

Bulletin Board

February 19, 2023

WELCOME! We praise God for giving us the ability to worship in fellowship today! Please remember that if you wish to social distance there is room, if you want or need to wear a mask we will support you. Please sign the registration books that are in the pews, please pass them to the next person. If you are worshipping from home and watching on Facebook please leave a comment (even if it is just Hi), it would be appreciated.

SUNDAY FELLOWSHIP TIME Join us in the Hillmer Center this week at 10:15 a.m. followed by Bible Class at 10:30. The Adult class is studying Galatians.

INVITATION TO SHROVE PANCAKE SUPPER Our Redeemer Lutheran Church, 904 Bluff Street, Cedar Falls is hosting their Annual Shrove Tuesday Pancake on Tuesday, February 21, 2023. Supper will be served from 4:30 pm to 7:00 pm. It includes all the pancakes you can eat plus sausage and apple sauce. Cost is \$7 for 5 years through adult. Under 5 is free. All are invited to attend.

BLACKHAWK LUTHERANS FOR LIFE MEETING There will be an important Black Hawk Lutherans for Lifemeeting on Sunday, February 26th at 2:30pm at Grace Lutheran Church in Waterloo, IA in the Fellowship Center. If you wish to become a member, are already a member, or are interested in learning more about starting a Life Team at your congregation, please attend this important meeting. For more information, you can call Grace Lutheran Church at 319-235-6705 or email officeadmin@gracewaterloo.org. Thank you for supporting life and praying for an end to abortion, especially here in the Cedar Valley of Iowa.

HYVEE RECEIPTS: DID YOU KNOW? We can earn money for Valley Lutheran School by saving HyVee receipts each year from June through the middle of April. There are labeled buckets on the coatrack shelves for you to deposit your receipts at both entrances. HyVee has been a good partner for many years. We appreciate your support. Thank you!

LWML INVITATION Women of Faith will be hosting the LWML prayer service at 9 am on Saturday, February 25 at Faith Lutheran Church, 1555 W. Ridgeway Ave, Waterloo. All women are invited to attend. Light refreshments will be provided following the service.

FROM VALLEY LUTHERAN SCHOOL Public School Parents: Have you wanted to have your child attend Christian school, but you couldn't swing the cost? With the passage of ESAs, an education at Valley is within your financial reach! After an ESA is applied, a parent's portion of Valley's tuition will be \$1000 for the whole year and you can still apply for financial aid! The ESA bill applies to all incoming kindergarteners and all public school transfers no matter their current grade.

Give us a call to schedule a visit OR pop in for Take a Look Tuesday on February 21st from 11:00 am to 1:30 pm. That date doesn't work? Mark your calendar for Thursday, March 2nd for our Prospective Family Open House from 5:30 to 7:00 pm!

LENTEN SERVICES Ash Wednesday starts the Lenten season and is this week with Holy Communion. Services will be at 11 am and 6:30 pm with supper being served at 5:30 pm. The Youth are serving this week and the menu is spaghetti, penne pasta, garlic bread, salad, desserts and drinks.

A LIFE QUOTE "You did not choose me, but I chose you and appointed you that you should go and bear fruit" (John 15:16). Those words are meant for every one of us. We should never cease to be amazed at God's gifts and timing to bear the fruit of God's love." Lynette Auch, former President of Lutherans For Life – A Life Quote from Lutherans For Life • lutheransforlife.org Hurting from abortion? Word of Hope can help. word-of-hope.org; 888.217.8679.



BUILDING HEALTHY FAMILIES: Did You Know : Researchers at the National Science Foundation discovered that people have between 12,000 and 60,000 thoughts each day – 80% of them negative. What's your percentage? If it's too high, don't be dismayed – do something about it! It's possible to intentionally change your automatic thoughts and as a result your mood, mental wellness, and relationships will all improve. God's word encourages us to "...take captive every thought and make it obedient to Christ." (2 Corinthians 10:15) You can do this! Regardless of where you live, Lutheran Family Service counselors are here to coach you, from a perspective that is consistent with your faith. **Lutheran Family Service** - www.LutheranFamilyService.org. (515.573.3138 and LFSiowa.org)

MEMORY VERSE CHALLENGE - This week the verse is:

1 John 1:8

If we say we have no sin, we deceive ourselves, and the truth is not in us.

CATECHESIS – This week for those using the Catechism Study Guide you should be on the following page number according to what year you are on.

Year 1 is page 19;

Year 2 is page 78;

Year 3 is page 137;

VOLUNTEERS NEEDED Do you have a couple of hours on a Wednesday or two. We are looking for someone to help in the Food Pantry. The work is not hard and the rewards are great. If interested call *Nancy McHone* 230-7608 or the office 235-6705.

HAPPY BIRTHDAY THIS WEEK TO...

TODAY:

MONDAY:

TUESDAY:

Oh no! Did we miss your birthday?

WEDNESDAY:

THURSDAY:

FRIDAY:

SATURDAY:

NEXT SUNDAY: Oh no, not you too!

If we missed your Birthday, Please call the office and let us know! (235.6705)



GRACE FOOD PANTRY



Anyone wishing to donate to the Grace Food Pantry, these are the top items needed:

Cold Cereal, soups, hamburger / tuna helper, 32 oz juices, spaghetti sauce, crackers, soda crackers, rice, pastas, mac n cheese, canned meat, Peanut Butter, canned fruit, tooth paste Shampoo/Conditioner, Body wash, dish soap, cleaning liquids, laundry soap, razors, deodorant and lotions.

We can always use money too. The committee would like to thank all those who have given generously to the Grace Food Pantry! Anyone needing assistance with the Grace Food Pantry please contact either the church office or one of the following people: Sandy Benedett, Lu Kafer, or Nancy McHone. Anyone interested in helping with the food pantry please contact the office or people listed.

VALLEY LUTHERAN

Valley Lutheran MS BB is doing a fundraiser for uniforms at the Cedar Falls Wahlburgers on Monday, February 20th all day. In order to get credit, you will need a ticket. Please email or call the school office at sharron.clement@vlscrusaders.org or 319-266-4565 to find out how you can get one.

Valley Lutheran's Post Prom Committee will be holding a Scrap Metal Drive on Saturday, March 4th from 9:00AM to 2:00PM in the circle drive. Please save your Scrap Metal and drop it off to help us raise money for Post Prom! If you can't make it to the drive, please contact Andy B. at 319-230-2804 to set up a time for us to pick up your scrap metal before March 4th. Please contact Valley Lutheran for a list of items that are and are not accepted. Thank you!

Valley Lutheran is having Take a Look Tuesday, February 21st and March 7nd from 11-1:30. We will also have an Open House on March 2nd from 5:30-7. If you know a family that is interested in finding more out about Valley Lutheran, tell them about these opportunities or they can also email April Schriever at april.schriever@vlscrusaders.org or call her at 319-266-4565 to set up a private tour of the school.

With the winter weather, Please check either Facebook or KWWL for Cancellations if we are having terrible conditions.

A REMINDER: Members wishing to contribute to the recent loan for roofing and air conditioning may do so by marking the memo line on your check for the Properties Repair Loan and leaving your donation in the offering plate or office. All donations to the cause will be directly applied to the loan. Thank you for your generous heart.

Luke 18:35 – “As he drew near to Jericho, a blind man was sitting by the roadside begging.” The last known words of Martin Luther were found scratched on a slip of paper next to his death bed: “We are all beggars; this is true.” All that we have is a gift of God. We are all beggars before Him. Knowing this leaves us with nothing but thankfulness in our hearts.

The Schedule this Week:

The following events have been planned for this week.

TODAY:	
9:00 a.m.	Worship Sanctuary
10:15 a.m.	Fellowship Hillmer Center
10:30 a.m.	Bible Class/Sunday School Hillmer Center/Upper Level
MONDAY:	
6:00 p.m.	Exercise Library
TUESDAY:	
9:00 a.m.	Life Line Screening Hillmer Center
WEDNESDAY:	
8:30 a.m.	Sewing Circle Rm 17
11:00 a.m.	Worship w/Holy Comm. Sanctuary
1:00 p.m.	World Relief Quilters Rm 17
5:15 p.m.	Chancel Choir Practice Music Rm
5:30 p.m.	Supper Hillmer Center
6:30 p.m.	Worship w/Holy Comm. Sanctuary
THURSDAY:	
9:00 a.m.	World Relief Quilters Rm 17
5:30 p.m.	Four Oaks training Hillmer Center
6:00 p.m.	Exercise Library
NEXT SUNDAY:	
9:00 a.m.	Worship w/Holy Commun. Sanctuary
10:15 a.m.	Fellowship Hillmer Center
10:30 a.m.	Bible Class/Sunday School Hillmer Center/Upper Level
2:30 p.m.	Lutherans for Life Meeting Hillmer Center

Youth News

Check in the next Grace Greeting for our activity next month.