

### Happy Birthday to:

- 2 Marilyn Behn Mark Baldwin
- 4 Jackie Birdsell Gene Lampe Joan Berquist Vivian Hansen
- 5 Rev. Pat Baldwin
- 6 Don Kloetzer
- 7 Jackie Fink Grant Subbert Cooper Hansen Sam Baumann
- 9 Nate Hansen
- 11 Rev. Roy Berquist
- 13 Charles Flickinger Zander Voss
- 14 Benjamin Harvey
- 15 Randy Oehlert Nate Baumann
- 16 Tom Teggatz
- 17 Natalie Dent
- 21 Paula Schnabel
- 24 Jennie Dellinger Justin Schnabel Tucker Schmitt
- 26 Kayleigh Abbas
- 29 Darrell Stratmann Rodger Schnabel Ryan Tripp



#### <u>Greeters</u>

Jackie Birdsell Joyce Hauser Bill & Sheree Holmstrom Gene & Sharon Miller

### **Ushers**

Jason Arndt Alan Brown Nate Hansen Troy Hansen Mike Spetman (when not an Elder)

## **Acolytes**

2 – Slade Pigman
5 (Wed Lent) – Henry Subbert
9 – Evan Waechter
12 (Wed Lent) – Lane Haller
16 – Noah Behn
19 (Wed Lent) – Colin Harr
23 – Slade Pigman
26 (Wed Lent) – Henry Subbert
30 – Evan Waechter

Individual and small group communion is being offered in place of the Special Needs service. Please contact the church office if interested.



# **Special Evening Services**

Ash Wednesday Service at 5:30PM.

Wednesday Lenten Meals at 6:00 PM.

Wednesday Lenten Worship Services at 7:00 PM. Vicar Stefanec's Lenten theme is based on 1 John -"Nothing Apart from Christ"

Confirmation is at 4:15PM on Ash Wednesday. Confirmation is at 5:30 PM during the remainder Lenten Wednesdays.





13 – Brandon & Patricia Heilskov 23 – Rev. David & Sandra Lingard





Wednesday, March 5th at 2PM

Devotion/Bible Study: **Dorothy Brinkley** 

> Hostess: Mary Hadley

All ladies are invited! Please join us!

#### **Lenten Meals**

Please join us for dinner this Lenten season! Serving begins at 6:00 PM.

March 12: Esther Circle - Beefburgers

March 19: Elders - Pork Loin

March 26: Evangelism Committee - Cheesy Ham & Potato Casserole



April 2: Pastor's Pizza

April 9: Confirmation Classes -Pancakes & Sausage

#### Remember our shut-ins with your prayers, cards, and visits...

- \*Country View Nursing Facility: Jennie Dellinger, Melba Muhlenbruch, Tillie Nelsen, Dixie Schmitt
- \*Franklin General Assisted Living: Merlin Behn
- \*Rehabilitation Center of Hampton: Jamie Fink, Mardell Jorgensen
- \*Leahy Grove: Patty Rodemeyer (Apt. 4)



\*Good Shepherd Health Center:

Jean Morgan

- \*At Home: Jerry Meyer, Kathy Jones
- \*Other members at home who may not be able to come to church.

#### Lenten Devotions on KLMJ

Once again, Pastor Bollhagen will be leading our Lenten Devotions on KLMJ, 104.9 daily at approximately 7:30 AM beginning on Ash Wednesday, March 5<sup>th</sup>. These devotions will be based on a different Bible verse each day and run through Saturday, April 26th. Please listen each morning to KLMJ or listen via our Facebook page!

Copies of this year's LHM Lenten Devotions are available if you are interested. They are located on the table outside of the church office.



You can also go to

www.lhm.org/lent to sign up for auto delivery of these and other daily devotions to your email address.



# **Music Improves** Memory

"Praise the Lord, for the Lord is good; sing to his name, for it is pleasant." - Psalm 135:3

According to researchers at Georgia Tech, the music we know and may love can help us study and learn. On the flipside, if a piece is unfamiliar or overcomplicated, it can distract us and diminish our ability to retain information.

Other kinds of music can influence our emotions and reshape old memories, such as how movie soundtracks create "moods" throughout the experience making the event more memorable.

Music is even thought to be able to help shift feelings and reshape the "emotional tone" attached to certain memories; possibly helping those who suffer from mood disorders like PTSD or depression.

Listening to upbeat or happy music while working through a sad or frightening memory is one tool therapists may use to support a patient.

Source: Neuroscientists explore the intersection of music and memory – ScienceDaily, Better Health, Winter 2025
Taken from a submission by Ronda Anderson RN, Parish Nurse District
Representative for IDE-LCMS, (February professional packet).

#### From Vicar...

Dear Trinity,

As we continue to consider how Old Testament individuals foreshadow Christ, we look to Melchizedek.

Melchizedek is a somewhat mysterious individual in the Old Testament. In Genesis 14, after Abraham rescues Lot, he is met by the king of Sodom and Melchizedek, the king of Salem, in the Valley of Shaveh. Melchizedek has no known origin and no known genealogy. He simply appears in this account of Scripture as a priest of God. He brings bread and wine, and blesses Abraham, saying that the Earth belongs to Abraham and that Abraham is given victory over his enemies. Abraham gives Melchizedek a tenth of what he has. Then, Melchizedek vanishes from the story of Genesis as quickly as he appeared.

The book of Hebrews teaches us that Christ too is a priest "in the order of Melchizedek." Hebrews says, "[Melchizedek] is without father or mother or genealogy, having neither beginning of days nor end of life, but resembling the Son of God he continues a priest forever," (7:3). The author of Hebrews later speaks of Christ, saying "The LORD has sworn, and will not change his mind, you are a priest forever, the order of Melchizedek." (7:17, 21). Why is this significant? For two reasons. First, Christ is not a priest in the line of Aaron because his priesthood is better. He does not need to keep offering sacrifices as the Levitical priesthood did, because his once and for all sacrifice was his own body upon the cross. All sin is covered by his one sacrifice. Second, he continues to be a priest forever into eternity.

You can find comfort in this by knowing that Christ, the Lamb of God who was sacrificed for all sin, intercedes for you at the right hand of the Father even now. He intercedes on behalf of your sin, weaknesses, and sufferings. He sympathizes with all you endure as a mortal human, for he too is human. As Hebrews says, "he is able to save to the uttermost those who draw near to God through him, since he

always lives to make intercession for them," (7:25). You do not need to fear if Christ regards you, if he remembers you, or if he will be with you in temptation, suffering, and strife. He is in heaven to intercede for you. From now into eternity, Christ prays for you in heaven day or night and will never forsake you.

So, call upon him as your high priest with bold confidence that he is the sacrifice who once and for all atoned for your sin, never to abandon you.

For prayer: Heavenly Father, your beloved Son removed the sin of all the world through his sacrifice upon the cross. Please do not deal with me according to my sin, weakness, and guilt, but according to the blood and intercession of your Christ, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

#### **Installation Photos**



Pastor Bollhagen's installation at



# **More Installation Photos**











