

The First Word



Pr. Rob O'Berg

Train yourself in godliness, for, while physical training is of some value, godliness is valuable in every way, holding promise for both the present life and the life to come. 1 Timothy 4:7-8

Now that the Christmas decorations are all put away and we've made it through the dawning of a new year, it's time for us to turn our attention to Lent. Ash Wednesday falls on February 18 and we will again have two identical services that day at noon and 6:00. And, as has been our practice for several years now, Moments with Martin will return to YouTube every Wednesday from February 25 to March 25 premiering at 5:00pm.

The theme this year is "Spiritual Disciplines for Everyday Christians." We talk a lot about spiritual disciplines as a church and how enriching they are to our faith lives but they can seem suited only to the professionally religious or spiritual superstars.

But they're not that at all . . . at least, they don't have to be.

This Lent we'll explore each discipline and map out a way to approach them without having to commit hours per week to creating a whole new routine. Every week we'll explore the history and development of a particular discipline and offer a "nuts and bolts" introduction to its practice.

Some sample topics will be: "How to Pray like a Monk (without having to be

one)" and "How to Read the Bible While It Reads You!"

The only way any spiritual discipline can work for you is for you to work it. We'll keep things simple and short (15-20 minutes), accessible and, hopefully, interesting and fun. So, tune in the Wednesdays of Lent—exclusive of Ash Wednesday and Holy Week—and get ready to build spiritual muscle as we review ancient spiritual disciplines in a brand new way.

Pastor Rob

Faith is like a muscle;
the more you exercise
it, the stronger
it becomes.



INSIDE THIS ISSUE

The First Word From Pastor Rob	1
Information at a glance	2
Mark your Calendars!	3
Prayers/WELCA and Bulldog Pantry	4
BMAT Puzzle/TLC NextGen	5
February Calendar	6
Birthdays & Anniversaries	7



OFFICE HOURS

Monday CLOSED
 Tues-Thurs 9:00 a.m.- 2:00 p.m.
 Friday 9:00 a.m.- 12:00 p.m.
 (559) 229-8581

Check Out Our Website!

Our website is constantly being updated with new photos, sermons, event information and more! Go to tlcfresno.org and share our website with your friends and family.



**Follow us on
Facebook and
Instagram!**

PRAYER REQUESTS

Did you know that you can put in a request for prayer on Trinity's website? It's simple and you can do it at any time of day or night. Just go to tlcfresno.com and follow the link to put in your request. You'll be put on our prayer list right away!

Congregation Council

A fundamental human need is to be heard.
 Your Congregation Council is here to listen.

Ed Brewer.....	273-6123
Frank Collins.....	250-3589
Wyatt Czeshinski.....	593-5797
Veronica Flanders.....	287-8432
Walt Flanders.....	287-8432
Paul Fountinelle	229-3637
Barbara Stalis.....	270-7708
Shawn Swaim.....	360-1009
Jeff Willis.....	jwillis0312@gmail.com

WEEKLY CALENDAR

Sundays

9:00 am-Contemporary Worship Service
 9:00 am-Adult Bible Study - Conference Room
 9:00am-Chancel Choir - Music Room
 10:30 am-Sunday School (K-6) - Multipurpose Room
 10:30 am-Traditional Worship Service

Mondays

9:00 am-Exercise Class 11am-12pm (online)
j3jordan@hotmail.com

Wednesday

6:00pm-Middle & High School Gathering/Worship
 9:00 am-Exercise Class 11am-12pm (online)
j3jordan@hotmail.com

Thursday

7:00 am-Men's Bible Study,
 12:00 pm-Bell Practice
 1:00 pm-Choir Practice
 6:00 pm-Women's Bible Study

COUNCIL'S CORNER

The Council had its first meeting of the year, during which we elected new Council officers. Frank Collins stepped away from the presidency and our former Vice-President, Shawn Swaim, was elected President. Ed Brewer is our new Vice-President. Jeff Willis is taking over secretary duties and Walt Flanders will be serving as treasurer.

We are thankful for these members' willingness to serve as officers and for all our Council members' faithful service. The next time you see Shawn, Ed, Jeff and Walt, please pat them on the back and wish them (and all of us) a productive year!





Pancake Brunch Fundraiser
on Sunday, February 15 after
both worship services
(\$20 per plate)

Join us February 18
at noon and 6p

ASH WEDNESDAY
Worship



Moments with Martin will
Return to YouTube every
Wednesday from February 25 to
March 25 premiering at 5:00pm.



A SPECIAL DAY FOR ALL WOMEN is coming up on March 14th! we invite you to share that morning with women from our neighboring Lutheran churches as we host the **Conference 9 spring event**. This annual gathering of women reaches out to twelve congregations, including three Hispanic and one Hmong group. The morning will include interesting announcements about Lutheran activities in our area, election of officers, always an inspiring speaker (this year Dr. Charlane Lines, Assistant to our Bishop), a time of worship and Holy Communion, good singing, interesting displays, a coffee-break mid-morning, and lunch together. The theme to be considered will be "I Have Called You By Name."

Please Consider joining us this year! Saturday, March 14th - 9:00 a.m. to 1:00 p.m. Sign-in that morning begins at 8:15 a.m.

You MUST register ahead of time. Cost is \$20. Forms for your convenience can be found in Luther Hall at the welcome center, or on the table in the narthex, or from any circle leader. Just ask!



Lutheran Campus Ministry and the Bulldog Pantry are grateful for your support over the years. Unfortunately we are again this year facing large cuts in our funding from the ELCA. Because of this, your gifts are more important than ever before.

We plan to continue to minister to the young adults in our community while helping the community in hands on ways but we need the support of many who believe in what we are doing. We are sharing the message of God's grace with about 60 young adults each month along with the roughly 400 families that we serve.

Donations of food items, personal care items, and household goods all help us keep our costs down. Please also consider joining our board. If you are concerned about the future of young adult ministry, we have a place for you. Your prayers also mean the world to all of us.



In Our Thoughts and Prayers

Jeremiah Berry; Matthew Fazio, grandson of Liz Davis; Laura Vukovich, granddaughter of Anita Frede; Pamela Leahy, sister of Jeri Techman; Marla Poulsen-Reisman; Elfriede Munday, Ernest Munday; James Niell; Rod Harris; Frank Collins; Norman Stahl; Coleen Schwartz; Lori O'Berg; Felix Brewer, friend of Robby O'Berg; Nancy Waterhouse; Scott & Sharon Rowley; John & Roni Grove; Barbara Cucuk; Sebastian Truax; Lisa Korth, friend of the Techman's; Gary Caskey, brother of Laurell Huber; peace and comfort for the family and friends of Ken Engelman as they mourn his passing; peace and comfort for Dorothy Belcher as she mourns the passing of her brother Brian Rodriguez; peace and comfort for Tim & Jan Odahl and family as they mourn the passing of Tim's brother, Roger Odahl; peace and comfort for Mike & Marla Reisman and family as they mourn the passing of Marla's brother, Gary; Dr. Stephen & Jodi Swanson for their work in Tanzania; the people of the Holy Land; the people of Ukraine and Russia; the people of Venezuela; all victims of natural disasters; victims of violence and terror attacks; our troops, first responders, & their families.

LINKS OF LOVE

Our Links of Love ministry at Trinity reaches out to Trinity members who are homebound or in need of having one of our lay ministers come out and visit, bring Communion, or send cards. Interested or know someone in need,? If so, please call Lisa Collins, at the Church office at 229-8581, and we will make sure to contact you.

Deb Moe
Twindeb2@yahoo.com
559-907-2914

Liz Davis
Twinliz2@icloud.com
559-779-7740



**Bible Study Ministry Action Team
(BMAT) presents the
Bible Puzzle of the Month
“Kids in the Bible”**

Kids play an important part in the history of God's people! Match the child with the event in which he or she played a part.

- | | |
|---------------------------------|--------------------------------------|
| 1. Boy with 5 loaves and 2 fish | a. Raised from the dead by Jesus |
| 2. A prostitute's infant | b. Adopted by Pharaoh's daughter |
| 3. Jairus' daughter | c. Healed by Jesus from a distance |
| 4. Rhoda | d. Entered temple service as a child |
| 5. Moses | e. Feeding of the 5,000 |
| 6. Isaac | f. Servant girl |
| 7. Nobleman's son | g. Case showing Solomon's wisdom |
| 8. Samuel | h. Abraham's long-awaited son |

Answers on page 7



Happy February, Trinity family! One month already down in 2026. I a feeling time is going to fly this year! We have some exciting things happening in NextGen ministries this month, including:

Scary Movie Night on Friday, February 13 from 5-8pm (high school students only)

Pancake Brunch Fundraiser on Sunday, February 15 after both worship services (\$20 per plate)

Ash Wednesday Service on Wednesday, February 18 at 6pm (with a Lunar New Year celebration dinner before at 5pm)

In addition to these exciting events for our children and youth at Trinity, I also want to invite you to join the Adult Bible Study on Sunday mornings at 9am. We have been having a wonderful time studying the assigned Scripture in the lectionary and listening to what the Holy Spirit wishes to teach us each week. I know it is early, but I promise it is worth it!

Thank you all for your continued support and prayers!

Grace and peace,

Josh Lee
NextGen & Outreach Director



February 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1 9a Chancel Choir 9a Cont. Worship 10a Coffee Hour 10:30a Trad. Wrshp. 11:30a Coffee Hour	2 11a Exercise Class via Zoom Exercise class via zoom j3jor-dan@hotmail.com	3 9a Layettes 12p WELCA Board Mtg.	4 11a Exercise Class via Zoom	5 7a MBS 9a CRTA 12p Bells 1p Choir 6p WBS	6 9a Warming Fresno 11a Memorial for Ken Engelman	7
8 9a Chancel Choir 9a Cont. Worship 10a Coffee Hour 10:30a Trad. Wrshp. 11:30a Coffee Hour	9 11a Exercise Class via Zoom	10 1:30p Mary Martha Circle	11 9:30a Pricilla Circle 11a Exercise Class via Zoom	12 7a MBS 9a CRTA 12p Bells 1p Choir 6p WBS	13	14
15 9a Chancel Choir 9a Cont. Worship 10a Coffee Hour 10:30a Trad. Wrshp. 11:30a Coffee Hour	16 OFFICE CLOSED 11a Exercise Class via Zoom 6:30p Evening Spirit	17 OFFICE CLOSED	18 11a Exercise Class via Zoom	19 7a MBS 9a CRTA 12p Bells 1p Choir 6p WBS	20 9a Warming Fresno	21
22 9a Chancel Choir 9a Cont. Worship 10a Coffee Hour 10:30a Trad. Wrshp. 11:30a Coffee Hour	23 11a Exercise Class via Zoom	24 10:30a Good Morning Circle	25 11a Exercise Class via Zoom 1p Good News Circle	26 7a MBS 9a CRTA 12p Bells 1p Choir 6p WBS	27 MBS-Men's Bible Study WBS-Women's Bible Study Contact Pastor Rob for a link to join via Zoom!	28 Warming Fresno is open to all levels of crocheters and knitters and they are willing to teach anyone interested!

February Birthdays & Anniversaries



Walt & Veronica Flanders	2/11/2000
Jerry & Patricia Bailey	2/12/2012
Tim & Sandra Souther	2/14/1984
John & Roni Grove	2/14/2004
John & Becky Malmo	2/24/1996



Karyn Bain	2/01
Linda Carrasco	2/01
Elias Zamora	2/02
Kris Stuebner	2/05
Carol Zellmer	2/06
Leo Dyer	2/06
Sebastian Truax	2/08
Joan Zoldoske	2/13
Carol Goosey	2/14
Carol Fry Bohlin	2/15
Violet Knudson	2/19
Donald Gregory	2/20
Cal Klimper	2/27
Lila Kumar	2/28
Tamara Thompson	2/28



BMAT Puzzle Answers

1. e
2. g
3. a
4. f
5. b
6. h
7. c
8. d

Let all that you do be done in love.
1 Corinthians 16:14

Happy Valentine's Day
February 14th!

Trinity Lutheran Church
3973 N. Cedar Ave.
Fresno, CA 93726
tlcfresno.com
(559) 229-8581

February 2026

RETURN SERVICE REQUESTED

Our Mission:
To Lead People Into The Life-Changing Love of Jesus Christ