

Don't be afraid.
Only believe.

Mark 5:36



HEALING

Herb Wehmeyer Will Tissue
Dinah Washington Jeff Klingman
Gloria Enstrom Kramer Collins
Doug Timmons Susie Morgenstern
Laura Zellmer Mallory Weiss
Harry Howe Mary Helene Wagner
Madison Vance Dorothy Lee
Reese Levine Marilyn Norleen
Kathy McCarty Schwab

WELLNESS

Rolf Benseler Ann Brohm
Carol Kramer DeLane Riveness
Marilynn Lyndahl

PEACE / COMFORT

Kitti Colucci

MILITARY

Keep our armed forces safe and give them
courage, hope and strength.

Brian Henson Megan Howard
Peter & Melanie Kler



Altar flowers this morning have been given by Joan Birke in memory of Christian.

Please check out the sign-up sheet in CFM for altar flower donations.! Pick a date and celebrate a special event in your life! Safeway provides the flowers and the cost is \$50.



February 2 Claire Patterson
February 3 Joyce & John Hurley
February 4 Bryant Chow
February 6 Ted & Carol Gamble



Sunday, February 2

9:30 am Congregational Worship
10:00 am Sunday School (PreK-5th Gr.)
10:30 am Coffee Fellowship (CFM)
hosted by Marci Bauer
10:45 am KidMin Sunday School Ends
11:00 - 11:45 am Adult Ed
11:00 am KCCL Bible Study
12:15 pm KCCL Worship

Monday, February 3

10:30 am AA Meeting CFM
11:00 am LARC
3:30 pm OMP

Tuesday, February 4

11:00 am LARC
11:00 am Caregiver Coffee
6:30 pm GS Leaders Meeting

Wednesday, February 5

10:30 am Preschool Chapel
11:00 am LARC
3:30 pm OMP

Thursday, February 6

9:00 am Women's Bible Study
10:30 am Preschool Chapel
11:00 am LARC
6:00 pm Canticle Choir
7:00 pm Shepherd's Bells

Friday, February 7

11:00 am LARC
6:00 pm Del Rey Daisy Troop

Saturday, February 8

8:30 am Chromatica Workshop Day
9:00 am Church Work Day

Sunday, February 9

9:30 am Congregational Worship
10:00 am Sunday School (PreK-5th Gr.)
10:30 am Coffee Fellowship (CFM)
hosted by Juanita Gilbertson
10:45 am KidMin Sunday School Ends
11:00 - 11:45 am Adult Ed
11:00 am KCCL Bible Study
12:15 pm KCCL Worship

Upcoming Events

February 13 Thursday - Loaves & Fishes, Martinez

February 14 Friday - Valentine's Day
Winter Break HSCP Closed

February 17, Monday - Presidents Day
Preschool, Office, LARC Closed

February 23, Sunday - Transfiguration of Our Lord

12 noon Bible & Lunch Bunch Meeting in CFM. Study: John, chapters 3 & 4. Bring your own lunch. Contact Janine Crowe. (Note: This is a change from 2/16.)

February 25, Tuesday 6:00 p.m. Shrove Tuesday

February 26 - Ash Wednesday, Worship 7:00 p.m.

Loaves & Fishes, Pittsburg

February 29, Saturday - Leap Day

Lent 2020 Wednesday, February 26 -
Saturday, April 11



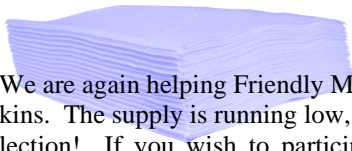
Holy Shepherd Lutheran Church
February 2, 2020
www.holyshepherd.org
Office Hours 8:30 am - 2:00 pm
Monday - Thursday
Phone 925-254-3422



Breaking Bread Lecture

L to R: Ron (parishioner at Holy Trinity Serbian Orthodox), Pastor Pam, Father Vasilije Cvijanovic (Holy Trinity Serbian Orthodox Church, Orinda), Howard Harpham

Father Vasilije presented our church with 2 beautiful volumes of The Serbian Christian Heritage of America and The Christian Heritage of Kosovo. The books are on display in CFM this morning. They will be placed in our library after today.



We are again helping Friendly Manor by providing dinner napkins. The supply is running low, so we are holding another collection! If you wish to participate, please purchase dinner napkins (Dollar Tree, Costco, Safeway, wherever!) and bring to the CFM. There is a red bin near the table in the entry. Thank you! The Service Committee (Karen Rose Kalvass)

Sign-up dates for Loaves & Fishes can be found on the table in the entry to CFM. If you know anyone that could be encouraged to "sign up" on the Roster of interested folks for either please let Pete Schmitt know.

- Martinez - 2nd Thursday of the month
- Pittsburg - 4th Wednesday of the month



Daffodils will be for sale again this spring (March 8th and possibly the 15th) for \$12 each with proceeds to Friendly Manor. Questions: Karen Rose Kalvass.



Save the Date!
Church Fellowship Event
Saturday, March 14
Crab Feed



Serving: Crab (w/melted butter, Pasta, Bread, Salad, Dessert)
\$35/person, \$12/age 12 and under, 2 years and younger free
(Ticket price will include 2 drinks - water, soda, beer or wine)
5:00 - 8:00 p.m.
Look for sign-up sheet today.

Questions: Cristi Chow



Shrove Tuesday

Shrove Tuesday (also known as Pancake Day) is the last day before the period that Christians call Lent. It is traditional on this day to eat pancakes. Join us Tuesday February 25 at 6:00 p.m. in Gregersen Hall for a pancake dinner!



Ash Wednesday	26 th February 2020
Palm Sunday	5 th April 2020
Maundy Thursday	9 th April 2020
Good Friday	10 th April 2020
Easter Sunday	12 th April 2020



The Blanket Ladies
 Making more blankets to send to Chaplains' Wings.
 L to R Diana, Barbara, Louise, Joan, Juanita and Elaine. Thank you for all your time and talents!

Of rocks and repentance . . .

Before recently closing to tourists, Australia's majestic Uluru (formerly called Ayers Rock) was popular with climbers. Many took home illegal souvenirs, sometimes later mailing them back to park rangers after experiencing what they considered bad luck.

So many pilfered mementos were returned, often with notes of apology, that rangers called them "sorry rocks." The returns merely created more work for park staff, who urged visitors not to take specimens in the first place.

"Sorry rocks" is a fitting image for our sins, which the Bible describes as weights and entanglements (see Hebrews 12:1). As sinners, we can't remove those heavy burdens on our own. But through Christ's redeeming work on our behalf, we can "return" the rocks of wrongdoing. When we repent and seek forgiveness, God promises to "remember [our] sins no more" (Hebrews 8:12).



Worship Attendance 1/26
 9:30 a.m.: 64
 Evening Service: 13

The weekly news inserts are available on the church's website every week - go to www.holyshepherd.org and click on Weekly News.

Editor: Linda Hudak, lhudak@holyshepherd.org