



### **Our Monthly Prayer**

It's still winter ... but spring is near. It's Lent ... but we're pointed toward Easter. Keep us hopeful, Lord. Our souls are parched like Israel in the wilderness and the woman at the well. Pour into us your forgiveness and love, Lord as we need you now more than ever, and as we encounter others today, help us look on their hearts, as you do. Then lead us to share caring words of love and hope to guide them to you, Lord. In Jesus Holy name we pray, **Amen**

## **First LUTHERAN**

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### Office Hours

Monday—Friday  
8:30 am -  
12:30 pm



Evangelical Lutheran  
Church in America  
God's work. Our hands.

### **Synopsis of the February Council meeting:**

Church council met on February 16.

Lenten services were discussed. Ash Wednesday and Holy Week services will be led by Pastor Rachel Mithelman. Midweek Lenten services will be split between our space and Holy Trinity and St Andrews. Exact dates still pending at the time of the meeting. (Note: these dates are now confirmed, please see the calendar for more information)

Steve Putz has agreed to take over posting on the church sign.

Thank you Steve!

There was no update from the call committee.

Duane Quanbeck volunteered to count offering the first Sunday of the month.

Maria DeRush is leading an adult book study following the book "Stranger God" on Sunday mornings at 8:30. Please consider joining the group for a Sunday or more often!

Council representative assignments for the church committees are as follows:

Service committee: Judy Monroe

Worship committee: Connie Lucas

Faith Formations: Allison Bartholmey

Property Committee: Duane Quanbeck and Steve Putz

Witness committee: Kay Hesse

Fellowship committee: Kay Hesse

**Devotions shared at the February Council meeting was a reading from Here and Now by Henri Nouwen.**

**Here is an except from that reading.**

**"The real enemies of our life are the 'oughts' and the 'ifs.' They pull us backward into the unalterable past and forward into the unpredictable future. But real life takes place in the here and the now. God is a God of the present....That's why Jesus came to wipe away the burden of the past and the worries for the future. He wants us to discover God right where we are, here and now."**

## A message from Pastor Kari Lee.

"You could say that prayer without fasting is like boxing with one hand tied behind your back, and that fasting without prayer is, well, dieting."

- Matt Fradd

It was Lent 3 years ago that I started closing prayers with the line "pray without ceasing". It comes from 1 Thessalonians 5:16-17.

"Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you" (1 Thessalonians 5:16-17).

And just in the last few months I have noticed that I will be in the middle of doing something and I will realize that I am in the middle of praying in my thoughts. I was sermon writing last week and was trying to think of the first female apostle (her name was Junia and she is mentioned in the letter Paul wrote to the Romans) and I the next thing I knew I was a few lines into a prayer for a dear friend who is about to deliver her third child, and first daughter. I may have to suggest Junia as a possible name.

I have been noticing that the prayers my subconscious is thinking keep popping into my conscious thoughts more and more often. When reading Atomic Habits by James Clear when he says "quite literally, you become your habits", it made me think that maybe after all these years I am finally leveling up in my habit of praying without ceasing. Its more than just a nice way to end a prayer that we are struggling to close. It's an actual habit you can form.

Lent is a time of year when Christians utilize or re-engage dormant faith practices like prayer and fasting almsgiving. Letting go of extra items and practices through fasting frees us up to live and think more in-tune with what God's spirit is actively doing around us. Giving over to God through prayer the things that weigh on our minds and hearts enables us to live into our realities fully. Almsgiving when we share what God first gave us with others who are in need of mercy. I confess I feel victim (as many did) to an unhealthy level of consumerism during the 2020 pandemic. I bought so many books and sweatpants to cope with all the disappointment of cancellations and being proactive for safety's sake. You become the habits you practice. Practicing safe care for God's people should have always been on our minds. And we unknowingly began to turn our faith practices into some sort of on demand delivery service. I want to know God right here and now in this way and I expect the results to manifest in this way... or God 2 out of three on his customer service review.

We need both prayer and fasting. Honestly we need almsgiving too! Prayer with our fasting is like boxing with one arm behind your back. Fasting without prayer is just dieting. How often do we try to tackle the bad habits of ours that lead us away from God's purpose for us with just one half of that equation? I confess I talk more about prayer than fasting. And that is a habit I hope to change.

It's not too late to find something to fast from this lent. It's the perfect time to renew your efforts to pray. Just like a boxer uses hands, a sewer uses two bobbins, a student uses both textbooks and real-life experience, you should be emboldened to use all that faith practices at your disposal to aid you in this Lenten journey. May you be blessed and the habits form in love of God and in service to your neighbors.

**Special dates**  
*Bible study every Sunday  
morning at 8:30 A.M.*

*World Day of Prayer,  
March 3, 2023*

*Faith Formations Jam Session  
March 5, 2023*

*Daylight saving time begins,  
March 12, 2023*

*First day of spring,  
March 20, 2023*

### Valentine's date night Painting was a huge success!

Thank you to all of Faith Formations including Artist Rachel Monroe for providing a fun filled evening of painting and fellowship.



### **Zinga News!**

The latest from Tanzania is that IHP-US is embarking on a new project! A new clinic will be built 13 miles northwest of Dodoma and three miles north of the village of Zuzu. This is a growing area in need of medical services. The land is nice and flat, perfect for building.

With the Zinga project handed over to the Tanzanians who have been running it during Covid, Selemani Shabani, Miriam Mugo, and Dr. Bon had been looking for a site for our new clinic. During my trip to Tanzania in January, I (Marie Q) got to see some of the possible sites, and I think Zuzu is a good choice.



**Zuzu Secondary School. This is how flat**

I also visited St. John's University of Tanzania, which is located in Dodoma. As you know, IHP supports the nursing school at the university, and our church has helped raise money to provide a bus to take nursing students around to the villages for educational sessions or to serve their practicums. IHP also supports the nursing school by collecting textbooks for them. Judy Monroe has been able to supply a great number of recent medical texts, and the folks I talked with expressed their appreciation.

Finally, one fun part of my trip was to visit Dar es Salaam arts and crafts markets to purchase new and exciting gift items to use as fundraisers. Once more, I have several elephant grass baskets in various shapes and sizes. If you are in need of a special gift that also furthers the mission of bringing excellent healthcare to Tanzania, let me know! Text or call at 641.521.4410 or email me at [mhquanbeck@gmail.com](mailto:mhquanbeck@gmail.com).





## 155 Group Celebration—History Committee Interviews for February

### **Gloria Grant**

First Lutheran prides itself in the sense of community among its' members. As part of the 155 Group Celebration History committee, we would like to focus on building that community by interviewing our legacy members

I had promised a lunch date to Gloria Grant several years ago after choir rehearsal one night. Once Covid hit many things were put on the back burner. We are experiencing a wonderful time in the church when we can freely have fellowship together once again.



Gloria Grant

As we talked, I learned that James and Gloria were from Adair. I asked how they met, and she said it was a small town and you were bound to bump into each other sooner or later.

The Adair town sign read, "Population 1000. (There are a few good eggs and some bad ones)." Gloria went on to say they started dating when James came home from the Navy. Their first date was to Spike Jones Show. They were married in 1952.

Gloria has always kept a journal and loves to write. From the beginning her ability to tell a story and her academic skills were recognized. In 1947 she enrolled in Simpson College as a Junior High Student to gain her teaching degree. Gloria taught kindergarten in Adair and Newton before settling into her full time Mom roll. Her children encouraged her to publish her writings and her short story "Remembering Jack and Jill" was published in the Our Iowa Magazine. She also has a more current story entitled "Growing Older as a Woman" that she is hoping to get published in a magazine called Reminisce. Either way she has left a cherished memory in her words for her children.

In 1956 Gloria and James moved to Newton. James was taking a job with the ASCS Farm Program and Gloria would continue teaching. When they joined First Lutheran Gloria remembers Dena Jackson as the organist and Lois Egenes was the choir director. She also praised the lovely voice and leadership that Ruth Sharp shared with the choir and church family. Gloria said at that time Newton had a Jasper County Adult Choir that she also sang in.

When asked about church memories Gloria said that there were bats in the upstairs classroom during her Sunday School classes. It was very distracting and difficult to keep the children calm at those times. A childhood memory was from a Christmas program when she was seven years old. Each child had to recite a verse at the program. Hers was John 3:16. She started out just fine and then choked. After a few minutes the program director just ushered her off and went on with the next child.

As always it was a pleasure to visit with Gloria who has matured in faith and prays that we all let God guide us back to what our hearts yearn for here at First Lutheran.

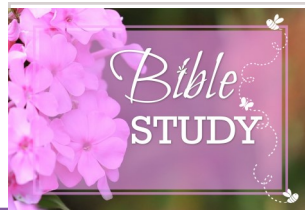
Submitted by Connie Zimmermann

*Continued on pg. 5*



**Faith Formations  
Jam Session**

March 5th following Service  
10:30 Am.



**Reminder:**  
**Bible study every Sunday**  
**morning 8:30A.m.**

## Bob Floss

Pastor Boldt baptized Bob Floss, which makes Bob one of our longest time members. The tale Bob's parents told is that "baby Bob" kept trying to push the pastor's hand away from his head as he was being sprinkled with water, but the pastor persevered.

Sunday School teachers that Bob recalls were Don Salsbury, Burt Livingston, and Margery Alteimeier.

19 members were in his confirmation class with Pastor Biblemeier Confirming him. At that time confirmation was a weekly 2-year long commitment with memorization and presentation before the congregation. Confirmands lit the candles and ushered. Bob recalled that one Sunday when he and Danny Markman were ushering, they ran to Hessen's Ice Cream store and had an ice cream cone during the sermon and made it back in time to continue their duties!



Bob & Judy Floss

Bob was married to his wife Judy at First Lutheran. His "wife-to-be" had invited more people to the wedding than her church can hold. They both became members, and the 1st Sunday Pastor Cederholm became pastor at First Lutheran was the day their son Mark was born.

Bob and Judy's sons Craig and Mark were baptized, confirmed, and became members of First Lutheran.

Bob has served on council and was on the Fellowship Committee with his wife Judy for 20 plus years.

As Bob says, "he has been Usher forever".

Bob remembers when the choir and organ were on the East Side of the front of the church. The entire carpeted floor sloped to the front Altar, and the large painting now hanging on the stairway to the balcony was above the altar.... There have been so many changes.

**HAPPY  
Birthday  
FROM YOUR  
CHURCH FAMILY**

**Ron Grunig 03/01**

**Dawn Lucas 03/0**

**Denise McVey 03/05**

**Maria DeRush 03/07**

**Pam Comer 03/08**

**Arlene Byers 03/09**

**Pat Foote 03/09**

**Robyn Friedman 03/18**

**Sharon Petersma 03/19**

**Michael Hodnett 03/27**

**Meagan Frehse 03/31**

## Bible Quiz

In the Gospels, Jesus raised several people from death. Which of the following was not one of them?

- A. Tabitha
- B. Jairus's daughter
- C. A widow's son
- D. Lazarus



Answer on Pg. 6

## Christian symbol

### **SHAMROCK —**

St. Patrick used the shamrock to teach people about the Godhead. Holding up a shamrock, he challenged them, "Is this one leaf, or three?" Inevitably, people replied that it was both, prompting St. Patrick to draw the analogy that so, too, is God: one God in three Persons — the Holy Trinity.



**Evangelical Lutheran Church in America**

God's work. Our hands.

## Thank you letter from Pastor Marcia Kisner

For those of you who do not know. Pastor Marcia has been in the hospital for the past few weeks. She caught a bad virus that started a chain reaction. She ended up having to have her leg amputated right below the knee. She is doing well and in very good spirits. First Lutheran did send flowers from everyone here at First, and she was so very thankful and loved them. She mailed a thank you note to all of us and that is what is pictured below.



My dear friends - The flowers were beautiful! They brightened my day + all the people who walked through the hospital doors are helping walk through our lives. Thank you.  
Can't wait to see you all soon + share my story + your stories. Love  
Marcia

## Thank you to everyone who helped us Bury the Altar!! We could not have done it without you!



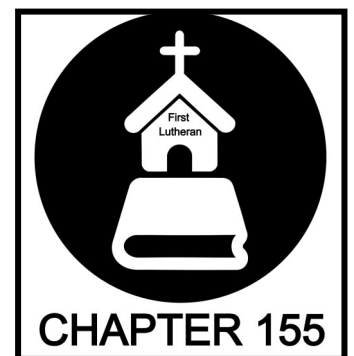
## 155 MOVING FORWARD

As we honor the incredible legacy of the previous 155 years of First Lutheran, we are looking forward with excitement to what is in store for our future.

One of our new adventures is a Bible study on Sunday mornings at 8:30 with the book "Stranger God - Meeting Jesus in Disguise" and begins with the subject of hospitality. "While we start with good intentions and mission statements we often fail because hospitality has to begin in the heart and that requires spiritual formation through habits and practices".

Something to ponder from this book is "how can we show hospitality to be like Jesus but to welcome Jesus in those we include in our circle".

Our question is how will we do this as we move forward? If you are interested in being involved in this study but unable to attend, there are a few extra books that you can borrow to read when you are able.







### First Evangelical Lutheran Church

309 East Third Street North  
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50208

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(641)792-3934

#### Office Hours

Monday—Friday  
8:30 am—12:30 pm

#### Worship Service Every Sunday at 9:30am

#### Sunday School

Every Sunday 10:30-11:00am

#### Pulpit Supply Pastors

3/5/23— Pastor Rachel Mithelman  
3/12/23— Pastor Rachel Mithelman  
3/19/23— Pastor Paul Ostrem  
3/26/23— Pastor Mark Mattes



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			Property Meeting 1 6:30 pm. Lenten Service supper 5:30pm 1st Lutheran 6:30 pm	Dorcas 9:00 AM	3	4
Worship Service 5 9:30am Faith Formations Jam Session Sunday School 10:30-11:00	6	7	Lenten Service Holy Trinity 6pm w/ soup supper to follow	9	10	11
Worship Service 12 9:30am Sunday School 10:30-11:00	13	14	Lois Cr. 9:30 Am. Lenten Service St. Andrew's 6pm w/ soup supper to follow	16	17	18
Worship Service 19 9:30am Sunday School 10:30-11:00	20	21	Lenten Service Holy Trinity 6pm w/ soup supper to follow	23	24	25
Worship Service 26 9:30am Sunday School 10:30-11:00	27	28	Lenten Service supper 5:30pm 1st Lutheran 6:30 pm	30	31	

**Bible study every Sunday morning at 8:30 A.M.**

309 EAST THIRD STREET NORTH  
NEWTON, IOWA  
50208

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services !**

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**Sunday Morning Worship starts at 9:30 AM.**

*Let us know how we can pray for you!*