

Be Not Afraid.  
I go before  
you always.

## Upcoming Events



### HEALING

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

### WELLNESS

Rolf Benseler Ann Brohm  
Carol Kramer DeLane Riveness

### PEACE / COMFORT

Kitti Colucci

### MILITARY

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

Brian Henson Megan Howard  
Peter & Melanie Kler

### THOSE WHO GRIEVE

Friends and family of Ginny Ruble.



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



January 28 Nina Berchtold  
January 30 Scott Gardner  
February 1 Mitchell Chow  
February 2 Claire Patterson

### Sunday, January 26

9:30 am Congregational Worship  
10:00 am Sunday School (PreK-5th Gr.)  
10:30 am Coffee Fellowship (CFM)  
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  
3:00 pm GS Troop  
5:15 pm Evening Worship

### Monday, January 27

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

### Tuesday, January 28

11:00 am LARC  
11:00 am Caregiver Coffee

### Wednesday, January 29

10:30 am Preschool Chapel  
11:00 am LARC  
3:30 pm OMP  
4:00 pm OMP Chinese New Year Celebration - everyone invited

### Thursday, January 30

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

### Friday, January 31

11:00 am LARC

### Saturday, February 1

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

### Sunday, February 2

9:30 am Congregational Worship  
10:00 am Sunday School (PreK-5th Gr.)  
10:30 am Coffee Fellowship (CFM)  
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



February 13 Thursday - Loaves & Fishes, Martinez  
February 14 Friday - Valentine's Day  
February 17, Monday - Presidents Day  
February 23, Sunday - Transfiguration of Our Lord  
February 26 - Ash Wednesday  
Loaves & Fishes, Pittsburg  
February 29, Saturday - Leap Day

Lent 2020 Wednesday, February 26 - Thursday, April 9



February 2020						
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23	24	25	26	27	28	29

Holy Shepherd Lutheran Church  
January 26, 2020  
www.holyshepherd.org  
Office Hours 8:30 am - 2:00 pm  
Monday - Thursday  
Phone 925-254-3422

Dear Larc Lady-friends -

This is my Christmas note to our friends and teachers who accept us every week - for who we are as well as what we have been (and the blanks that are now part of us). Aging is not a part of life that we have prepared for - it's quite too unexpected and certainly not one we imagined to prepare for - it just happens!

But in this group we accept each other, laughing at ourselves and with each other. These new friends who welcome us each week, accept us for who we are now - not wealthy (sic), not important, but individuals who are learning and accepting a new part of life. Some of us are settling in to accept losses of hearing, memory, and certainly the independence. The loss and the challenge to adjust our every day needs push us to be thankful at what we can do. But we are learning to be grateful (sic) for this love, acceptance we receive from you women who give us understanding and support (as well as laughter and fun!). This is so very special and unique. So we thank you deeply and hope each of you experience a long healthy life with friendships like you have shared with each of us.

My thanks to each of you and your laughter you share with us and the love that is so warm and real. Your friendship and understanding are treasured (sic) and will be for a long time.

Love,

Jo (a participant at LARC)

(Please excuse what my 5<sup>th</sup> grade penmanship has returned back to!! And the spelling!



L to R: Paula, Denny, Elaine, Nadine (standing), Jeanine, Diana, Louise

Dear friends,

What a fun lunch. You did let me talk too much, but then, I usually do. You're such great sports! The lunch was just yummy and we had

"Uber-Elaine" to pick up and deliver us. What could be better? See you all in 2 years!

Paula and Denny

The Women's Bible Study took Paula and Denny to lunch at the Moraga Country Club; the Bible and Lunch Bunch took them to lunch at China Moon. A good time was had by all!

Welcome to the world Maren Leah Shanahan! Born January 3 to John & Angela Shanahan, Maren was 8 lbs. 1 oz., 21 inches! She joins her big sisters, Reagan and Camille, in the Shanahan household!



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)



**Save the Date!**  
**Church Fellowship Event**  
**Saturday, March 14**  
**Crab Feed**  
**5:00 - 8:00 p.m.**  
**Details to Follow**  
**Questions: Cristi Chow**

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



The weekly news inserts are available on the church's website every week - go to [www.hollyshepherd.org](http://www.hollyshepherd.org) and click on Weekly News.

Worship Attendance 9:30 a.m.  
1/19 62

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 ...

Martinez - 2nd Thursday of the month

Pittsburg - 4th Wednesday of the month

please let Pete Schmitt know.

*Loaves and Fishes*  
OF CONTRA COSTA

We're so accustomed to hearing the Bible's "love chapter," 1 Corinthians 13, at weddings and other occasions that we may not really hear its meaning anymore. It can help to listen to something familiar said in different words. What new understandings of love does this paraphrase from The Message Bible reveal to you?



"Love never gives up. Love cares more for others than for self. Love doesn't want what it doesn't have. Love doesn't strut, doesn't have a swelled head, doesn't force itself on others, isn't always 'me first,' doesn't fly off the handle, doesn't keep score of the sins of others, doesn't revel when others grovel, takes pleasure in the flowering of truth, puts up with anything, trusts God always, always looks for the best, never looks back, but keeps going to the end. Love never dies" (1 Corinthians 13:4-8a, MSG).

Editor: Linda