



The Epiphany Star ✨ *February 2024*

*Newsletter of Epiphany Lutheran Church
Fort Wayne, Indiana*

Dear Epiphany,

Last month I shared with you that 2024 was going to be a unique year because of some of the various events that would occur during the year... Ash Wednesday- February 14- Valentine's Day.

In the month of March, we will be celebrating Easter on March 31. Interestingly Easter most frequently occurs on March 31 or April 16 than any other date. Why does that happen? How do they determine when Easter occurs?

The Season of Lent begins on Ash Wednesday, February 14, 2024, and will end on Holy Saturday, March 30. The liturgical season of Lent lasts for forty days, not counting Sundays. They don't count Sundays as we celebrate the resurrection with worship and the sacrament of Holy Communion. The Season of Lent moves according to when the Spring Equinox occurs- the first Sunday following the first full-moon of Spring (March 21 or later). This tradition dates to the Council of Nicaea of 325. The Council of Nicaea is where we have authored the Nicene Creed that we use in worship as a statement of faith.

The Season of Lent serves as a special time of repentance, self-examination, and spiritual renewal in preparation for the celebration of Christ's Resurrection on Easter Sunday. I have been asked many times why the Season of Lent seems to be so "dark" or at least "shrouded." I usually answer to think about why we have the Season of Lent in the first place... Jesus dies on the cross for the ultimate sacrifice for our sins. Jesus willingly dies on Golgotha. When we have done something wrong or broken a law- there is a consequence for our actions. It is called sin. The Season of Lent gives us the opportunity to think and pray about those consequences. We break the relationship with God and God found a way to restore it.

During the Season of Lent- take some time to reflect on the ultimate price Jesus paid for your salvation. Take some time to think about how you can live a better life, because Jesus gave you the opportunity to do that.

God wants to spend time with you, are you willing to turn back and meet God?

Blessings on your Lenten Journey,

Pastor Richard Hartman

Please feel free to stop in or call for any of your Pastoral needs. Our office hours are as follows:



Pastor: Sunday – Thursday 8:00 am – 2:30 pm
Monday evenings, some Saturdays

Dia: Wed & Thurs 10:00 am – 3:30 pm
Other evenings times as needed and available
Please use personal email herbs5@hotmail.com

E-mail Us:

Pastor's office..... pastor@epiphanyfw.com
Pastor's homerlhart49@frontier.com
Dia's office.....Dia@epiphanyfw.com



WEB SITE:

Epiphany Lutheran Church

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www.epiphanyfw.com

Angels Among Us!

We have members of our congregation who do many things behind the scenes, and we want to take the time to recognize just a few in this month's issue!

Thank you, Angels!



Christmas Decorations were put away for another year
Juice and Wine were provided for Holy Communion each week
Newsletters were mailed to homebound church members & visitors
Communion Bread was baked for us!

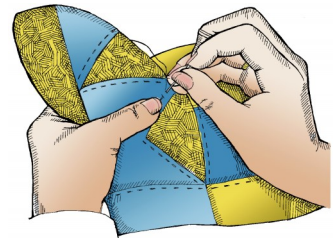
Comfort Ye My People

Our quilting group will meet on
Wednesday, February 7th and
Saturday February 10th from 10-12.

We have 33 Quilts completed.

And 9 tops in process.

Busy people at home sewing tops
and finishing edges!



QUILTING GROUP

STATEMENT
Our Mission
STATEMENT
STATEMENT
STATEMENT

We are Christians, called by God, committed to:

Sharing the Gospel,

Serving others as Christ taught us, and

Creating disciples for witness.

Epiphany Lutheran Church's Vision Statement:

A Christian family of God committed to sharing the Gospel and serving others, through joyful worship,

1924

LOOKING BACK GROWING FORWARD

CELEBRATING A CENTURY OF SENIOR CHRISTIAN CARE

2024

Our Mission: “Sharing Christ’s Love with the ones you love!”

Lutheran Senior Care Ministry Update February 2024

Fort Wayne Lutheran has a front page article in the January edition about LSCM. They will print another article in March about our ministry. A new video is also being prepared for 2024.

We are currently exploring sponsors for our April 18, 2024 Centennial Gala at the Orchid to benefit our ministry. Students in Lutheran schools will participate in the school project ministry this Spring and Fall.

Thank you for your prayers and continued support of this ministry as we serve our community’s elders!

Sue

Join us for Worship
this month!

Every Sunday at 8:00 am or
10:15 am
Also found on Facebook LIVE
and YouTube

Worship Mondays at 7:00 pm

Please join us!

Collecting old Ink Cartridges!!!

***Office Depot will give us
\$2 In rewards
to use towards
paper purchases.***

Place in office!

February
Bible
Readings



February 4th
5th Sunday after Epiphany

Isaiah 40:21-31
1 Corinthians 9:16-23
Mark 1:29-39

February 11th
Transfiguration

2 Kings 2:1-12
2 Corinthians 4:3-6
Mark 9:2-9

February 14th
Ash Wednesday
Joel 2:1-2, 12-17
2 Corinthians 5:20b-6:10
Matthew 6:1-6, 16-21

February 18th
1st Sunday in Lent
Genesis 9:8-17b
1 Peter 3:18-22
Mark 1:9-15

February 25th
2nd Sunday in Lent
Genesis 17:1-7, 15-16
Romans 4:13-25
Mark 8:31-38



Welcome to new Member
Terrie Kitchen

Terri was born in Fort Wayne and grew up in Grabill, IN. She was a Member of Trinity Lutheran where she was baptized and Prince of Peace Lutheran Church in Leo where she was confirmed. She is a graduate of Leo High School and Four Winds Academy of Hair Design.

In 1980 she moved to Adams Lake in LaGrange County and then returned to Fort Wayne in 1999. Her former church was Our Lady of Good Hope and she is a current employee of Parkview Hospital in Housekeeping for 9 years.

Her parents were Nicholas and Delores Kitchen. She is a flower and plant gardener and likes working with pastels. Loves her fur children!

Please welcome Terrie when you see her in a service, she has an every other week Sunday work schedule.

Seven Ways to Deal with Anxiety and Stress

1. **Admit There is a Problem** - that requires a lot of humility, anxiety can make us feel weak where others are strong. The temptation is to keep pushing and hope it goes away. That usually leads to a crash.
2. **Stop Self Medicating in Unhealthy Ways** - you learn to cope in your own way. A response to stress can be snacking constantly on junk food, drink to take the edge off, camp out in front of the television for hours. Non of these are healthy ways to deal with stress or anxiety. We know this, what we don't realize is that this response can work against our body's ability to fight back and get healthy, not to mention what It can do to our soul.
3. **Take Care of Yourself Physically** - In Paul's letter to the Corinthians he encourages believers to remember that our body is a living temple, one that has been bought at a great price, and therefore we ought to glorify God with it. Taking care of our bodies is a spiritual endeavor. Physical health is connected to mental health. Regular exercise has been shown to significantly reduce symptoms of anxiety and depression. Look up the anxiety moment in the Bible 1 Kings 19 - Elijah is so overwhelmed by his circumstances that he wants to end his life. God didn't give him a pep talk, instead he gave him a meal and let him go to sleep. Twice! Learning to rest is an important part of taking care of the body. Sometimes the most Spiritual thing we can do is take a nap.
4. **Be Intentional About What Goes into Your Mind** - Philippians 4:8 Finally brothers and sisters, whatever is true, noble, right, pure, lovely, admirable. If any thing is excellent or praiseworthy, think about these things. Paul is saying whatever we fill our minds with has a profound effect on us. Filling one's mind with the right things.
5. **Don't neglect the spiritual.** We live in a world at war. God wants us to flourish And Satan would like us to suffer. Make a habit of utilizing the power of prayer. Use your supportive Christian Community to help you with the lies satan tries to have you believe.
6. **See a Doctor** - Sometimes it is exactly what we need. Some medications can Help tremendously, don't be afraid to ask about treatments.
7. **Embrace the Blessing of Brokenness** - sometimes getting out of bed is a struggle when you are anxious or depressed. It creates a dependency never experienced before. Hold on to Jesus through prayer, Psalm 23 can be a lifeline. Don't miss what God has for you right now.



Mission Moment for February 2023

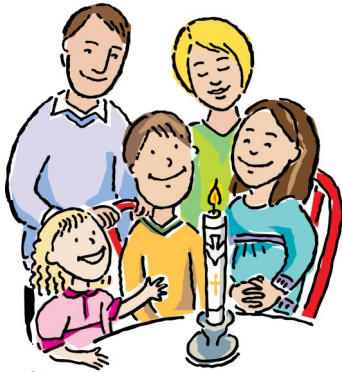
Our Mission for February will be Just Neighbors. They are a local emergency shelter that provides housing for homeless families. They currently are housing 28 people: 12 adults, 4 teenagers, 10 children between the ages of 2-12 and 2 infants.

Here is a list of their needs:

Standard pillows, twin size sheets and pillowcases, bath soap, bathroom cleaner and bowl brush, toilet paper, liquid dish soap, paper towels, scouring powder, broom and dustpan, sponges, 55-gallon trash bags, liquid laundry soap and scrub brushes. Diapers (size newborn to 6) and Pull Ups (girls & boys).

Thank you to everyone who supported
A Baby's Closet in January.
We have collected so many much-needed items.

Blessings, Vickie and Cindy



Baptism Birthday

February Baptismal Birthdays

Rachel Jancso

Jessica Williams

Erin Robinson

Ron Jancso

Chuck Lehman

Taylor Norberg

Anderson Bowman

“Happy birthday” to those who celebrate their second birthday during the month of February! Martin Luther said, *“When you wash your face, remember your baptism.”* Take time to remember and celebrate this month!

Quarterly Congregational Meeting

Our next Quarterly Congregational Meeting is scheduled for
Sunday, February 18th, at 9:00 am.
Breakfast starts at 8:45 am

Don't miss out on this chance to be involved in the life of our church!
All are welcome!

	<u>Feb. 4th</u>	<u>Feb. 11th</u>	<u>Feb. 14th</u>	<u>Feb. 18th</u>	<u>Feb. 25th</u>
	5th Sunday of Epiphany	Transfiguration Sunday	Ash Wednesday	1st Sunday of Lent	2nd Sunday of Lent
Organist/ Pianist			Amanda Pickett		
Assisting Minister	Amber Logan	Rebecca Norberg	None	Mark Herb	Dia Herb
Lector/ Communion Assistant 8:00 am	Nancy and Richard Lee	Cheryl Ralston Dave York	None	Sue Johnson	Kim Robinson
Lector 10:15 am	Jim Davis	Cathy Rumfield	Mark Herb	Nina Haag	Rebecca Norberg
Communion Assistant 10:15 am	Steve Haag	Jack Swanson	Dia Herb	Mike Rumfield	None

Financial Summary

September

Total Giving \$9,312.11
Total Expenses 11,346.09
(\$1,367.36)

November

Total Giving \$11,817.49
Total Expenses 10,084.20
\$1,733.29

October

Total Giving \$15,248.35
Total Expenses 11,556.52
\$3,691.83

December

Total Giving \$14,401.30
Total Expenses 14,371.45
\$ 29.85

Since the start of our fiscal year July 1, 2023 Expenses are more than giving by \$1,023.18. Thank you for the increase in October, November and December!