come for the day.

Breakfast and coffee at 8 a.m.; noon meal, Bible study, hymn sing, crafting time and lots of fellowship

Afternoon speakers: Family Resource center, Guttenburg

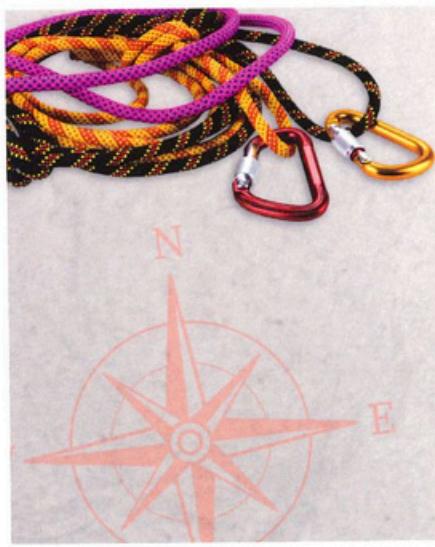
Welcome is at 9 a.m., Day ends at 3 p.m.

Day only rate for meals and building usage is \$20

Registration deadline: **Monday, Feb. 16th**

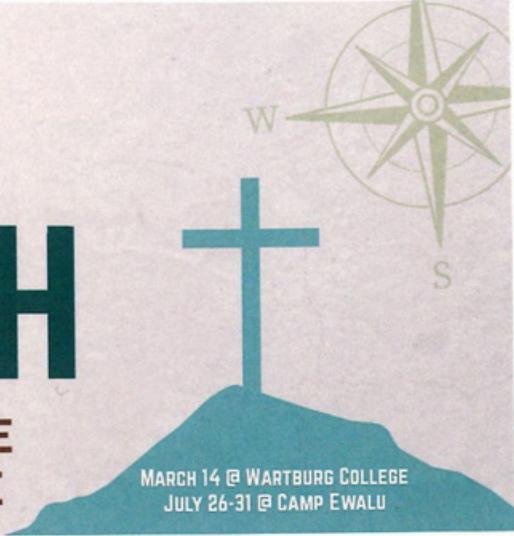
Ladies, this is the perfect mid-winter break! I've attended these retreats in the past and found them uplifting, inspiring and fun. Interested in joining me or have questions, contact me at 319-404-7991 or audreystefan25@gmail.com. **Further information and registration forms are available at the church office.**

- Audrey Stefan



# TRUE NORTH

WHERE ADVENTURE  
BUILDS RESILIENCE



MARCH 14 @ WARTBURG COLLEGE  
JULY 26-31 @ CAMP EWALU

Dear Congregational Leaders,

We are thrilled to announce the launch of **True North—Ewalu's new high-school immersive experience**—both as a single-day spring event at Wartburg College and a full-week summer camp beginning in 2026.

We would love to have your youth in grades 9-12 join us for the **True North Spring Event at Wartburg College in Waverly on Saturday, March 14**. This single-day event will be modeled after a reality TV game show—think a combination of “Survivor,” “The Amazing Race,” and “The Summit”—with youth working together in teams to achieve tasks, complete service projects, and grow in their faith along the way. ***The True North program is tailor-made to build resilience, leadership, and community-mindedness in young people, growing them into people of faith and character.*** (Poster enclosed!)

At the same time, we hope that you consider the **full-week True North summer program July 26-31, 2026, at Camp Ewalu** as an alternative to your typical mission or service trip. The five-night (Sunday to Friday) True North program will deepen the experience of the Spring Event with a full day of service, a day-long adventure experience, and extensive team-building and leadership training, as well as deeply moving faith connections and professional debriefing led by trained staff. ***True North is purpose-built for your youth to come home desiring to connect deeper with their faith and to serve and lead in your congregation and community.*** For the summer program, students can sign up together as a youth group or they can attend as an individual. (Brochure enclosed!)

**Registration opens on December 1** for both the single-day True North spring event (for groups of 2+, with an adult chaperone) and the True North summer camp. Sign up through our website, where you can find more details about both programs: [www.Ewalu.org/TrueNorth](http://www.Ewalu.org/TrueNorth). Group registration is available through the Ewalu office by emailing [office@ewalu.org](mailto:office@ewalu.org) or by calling 563-933-4700.

We'd love to see your youth take part in True North this year! Please contact us with any questions.

**Frank Johnson**  
Ewalu Executive Director  
[Frank@ewalu.org](mailto:Frank@ewalu.org)

**Emily Dreessen Tull**  
Ewalu Program Director  
[Program@ewalu.org](mailto:Program@ewalu.org)

# Graphics

## QPR Training

(Question/Persuade/Refer)

Presented by Alive and Running Iowa

FREE!

Monday February 2, 2026

6:00-7:30 p.m.

New Hartford Community Church

RSVP

Kobey Swarts  
319-404-4435



Fredsville's  
Annual Meeting  
February 15th  
AFTER WORSHIP

Our back up date is  
2/22 the following Sunday



## Fredsville

## Bowling Sunday

22 February, 2026

1:30pm - 3:00pm

Maple Lanes Bowling Center

2608 University Ave, Waterloo, IA



Fun for Everyone !

Join us for Fredsville Bowling Funday  
Please Sign up ahead so that we can  
reserve enough lanes for everyone.

Fredsville will pay for Fredsville youth  
(12 grade and younger) who signup and  
they can bring one friend for FREE!  
Adults who are bowling will pay \$12



CALLED TO CLIMATE ACTION  
2026 CONFERENCE

MARCH 21, 2026

9:00 AM - 5:00 PM

ST. PAUL'S UNITED METHODIST CHURCH, CEDAR RAPIDS

Get inspired, equipped, energized  
& connected for the challenging  
& important journey ahead of us.

SAVE THE DATE!

Get Updates  
iowafaithandclimate.org/ctca



During the months of February and March, Fredsville will once again collect items for Lutheran World Relief Personal Care kits and assemble them on Palm Sunday.

Cleanliness may not actually be next to godliness, but it certainly helps a person feel more human. When families find their homes destroyed, or must flee for their safety, soap and a towel may not make the cut for what they can carry. Arriving in a refugee camp or other place of safety, they are scared, vulnerable and dirty from the travel. The simple items included in these kits provide much-needed self-care, critical germ fighting, and the chance to regain dignity amidst situations of fear and uncertainty. Join us in making a big difference in the lives of our brothers and sisters in Christ.

#### **The following items go in each kit:**

- **One – lightweight cotton or cotton blend bath size towel**
  - (20' x 40' to 27' x 52') dark colors recommended
- **Two or three – bath-size bars of soap equaling 8 to 9 oz.**
  - any brand, in original wrapping; no mini or hotel size bars
- **One – adult-size toothbrush in original packaging.**
  - Multi-packs can be broken down and individually sealed in business-size envelopes.
- **One – sturdy comb**
  - no picks or fine-toothed combs. Remove packaging.
- **One – metal nail clippers.**
  - Remove packaging.



Signup sheet for Soup Supper during Lent is in the entrance. Each week we are looking for two types of soup, a bread item, a dessert, and beverages.

"The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news." - Mark 1:15



*Save  
The  
Date*

# Thank You Notes

Dear Fredsville Community,

Thank you so much for awarding me a scholarship to help with my college expenses. I am very grateful for your generosity and the continued support I have received from my church community.

I also want to thank you for the care package sent before finals week. The snacks, drinks, and gift card were a thoughtful surprise, and were very appreciated during such a busy part of the semester.

As I continue my studies at UNI in Business Analytics and Supply Chain, this scholarship will support me as I work toward my academic and career goals. The confidence and encouragement from my church mean so much to me. Being a part of Fredsville has played an important role in my life, and I am very thankful for the encouragement, guidance, and support I have received over the years. I hope to continue growing and using what I learn to give back to others in the future.

Thank you again for your kindness and generosity. I am extremely thankful for the scholarship and for such a supportive church community!

With gratitude,

Megan Griffith



Dear Fredsville Lutheran Church Endowment Committee,

I wanted to reach out to express my gratitude for selecting me to be a recipient of a Fredsville Lutheran Church Scholarship. I am excited to share that I am about to begin my final semester at Allen College and have accepted a position at MercyOne Hospital in Waterloo. I am especially thankful to begin my career so close to home, surrounded by a supportive community. I truly appreciate the continued support from the congregation and the church throughout my education, including both the care baskets & this scholarship. Once again, thank you for your kindness and support!

Sincerely,  
Shelby A. Ohrt

# Thank You Notes

Thank you Fredsville family for the care package I received in December. Also, thank you for the endowment scholarship that I received to put towards my education degree. It means a lot to be remembered and all is very much appreciated.

Nick Reinicke



Dear Pastor and Members,

Thank you for your recent grant of \$2,000 in support of Lutheran Services in Iowa (LSI)'s Early Childhood programming. This is a significant investment in the communities we serve that will prevent child abuse and neglect and enhance positive outcomes for children in Black Hawk County.

More than 25 years ago, LSI recognized the critical importance of providing early childhood services to at-risk families to prevent child abuse and create strong and stable families. Today, LSI serves families in 28 Iowa counties with Early Childhood Home Visitation services and parent education classes, including Healthy Families America (HFA)-HOPES, New Parent Programs, Parents as Teachers (PAT), NEST, and Parent Cafés. Each program focuses on supporting the entire family and provides parent education to support optimal child development, improve coping skills, and foster both nurturing family relationships and parenting skills.

According to the Adverse Childhood Experiences Study (ACES), only \$1 out of every \$50 spent to treat child abuse goes toward prevention. Investing in prevention, that is, parental support and education, is less expensive and more effective than trying to treat the post-traumatic effects of child abuse. And LSI's work is making a difference. In 2024, 97% of participating families remained free from abuse while in the program.

Because of your generous support, LSI can ensure that these services remain available to Iowans in need. LSI is thankful for your partnership in support of our mission and those we are privileged to serve.

Sincerely,  
Jennifer Monroe-Koopman, Manager of Grant Writing

# Thank You Notes

Fredsville,

The Salvation Army would like to thank the Fredsville congregation for the leftover funeral food (sandwiches, salads and potato chips) that was donated this past week. With our kitchen being remodeled, it was so nice to have the food packaged up for "Grab and Go".

The Salvation Army



Fredsville,

Thank you for generously awarding me the scholarship. Paying for college can be a challenge, and this helps ease that burden.

Zach Adelmund



Dear Church Council,

Thank you very much for supporting the kids who get food from me at school. Every day, students depend on food options such as fresh fruit, cereal, juice, and string cheese being available. This is feeding students who would have skipped lunch otherwise or felt school lunch to be insufficient, as well as some who get fruit, cereal, or juice for breakfast. Also, my gluten-free student knows he will consistently have good food options when groceries are sometimes lacking at home. Your generosity shows God's love each day!

Sincerely,  
Meridith

# Worship Readings, Prayers, & Introductions from SundayandSeasons.com

## Sunday, February 1 - 4<sup>th</sup> Sunday after Epiphany

**Green**

Who are the blessed ones of God? For Micah, they are those who do justice, love kindness, and walk humbly with God. For Paul, they are the ones who find wisdom in the weakness of the cross. For Jesus, they are the poor, the meek, the merciful, the pure in heart, the peacemakers, those who mourn, and those who hunger for righteousness. In baptism we find our blessed identity and calling in this countercultural way of living and serving.

### **Prayer of the Day**

Holy God, you confound the world's wisdom in giving your kingdom to the lowly and the pure in heart. Give us such a hunger and thirst for justice, and perseverance in striving for peace, that in our words and deeds the world may see the life of your Son, Jesus Christ, our Savior and Lord. Amen.

- **Micah 6:1-8** - The offering of justice, kindness, humility
- **Psalm 15** - Lord, who may abide upon your holy hill? (Ps. 15:1)
- **1 Corinthians 1:18-31** - Christ crucified, the wisdom and power of God
- **Matthew 5:1-12** - The teaching of Christ: Beatitudes

## Sunday, February 8 - 5<sup>th</sup> Sunday after Epiphany

**Green**

Light shines in the darkness for the upright, the psalmist sings. Isaiah declares that when we loose the bonds of injustice and share our bread with the hungry, the light breaks forth like the dawn. In another passage from the Sermon on the Mount, Jesus, the light of the world, calls his followers to let the light of their good works shine before others. Through baptism we are sent into the world to shine with the light of Christ.

### **Prayer of the Day**

Lord God, with endless mercy you receive the prayers of all who call upon you. By your Spirit show us the things we ought to do, and give us the grace and power to do them, through Jesus Christ, our Savior and Lord. Amen

- **Isaiah 58:1-9a [9b-12]** - The fast God chooses
- **Psalm 112:1-9 [10]** - Light shines in the darkness for the upright. (Ps. 112:4)
- **1 Corinthians 2:1-12 [13-16]** - God's wisdom revealed through the Spirit
- **Matthew 5:13-20** - The teaching of Christ: salt and light

# Worship Readings, Prayers, & Introductions from SundayandSeasons.com

## Sunday, February 15 - Transfiguration Sunday

White

Today's festival is a bridge between the Advent-Christmas-Epiphany cycle that comes to a close today and the Lent-Easter cycle that begins in several days. On a high mountain Jesus is revealed as God's beloved Son, echoing the words at his baptism. This vision of glory sustains us as Jesus faces his impending death in Jerusalem. We turn this week to Ash Wednesday and our yearly baptismal journey from Lent to Easter. Some churches put aside the alleluia at the conclusion of today's liturgy. This word of joy will be omitted during the penitential season of Lent and will be sung again at Easter.

### Prayer of the Day

O God, in the transfiguration of your Son you confirmed the mysteries of the faith by the witness of Moses and Elijah, and in the voice from the bright cloud declaring Jesus your beloved Son, you foreshadowed our adoption as your children. Make us heirs with Christ of your glory, and bring us to enjoy its fullness, through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever.

Amen.

- **Exodus 24:12-18** - Moses enters the cloud of God's glory on Mount Sinai
- **Psalm 99** - Proclaim the greatness of the Lord; worship upon God's holy hill. (Ps. 99:9)
- **2 Peter 1:16-21** - The apostle's message confirmed on the mount of transfiguration
- **Matthew 17:1-9** - Revelation of Christ as God's beloved Son

## Wednesday, February 18 - Ash Wednesday

Purple

On Ash Wednesday we begin our forty-day journey toward Easter with a day of fasting and repentance. Marking our foreheads with dust, we acknowledge that we die and return to the earth. At the same time, the dust traces the life-giving cross indelibly marked on our foreheads at baptism. While we journey through Lent to return to God, we have already been reconciled to God through Christ. We humbly pray for God to make our hearts clean while we rejoice that "now is the day of salvation." Returning to our baptismal call, we more intentionally bear the fruits of mercy and justice in the world.

### Prayer of the Day

Almighty and ever-living God, you hate nothing you have made, and you forgive the sins of all who are penitent. Create in us new and honest hearts, so that, truly repenting of our sins, we may receive from you, the God of all mercy, full pardon and forgiveness through your Son, Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever.

Amen.

- **Isaiah 58:1-12** - The fast that God chooses
- **Psalm 58:1-17** - Have mercy on me, O God, according to your steadfast love. (Ps. 51:1)
- **Matthew 6:1-6, 16-21** - The practice of faith

# Worship Readings, Prayers, & Introductions from SundayandSeasons.com

## Sunday, February 22 - 1<sup>st</sup> Sunday of Lent

**Purple**

Today's gospel tells of Jesus' temptation in the desert. His forty-day fast becomes the basis of our Lenten pilgrimage. In the early church Lent was a time of intense preparation for those to be baptized at the Easter Vigil. This catechetical focus on the meaning of faith is at the heart of our Lenten journey to the baptismal waters of Easter. Hungry for God's mercy, we receive the bread of life to nourish us for the days ahead.

### **Prayer of the Day**

Lord God, our strength, the struggle between good and evil rages within and around us, and the devil and all the forces that defy you tempt us with empty promises. Keep us steadfast in your word, and when we fall, raise us again and restore us through your Son, Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever.

Amen.

- **Genesis 2:15-17; 3:1-7** - Eating of the tree of the knowledge of good and evil
- **Psalm 32** - Mercy embraces those who trust in the Lord. (Ps. 32:10)
- **Romans 5:12-19** - Death came through one; life comes through one
- **Matthew 4:1-11** - The temptation of Jesus in the wilderness for forty days

## Sunday, March 1 - 2<sup>nd</sup> Sunday of Lent

**Purple**

During Lent we journey with all those around the world who will be baptized at the Easter Vigil. In today's gospel Jesus tells Nicodemus that he must be born of water and Spirit. At the font we are given a new birth as children of God. As God made a covenant with Abraham, in baptism God promises to raise us up with Christ to new life. From worship we are sent forth to proclaim God's love for all the world.

### **Prayer of the Day**

O God, our leader and guide, in the waters of baptism you bring us to new birth to live as your children. Strengthen our faith in your promises, that by your Spirit we may lift up your life to all the world through your Son, Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever.

Amen.

- **Genesis 12:1-4a** - The blessing of God upon Abram
- **Psalm 121** - I lift up my eyes to the hills; my help comes from the Lord. (Ps. 121:1, 2)
- **Romans 4:1-5, 13-17** - The promise to those who share Abraham's faith
- **John 3:1-17** - The mission of Christ: to save the world

# February 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Worship 9:30 am Sunday School 10:30 am		Bible Study 9:00 am		Quilters 9:00-11:30 am		
1	2	3	4	5	6	7
Worship 9:30 am Sunday School 10:30 am		Bible Study 9:00 am		Quilters 9:00-11:30 am		
<b>Choir Practice Starts</b> 8:45 am Dike Methodist 11:30 am		Pillowcase Dresses 9:00 am			Pastor's Day Off	
8	9	10	11	12	13	14 10:00 am
Worship 9:30 am Sunday School 10:30 am		Bible Study 9:00 am	<b>Ash Wednesday</b> Worship 7:00 pm	Quilters 9:00-11:30 am		
<b>Annual Meeting</b> after service					Pastor's Day Off	
15 <b>Potato Bar</b>	16	17	18	19	20	21
Worship 9:30 am Sunday School 10:30 am		Bible Study 9:00 am		Quilters 9:00-11:30 am		
<i>Annual Meeting -Alt. date-</i>			Lent Simple Supper Dike Library 6:30 pm		Pastor's Day Off	
<b>Bowling Sunday</b> 22 1:30-3pm	23	24	25	26	27	28

## Looking Ahead

**Wednesdays in Lent**  
Simple Supper at the Dike Library  
6:30 pm - Soup & Bread  
7:00 pm - Lent discussion