

# The Bugle

Volume 64, Number 6

## Shrove Tuesday Pancake Supper

Shrove Tuesday is the last day before the beginning of Lent on Ash Wednesday. The word shrove is the past tense of the English verb shrive, which means to obtain absolution for one's sins by confession and doing penance. During the week before Lent, sometimes called Shrovetide, Christians of old were expected to go to confession in preparation for the penitential season of turning to God.

In the United Kingdom and many other countries, the day is often known simply as Pancake Day. Making and eating such foods was considered a last feast with ingredients such as sugar, fat and eggs, whose consumption was traditionally restricted during the ritual fasting associated with Lent.



Join your Salem family for the annual Shrove Tuesday Pancake and Sausage Supper Tuesday, February 16, from 5 p.m. to 7 p.m. This year's event will be sponsored by Lydia Circle. A sign-up sheet is available at the Welcome Center.

## Kappa Chi Youth Service

The Annual Kappa Chi Youth Service, **LEAD US NOT INTO TEMPTATION**, is Sunday, February 21, at both services.

Kappa Chi Alumni Parents: your help is needed. We are hoping to start a tradition of having alumni parents host the Youth Service reception between services the morning of the service. You understand how busy the kids and parents are during Youth Service preparations and especially on the morning of the service. Please contact Lori Reimer at 303-3808 if you are able to bring a food item or help between services.

Sunday School children are learning a song to sing during the offering at the Youth Service. The song is "I Get Down, He Lifts Me Up", and is available on a rehearsal CD from Jill or you can view it on YouTube, sung by a group called Kid's Praise. Parents, please encourage your children to practice the song and to come up to the front during the offering.

The Kappa Chi Youth Service is a wonderful tradition in the life of the Salem Family. Help us make it cross-generational by praying for the high school students and families during the process, encouraging children to sing with Kappa Chi during the offering, and helping with the reception if you are able.

## Worship With Us



Sundays  
8:00 & 10:45 a.m.\*  
Education Hour\*  
9:15 a.m.  
\*Nursery Provided

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Parish Record for February 7  
Worship Services 269  
Education 129

## Thank you from ...

...Jack Grant - "Thank you to all my Salem friends for the wonderful birthday cards and gifts."

## In the Mailbag

Dear Salem Friends,

Thank you for your wonderful support to Lutheran Social Services of Illinois (LSSI) during the holiday season. Due to your generous spirit, over 700 individuals and families throughout central Illinois were able to have a happier holiday through your donations of new toys and clothing, warm handmade quilts, practical gift cards, and soft winter gloves.

Please share with your congregation our heartfelt gratitude for your bountiful gifts. Your support of the ministry of LSSI has helped us carry out our mission of bringing "healing, justice and wholeness" to people and communities.

Blessings,  
The Staff of Lutheran Social Services of Illinois



Rev. Dr. Leo Patterson notified us of the death of his mother Lucille Patterson Tuesday, January 26, in Polo, IL. She died peacefully in her sleep at age 101. She was very active at Salem from 1939 to 1975. Her body was donated to medical science, and a celebration of life will be held later this spring or summer with family and friends.

## Prayer Requests

...Midwest Food Bank and all the agencies they serve  
...The men and women of our armed forces  
...Barb Witkowski - breast cancer  
...Pastor Freudenberg  
...Salem members celebrating their birthday this week  
...Our country and those defending it  
...Those of our congregation serving in the military

Add your prayer concern to the Prayer Chain throughout the week. To begin a Prayer Chain please contact Norma Hartman at 682-6782 or send an e-mail to: [nkhartman@comcast.net](mailto:nkhartman@comcast.net), or [prayerchain@salemofpeoria.com](mailto:prayerchain@salemofpeoria.com).

# Salem Pictorial Directory Online

Have you ever wanted to connect a face with a name among your Salem family, but couldn't quickly find your copy of the latest pictorial directory? Help has arrived, as Lifetouch has made our pictorial directory available online!

Useful features of the online directory include:

- The directory can be updated regularly for new members, family additions, address changes, etc.

- You can identify groups within the Salem family to easily see all the members of organizations you're involved in such as churchmen, women's circles, study groups, etc.

- If you were unable to have your picture taken for the directory last summer, you can request a portrait sitting, and have your picture added to the online directory.

Visit the Salem directory by going to our website: [www.salemofpeoria.com](http://www.salemofpeoria.com) and clicking on the link in the directory news item. Each family has a unique username and password to access the site. Individual postcards with the information required for each family to logon will be available in the Narthex beginning Sunday, February 14. There will also be instructions for getting started. Contact Dave Shotick in the church office for more information.



## SALEM PRESCHOOL

### OPENINGS

Enrollment has begun for the fall 2010 classes of Salem Preschool. Enrollment is open for 3 year-olds, and available on a preference basis for 4 year-olds. Our curriculum is designed to prepare children for kindergarten, utilizing various activities such as art, music,

and learning appropriate social skills. We also take fun field trips and have a large

playground area with a rainbow play set. Call Pam Machacek at 688-9212 if you would like more information about our program.



# The 6th Annual Special Evening for Easter Seals

Salem members, Judy Cagle, Tracy Daugherty, and Carrie Hurlbut, along with their other team members, are holding "The 6th Annual Special Evening for Easter Seals" on Saturday, February 20, at Stoney Creek Inn. Easter Seals serves children with disabilities and their families, regardless of ability to pay. Many children who attend Thomas Jefferson School, Salem's Adopt-A-School partner, are Easter Seals clients and benefit from their services.

You are invited to attend this special evening, which begins at 5:30 p.m. with a cocktail hour featuring the jazz ensemble of Pastor Barnes and Roman and Karla Wegrzyn. At 6:30 p.m. we will hear from Anne and Todd Hollis who became part of the Easter Seals family three years ago when their daughter Meg was born with Down Syndrome. They recently adopted Alina from the Ukraine who is also 3 and has Down syndrome. Their story is truly inspirational. Dinner will be at 7:00 p.m. and a silent auction will be held throughout the evening. Admission for the event is \$45.00 and you can make reservations by contacting Judy at 682-6282 or Tracy at 444-2009 by Tuesday, February 16.

## Sunday School Lenten Packet

Families of Sunday School children (ages 3 years – 5<sup>th</sup> Grade) should pick up a Lenten Devotional Packet outside the Sunday School office Sunday, February 14. There is a banner and a devotional booklet that has activities for a weekly devotional time during Lent. Families can choose one night a week during Lent that works best for them! Please take one packet per family.

## New Sunday Small Group

Beginning February 28, Pastor Elise will lead a four-week Bible study: “A Great-Grandma to a King, a King-maker, a King and a Royal Pain: Ruth, Samuel, David, Elijah.” This study will explore their faith journeys and make connections between their stories and yours. It is for both those people who are new to Bible study, and those looking for a fresh, new introduction to the Bible. Study books will be \$5.50 each, payable to Salem. Contact Pastor Elise or Brenda in the church office to reserve a book.



## Be a Love Bird

Many stories about the origin of Valentine’s Day have come down through the centuries. There’s no definitive story, but most revolve around the imprisonment of Valentinus (St. Valentine) for his disregard of Roman laws.

Many legends are also associated with Valentine’s Day. For example, because birds seemed to arrive and mate in some countries in mid-February, human couples came to be called “love birds.” The first recorded Valentine card was printed in 1667. Today, people will give their sweethearts countless numbers of cards and boxes of candy. But why wait for Valentine’s



Day to share love with others? Remember Jesus’ words in John 13:34 -- “I give you a new commandment, that you love one another.”

## Peoria

### Alternative

### Adopt-a-School

We are serving a pizza lunch to the students Wednesday, February 17, at 11:00 a.m. at the Peoria Alternative High School on Moss Avenue. Since the students have classes in the morning and then leave to go to their jobs, no lunches are ever served to the students at school. Once a month, various groups or the teachers provide a lunch for the students. Salem has volunteered to serve the lunch this month. It’s an easy job and requires about a 1 hour commitment. Anyone who would like to help or has questions can contact Heather Arnold or Gretchen Petrakis.

## In The Salem Family

Congratulations to Nate and Abby Glawe on the birth of their daughter, Marie Abbigale on February 4. Marie is welcomed home by big sisters Maddy and Kayla Glawe. Proud grandparents are Regg and Barb Glawe.





Lori Reimer  
688-8190

Last week, I talked about the warning signs of a heart attack as a part of National Heart Month. This week, I want everyone to be aware of the signs of a stroke. If you or someone with you has one or more of these signs, don't delay!

◆ Sudden numbness or weakness of the face, arm or leg, especially on one side of the body

- ◆ Sudden confusion, trouble speaking or understanding
- ◆ Sudden trouble seeing in one or both eyes
- ◆ Sudden trouble walking, dizziness, loss of balance or coordination
- ◆ Sudden, severe headache with no known cause

Call 9-1-1 immediately so an ambulance can be sent for you. Also, check the time so you know when the first symptoms appeared. It's very important to take immediate action. If given within three hours of the start of symptoms, a clot-busting drug can reduce long-term disability for the most common type of stroke.

A TIA, or transient ischemic attack, is a "warning stroke" or "mini-stroke" that produces stroke-like symptoms but no lasting damage. Recognizing and treating a TIA can reduce your risk of a major stroke. Usually TIA symptoms are the same as those of stroke, only temporary. The short duration of these symptoms and lack of permanent brain injury are the main differences between TIA and stroke.

## Salem Preschool Fund-raiser

Salem Preschool is selling Bergners Community Day coupon booklets. Cost of the booklets is \$5, and 100% of the price is ours to keep. Each booklet contains one \$10 off coupon, six 20% off coupons, and bonus buy offers. Community Day is Saturday, February 27. Contact Pam Machacek, Lisa Janco, or Melanie Coulter for more information.



## The Armor of God

Our February theme is **The Sword of the Spirit.**

Take ... the sword of the Spirit, which is the word of God. -- Ephesians 6:17



Read Hosea 6:5-6. <sup>5</sup>Therefore I have hewn them by the prophets, I have killed them by the words of my mouth, and my judgment goes forth as the light. <sup>6</sup>For I desire steadfast love and not sacrifice, the knowledge of God rather than burnt offerings.

## I Believe Party

Sixth through eighth graders are strongly encouraged to attend the I Believe Party on Sunday, March 7, from 5:00 p.m. to 7:00 p.m. It will be a fun night of learning with food, music, skits and games. Parents are also encouraged to join us. Call Pam Machacek at 691-7064 for more information.

Salem Lutheran Church  
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Peoria, IL 61614-6724

The Bugle  
USPS 477-460

CHANGE SERVICE REQUESTED



**SALEM FAMILY**

Growing People in Christ

## Tri-M Bowling

Join Tri-M for a night of bowling Saturday, February 27, at Landmark Lanes. We will bowl from 6:30 p.m. to 8:30 p.m. followed by a social hour at Donnelly's Pub. Bowling will be in Dutch Doubles format and no experience is necessary. Cost is \$6.00 per person plus shoe rental. Sign up at the Welcome Center. For more information, contact Jeff or Pam Machacek at 691-7064.

## Race/Pray for the Cure

Save the date and start planning now for the 25th anniversary Race for the Cure Saturday, May 8. Sign up online at [www.komenpeoria.org](http://www.komenpeoria.org) and join the Salem team. Contact Cindy Turner for more information. The annual Pray for the Cure will be Thursday, May 6, at Salem.



Tuesday  
February 16  
8:00 p.m.

*Proclaim the greatness of the Lord and worship upon God's holy hill;  
for the Lord our God is the Holy One. Psalm 99:9*