

# the Bugle

**T**he disciples asked Jesus, Lord, teach us to pray as John taught his disciples. This resulted in Jesus sharing what Father Tim, from the Mitford Series novels, refers to as “the prayer that never fails.” They are words of Jesus and a model for how we are to pray. It is a prayer that reminds us that we are brothers and sisters in faith as we pray to “our Father in heaven.” We pray this prayer often and in many contexts, but this Lent, we will take a deeper look into these heartfelt words that are foundational in our relationship with our heavenly Father and how praying together unites us in ministry and mission.

As this year unfolds and we **Engage God’s Mission with Hope for the Future**, I invite you into prayerful discernment about our future together. What is God’s mission for us? How will we know the direction? Who needs to hear and experience the love of God and how are we being called to engage in the work of the church together?

Thomas said to Jesus, “Lord, we do not know where you are going. How will we know the way?” Jesus said, “I am the way, the truth and the life.” Empowered by God’s Spirit, we are the body of Christ and workers in God’s kingdom. We are united not because of what we do but because of who God in Christ has made us to be, images of God and brothers and sisters in faith.

I invite you to pray with me, discern with me, learn and grow as together we will listen carefully for the voice of Jesus to guide and equip us in faithfulness.

Booklets will be available at the church and upon request will be mailed or delivered to you as a resource to guide us through the Lenten theme “O Lord, Teach Me to Pray.” Weekly themes will shape mid-week Wednesday services as we worship and pray our way through 40 days of discernment beginning with **Ash Wednesday, February 22. Services will be at 11am and 6:30pm with a light lunch available following the mid-day service beginning March 1.**

Who are we and what will we become? Lord only knows, but I am confident the vision will become clearer as we engage God’s mission together.

-Pastor Craig



Artwork by Vickie DeVilbiss





## Ash Wednesday, February 22

Services with communion will be at 11am and 6:30pm.

### CONGREGATIONAL CARE MINISTRY

## Quilters

Quilter's will meet to begin working on High School Senior Milestone Quilts on **Saturday, February 18 from 10am-noon.**

Sewing experience is not necessary. If you can iron, cut or even if you just have a knack for colors and design you can be helpful in creating these quilts! If you're interested please call/text Rebecca Sipf at 937-408-9461.

## Lenten Luncheons in March

Last year, it was so good to gather for Lenten luncheons even though we kept it simple with sandwiches. This year, as we hope even more will gather, we would like to offer a more substantial meal.

Ways you can help enhance Lenten luncheons:

- Join us after the Wednesday 11am Lenten services in March. All are welcome!
- Coordinate a meal and invite friends to help. Receipts for expenses will be reimbursed.
- Prepare the main dish in advance and we will see it gets baked.
- Offer a crowd-pleasing dish idea or recipe.
- Make a dessert so a variety can be offered. Desserts could be brought ahead of time.
- Help with serving and clean up at the luncheons.
- Apply for a Thrivent card to help cover expenses.

If you would like to help with Lenten Luncheons in ANY way, please contact Kris Griffith at (309)370-2336 or griffdk@comcast.net so a schedule can be made as soon as possible.

### OUTREACH MINISTRY

## February Food Collection

To continue the non-perishable food collections for Bethel United Methodist's Food Pantry please donate anytime during the month.



**Craig Swenson, Senior Pastor**  
cswenson@salemofpeoria.com

**Jill Goldhammer, Deacon,**  
**Children, Youth & Family Ministries**  
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**Joan Creager, Senior Ministries**

**Toni Greving**  
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**Meghan Peterson, Communications**  
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**Gretchen Petrakis,**  
**Director of Sunday School**  
gpetrakis@salemofpeoria.com

**Lori Reimer, Parish Nurse**  
lreimer@salemofpeoria.com

**Maggie Slotter, Director of Music**  
**& Choir Director**  
mslotter@salemofpeoria.com

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Salem Lutheran Church,  
1700 W. War Memorial Dr.,  
Peoria, IL 61614-6724

**Bugle content for March 2023 due by February 14.**

**Pastoral Emergency Number:**  
In case of emergency please call:  
Pastor Craig: 309-258-4759 or  
Lori Reimer: 309-303-3808

### FAITH FORMATION

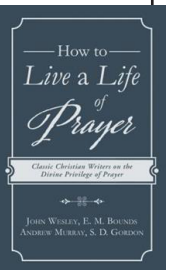
## How Lutherans Interpret the Bible, Feb 19 and Feb 20

Have you ever wanted to know more about the Bible and did not know who to talk to about your questions and desire to learn? As an ELCA pastor and seminary professor, Mark Allen Powell created a resource that helps engage people in conversations about the Bible and its purpose to nurture faith conversations. How Lutherans Interpret the Bible is a six-week course that is useful for both those new in the study of scripture as well as seasoned learners who are looking for opportunities to deepen and expand their engagement with the Bible. The study includes a video segment as well as outline materials that accompany the discussion. Pastor Craig will be leading two different times for these studies. **Sundays (February 19-March 26) on zoom at 6:30pm and Mondays (February 20-March 27) in person at 6:30pm.** Please register through the church office (office@salemofpeoria.com or 309-688-9212) to receive the link to the Sunday sessions.

## Salem Library

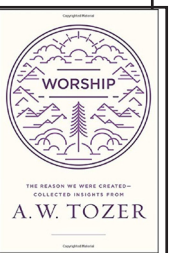
**How to Live a Life of Prayer: Classic Christian Writers on the Divine Privilege of Prayer** by John Wesley (248.32 WES)

Everybody wants to live a life of prayer--but how? The words of classic Christian writers still speak to us today, addressing the questions and concerns we have about prayer. In this rich collection of encouraging writings, E. M. Bounds, S. D. Gordon, Andrew Murray, and John Wesley thoughtfully explore a variety of topics, including the purpose and power of prayer, hindrances to prayer, the "how to's" of praying, and Jesus' habits of prayer. Prayer truly is a powerful tool available to Christians, and these giants of the faith will encourage you to experience a vibrant, two-way communication with the God who longs for communion with His people. Lightly updated for modern-day understanding, this accessible book offers spiritual insight and challenge that spans more than three centuries.



**Worship: The Reason We were Created** by A.W. Tozer (248.3 TOZ)

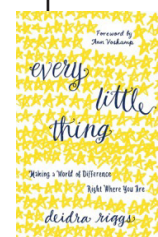
Dynamic insights on worship from an acclaimed 20th-century preacher, pastor, and prophet! Offering selections from Tozer's published and unpublished works, this volume examines the act and object of worship; explores emotional expression during prayer and praise; reflects on our role as worshipping creatures; encourages us to live for God's glory; and more.



To access and view the library collection (salemofpeoria.com), look for the Learn tab, click on Salem Lutheran Library, click again on Library Catalog and scroll through the online collection. Or search, (salemofpeoria.com/salem-lutheran-library). Questions? Please contact Karen Swenson at 309-258-5708 or at klswen@hotmail.com

## Salem Book Club, Feb 22 at 8pm

Book Club will meet on **Wednesday, February 22nd at 8pm via Zoom.** This is Ash Wednesday and the discussion group is starting at a later time to allow people to worship. Our book this month is, "Every Little Thing," by Deidra Riggs.



Everyone has had that moment--we see a need and we think, Someone really should do something about that, never imagining that we might be the answer. We don't have the time, the expertise, the money. We've got careers to manage, bills to pay, meals to prepare, and families to attend to. Besides, who are we to think we can change the world? In this encouraging and empowering book, Deidra Riggs calls you to accept God's invitation to join him in making a difference right where you are, right now. She shows you that you were created with a purpose and with the capacities to fulfill that purpose. And she reminds you that while it's not up to you to fix the world, it is up to you to join God--and his people--in his redemptive work.

## Sleep Health

While the needed amount varies, getting enough sleep is important for individuals of all ages to maintain good health. We often cut back on sleep for work, family needs, or to just watch a good television program. If not getting enough sleep is a regular part of your routine, you may be at an increased risk for obesity, type 2 diabetes, high blood pressure, heart disease and stroke, as well as poor mental health. Just one night of insufficient sleep can affect you the next day – you are more likely to feel drowsy, be in a bad mood, be less productive at work, or be involved in some type of accident.

Some habits to help improve your sleep include:

- Be consistent. Go to bed and get up at the same time, including the weekends.
- Your bedroom should be quiet, dark, relaxing, and at a comfortable temperature.
- Eliminate electronic devices and televisions in the bedroom.
- Avoid large meals, caffeine, and alcohol before bedtime.
- Exercise. Being physically active during the day can help you fall asleep more easily at night.

Getting enough sleep is important, but good sleep quality is also essential. Signs of poor sleep quality include feeling sleepy or tired even after getting enough sleep, repeatedly waking up during the night, and having symptoms of a sleep disorder (such as snoring or gasping for air). If you have symptoms of a sleep disorder, such as snoring or being very sleepy during the day after a full night's sleep, make sure to tell your doctor.

## Thank Yous

- Thank you to Helene Peterson for bringing me your many Christmas Greetings with messages of peace, joy and good will. Opening all the cards and gifts gave me lasting joys to always remember. To all of you, Pastor Craig for his visit, and remembrances from my Rebecca Circle, Sunday School children and High School Youth, I pray all blessings for each of you in the New Year. -Joyfully, Bea Kent
- Thank you to everyone for the wonderful gift bag of Christmas cards we received from the Salem family. How special it was to be remembered in this way. We really enjoyed reading all the notes and they definitely lifted our spirits. We were blessed. - Ron and Norma Hartman
- Merry Christmas to all and thank you for the cards. -Janet Jones
- Thank you Salem family and Sunday School classes for the bag of goodies and Christmas cards. We enjoyed and appreciated your kindness. -Clarence and Lois Knutson
- Thank you to all the Salem members who sent me Christmas greetings, the Sunday classes for the bag of chocolates, the Lydia Circle for all the very useful gifts and Sandy Harvey for delivering it all. It is really great to be remembered. - Ruth Landes
- Thank you to all who contributed to the Christmas thinking of you bags. It really brightened my day.  
- Georgia Sutherland

## Lutheran Hillside Village (LHV) Cookie Walk

The LHV Cookie Walk went above and beyond Lutheran Women of Greater Peoria (LWGP) expectations! In the five hours of the sale 157 customers were welcomed, including seven local pastors that stopped by for their free gift. LWGP raised \$3,009.25 for the LHV Benevolent Fund, for those residents that have outlived their resources.

Many thanks to Inez Norgard, Paula Sydow and anyone else at Salem that may have donated baked goods. Please consider baking or making a monetary donation towards LWGP's next bake sale on May 12, 2023.

## Lutheran Women of Greater Peoria (LWGP)

On **Friday, February 10**, ladies of all ages are welcome to 6801 N. Allen Road, Peoria. Redeemer Lutheran will host the General Membership Meeting for Lutheran Women of Greater Peoria in Miller Hall. The meeting will begin promptly at 9am with a serenade by a local barbershop quartet. A hot breakfast and coffee provided. A presentation by an employee of Lutheran Social Services of Illinois followed by a meeting highlighting our events planned for 2023. Please RSVP by **Feb 3rd** to Lisa Mack (309) 360-2669 so that we can plan accordingly.

## BIRTHDAY BLESSINGS! FEBRUARY BIRTHDAYS

### February 1

Chris Cochran  
Lynnce Coyner  
Roxanne Vandervlugt

### February 3

John Iverson  
Bill Ligon

### February 4

Landon Peterson  
Adelaide Taubert-Koss

### February 5

Sarah Bidne  
Janet Wiesehan

### February 6

Lily Bastian  
Rick Lambie

### February 7

Maren Thompson

### February 8

Wendy Thomasson

### February 9

Emily Peterson

### February 11

Diane Proft

### February 12

Norma Hartman

Lisa Janco

Sandra Mills

### February 14

Pam DeBruyn  
Allison Harvey

### February 16

Janet Jones  
Misty Kelly  
Nancy Rehn

### February 18

Annette Doughty

### February 19

Wendy Cochran  
Janet Cox  
John Harvey

### February 20

Lorelei Hull  
Luci Hull

### February 21

Noah Hopkins  
Vicki Larson  
Alan Puttcamp

### February 22

Olivia Kelly

### February 24

Chad Arnold  
Lesley Howard  
Christine Steele

### February 25

Jacob Ferrell

### February 26

Marla Breidel  
Mia Hoffman

### February 27

Conner Bidne

## Condolences

Prayers for Fred Stamerjohn, Sandy and John Harvey and family as Marilyn Stamerjohn joined the church triumphant on Sunday, January 15. May the Lord grant peace and comfort to the family members and friends who mourn Marilyn and rejoice as they enter the church triumphant.

A visitation and celebration of life for Marilyn was held at Salem Lutheran Church on Friday, January 20.

## PRAYER REQUESTS

### THANKSGIVING TO GOD FOR...

- Salem's growing ministry
- Salem Congreg. Council
- Salem's Pastor, Deacon and Staff

### DIRECTION...

- Salem Congreg. Council
- Salem's Pastor, Deacon and Staff

### PRAYERS REQUESTS...

- Salem's Sister Congregation: Trinity Lutheran Church (Olney)
- All those affected with COVID-19
- The men and women of our armed forces
- Support for all caregivers when loved ones suffer
- Individuals suffering from depression
- People of Guatemala

- Ulrich family in Malawi
- Families at Crittenton Center
- Midwest Food Bank
- Wally Bastian and his family
- Lesly Baumgarten
- Luan Borquist
- Jim Chelgren
- Butch Conard
- Zachery Dickerson
- Bill Fischer
- John and Tanya's daughter-in-law and their family

- Norma Hartman
- Ron Hipple
- Lesley Howard
- Helen Johnson
- Lindsay granddaughter of Sharon Mollenhauer
- Lizzie
- Morgan Lott

- Dave Mabee
- Marta
- Bill Mettam
- Bill Monckton and Deacon Jill
- Jo and Gil Nolde
- Helene Peterson
- Linda Peterson
- Rosy Park
- the family of Emma Rees
- Debi Smith
- the family of Marilyn Stamerjohn

### PRAY FOR OUR MILITARY...

- Stateside: Gibson Gonzalez, Emily Graff, Barry Joyce, Talon Maki
- Ashley Owen, Lucas Owen, Jim Sterling, Jason Sterr
- Overseas: Ian Borquist



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



## Salem Churchmen

(ABOVE): The Salem Churchmen enjoyed an evening of fellowship, pizza and laughs at the annual end of year party. Thanks to all those that participate in our events throughout the year!

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## Salem Youth

(TOP RIGHT): Salem Youth enjoyed a Christmas Party with the St. Mark's Youth Group.

(BOTTOM RIGHT): Salem Youth went shopping for pj's and food items for the Center of Prevention of Abuse and Bethel United Methodist Food Pantry.

