

"Nothing outside a man can make him 'unclean' by going into him. Rather, it is what comes out of a man that makes him 'unclean.'"

- Mark 7:15 -



This Week

Upcoming Events

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 Belle Lindskoog.

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.

HAPPY BIRTHDAY

February 16 Claire Swanback
 February 18 Alanna Lausch
 Austin McManamon
 February 19 Eric Larson
 February 21 Lori Oczkus

Sunday, February 16

9:30 am Congregational Worship
 10:30 am Coffee Fellowship (CFM) hosted by the Merlin's
 11:00 - 11:45 am Adult Ed
 11:00 am KCCL Bible Study
 12:15 pm KCCL Worship

Monday, February 17

Presidents' Day Office, LARC & Preschool Closed
 10:30 am AA Meeting CFM

Tuesday, February 18

11:00 am LARC
 11:00 am Caregiver Coffee

Wednesday, February 19

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

Thursday, February 20

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

Friday, February 21

11:00 am LARC

Saturday, February 22

Sunday, February 23

9:30 am Congregational Worship
 10:00 am Sunday School (PreK-5th Gr.)
 10:30 am Coffee Fellowship (CFM) hosted by Steve & Nina Berchtold
 10:45 am KidMin Sunday School Ends
 11:00 - 11:45 am Adult Ed
 12 noon Bible & Lunch Bunch
 11:00 am KCCL Bible Study
 12:15 pm KCCL Worship

There will be a Memorial Service for Dee Bakken at Our Savior's Lutheran Church in Lafayette, Saturday, February 22 at 2:00 p.m.

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

February 20, Thursday - 9:00 a.m. - Women's Bible Study - Lesson 8, Daniel. Contact person: Janine Crowe

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 - Wednesday 9:30 a.m. Altar Guild, CFM

Ash Wednesday Worship 7:00 p.m. Loaves & Fishes, Pittsburg

February 29, Saturday - Leap Day

(Karen Kalvass will be Sweet 16)

March 4 - Wednesday, 6:00 p.m. Lenten Soup Supper in Gregersen Hall followed at 6:30 p.m. with worship in the chapel in CFM

Lent



Lent 2020 Wednesday, February 26 - Saturday, April 11

Holy Shepherd Lutheran Church
 February 16, 2020
 www.holyshepherd.org
 Office Hours 8:30 am - 2:00 pm
 Monday - Thursday
 Phone 925-254-3422

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



chromatica performs
Hits... In Their Own Time!
Choral Masterpieces and Arrangements of Favorite Songs through the Ages!

Sunday, April 19, 4:00 p.m.
Holy Shepherd Lutheran Church



From Karen Rose Kalvass

Daffodils will be for sale March 8th and possibly the 15th for \$12 each with proceeds to Friendly Manor.

Can you please help with any of the following?

- 1) **Selling daffodils on Sunday March 8.**
- 2) **Identify someone in our congregation that is a shut-in or could use some cheer (let me know if you wish to be indicated as the donor or want it to be from the congregation). If from you, please write a little note card to go with it.**
- 3) **Make 2-3 dozen cookies for the care packages. Need by morning of March 8th.**
- 4) **Help deliver the daffodil care packages.**
- 5) **Sponsor a daffodil care package for \$12 each.**
- 6) **Write notes to be included in the care packages.**

I can help with items _____

Your name: _____

Email and or phone number _____

Care package recipient _____

(put this in the offering plate or contact Karen)

Thanks so much for your help! Please let me know if you have questions.

Karen Rose Kalvass 925.285.4669 or krkvolunteer@gmail.com



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



Just a little note to say Thank you for your, Love, Support, Generosity & Hospitality towards our ministry. You will always be in our Prayers.

Wishing you a Merry Christmas & Happy New Year

With Love,
New Life Band

www.newlifeband.org



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



During the Wednesdays of the Season of Lent, we will be sharing 'Soup Suppers' in Gregersen Hall and reflective worship experiences in the CFM Chapel. Many find these paired times of food and fellowship -- followed by thoughtful worship -- to be a great way to get into the spirit of the Lenten season. Soup Suppers begin promptly at 6:00 p.m. in Gregersen Hall and worship follows at 6:30 p.m. If you're able to bring soup (or bread) to one (or more!) of our midweek events, please sign up on the clipboard in the CFM entryway, or contact Lisa in the Church Office. Our first Lenten Soup Supper for 2020 occurs on March 4.



Check out the sign-up sheet in CFM.

SPECIAL DATES

- ❖ First Sunday in Lent, March 1, 2020
- ❖ World Day of Prayer, March 6, 2020
- ❖ Second Sunday in Lent, March 8, 2020
- ❖ Daylight-Saving Time begins, March 8, 2020
- ❖ Third Sunday in Lent, March 15, 2020
- ❖ First day of spring, March 19, 2020
- ❖ Fourth Sunday in Lent, March 22, 2020
- ❖ Fifth Sunday in Lent, March 29, 2020
- ❖ Palm Sunday, April 5
- ❖ Maundy Thursday, April 9
- ❖ Good Friday, April 10
- ❖ Easter Sunday, April 12

Worship Attendance 2/9: 61

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