

<p><i>February</i> <b>2026</b></p>	<p><b>February Worship Assistants</b></p> <p>Ushers: Koehnk Families Altar Guild: Traci Miller Acolytes: Easton Consier, Hallie Vanlangen Tech Assistant: Evelyn Widick</p>					
<p><b>Sun, Feb. 1</b> <b>4<sup>th</sup> Sunday of Epiphany</b> Scripture: Natalie Muller Greeter: Dan Nibe Family Treats: Millers &amp; Dials</p> <p>9:00 Worship with Holy Communion 10:00 Fellowship 10:15 Sunday School 10:15 Bible and Brew</p>	<p><b>Mon, Feb. 2</b></p> <p>10-am Coffee in the Chapel 1-2 pm Lord's Cupboard is open 5-6:30 pm Lord's Cupboard is open</p>	<p><b>Tue, Feb. 3</b></p> <p>12:00 Tuesday Together Time – <b>for the community</b> 12:30 Riverside Conference Pastors' Text Study <b>2:00 pm Worship at Timberland – all are welcome!</b></p>	<p><b>Wed, Feb. 4</b></p> <p>3:30-5:00 Wednesday Kids 4:00-4:30 pm Choir Rehearsal 4:30-5:00 pm Tone Chimes 5:30-7:15 Confirmation meal and class 7:30-8:30 HS Youth Group</p>	<p><b>Thu, Feb. 5</b></p>	<p><b>Fri, Feb. 6</b></p>	<p><b>Sat, Feb. 7</b></p>
<p><b>Sun, Feb. 8</b> <b>5<sup>th</sup> Sunday of Epiphany</b> Scripture: Rodney Thelen Greeter: Luanne McGonigle Treats: Scott Family</p> <p>9:00 Worship 10-am Fellowship 10:15 Sunday School 10:15 Bible and Brew <b>Noon: Community Potluck</b></p>	<p><b>Mon, Feb. 9</b></p> <p>10-am Coffee in the Chapel 5-6:30 pm Lord's Cupboard is open <b>7:00 pm Church Council</b></p>	<p><b>Tues, Feb. 10</b></p> <p>12:00 Tuesday Together Time – <b>for the community</b> 12:30 Riverside Conference Pastors' Text Study</p>	<p><b>Wed, Feb. 11</b></p> <p>3:30-5:00 Wednesday Kids 4:00-4:30 pm Choir Rehearsal 4:30-5:00 pm Tone Chimes 5:30-7:15 Confirmation meal and class 7:30-8:30 HS Youth Group</p>	<p><b>Thu, Feb. 12</b></p>	<p><b>Fri, Feb. 13</b></p>	<p><b>Sat, Feb. 14</b></p>
<p><b>Sun, Feb. 15</b> <b>Transfiguration Sunday</b> Scripture: Eudene Lund Greeter: Clark Vold Family Treats: Arnold &amp; Heeren</p> <p><b>Mission Sunday: Camperships</b> 9:00 Worship with Holy Communion 10:00 Fellowship 10:15 Sunday School 10:15 Bible and Brew</p>	<p><b>Mon, Feb. 16</b></p> <p>10-am Coffee in the Chapel 5-6:30 pm Lord's Cupboard is open</p>	<p><b>Tue, Feb. 17</b></p> <p>12:00 Tuesday Together Time 12:30 Riverside Conference Pastors' Text Study</p>	<p><b>Wed, Feb. 18</b> <b>ASH WEDNESDAY</b> 3:30-5:00 Wednesday Kids 4:00-4:30 pm Choir Rehearsal 4:30-5:00 pm Tone Chimes 5:30-7:15 Confirmation meal and class <b>6:30 pm Ash Wednesday</b> Worship Service with <b>Imposition of Ashes</b> 7:30-8:30 HS Youth Group</p>	<p><b>Thu, Feb. 19</b></p> 	<p><b>Fri, Feb. 20</b></p>	<p><b>Sat, Feb. 21</b></p>
<p><b>Sun, Feb. 22</b> <b>1<sup>st</sup> Sunday in Lent</b> Scripture: Roma Miller Greeter: Monica Sogard Treats: Mark Widick Family</p> <p>9:00 Worship with Kid's Church 10:15 Sunday School 10:15 Bible and Brew</p>	<p><b>Mon, Feb. 23</b></p> <p>10-am Coffee in the Chapel 5-6:30 pm Lord's Cupboard is open</p>	<p><b>Tue, Feb. 24</b></p> <p>12:00 Tuesday Together Time – <b>for the community</b> 12:30 Riverside Conference Pastors' Text Study</p>	<p><b>Wed, Feb. 25</b></p> <p>3:30-5:00 Wednesday Kids 4:00-4:30 pm Choir Rehearsal 4:30-5:00 pm Tone Chimes 5:30-7:15 Confirmation meal and class <b>6:30 pm Lenten Worship</b> 7:30-8:30 HS Youth Group</p>	<p><b>Thu, Feb. 26</b></p> 	<p><b>Fri, Feb. 27</b></p>	<p><b>Sat, Feb. 28</b></p> <div data-bbox="1234 1449 1526 1596" style="border: 1px solid black; padding: 5px; text-align: center;"> <p>See back of this calendar for more information.</p> </div>



## The Upside-Down Blessing

— Adapted from *HomileticsOnline.com* The

Beatitudes are more than poetic lines from Jesus' Sermon on the Mount. They're a radical redefinition of what it means to be blessed. The Greek word *makarios* doesn't just mean "happy." It describes a deep, untouchable joy that pain, loss or hardship cannot erase. As scholar William Barclay wrote, it is "the joy which shines through tears."

Jesus flips the world's idea of success upside down. The "blessed" aren't the powerful or prosperous, but the poor in spirit, the mourners, the meek and the merciful. Imagine reading them as "Congratulations, you who feel broken, God's kingdom belongs to you!" His words assure us that, even in suffering, we stand in God's favor.

Real blessing isn't about shiny possessions or smooth sailing. It's the steady, saving presence of God — a life preserver tossed to us when we're struggling to stay afloat. And it's not just an individual promise. Jesus spoke these blessings to a community, a we more than a me. Together, as the body of Christ, we find comfort, strength and the courage to live with joy that nothing in life or death can take away.



### February Birthdays

- 1 Lynn Beyer
  - 3 Janis Heeren
  - 4 Jill Tjernagel  
McKenzie Herbert
  - 5 Sylvia Steffen
  - 7 Mariela Gomez Alanis
  - 9 Helen Espeland  
Joseph Leahy ('13)
  - 11 Mason Perkins '19
  - 12 Hanna Robinson
  - 13 James Larson
  - 16 Ana Dolan
  - 17 Ortrude Dial
  - 18 Joyce Erickson  
D.J. Klonglan
  - 19 Fallon Sogard
  - 20 Amy Barquist
  - 21 Joyce Knutson
  - 22 Ryan Flaugh
  - 23 John Heeren  
Justin Deppe
  - 24 Sydnee Flaugh
  - 27 Cassidy Engelby
  - 28 Corey Strottmann
- February Anniversaries**
- 26 Doug & Lori Bushore

**FEBRUARY 26, 2026**

**Join LSI and the three Iowa synods of the ELCA for  
Lutheran Day on the Hill in Des Moines in 2026!**

Lutheran Day on the Hill is LSI's biggest advocacy event of the year. Over 400 participants gather at a local downtown church to learn about critical issues Iowa children, adults and families are facing. After learning about advocacy and LSI's mission in action, the group heads to the Iowa State Capitol to talk directly with legislators.

### Lutheran Day on the Hill 2026

Welcome to Lutheran Day on the Hill at Capitol Hill Lutheran Church!

**Location:** Capitol Hill Lutheran Church, 511 Des Moines St, Des Moines, IA 50309

**Date and time:** Thu, Feb 26, 2026 9:00 AM - 3:00 PM

**Organizer:** Leah Nelson, [leah.nelson@lsiowa.org](mailto:leah.nelson@lsiowa.org)

Register on line through Lutheran Services in Iowa website.

### *Spring Cleaning for the Soul*

Ash Wednesday is February 18, 2026, and it marks the beginning of the 40 days of Lent. Lent hints of spring, a time when the earth begins to awaken from a winter's nap, and new growth bursts forth all about us.

More personally, it is an opportunity to enter into a springtime for our spirit. For centuries Christians have used the 40 days of Lent to seek spiritual growth. Sincere repentance, a changing of heart, casting off old sinful practices and seeking to commune with our creator help us go in the right direction. Spending serious time in silence and prayer focuses our attention. Reading spiritual literature, becoming more knowledgeable about the New Testament, meeting in small groups with other Christians to share personal stories of faith can all be immensely stimulating. Joining with others to serve the helpless and hopeless can strengthen our spiritual life.

Lent is a time to let God do "spring cleaning" within us. It's our opportunity to allow God to help us toss out the "stuff" that hinders us and then freshen up the "new creature" we are meant to be as followers of Christ.