

Epistle *February*



Saint Paul's Lutheran Evangelical Church
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MONTHLY NEWSLETTER FEBRUARY 2025

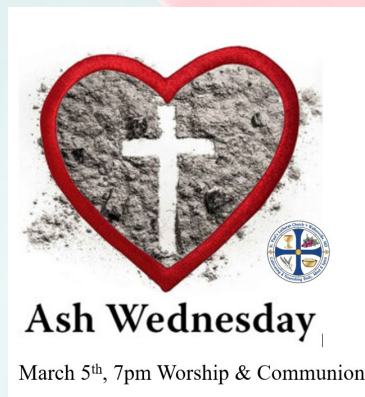
Words That Last Forever

“Lent is often described as a time of preparation and an opportunity to go deeper with God. This means that it’s a time for personal reflection that prepares people’s hearts and minds for Good Friday and Easter.” Each week, the services in this series, ***Words That Last Forever***, by Arden Mead, “focuses on how Christ mapped out his way of suffering with seven famous last words—final phrases that served as tiny touchstones along his path to salvation for us.”

Ash Wednesday is March 5, 2025; service will be at 7:00pm held at St. Paul’s. We will also be continuing our soup and sandwich Wednesday tradition which will begin the week following Ash Wednesday, March 12th at 6pm, with worship to follow at St. Paul’s @ 7pm.

Please see the Lenten and Holy Week Schedules in the weekly emails, bulletins and here in the Epistle.

Pastor is again hosting ***Lager for Lent***. This is a fellowship opportunity to come together and discuss various topics outside of the church setting. Time will be Fridays during Lent at 5:00pm. Suggestions on where to meet are most welcome. Please see Pastor with any ideas. We will begin meeting on March 14, 2025.



Ash Wednesday

March 5th, 7pm Worship & Communion

February Birthdays

Pauline Flanagan	February 4th
Erica Wendt	February 5th
Mary Ann Ferguson	February 9th
Christianna Kutz	February 10th
Diane Fauble	February 11th
Trish Lutz	February 13th
Sarah Carroll-Clveiekoglu	February 14th
Betsy Galliher	February 16th
Diedre Kopp	February 18th
Gabrielle Zeller	February 20th
Nancy Cochran	February 22nd
Debra Plowman	February 23rd
Johanna Waters	February 23rd
Kathleen Edwards	February 25th
Sam Purswell	February 26th
Cynthia Zeller	February 26th
Barbara Cartwright	February 27th
Cameron Chesnik	February 28th

Souper Bowl 2025

Souper Bowl Can Drive!
Now through
Sunday, February 9th!

Bring in soup cans for the
Glade Valley Food Bank.

Can we beat out score of 75 cans
from last year?



Please join us for Friday Evening Bingo!

FOOD* PRIZES * FELLOWSHIP

February 21st, Parish Hall

5:30pm-8:00pm



Blood Drive

The Red Cross and St. Paul's continue to partner in 2024 to bring a blood drive into our community. Our first drive for the year is **March 21st**, please consider making your appointment today, your donation is needed! Click this link to make your reservation!

<https://www.redcrossblood.org/give.html/drive-results?zipSponsor=St%20Pauls%20Lutheran%20Walkersville>

Save the date.
SAVE LIVES.
Blood Drive

Lager for Lent 2025

Join us Friday's
during Lent
@5:00pm for
fellowship and
conversation.
Any suggestions
on where to meet
this year? Please
let the Pastor
know your
ideas!



Starting March 14, 2025 @ 5pm

Stay tuned for location details!

Pastor's Peace

"He heals the brokenhearted and binds up their wounds." Psalm 147:3

As we journey through life, each of us encounters moments of struggle, times when our hearts ache, our bodies suffer, and our spirits grow weary. It is in these times of challenge and pain we often find ourselves yearning for healing, not only in our physical bodies but also in our emotional and spiritual lives. I want to offer words of hope, comfort, and assurance that no matter where we find ourselves, the healing touch of Christ is always near.

In Matthew 9:35, we read that Jesus, "went about all the cities and villages, teaching in their synagogues, and proclaiming the gospel of the kingdom and healing every disease and every affliction." Healing was at the heart of Christ's ministry, and His love for the brokenhearted and the suffering is just as real and powerful today as it was in the time of His earthly ministry. In February, I invite you to focus on healing in your lives and our community, I encourage you to reflect on the many ways God's healing presence is at work among us. Healing, as we know, is not just about physical recovery, it is about wholeness. Healing is about restoring our relationships with God, with others, and with ourselves. Sometimes healing comes quickly, but often it takes time. Sometimes it is evident in an immediate moment of relief, and other times it is experienced more quietly in the slow, steady work of the Holy Spirit in our hearts.

As we walk the grey periods in our lives, those of physical or emotional illness, or when we face the grief of loss, let us remember that healing is not simply the absence of pain. Healing is a process in



Pastor's Peace cont'd

which God works to restore and renew us. God offers us peace that surpasses all understanding and comforts us in ways only God can. We are not alone in our suffering; Christ walks beside us, comforting us with His presence and assuring us we are loved.

In the month of February and at all times, open your hearts to God's healing power. Whether you are in need of physical healing, emotional restoration, or spiritual renewal, turn to God in prayer. Trust that He hears your cries and offers you comfort. If you are feeling distant from God, remember God's arms are always open, ready to embrace you with grace.

Let us continue to support and care for one another as the body of Christ. Healing often happens in community, through prayer, through listening, and through tangible acts of love. If you or someone you know is in need of prayer or assistance, please do not hesitate to reach out. Together, we can be a source of healing for each other. I pray February, and each day, is a time of deep reflection and renewal. May God bring healing to your heart and peace to your soul.

"Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand." Isaiah 41:10

Should you have any questions or concerns, I am glad to speak with you at any time.

Peace Pastor Phil

Email: pastor@saintpaulslutheranchurch.org Cell phone: 202-497-0584

Year Round Stocking Stuffer Project

For years St. Paul's has taken on the stocking stuffer project benefitting The Glade Valley Toy Shoppe at Christmas time. Every year the list grows and the number of stockings needed gets higher.

Kay Wachter devised a plan to help St. Paul's be ready by Christmas!

The Year Round Stocking Stuffer Project. Each month the items of need will be announced and published in the weekly bulletins and emails.

There is a box wrapped with Christmas paper in the overflow area where you can drop off your donations each month. You always have the option for a financial donation as well.

This February we need toothpaste (kids formula) and individually wrapped toothbrushes with soft bristles appropriate for ages 2-6 and 7-12 year olds.

Please see Kay for more details.



Mark your calendars for Friday, February 17, 2025. Why you ask? It's Random Acts of Kindness Day. Never heard of it you say. While the Random Act of Kindness movement began in California in the 1980's, the actual recognition of the day didn't take place until 1995.

In today's society more than ever, there seems to be a need to listen to one another and accept one another's differences. Simply put, BE KIND. Some say that acts of kindness are a way to reflect God's love and to live righteously. Here is some "food for thought". We could all benefit from a kind word or action. Have you ever been a recipient of an act of kindness? Have you ever paid it forward? How do you see kindness and compassion celebrated in our congregation?

In other words, how will you celebrate the Day?

Let's be role models for our children, grandchildren, family and friends and practice random acts of kindness not only for one day, but for a lifetime! One small act of kindness can mean the world to the one receiving it. Visualize a pebble on the water. When the pebble hits the water, the ripples grow.

From Crosswalk – 3 Ways to Practice Kindness Every Day

1. Put others before yourself.
2. Listen – Don't make the conversation about you. Ask yourself, how many times have you said "I".
3. Empathize – Try and put yourself in someone else's situation. Give them a genuine smile and let them know "I understand."

Ephesians 4:32 –

"Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you."

LENTEN Schedule

Our Lenten Journey will be a series entitled **"Words That Last Forever"** which we will follow each Wednesday during Lent, Holy Week, and Easter Sunday.

Ash Wednesday

March 5, 2025 7:00PM, at St. Paul's

Lenten Wednesday Worship—7:00PM at St. Paul's

Holy Week

Wednesday - A blended Choir Service entitled **"Not My Will, But Yours"** @ Bethel 7:00PM
(Soup and sandwich at 6pm)

Maundy Thursday - 7:00PM at ST. Paul's

Good Friday - Noon at Bethel and 7:00PM at St. Paul's
Easter Sunday - 9AM Worship at St. Paul's, 11:15AM
Worship at Bethel



Welcome
NEW COUNCIL MEMBERS

President—Sheila Kahler

Vice-President—Lauren McCloskey

Treasurer—Patty Rimel

Co-Treasurer—Amy Mildenstein

Secretary—Kate Stottlemeyer

Pastor Phil Beck

Ellen Bucheimer

Barbara Cartwright

Nancy Cochran

Marsha Gupta

Susan Hayes

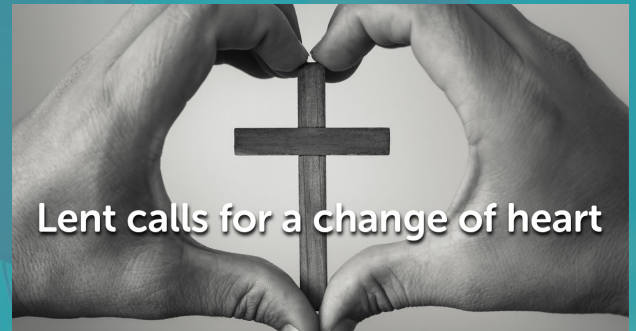
Roxanne Smith

Kate Stottlemeyer

Jamie Sulima

Upcoming Events

February 2, 2025	New Council Installation
February 9, 2025	Final Day for Souper Bowl Canned Drive
February 14, 2025	Valentine's Day
February 15, 2025	Leadership Retreat 8:30am Community Dinner 5:00pm
February 21, 2025	Friday Night Bingo @ 5:30pm
March 5, 2025	Ash Wednesday, Service @ 7pm at St. Paul's



Lent calls for a change of heart