



# BELLWETHER

**Bellwether** — the lead sheep of the flock (archaic English)

## LAMB OF GOD LUTHERAN CHURCH

### From the Pastor

As I perused the calendar for the month of February, I quickly noted that we are once again in the midst of our peak season. It is so nice to be worshipping back at full strength with the arrival of the northern two-thirds of our congregation. While it is exciting to see fuller pews and a busier church schedule, it can be a little bit intimidating as well.

Although it is somewhat unusual, we are blessed with eight Sundays in this year's observance of the Season of Epiphany. A season in which we receive unique insights into the nature of Jesus's Lordship. The neat thing about a lengthy Epiphany Season, from the preacher's perspective at least, is that we are confronted with lectionary lessons that don't often come our way. It has been a few years since I have had the opportunity to share on the lessons appointed for the seventh Sunday after the Epiphany of our Lord.

This month's Newsletter highlights a number of happenings in the life of the congregation to include things like the Women's Retreat, Quilt Sunday, a Church Council Retreat and a Spaghetti Dinner. At the end of the Month, we will be welcoming a visit from the Gideon's who will give us an update on their ministry. Before we know it, Ash Wednesday (March 6) will be upon us and we will once again be entering into the Discipline of Lent.

Thank you for the continuing support of Lamb of God's ministry — your faithful participation in our "life together" is greatly appreciated.

—Pr. Joe

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Blood Pressure Check  
Sunday, February 3  
following the service



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## Men's Group Spaghetti Dinner Friday, February 8

The Men's group will be hosting its Annual Spaghetti Dinner on Friday evening, February 8. The proceeds from this year's dinner will once again go to support the ongoing work of the Sunshine Foundation. We will be serving dinner from 4:30 – 7 p.m. Tickets are currently available following our worship services and during the week from the Church Office. The cost of the tickets for this fundraiser are \$9/person. Unfortunately, tickets will not be available at the Door.

## Stewardship Emphasis 2019

We will be wrapping up this year's Stewardship Emphasis on the weekend of February 1-3. We have asked that all pledges of time, talent and treasure be submitted no later than the first Sunday of February. Your support of our ministry in 2018 was most commendable and we look forward, with your help, to another successful year in 2019. SDG! (Sola Deo Gloria!)

Thank You

I would like to thank the congregation for remembering my family and me during the Christmas Season. Thank you for your many kind words, cards and gifts. It is an honor to have the opportunity to serve at Lamb of God Church and your generosity is inspiring. God's blessings to all in 2019.

—Pr. Joe



## WORSHIP VOLUNTEERS TRAINING—March 3

This training is for everyone who has signed up to be a volunteer (new and current) in the following positions: ***Usher, Greeter, Communion Deacon, and Hospitality Desk.***

Even if you have been a volunteer for a while, you will need to attend this training, as there have been some changes to your duties.



Thank you so much for your donations toward the purchase of a new vehicle to support the ministry that Mariatu's Hope is doing in Sierra Leone. We are happy to report that the Matching Funds Donor has extended their offer to match up to \$15,000 through the 31 of March 2019. Thanks to your support and the support of others around the country, \$12,500 has already been raised toward the matching funds goal. With God's help and your continued generosity, Mariatu's Hope is confident that together we can meet our matching fund goal and move forward, early in 2019, with the purchase of a new truck.

**DON'T FORGET TO BUY YOUR TICKETS!**

**LAMB OF GOD**  
**SPAGHETTI**  
**DINNER**

**FEBRUARY 8 | 4:30 - 7:00 PM**

**LAMB OF GOD MEN'S GROUP**  
**ANNUAL FUNDRAISER**  
**SPAGHETTI DINNER**

**TO BENEFIT THE SUNSHINE FOUNDATION**

Dinner includes: Spaghetti, meat balls, italian bread, salad, dessert, and beverage.

**\$9**

**PER DINNER**  
No tickets at the door



## Happenings around Lamb of God



### *Farewell to Pastor Paul and Ruth Bockelman*

On Sunday, January 20 we said farewell to Pastor Paul and Ruth.

We thank you for your friendship and the many years of service at Lamb of God. We wish you the best in your new home.

### *2018 Servant Award!*

This award is given to the member(s) who have been active participants in our community and have given generously of their time. Lamb of God is truly blessed to have many members who give to our community.

This year we are honored to recognize John and Laverne as the recipients of the 2018 Servant Award.

Dearest Lavern and John:

You both are the embodiment of The Word, love, and earth angels! We are so blessed to have you at both Lamb Of God Lutheran

Church and Misión Hispana Luterana Cordero De Dios! May our Lord continue to bless you and guide you, make all your dreams come true, and fill you with good health and happiness! In the name of Jesus I pray today and always. Amen.

A GREAT HUGE THANK YOU FOR ALL YOU BOTH DO!!!



—Izzy Bango-Sanchez



On the weekend of January 26—January 27 we welcomed the following families into the Lamb of God Family.

- Aileen Bennett
- Ron and Barbara Maynard
- Jane and Raymond Messmer
- Robert and Trudy Simons



### **Annual Meeting**

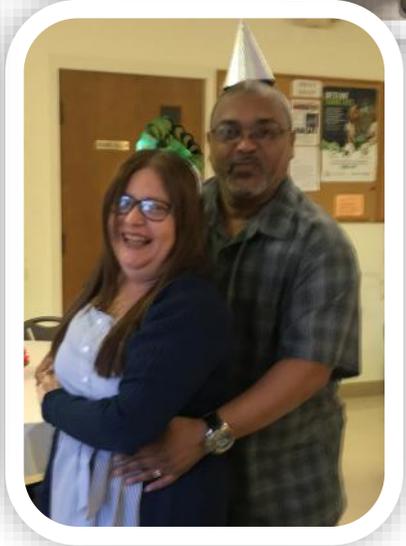
On Sunday, January 27 we had a well attended annual meeting where we heard the yearly reports from many of our committees. If you would like a copy of the report, you may pick it up in the office.

## Cordero De Dios New Year's Celebration

On December 30, 2018 we held our annual "Mock Ringing in of the New Year Celebration" right after our Spanish service in the fellowship hall! It was wonderful and exciting with testimonies, prayers, blessings, music, and the famous "COUNT DOWN." Thank you so much for everyone who was able to attend and for all the wonderful food and desserts prepared. May the new year bring blessings, hope, and health to everyone in both of our families, Lamb of God Lutheran Church and Misión Hispana Luterana Cordero De Dios.

Blessings and Shalom,

Izzy Bango-Sanchez, Seminarian/Mission Developer



**HAPPY  
NEW YEAR  
2019**

## Quilters Guild

The Lamb of God Quilters need your assistance with placing the quilts on the pews for **Quilt Sunday, February 10**. We will begin at **9 am on Friday, February 8**. Then again on **Monday, February 11 at 9 am**, we will need your



assistance to box the quilts to take to Resurrection Lutheran Church in Winter Park, the Lutheran World Relief (LWR) drop off point.

February brings about house-keeping chores: cutting batting, putting together the sheets that were the incorrect size by sewing additional strips and patches to make them usable as backings. We also need to cut the elastic off the fitted sheets to make them backing ready. It's time to clean and organize the quilt closet drawers with pins, threads, fabric squares and quilt tops. Please consider joining this worthwhile program. We meet on the first Wednesday of each month between 9 am 12 (noon). See you there.

**“Remember if you can tie a knot then you can quilt”**

# Spread the Love



## Donate Here!

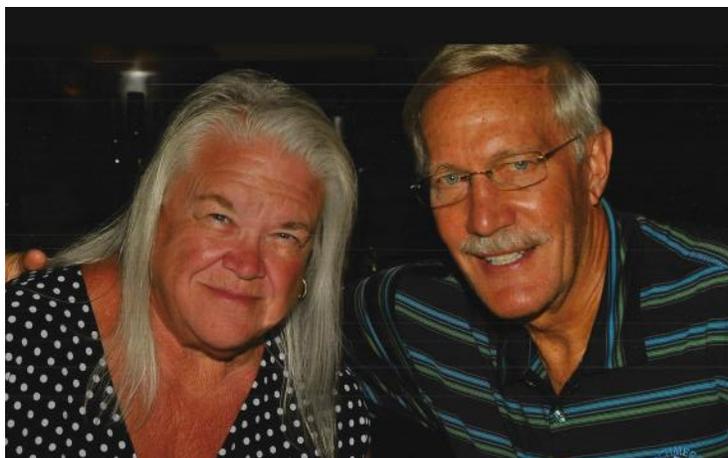
Help “*spread the love*” by donating jars of peanut butter and jelly. Donations will be given to the *A House Blest Food Pantry* in Haines City. Drop donations in the Fellowship Hall during the month of February. *Thanks for helping us help others.*

## You're Never Too Old to Learn (or Teach)

### Quinlan's Corner

This month I'm writing you about our Children's Sunday School program. There's good news and there's not-so-good news.

The good news: fresh new blood. Jany and Tom Leiser have volunteered to take over responsibility for teaching our young children. They are well qualified for this job, and are coming prepared each Sunday to teach from 9:15 to 10:15.



Jany is a former elementary school teacher who taught in Lutheran and public schools in four states. Tom is a former high school and college instructor who demonstrated his sensitivity to his students while helping me teach English to Spanish speakers. They have raised three sons and spoiled seven grandchildren.

The Church Council thanks Lorinda Utter for the great work she has done for so long, teaching our children. But the time comes in everyone's life to move on to other endeavors. Lorinda has made that choice with respect to Sunday School.

The not-so-good news is that attendance at class remains very low; sometimes no one shows up. The Church Council appreciates the many reasons for that and is working with the Education Committee to see what might be done about it. We're all trying to think outside the box. Stay tuned.

*Suggested contributions to Quinlan's Corner, other suggestions, gripes, plaudits and other ideas are always welcome. Contact Bill Quinlan, Church Council Liaison for Education, in person, by phone at (863) 412-7796 or by email at wquinlan2@gmail.com.*

## WELCA— Women of the ELCA

During the month of "February" your donations of "Peanut Butter and Jelly" are greatly appreciated to "SPREAD THE LOVE." All donations this year will be given to "A House Blest." Monetary donations are also appreciated (please make checks out to *Lamb of God*).

We need your continued support to the ministries and missions of the Women of the ELCA (WELCA). Please drop by our "Gift Shop" after worship to visit, browse and shop.

For questions, please contact Betty Smith at 863-678-1366

# Tips for a Heart-Healthy Valentine's Day

(Excerpt from the American Heart Association)

Your sweetheart may have the key to your heart, but a proper diet and regular physical activity can be the key to a healthy heart. This Valentine's Day, indulge your sweetheart with a heart-healthy gift or date.

1. Rather than tempting your beloved with chocolates, consider a gift that has more permanence. Search for a poem that describes your feelings and write it on beautiful paper for a handmade Valentine.
2. Quality time is one of the most meaningful gifts. Bundle up and plan an active outing or if you're feeling adventurous, visit an indoor rock wall.
3. If your children or grandchildren are having a Valentine's Day party at their school or day care, instead of sending candies, consider mini-boxes of raisins, mini-bags of pretzels, pencils or stickers as tokens of their friendly affection.
4. Cooking at home is an excellent way to control the quality, ingredients, and amounts of what you eat. Take a date to a local cooking class to practice your skills or learn a new technique, or prepare a romantic candlelit dinner at home using a heart-healthy recipe.
5. If you go to a restaurant to celebrate, check out the AHA heart-healthy tips for dining out.
6. Give to one another by giving back. Ask a date to volunteer with you at a local charity. Giving back is a healthy habit that will boost your mood and beat stress.
7. Use this day as an opportunity to tell your loved one how you feel about him or her, and share ways that you can support each other's health and wellness. Get started by taking the My Life Check ([mylifecheck.heart.org](http://mylifecheck.heart.org)).
8. Still craving something sweet? Send a fruit basket to your loved one that has natural sugar as well as healthy nutrients instead of sending sweets with added sugars.
9. Sharing is caring – if you do go out for a romantic dinner date, order one entrée to share. Many restaurant servings are enough for two – splitting will keep you from overdoing it.
10. Don't forget to love Fido, too! Give your pet a Valentine and remember to walk or exercise them daily – getting active will benefit your health and your bond with your pets.
11. Take it slow – if you were gifted a luxurious box of chocolates from your sweetie stick it in the fridge or freezer and enjoy in moderation over several weeks.
12. Still seeing hearts? You've seen hearts all month long; look for them at the grocery store and select products with the heart-check mark, which limits the amount of total fat, saturated fat, trans fat, cholesterol and sodium in a food.

13. One of the best things you can do for your heart is to give up smoking or help a loved one quit. Smoking is the most preventable cause of premature death.
14. Go fish – did you know for ideal health you should eat fish (particularly oily fish such as salmon, mackerel or tuna) twice a week?
15. Take a walk – walking is free, and costs nothing to get started. Walking for as little as 30 minutes a day provides heart-health benefits.
16. Instead of frying foods – which adds unnecessary fats and calories – use cooking methods that add little or no fat, like stir-frying, roasting, grilling or steaming.
17. Try something new – dare yourself to try a new fruit or vegetable. Next time you're at the store pick up something you've never made before. Many grocery stores have free recipe cards in the produce section or just type the food into your favorite search engine.
18. Rekindle an old flame – try preparing one of your less-favorite foods in a new way. Not crazy about bananas? Try grilling one for dessert. Pop grapes in the freezer for mini-ice pop snacks.
19. Stay hydrated – staying properly hydrated helps you feel (and look) better and water is a great alternative to high-calorie, sugar-sweetened drinks. Treat yourself to a fun new water bottle to encourage the habit – if it's always handy, you're more likely to drink up.
20. Get active inside – winter is almost over, but there are plenty of ways to get moving indoors that don't involve a gym membership; start mall walking, hit the stairs at work, or check out a yoga video from the public library or your local video store.
21. Know before you go – make it a point next time you go out to eat to look up the nutrition information for the restaurant you're going to (most major chains have this online) and note the nutrition information for what you plan or usually order. Just knowing what you're eating is a good step in the right direction.
22. Make a change – pick one small thing you can change about your daily diet – start buying skim milk, order the nonfat latte, skip the afternoon vending machine visit or add an extra veggie to your dinner plate.
23. Snacking isn't bad if done in moderation and eating a little throughout the day can actually keep you from overdoing it at meal times. Check out some heart-healthy snacks ideas.
24. You can make many of your favorite recipes healthier by using lower-fat or no-fat ingredients. These healthy solutions can help you cut down on saturated fats, trans fats and cholesterol, while noticing little, if any, difference in taste.
25. Whether cooking or making dressings, use the oils that are lowest in saturated fats, trans fats and cholesterol – such as canola oil, corn oil, olive oil, safflower oil, sesame oil, soybean oil and sunflower oil – but use them sparingly, because they contain 120 calories per tablespoon.

# LENT A HAND



EACH WEEK ADD AN ITEM TO THE FOOD BASKET IN THE NARTHEX.

ALL ITEMS WILL BE DONATED TO A HOUSE BLEST.

◆ **MARCH 3 – MARCH 9**

CEREAL, OATMEAL, GRITS, GRANOLA BARS

◆ **MARCH 10 – MARCH 16**

CANNED MEAT

◆ **MARCH 17 – MARCH 23**

RICE, MASHED POTATOES, MAC & CHEESE

◆ **MARCH 24 – MARCH 30**

PASTA, SAUCE, COOKING OIL

◆ **MARCH 31 -APRIL 6**

PANCAKE MIX, SYRUP, DRY MILK

◆ **APRIL 7 – APRIL 13**

PEANUT BUTTER, JELLY/JAM, NUTELLA

◆ **APRIL 14 – APRIL 20**

CANNED GOODS

**Congratulations to...** *Best wishes to our members and friends on their special day*

## Birthdays in February

- 2/1—Michael Grip
- 2/1—Linda Wray
- 2/3—Bonnie Chastain
- 2/6—Krystyna Bailey
- 2/6—Nancy Burt
- 2/9—Lynn Alves
- 2/9—William Quinlan, Jr.
- 2/9—Larry Wray
- 2/12—Jerry Stoner
- 2/12—Samantha Turzyn
- 2/13—Kathryn Frazee
- 2/17—Marie Able
- 2/19—Nicolas Chalise
- 2/20—Crystal Valle
- 2/21—Shirley Funk
- 2/22—Pam Thomas
- 2/23—Margena Howard
- 2/25—Roger Able
- 2/25—Andrea Frederick
- 2/27—Cathy Hollowell

## Anniversaries in February

- Marge & Dick Clavette—2/3
- Sandi & Jim Barnhart—2/14
- Pat & Bob Engel—2/14
- Richard & Mary Winship—2/14
- Carmen & Bill Quinlan, Jr.—2/17
- Wendell & Arlene Roddy—2/26

# FEBRUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b>	<b>2</b>
<b>3</b>  <b>Women's Retreat</b> 8:00 am Worship 9:15 am Sunday School 10:30 am Worship 12:30 pm Spanish Service	<b>4</b> 7:00 pm Bell Choir rehearsal	<b>5</b> 6p Worship and Music Meeting	<b>6</b> 9:00 am Prayer Ministry 9:00 am Quilters 7:00 pm Choir rehearsal	<b>7</b> 12:00 pm Bible Study 7:00 pm Solivita GIFT	<b>8</b> 9:00 am Placing quilts on the pews 4:30 pm Annual Spaghetti Dinner	<b>9</b> <b>Council Retreat</b> 6:00 pm Worship
<b>10</b> <b>Quilt Sunday</b> 8:00 am Worship 9:15 am Sunday School 10:30 am Worship 12:30 pm Spanish Service	<b>11</b> 9:00 am Boxing the Quilts 7:00 pm Bell Choir rehearsal	<b>12</b>	<b>13</b> 9:00 am Prayer Ministry 10:30 am NEXT 7:00 pm Choir rehearsal	<b>14</b> 12:00 pm Bible Study 7:00 pm Council Mtg	<b>15</b>	<b>16</b> 6:00 pm Worship
<b>17</b> 8:00 am Worship 9:15 am Sunday School 9:15 am WELCA 10:30 am Worship 12:30 pm Spanish Service	<b>18</b> 7:00 pm Bell Choir rehearsal	<b>19</b> 12:00 pm Food Pantry at House Blest 7:00 pm Men's Group	<b>20</b> 9:00 am Prayer Ministry 7:00 pm Choir rehearsal	<b>21</b> 9:00 am Quilters 12:00 pm Bible Study 12:00 pm Food Pantry at House Blest	<b>22</b>	<b>23</b> 6:00 pm Worship
<b>24</b> 8:00 am Worship 9:15 am Sunday School 10:30 am Worship 12:30 pm Spanish Service	<b>25</b> 7:00 pm Bell Choir rehearsal	<b>26</b> 7:00 pm North County GIFT	<b>27</b> 9:00 am Prayer Ministry 10:30 am NEXT 7:00 pm Choir rehearsal	<b>28</b> 12:00 pm Bible Study		



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**Our Mission Statement**

The mission of Lamb of God Lutheran Church is to lead and inspire God's people into a growing relationship with Jesus.

**Our Vision Statement**

Centered in Jesus Christ and empowered by the Holy Spirit, the vision of Lamb of God Lutheran Church is to transform and enhance the lives of members, neighbors and friends through relevant worship and study of God's Word, and through providing Christian service and fellowship opportunities.

**Lamb of God Lutheran Church**

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**SUNDAY WORSHIP SCHEDULE**

May - October 9:00 am Holy Communion

10:15 am Sunday School

November - April 8:00 & 10:30 am

Holy Communion

9:15 am Sunday School &

Bible Study

Spanish Service 12:30 am Holy Communion

Advent thru Lent Saturday, 6pm