



A Christ-focused Word-centered Family

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FEBRUARY NEWSLETTER

FEBRUARY 2024

VOLUME 53

NUMBER 2

JESUS REPLIED:
LORD YOUR GOD WITH ALL
AND WITH ALL YOUR SOUL AND WITH ALL
YOUR MIND, THIS IS THE FIRST AND
GREATEST COMMANDMENT. AND THE
SECOND IS LIKE IT: LOVE YOUR NEIGHBOR
AS YOURSELF."
MATTHEW
22:37-
39

The Perfect Love Story

Read 1 John 4:7-12 and Psalm 31

We love because He first loved us. *1 John 4:19*

This time of year, *love* becomes a popular word. Hearts and red decorations fill stores and commercials aim to make a profit. But how much do we really know about love? Some of us shy away from the word because of its frequent misuse.

This month, let us take some time to truly meditate on the theme of love through the perspective of the author of love, our Triune God.

To do this, we will examine God's Word, the ultimate and perfect love story. No, this story is not a folktale, but the true love story that began before the dawn of time and is still being written today. As we follow the Bible narrative of God's love for us and for all of creation, we might be encouraged and even awestruck. No matter how many times we've heard the truth of God's love, it can still leave us in wonder at how deeply the love of God pervades our story from beginning to end.

We might notice something else as we delve into the love of God for us. We might remember that "we love because He first loved us" (1 John 4:29) we might remember why we love one another.

Triune God, You are love. Work in our hearts this month as we read about Your love for us and for all Your creation. We pray this in the name of Jesus. Amen.

FEBRUARY

THURSDAY, February 1

9:00 a.m. Sarah Circle

6:00 p.m. *Young Adult Group*

6:30 p.m. Ruth Circle

FRIDAY, February 2

WEAR RED DAY!

In honor of Heart Health Month

SUNDAY, February 4

9:00 a.m. Worship with Communion

Mission Sunday with Alli Thompson

Fellowship Coffee follows Worship

10:15 a.m. Sunday School

6:00 p.m. *Small Group Bible Study*

TUESDAY, February 6

7:00 pm Deacon Meeting

WEDNESDAY, February 7

9:30 a.m. Women's Bible Study

5:30 p.m. Confirmation

6:30 p.m. Supper and Youth Group

THURSDAY, February 8

6:00 p.m. *Young Adult Bible Study*

7:00 pm Church Council Meeting

SATURDAY, February 10

9:00 a.m. - 12:00 p.m. Walk Through the Bible

SUNDAY, February 11

9:00 a.m. Worship

Fellowship Coffee follows Worship

10:15 a.m. Sunday School

6:00 p.m. *Small Group Bible Study*

WEDNESDAY, February 14

9:30 a.m. Women's Bible Study

5:30 p.m. Confirmation

6:30 p.m. Lenten Supper

7:30 p.m. Ash Wednesday Service/Communion

THURSDAY, February 15

6:00 p.m. *Young Adult Bible Study*

SUNDAY, February 18

9:00 a.m. Worship

Fellowship Coffee follows Worship

Blood Pressure Checks

10:15 a.m. Sunday School

6:00 p.m. *Small Group Bible Study*

MONDAY, February 19

NEWSETTER DEADLINE!!!!

TUESDAY, February 20

6:00 pm Youth Ministry Meeting

7:00 pm Parish Education Meeting

WEDNESDAY, February 21

9:30 a.m. Women's Bible Study

5:30 p.m. Confirmation

6:30 p.m. Lenten Supper

7:30 p.m. Mid Week Lenten Service

THURSDAY, February 22

6:00 p.m. *Young Adult Bible Study*

SUNDAY, February 25

9:00 a.m. Worship

Fellowship Coffee follows Worship

10:15 a.m. Sunday School

6:00 p.m. *Small Group*

WEDNESDAY, February 28

9:30 a.m. Women's Bible Study

5:30 p.m. Confirmation

6:30 p.m. Lenten Supper

7:30 p.m. Mid Week Lenten Service

THURSDAY, February 29

6:00 p.m. *Young Adult Bible Study*



SUNDAY, March 3

9:00 a.m. Worship with Communion

Fellowship Coffee follows Worship

10:15 a.m. Sunday School

6:00 p.m. *Small Group*

TUESDAY, March 5

7:00 pm Deacon Meeting

WEDNESDAY, March 6

9:30 a.m. Women's Bible Study

5:30 p.m. Confirmation

6:30 p.m. Lenten Supper

7:30 p.m. Mid Week Lenten Service

THURSDAY, March 7

9:00 a.m. Sarah Circle

6:00 p.m. *Young Adult Bible Study*

6:30 p.m. Ruth Circle

*Serve the Lord
With Gladness*

Please *find a substitute*
& notify the church office
if you are unable to be present.

ALTAR GUILD for February

Karen Thompson, Nancy Abts & Arlyce Graffis

February 4 (Green) Communion

Fifth Sunday after Epiphany

GREETERS - Bill & Mina Young

LECTOR - Doug Olson

COMMUNION STEWARD - Tom Biernbaum

USHERS - Steve, Jacob & Cody Luedtke, Nick Kort,
Ron Lundahl, Drew & Koby Detlefsen,
Jon Pehrson

MUSICIAN - Glenda Johnson

ACOLYTE - Mason Kort

NURSERY - Laura Showen

COFFEE - Jim & Karen Thompson, Steve & Mitzi
Luedtke, Marlene Jussel & Gary Schmitt

February 11 (White)

Transfiguration Sunday

GREETERS - Jon and Sara Pehrson & Family

LECTOR - Erica Diediker

USHERS - Mike & Cathie Jacobsen, Kody & Bradyn
Urwiler, Greg & Deb Urwiler, Don & Erica
Diediker

MUSICIAN - Anita Gade

ACOLYTE - Treyten Lawyer

NURSERY - Mandi Swanson

COFFEE - Kody & Stephanie Urwiler, Marlin & Mary
Bose, Jerry & Glenda Johnson

February 14 (Purple) Communion

Ash Wednesday

GREETERS - Nick and Amy Kort & Family

LECTOR - Lisa Kames

COMMUNION STEWARD: Tom Biernbaum

USHERS - Lathan Detlefsen, Robert Patefield, Scott &
Evan Urwiler, Tom Biernbaum

MUSICIAN - Sherie Lundahl

ACOLYTE - Aliya Detlefsen



February 18 (Purple)

First Sunday of Lent

GREETERS - Greg & Deb Urwiler

LECTOR - Sara Pehrson

USHERS - Verneal Gade, Craig Kames, Gabe Abts,
Jon Mullen, Marlin Bose

MUSICIAN - Glenda Johnson

ACOLYTE - Bryson Urwiler

NURSERY - Katie Bose

COFFEE - Mary & Joe Ankeney, John & Nancy Abts,
Jack & Rozanne Hintz

February 21 (Purple)

Mid-week Lenten

GREETERS - Lee & Kayleen Dahl

LECTOR - Mike Jacobsen

USHERS - Steve, Jacob & Cody Luedtke, Nick Kort,
Ron Lundahl, Drew & Koby Detlefsen,
Jon Pehrson

MUSICIAN - Anita Gade

ACOLYTE - Carlee Stanley

February 25 (Purple)

Second Sunday of Lent

GREETERS - Jim & Karen Thompson

LECTOR - Amy Kort

USHERS - Mike & Cathie Jacobsen, Kody & Bryson
Urwiler, Greg & Deb Urwiler, Don & Erica
Diediker

MUSICIAN - Sherie Lundahl

ACOLYTE - Payton Stanley

NURSERY - Amy Kort

COFFEE - Doug & Keila Olson, Jacob & Mandi
Swanson, Verneal & Anita Gade

February 28 (Purple)

Mid-week Lenten

GREETERS - Les & Jo Owen

LECTOR - Kody Urwiler

USHERS - Lathan Detlefsen, Robert Patefield, Scott &
Evan Urwiler, Tom Biernbaum

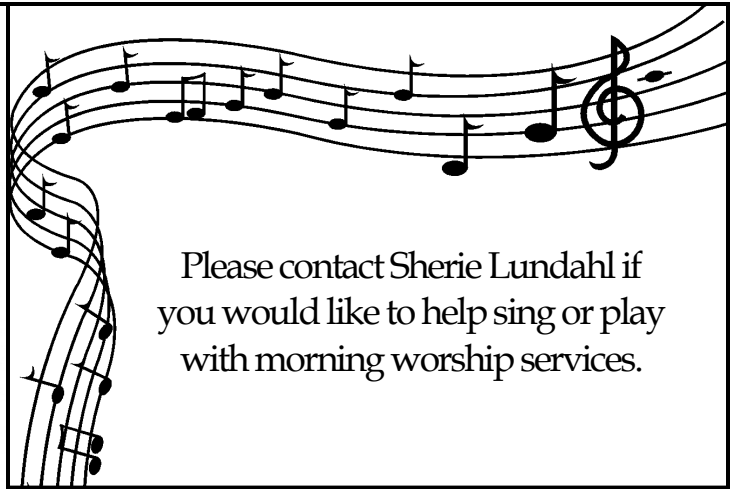
MUSICIAN - Glenda Johnson

ACOLYTE - Jacob Kolar



An interactive walk through the New Testament.
 A few memorable hours.
 An epic adventure.

United Lutheran Church
 305 W. 3rd St., Laurel, NE
 February 10th, 9:00 a.m. - 12:00 p.m.
 Visit www.laurelulc.org/ntlive or call 402-256-3622



Please contact Sherie Lundahl if you would like to help sing or play with morning worship services.

**Mission Sunday
 February 4th**



Alli Thompson will share about her mission work and deliver the message. Offering that morning will go to Alli to help fund her work in the mission field.



**The Lenten Season runs
 Ash Wednesday, February 14
 through
 Easter Sunday, March 31.**

**Wednesday evenings February 14 - March 20
 6:30 p.m. Lenten Supper
 7:30 p.m. Worship**

**Maundy Thursday, March 28
 Good Friday, March 29
 7:30 p.m. Worship**



Online Offering has Changed

Our online offering has changed. Please contact Shelley Groene if you give online or if you would like to start, so that you can receive instructions on registering.



There will be no Youth Group during the Lenten season. Youth will be serving two of the Lenten suppers to fundraise for upcoming trips.

After Easter there will be a reorganization of youth group and activities. Please watch for messages about the upcoming activities and changes.

A Birthday Prayer

Dear Father in heaven, You created me and have sustained me through the years. I thank you for the gift of life. Since You have redeemed me from my sin through your Son Jesus and have given me new life by Your Holy Spirit, help me to lead a life that shows Your proper honor and praise for Your mercies toward me. Continue to bless and watch over me in the year ahead, that I may faithfully serve You.
In Jesus' name. Amen

A Wedding Anniversary Prayer

Lord of love, You give good things. You designed marriage as a picture of the love You have for Your church, Your people. Forgive us when our love does not reflect Your own. Fill us with Your Spirit so that we may be united, walking together in Your will. Thank You for preserving and blessing our marriage. Guard us, that our love may be a testament of the love You have for all.
In Jesus' name. Amen

FEBRUARY BIRTHDAYS AND ANNIVERSARIES

- | | |
|---|---|
| 1. JOSH JOHNSON
EMILY HANGMAN | 19. SIDNEY GROENE
JOEL & LISA KARNES |
| 2. JOSLYN JOHNSON | 21. ELAINE LUEDERS |
| 3. JORDYNN URWILER | 22. STEVE & MITZI URWILER
JAYLLA KLAUSEN
COLLTON KLAUSEN
BRYSON URWILER
HALLIE ROEBER |
| 6. STEVE URWILER
RAY STANLEY
KIARA LAWYER | 23. HOPE SWANSON |
| 7. JERRY GROENE | 25. SELAH QUANBECK
EZRA QUANBECK
JUBILEE QUANBECK |
| 9. DWIGHT & KAY PAULSON
KAYLA DETLEFSEN
LILLY PEHRSON | 26. DAVE BATHKE |
| 10. KATIE BOSE
FAITH URWILER | 27. JILL OLESEN |
| 16. ERICA DIEDIKER | 28. KOBY DETLEFSEN
NICOLE WILLIAMS |
| 17. SHELLEY GROENE | |



February is American Heart Month

February 2nd is National Wear Red Day

#OurHearts



National Wear Red Day®
February 2

Heart disease is the leading cause of death in the U.S. Know your risk and protect your heart.








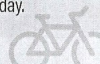














hearttruth.gov



28 Days Toward a Healthy Heart

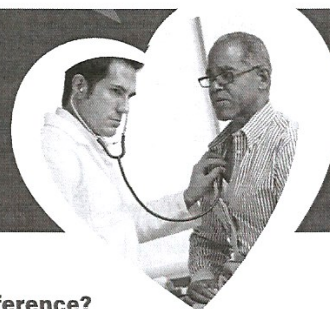
Try one of these tips each day for a month, then keep up the momentum and make your favorites part of your regular routine.



<p>Day 1 Call a friend and join the #OurHearts movement.</p> 	<p>Day 2 Make a heart-healthy snack.</p> 	<p>Day 3 Schedule your annual physical. Discuss your heart health goals with your doctor.</p> 	<p>Day 4 Sport red today for National Wear Red Day.</p> 	<p>Day 5 Squat it out. Do 1 minute of squats.</p> 	<p>Day 6 Make today a salt-free day. Use herbs for flavor instead of salt.</p> 
<p>Day 8 Get your blood pressure checked.</p> 	<p>Day 9 Walk an extra 15 minutes today.</p> 	<p>Day 10 Aim for 30 minutes of physical activity today.</p> 	<p>Day 11 Plan your menu for the week with heart-healthy recipes.</p> 	<p>Day 12 Reduce stress using relaxation techniques.</p> 	<p>Day 13 Give the elevator a day off and take the stairs.</p> 
<p>Day 15 Swap the sweets for a piece of fruit for dessert.</p> 	<p>Day 16 Stress less. Practice mindful meditation for 10 minutes.</p> 	<p>Day 17 Head to bed with enough time to get a full 7-8 hours of sleep.</p> 	<p>Day 18 Add a stretch break to your calendar to increase your flexibility.</p> 	<p>Day 19 Eat vegetarian for a day.</p> 	<p>Day 20 Share a funny video or joke that makes you laugh.</p> 
<p>Day 22 Call a relative and ask about your family health history.</p> 	<p>Day 23 March in place during commercial breaks to get your heart going.</p> 	<p>Day 24 Get a tape measure and find out the size of your waist.</p> 	<p>Day 25 Ask a family member or neighbor to join you for a walk.</p> 	<p>Day 26 Fill half of your lunch and dinner plates with vegetables.</p> 	<p>Day 27 See how many push-ups you can do in 1 minute.</p> 
<p>Day 28 Pay it forward and tell a friend about The Heart Truth®.</p> 					

Know the Difference

Cardiovascular Disease, Heart Disease, Coronary Heart Disease



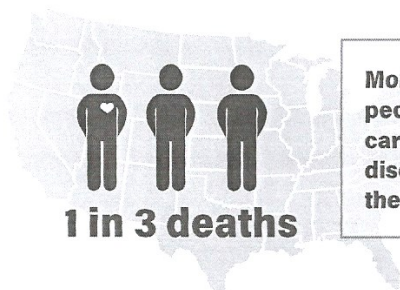
Cardiovascular disease, heart disease, coronary heart disease – what's the difference?

Because these terms sound so similar, people use them interchangeably. This fact sheet will help you understand how these conditions differ.

Cardiovascular Disease

The big umbrella

Cardiovascular disease is the term for all types of diseases that affect the heart or blood vessels, including **coronary heart disease** (clogged arteries), which can cause heart attacks, **stroke**, **heart failure**, and **peripheral artery disease**.



1 in 3 deaths

More than 800,000 people die of cardiovascular disease every year in the United States.

Heart Disease

A type of cardiovascular disease

"Heart disease" is a catch-all phrase for a variety of conditions that affect the heart's structure and function.

Keep in mind—all heart diseases are cardiovascular diseases, but not all cardiovascular diseases are heart disease.

The most common type of heart disease is coronary heart disease. In fact, when people talk about "heart disease" they often mean coronary heart disease.



Nearly 650,000 Americans die from heart diseases each year.

About 11% of American adults (that's more than 1 of every 9) have been diagnosed with heart disease.

Coronary Heart Disease

A type of heart disease

Coronary heart disease is often referred to simply as "heart disease," although it's not the only type of heart disease. Another term for it is coronary artery disease.

About 366,000 Americans die from coronary heart disease each year.

Coronary heart disease occurs when plaque (a combination of fat, cholesterol, calcium, and other substances found in the blood) builds up in your arteries. You may have heard this called clogged arteries or atherosclerosis.

The plaque reduces the amount of oxygen-rich blood getting to your heart, which can cause chest pain (also called angina). Plaque can also lead to blood clots, which block blood flow and are the most common cause of a heart attack.

What you can do to protect yourself from cardiovascular diseases?

There's a lot you can do to protect your heart.

- Ask your doctor about your **blood pressure, cholesterol, and A1C.**
- **Reduce the sodium**, and increase the fruits, vegetables, and whole grains in your diet.
- **Be physically active.**
- **Maintain a healthy weight.**
- **Don't smoke.**
- **Manage stress.**
- **Keep your diabetes under control.**



