

The SHEPHERD'S STAFF

Newsletter of Holy Shepherd Lutheran Church

No. 1, Vol. 55 (2010), January 20, 2010

Pastor's Message

“WHICH WAY, HOLY SHEPHERD?”

Dear Brothers & Sisters in Christ,

God is good! In Christ, God has blessed us abundantly and continues to bless us day after day—and, then, with the ultimate blessing of eternal life! Yes, God is soooooo good!

I hope you have experienced God's goodness and abundance! Maybe it hasn't been in terms of financial blessings, or good health, or peace in your relationships. But even if life *hasn't* been very positive for you, I hope you have experienced the strong and steady presence of God the Father, the forgiveness and love of God the Son, and the power and peace of God the Spirit sustaining you in the midst of life's ups and downs. Because, after all, what God does best is to keep promises. And, in Christ, God promises *abundant* life!

As I write this, it is a week before our annual congregational meeting. You are reading this either just before or shortly after the meeting. One of the things we want to celebrate together as we review the past year and plan for the next one is that we have experienced God's goodness—God's *abundance!*—at Holy Shepherd again in 2009. We

have experienced God's abundance in numerous ways: through the care and love shared with those who needed a boost; in our celebrations together; as God has heard our prayers; as hands and feet reach out with the love of Christ; and, too, in the reality that we experienced a good year financially in spite of a very dismal national economy. The income we received through gifts, tithes, and offerings almost exactly matched the expenses of carrying out the congregation's mission and ministry in 2009. We got by. *This is worth celebrating!*

And, yet, we can't continue to just “get by”—to pay our bills, but not keep stretching and growing in ministry, as God keeps calling us forward, as God's Spirit keeps nudging us! So, we face an important question this year: *Is God calling us to just “get by,” or is God calling us to stretch and grow?*

For me, that is a no-brainer. There is no such thing as “getting by” in mission and ministry as God's church. Why? Because God is a God of *abundance!* God continues to call us to deeper faith, greater service, and more fervent witness to God's awesome, amazing acts! *And* God promises to walk with us, to

guide us, and to sustain us every step of the journey of faith. What could be better than that?!

So—“Which way, Holy Shepherd?” God is calling us ever deeper, ever bolder in faith and service. Will we follow? “Which way, Holy Shepherd?”

Me, I say, “God's way! Deeper. Bolder. More passionate. With trust that God has overcome the fear that often limits my discipleship. And *together*. I can't live boldly and faithfully alone. None of us can. I need you. We need each other. And, together, we *all* need to rest in the promises of God. We need to remind each other and encourage each other with the promise that God is a God of *abundant* life—and that life is most abundant when it is shared!

“Which way, Holy Shepherd? Which way in 2010?”

God's way. Together. In Christ. By the power of the Holy Spirit.

Journeying with You,

Pastor Rick Thompson





Holy Shepherd Women's Super Bowl(ing) Party

Come share in an afternoon of good company, healthy exercise and a chance to win Fabulous Prizes.

It's our 2nd Scotch Doubles Tournament

Sunday, February 7th from 2:00 – 4:30 PM at Holiday Lanes, 10350 W Colfax Ave, just west of Kipling on the south side of Colfax.

Cost: \$5 per person for bowling & shoe rental, \$4 if you have your own shoes.

No prior bowling experience necessary.

Positive attitude required.

Questions? Call Bonnie Yockstick
or Roberta Wentworth

Holy Shepherd Women's Retreat

A Day in the Pines

Saturday, February 27th

8:30am-4:30pm

Evergreen Lutheran Church

Join with old and new friends for:

- ...a little singing
- ...a little worship
- ...a little study
- ...a little mental stimulation
- ...and a whole lot of fun!



Registration forms available in the Fellowship Hall. Questions? Want to help with the planning? Call Bonnie Yockstick or Roberta Wentworth

Attendance, December 2009



<u>Day/Date</u>	<u>5:30pm</u>	<u>8:00am</u>	<u>10:45am</u>	<u>Total</u>
12-6-09	87	67	96	250 note, snow+cold
12-13-09	54	135	130	319
12-20-09	61	149	161	371
12-24-09 Christmas Eve	3pm – 200	5pm – 273	7pm – 157	11pm – 63 Total - 693
12-27-09	28	68	66	162

Financial Report, December 2009

	<u>December 2009</u>	<u>Year-to-Date</u>	<u>Monthly Budget</u>
General Fund Giving	\$48,250	\$518,133	44,310
Expenses	<u>46,540</u>	<u>519,753</u>	44,310
Net Income (Loss)	\$ 1,710	\$(1,620)	
Building Fund Giving	\$12,231	\$119,994	





*Church
Council
News*

Don't miss this opportunity to see where God is leading Holy Shepherd Lutheran Church!



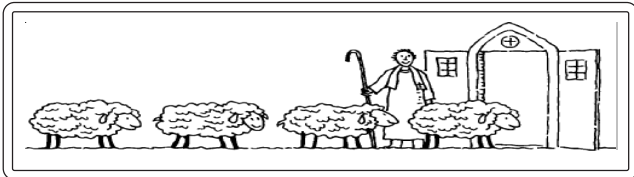
*Annual Meeting –
January 24, 2010 (FH)
Lunch @ 11:45 AM
Meeting begins @ 12:00 Noon*

**ANNUAL
MEETING**

Open Council Positions

- Planning & Staffing
- Stewardship
- Worship & Music

Please be sure to read the Spiritual Gifts article for full descriptions of these open positions, each of which is important to the mission of Holy Shepherd.



HSLC Church Council Members 2009

***Who's New, Who's Moved,
Who Do We Still Need?!***

- President**, Lynne Price
- Vice President**, Del Holz
- Secretary**, Gaylene Szaltzer
- Treasurer**, Sue Keirnes
- Congregational Life**, Barbara Wolter
- Education**, Lisa Grimm
- Evangelism**, Bob Morse
- Fellowship**, Shanda DeAngelis
- Finance**, Gerald Scholten
- Missions**, Andrea Love
- Planning & Staffing**, *Vacant*
- Property**, Sherman Papke
- Stewardship**, *Vacant*
- Worship & Music**, Diane Klinkerfues
(will be vacant for 2010)



**PRIME TIME
NEWS 55+**

There are many opportunities to learn more about Denver, our history and various resources. We are working with RTD'S Senior Ride and will visit the

DENVER FIREFIGHTERS MUSEUM

on Thursday, Feb. 25th

An RTD bus will pick us up at Holy Shepherd and transport us to this museum located at 1600 Blake St. for the 10:00 AM tour. Following this, we will have lunch at the nearby Spaghetti Factory.

Because this is a very popular tour, we have only a limited number of seats reserved; however, we will schedule this again if there is some interest. **We will take reservations on Sunday, Jan. 31st between services, or you may call Andersons on that date.** Cost of the tour is \$4.00 and lunch prices start at \$5.99. RTD round trip bus fare - \$2.00.

At the DENVER FIREFIGHTERS MUSEUM, we will discover the life of a firefighter through a 50 minute guided tour. We'll experience the story of Denver Fire Station One and learn about fire communications, see equipment and share in stories about Denver's biggest fires.

Following the tour, we'll move to the Discount Tire Co. Educational Center to participate in a short 20 minute presentation on fire safety for older adults. This program uses nostalgic radio and TV trivia, songs, pictures and humor to reinforce important fire safety issues specific to older adults.

Reservations will be made for our lunch at the Spaghetti Factory and we'll return to HSLC via RTD.

AARP DRIVER SAFETY CLASSES

In order to take advantage of the discount on your car insurance, these Driver Safety Classes must be taken every three years. Classes will be held at Holy Shepherd in March/April 2011. However, if you need to take a class earlier, the schedules are always posted on the PRIME TIMERS Bulletin Board in the narthex.

Dear God, source of all courage and comfort, help us to be channels of your love through Christ. Amen

Spiritual Gifts

Using your gifts, skills, and passions to serve the Lord! What a better way to grow in faith and to help others learn about the Good News! Opportunities abound, at Holy Shepherd and in our community.

The Spiritual Gifts Team will continue to help you discover and deploy your gifts, skills and passions through workshops, visits and informational bulletin boards. Please continue to look for opportunities on the portable bulletin board and on the board in the fellowship hall.

Currently Holy Shepherd is preparing for our Annual Meeting. At this time there are three council positions open. Listed below is information about those ministries. Please also gather information about opportunities in the lay ministry opportunities binder attached to the fellowship hall bulletin board.

Board of Stewardship Council Representative

Ministry Description: 1) develop stewardship education in the congregation; 2) oversee and encourage a ministry of volunteer service; 3) supervise the receiving of financial commitments from members of the congregation. The Stewardship committee ensures that all the ministries at Holy Shepherd are financially supported according to the budget that is approved at the Annual Meeting in January.

Time Required: Approximately 6 hours per month: Most is in the committee meeting the second Tuesday of the month; Council meetings the third Tuesday of the month; manning the Simply Giving table and with the Kick-Off and Commitment weekends in the fall.

Qualifications or Special Skills or Gifts: The gifts of giving, leadership, administration, service, faith, or wisdom might be useful in this ministry.

Benefits to the Volunteer: Meeting other members of the congregation and helping the congregation and its ministries grow by encouraging and monitoring the financial support.

Board of Planning and Staffing Council Representative:

Ministry Description: 1) Conduct personnel reviews and evaluation of staffing needs on at least an annual basis; 2) recommend goals for the congregation; 3) develop and maintain a Master Plan for the congregation.

Time Required: 6 hours monthly; more time is required for personnel reviews and when special projects are being planned or completed.

Qualifications or Special Skills or Gifts: The gifts of administration, leadership, service, faith, discernment, or wisdom would be useful in this ministry. This person should have people skills and interest in planning and staffing needs of Holy Shepherd.

Benefits to the Volunteer: Looking into the future of Holy Shepherd and making preparations for that as well as maintaining needed personnel levels is very important to the life of Holy Shepherd. You have the ability to learn about the unique staffing needs of a church, the ability to participate in the early stages of planning, and the opportunity to work with the church staff.

Board of Worship and Music Council Representative:

Ministry Description: 1) Arrange in conjunction with the pastoral staff for the ministry of worship and music; provide for acolyte training, ushering staff, assisting ministers, readers, and communion assistants.

Time Required: 6 hours monthly includes committee meetings on the second Tuesday of the month and the council meetings on the third Tuesday of the month. Extra time may be needed to coordinate special programs.

Qualifications or Special Skills or Gifts: The gifts of music (instrumental or vocal), faith, leadership, and administration may be useful in this ministry.

Benefits to the Volunteer: Knowing you are assisting to provide a meaningful worship service and music program for Holy Shepherd.

Please contact Vice President Del Holz or any council member or pastor if you would like to learn more about these opportunities.



Spiritual Gifts Ministry Team:
Sue Keirnes, Emilee Johnson,
Ed & Dianne Schulte, Pastor Michael TeKrony

THANK-YOU

Thank You So Much to the Wonderful Congregation of Holy Shepherd, for all the kind, delicious and generous gifts shared with us at Christmas time. Your thoughtfulness is greatly appreciated, as we, all together, gratefully continue our journey in His service.

The Staff

Thanks to everyone for their prayers and for Pastor Michael and Pastor Rick's calls and visits. We are so fortunate to belong to Holy Shepherd.

Peggy and Bob Dinkel

Thank you for the many prayers, cards and expressions of sympathy after the death of Bob's sister, Sherry Archuleta. Thank you, Pastor Rick, for the beautiful service you provided. We also wish to thank Richard Buethe and Doug Keirnes for ushering and Bob Patterson for operating the sound equipment. It is so comforting to know you all cared so much. How blessed we are to have our "Holy Shepherd Family."

The Lloyd and Archuleta Families

Lloyd & I would like to thank the "Holy Hearts & Hands" for the wonderful job they did cleaning our greenhouse windows. They sparkle and we all had so much fun in the process.

Donna & Lloyd Newland

Dear Friends at Holy Shepherd, Thank you all for the outpouring of love shown to our family during this time of loss. Opening the doors of the church and your hearts for the services for Mother meant the world to us. We plan to visit much more frequently, as we miss you all.

In Him, Patti & Allan Udin



• **Equal Exchange Coffee Sale Dates** – Sundays, February 21 and March 21. Equal Exchange products provide a great way to support the projects of your Mission Committee.

• **JAC Have-a-Heart** – February, 2010, Collection Box at the Sandager Mission Cabinet. February 7, Warm Clothing of all descriptions; February 14, Paper and plastics; February 21, Socks and Underwear; February 28, Items for Baby, including disposable diapers. *Thank you for remembering JAC Clients.*

Personal Reflection –

Use this space for your own, private, answer to the question below.

How do I think I'm being called to deepen my journey with God this year?



Next Host Week March 7 - 14, 2010

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*Happy New Year to All*

*"I will bless you so that you will be a blessing"*  
*"Do unto others as I have done for you"*  
*"Love one another"*  
*"Ask and it shall be given"*

These short biblical paraphrases speak volumes of the outpouring of love and giving during Christmas Week when we housed our IHN guests. So many of you shared your time, gifts, food and Christ's love during the week that it is impossible to thank each and everyone involved individually. We know how busy everyone is at that time of the year and we want you all to know how much your participation meant to our families.

### *Happy, grateful Thanks to all of you.*

It is difficult enough for families to be homeless, but especially sad for them during holidays. So to all who decorated the area, all who provided meals and goodies, those who spent time visiting with the adults and playing with the children, those who donated gifts and grocery cards for food, all who spent the night, all who moved in the beds, set up and moved out, all who drove the guests back and forth to the day site and all who helped with the laundry, and especially for your prayers - we say, *"THANK YOU AND GOD BLESS YOU."* We "asked" and it was "given" and all were truly blessed by the experience.

### *You shared God's love with those in need!*

We had three families that included 3 adults and 5 children ages 4 months to 11 years old. One little girl celebrated a birthday that week. The cake and gifts were very appreciated. All the guests enjoyed the week and expressed their appreciation and gratefulness for all who volunteered and made their Christmas a bit brighter.

### *How, When and Where to help.*

Our next host week is March 7 thru 14, and the other weeks for 2010 are listed below. We were pleased to see "new faces" helping out and encourage all to consider marking your calendars and plan to help in March or any future host week. There are so many areas in which to help. They are listed below and if you have any questions, or want to know more about IHN, please contact any one of the coordinators.

### *The Team!*

Primary Coordinator – Cheryl Holz  
Set-Up & Move Out Coordinators – Jeff & Pat Braden  
Food & Dinner Coordinators – Joan Young, Pat Mohrbacher  
Evening Host Coordinator – Gaylene Szaltzer  
Overnight & Van Driver Coordinators – Jim & Paul Freeman  
Supply & Laundry Coordinators – Marcy Lloyd, Gloria Lloyd



### *VNA Senior Wellness Clinic*

*Upcoming 2010 Dates: 4th Wednesdays*

January 27, February 24, March 24, April 28, May 26, June 23, July 28, August 25,  
September 22, October 27, November 24, and December 22

*9 am – 12 noon, Library*

*Open to members, friends, neighbors*

An RN will be available to trim toenails, check blood pressure and pulse, review medications and answer questions. Charge for nailcare: \$23.00. Appointments: 303-698-6496. Kaiser clients needing nailcare call for pre-approval.



## **MEN: TAKE CHARGE of YOUR HEALTH**

### **The Basics**

Most men need to pay more attention to their health. Compared to women, men are more likely to:

- Smoke and drink
- Make unhealthy or risky choices
- Put off regular checkups and medical care

### **It's not too late.**

Here's the good news: It's never too late to start taking better care of your health.

Make eating healthy and being active a part of your daily routine.

- Get screening tests on schedule.
- Look out for signs of health problems like diabetes or depression.
- Quit smoking.

A healthy diet and daily physical activity can help lower your:

- Blood pressure
- Blood sugar
- Cholesterol
- Weight

Keeping these numbers down can help protect you from diabetes and heart disease.

### **Take Action!**

Do everything you can to protect your health.

### **Talk about it.**

Don't be embarrassed to talk about your health. Remember:

- All men have a prostate. As you get older, you are more likely to have prostate problems. [Learn more about prostate health.](#)
- All men over 50 years old need to get tested for colorectal cancer. Don't put it off.
- Most men feel stressed, anxious, or depressed from time to time. If these feelings last for more than 2 weeks, [talk to a doctor about depression.](#) Most men with depression feel better when they get treatment.

### **Take Action!**

#### **Make small changes every day.**

Make small changes every day and see big results.

- Take a walk instead of having a cigarette or taking a coffee break.
- Try a green salad instead of fries.
- Drink water instead of soda or juice.
- Skip the salt.

### **Take Action!**

#### **Get screening tests to find diseases early.**

[Get your blood pressure checked](#) at least every 2 years. Shop for foods that are low in sodium (salt).

Talk to a doctor about when and how often to [get your cholesterol checked](#). Doctors recommend that most men check their cholesterol at least once every 5 years. Find out if it's time to have your cholesterol checked. Ask your doctor. It's a simple blood test.

[Get tested for colorectal cancer](#) if you are over 50. Ask a doctor what type of screening test is right for you. Get tested regularly for colorectal cancer starting at age 50. All it takes is a visit to the doctor to have a special exam (called a screening). If you have a family history of colon cancer you may need to start earlier than age 50. Ask your doctor what age YOU need to have your first screening test.

[Talk with your doctor about abdominal aortic aneurysm \(AAA\)](#) If you are a man age 65 to 75 and have ever smoked, talk with your doctor about abdominal aortic aneurysm (AAA). Quit smoking to lower your risk of abdominal aortic aneurysm as well as other health issues.

#### **Ask your doctor about taking aspirin every day.**

If you are over 45, [taking aspirin every day](#) could lower your risk of heart attack and stroke. Talk to your doctor to find out if a daily aspirin is the right choice for you.

Gentlemen, this article is from [HEALTHFINDER.gov](#). Live Well. Learn How. I hope you have found this information helpful and can apply its content to YOUR life. I truly hope that 2010 is a HEALTHY & HAPPY year for you. As always, please feel free to contact me at 303-233-2740 X103 or simply ask for The Parish Nurse, or email me at [barb.suder@holyshepherd.com](mailto:barb.suder@holyshepherd.com). I look forward to working with you in 2010.

**Warm regards,**

**~Barb Suder, Parish Nurse~**



# BIRTHDAYS

## February 2010

Names are not included on the website for privacy concerns. Please contact the office if you need a birthday list for the month.

Thanks!



### Church & Staff phone & extension numbers, email addresses



Office Phone (303) 233-2740  
Fax (303) 274-6725  
email: [office@holyshepherd.com](mailto:office@holyshepherd.com)  
website: [www.holyshepherd.com](http://www.holyshepherd.com)

- Pastor Rick Thompson ..... ext. 107  
[pastorrick@holyshepherd.com](mailto:pastorrick@holyshepherd.com)
- Pastor Michael TeKrony ..... ext. 109  
[mtekrony@holyshepherd.com](mailto:mtekrony@holyshepherd.com)
- Karen Novess, Ministry Partner ..... ext. 101  
[knovess@holyshepherd.com](mailto:knovess@holyshepherd.com)
- Barb Suder, Parish Nurse ..... ext. 103  
[barb.suder@holyshepherd.com](mailto:barb.suder@holyshepherd.com)
- Barbara Newman, Office Manager ..... ext. 102  
[barb@holyshepherd.com](mailto:barb@holyshepherd.com)
- Mary Biefel, Secretary ..... ext. 108  
[mbiefel@holyshepherd.com](mailto:mbiefel@holyshepherd.com)
- Dana Anderson, Organist
- Dave Gleason, Director, Chancel & Bell Choirs  
[glea7149@hotmail.com](mailto:glea7149@hotmail.com)
- Carol Dolan, Director, Prime Time Choir
- Joy Folkvord, Director, Kids of the Kingdom and  
Kids for Christ Choirs
- Diane Klinkerfues, Director, Praise Team
- Fellowship Hall/Kitchen..... ext. 201
- Basement/Kitchen..... ext. 202
- Nursery..... ext. 203

### Holy Communion



|                 |            |                      |
|-----------------|------------|----------------------|
| <u>Saturday</u> | 5:30pm     | Traditional Service  |
| <u>Sunday</u>   | 8:00am     | Traditional Service  |
|                 | & 10:45 am | Contemporary Service |



#### The Prayer Chain

is here to support you in prayer. Please phone or email your prayer requests to:  
Dorothy Haldeman @ 303-233-1238; or

Harriet Truman, @ 303-237-2309 or @ [ahtruman@mailstation.com](mailto:ahtruman@mailstation.com)

#### NEWSLETTER DEADLINES ~~

##### Submission of Articles and Calendar Items

**Monthly, Second Wednesday**  
February 10, March 10, April 14  
May 12, June 9, July 14  
August 11, September 8, October 13  
November 10, December 8, 2010

##### Mailing Dates

**Monthly, Third Wednesday**  
February 17, March 17, April 21,  
May 19, June 16, July 21,  
August 18, September 15, October 20  
November 17, December 15

# Education, Youth & Family

## Adult Education

### SUNDAY Mornings

9:30am Bell Choir Room

January 24 & 31,

**Luke & the Mission of God**

*Leader: Pastor Rick*

February 7

**Urban Servant Corps**

Executive Director Krista Ullestad presenting

February 14

**Christ Aid**

with David Mporampora

On **Sunday, Feb. 21 @ 9:30 AM**, Holy Shepherd member Susan Linner will present a slide show from her Middle East travel in 2009, with time for discussion, focusing on Christianity in Egypt and ancient and modern Christianity in Jordan.

### 2<sup>nd</sup> & 4<sup>th</sup> MONDAY of each month

**WEBS - Women's Evening Bible Study**

Jan. 25, Feb. 8 & 22 @ 7 p.m Fellowship Hall

**"Women of the Old Testament"**

Starting with Eve, we will study some of the brave and remarkable women of the Old Testament. In these exciting and fascinating stories we will learn how, in spite of limitations and difficult circumstances, these women's courage and faith in God helped them become key players in the events of their world.

Come and join us for discussion, fellowship, and refreshments!

Contact person: Pat Mohrbacher

### 3<sup>rd</sup> TUESDAY of each month

**Women's Morning Bible Study**

*(formerly WELCA)*

February 16<sup>th</sup> 9:30am Fellowship Hall

**Topic:** *Does God keep promises?*

Romans 11:29

**Study Leader:** Betty Morris

**Hostess:** Darla Trahnstom

**All are Welcome!**

Call Roberta Laursen 303.985.7805 for information.

**Holy Shepherd Book Club**

7:00pm Fellowship Hall

*Book Selection to be announced*

### WEDNESDAY Evenings

**Wednesday Night Life Adult Classes**

6:30 - 7:30pm Library

Videos and discussion of Faith Issues

January 27, Feb. 3 & 10

**CLOSE TO JESUS** – Getting to know more about some of the people most meaningful to the life and times of Jesus (Mary Magdalene, Joseph of Nazareth, Judas, Thomas) Dramatized in 4 DVD's

### THURSDAY Morning

**Lectionary Bible Study**

8:30 – 10:00am

Multi-purpose Room

*Leaders: Pastors Rick & Michael*

*No class January 28<sup>th</sup>.*

### SATURDAY Morning

**Men's Bible Study & Breakfast**

Saturdays, 8:00am Fellowship Hall

*Leader: Dennis Jacobson*

## YOUTH CALENDAR



**SR. HIGH YOUTH GROUP**

**Devotions, Fellowship, Service Work**

*Take a break from your studies to continue to grow in faith as we CONNECT with God and one another.*

**Sunday Nights: 6:00 -8:30pm**



**Youth Fundraiser**

*Homemade Baked Goods*

**February 21**

*between services in the Fellowship Hall*

On the 3<sup>rd</sup> Sunday of each month, the Jr. & Sr. High youth will be offering homemade baked goods for a donation to the Youth Fund. Many items will be available – cookies, cakes, breads etc.

**All baked goods will be lovingly prepared by the youth and their families.**

The money donated will help cover cost for Camps, Gatherings and Mission Trips. Each year approximately \$5 – 6,000 is needed. Your generous support for the youth will be greatly appreciated.

## Education, Youth & Family

### *Wood Carvings*

*Designed by Marvin Briggs*

The wood carvings, that have recently been hung in the narthex, were originally carved for Grace Lutheran Church in Englewood. By Marvin Briggs. Several years ago the church had to close its doors.

When Marvin & Alice left Grace, they were then given back to him. Thankfully, a new home has been found for them!

One panel represents the Holy Communion – the chalice, grapes and crown of thorns, with hand raised to the heavens.

The other panel symbolizes God's Word (Bible) and all of creation, designed as smoke rising up, with sea life, animals and birds in flight, and man in His image.

The dove is the symbol of love and peace.

*"I hope those who see these carvings enjoy them as much as I have enjoyed carving them"*

Marvin Briggs



### **Wednesday Night Life**

*Growing in God's Family*

**5:45– 9:00pm**

WNL is a midweek gathering that will strengthen your body and spirit with food, fellowship, education and song. **Everyone is welcome!**

**NO WNL February 17 - Ash Wednesday**

|             |                                                            |
|-------------|------------------------------------------------------------|
| 5:50 – 6:30 | Dinner                                                     |
| 6:00 – 7:00 | Praise Team Rehearsal                                      |
| 6:20 – 7:20 | Prime Time Choir                                           |
| 6:30 – 7:30 | "Movie Nights"<br>Age 3 – 6 <sup>th</sup> Grade            |
| 6:30 – 7:00 | Kids of the Kingdom Choir<br>Age 3 – 2 <sup>nd</sup> Grade |
| 7:00 – 7:30 | Kids For Christ<br>3 <sup>rd</sup> – 6 <sup>th</sup> Grade |
| 6:30 – 7:30 | Handbell Choir<br>Adult Study                              |
| 6:30 – 7:45 | Confirmation                                               |
| 7:30 – 9:00 | Chancel Choir                                              |



**Jenny's Diner**

**January 27**

"Breakfast for Dinner"  
TBD

**February 10**

Jambalaya  
Salad, Rolls, Fruit, Bread Pudding

**February 3**

Scalloped Chicken  
Dinner Salad, Rolls, Fruit  
Oatmeal Raisin Bars

**February 17**

NO WNL

**February 24 – March 24**

Soup Suppers Begin!

**\* A JAR OF \***

## Love and Appreciation



*Sometimes we forget to show love and appreciation to people who are closest to us. Use this fun craft to let everyone in your family know how much you care.*

### **What you need:**

- Plastic jar with lid
- Heart-shaped foam pieces
- Heart-shaped stickers
- Glue
- Construction paper
- Scissors
- Pencil or crayons

### **What you do:**

1. Decorate the jar and lid with heart-shaped foam pieces and stickers.
2. Cut out 2" or 3" heart shapes from the construction paper.
3. On each paper heart, write what you appreciate and love about your family and each member. Have all family members do this, too.
4. Place the heart messages inside the jar. Fold them in half, if necessary.
5. On each day in February, pull out one heart and read the message aloud to the family.
6. Notice the changes in your family when everyone feels loved and appreciated!

*Holy Shepherd Lutheran Church  
920 Kipling  
Lakewood CO 80215*

**CHANGE SERVICE REQUESTED**

*Time Value -- Mailed January 20, 2009*

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Non-Profit Org.  
U.S. Postage  
PAID  
Golden, CO  
Permit No. 807

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God's  
Work ~  
Our  
Hands

- From a Mission in Kenya.