

**IMMANUEL LUTHERAN CHURCH  
AVILLA, INDIANA  
GOD WITH US**

Volume LXXXII

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9:30 AM

Number 5

2023

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Connections [www.crossconnections counseling.com](http://www.crossconnections counseling.com)

**Fourth Sunday after the Epiphany**

**ORGAN PRELUDE**

**RINGING OF THE BELL**

**DIVINE SERVICE – SETTING THREE – PAGE 184**

**HYMN No. 904 - Blessed Jesus, at Your Word**

- 1 Blessed Jesus, at Your Word  
We are gathered all to hear You.  
Let our hearts and souls be stirred  
Now to seek and love and fear You,  
By Your teachings, sweet and holy,  
Drawn from earth to love You solely.**
  
- 2 All our knowledge, sense, and sight  
Lie in deepest darkness shrouded  
Till Your Spirit breaks our night  
With the beams of truth unclouded.  
You alone to God can win us;  
You must work all good within us.**

**3 Gracious Savior, good and kind,  
Light of Light, from God proceeding,  
Open now our heart and mind;  
Help us by Your Spirit's pleading.  
Hear the cry Your Church now raises;  
Hear and bless our prayers and praises.**

△ **4 Father, Son, and Spirit, Lord,  
Praise to You and adoration!  
Grant that we may trust Your Word,  
Confident of our salvation,  
While we here below must wander,  
Till we sing Your praises yonder.**

## **INVOCATION**

P: In the name of the Father and of the + Son and of the Holy Spirit.

**C: Amen.**

## **CONFESSION AND ABSOLUTION**

P: Beloved in the Lord! Let us draw near with a true heart and confess our sins unto God our Father, beseeching Him in the name of our Lord Jesus Christ to grant us forgiveness.

P: Our help is in the name of the Lord,

**C: who made heaven and earth.**

P: I said, I will confess my transgressions unto the Lord,

**C: and You forgave the iniquity of my sin.**

*Silence for reflection on God's Word and for self-examination.*

P: O almighty God, merciful Father,

**C: I, a poor, miserable sinner, confess unto You all my sins and iniquities with which I have ever offended You and justly deserved Your temporal and eternal punishment. But I am heartily sorry for them and sincerely repent of them, and I pray You of Your boundless mercy and for the sake of the holy, innocent, bitter sufferings and death of Your beloved Son, Jesus Christ, to be gracious and merciful to me, a poor, sinful being.**

P: Upon this your confession, I, by virtue of my office, as a called and ordained servant of the Word, announce the grace of God unto all of you, and in the stead and by the command of my Lord Jesus Christ I forgive you all your sins in the name of the Father and of the + Son and of the Holy Spirit.

**C: Amen.**

## INTROIT – Psalm 1:1–5

P: For the LORD knows the way of the righteous,

**C: but the way of the wicked will perish.**

P: Blessèd is the man who walks not in the counsel of the wicked,

**C: nor stands in the way of sinners, nor sits in the seat of scoffers;**

P: but his delight is in the law of the LORD,

**C: and on his law he meditates day and night.**

P: He is like a tree planted by streams of water that yields its fruit

**C: in its season, and its leaf does not wither.**

P: In all that he does, he prospers.

**C: The wicked are not so,**

P: but are like chaff that the wind drives away.

**C: Therefore the wicked will not stand in the judgment,**

P: nor sinners in the congregation of the righteous.

**C: Glory be to the Father and to the Son**

P: and to the Holy Spirit;

**C: as it was in the beginning,**

P: is now, and will be forever. Amen.

**C: For the LORD knows the way of the righteous,**

P: but the way of the wicked will perish.



**G** Glo-ry be to the Fa-ther and to the Son and to the Ho-ly Ghost;



as it was in the be-gin-ning, is now, and ev-er shall be, world with-out end. A-men.

## KYRIE



**C** Lord, have mer - cy up - on us. Christ, have mer - cy up -



on us. Lord, have mer - cy up - on us.

## GLORIA IN EXCELSIS



**P** Glory be to God on high: **C** and on earth peace, good - will toward



men. We praise Thee, we bless Thee, we wor - ship Thee,



we glorify Thee, we give thanks to Thee, for Thy great glory.




O Lord God, heav'n-ly King, God the Fa-ther Al - mighty.



O Lord, the only begotten Son, Je - sus Christ;



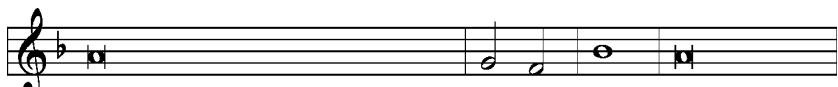
O Lord God, Lamb of God, Son of the Father,



that takest away the sin of the world, have mercy up-on us.



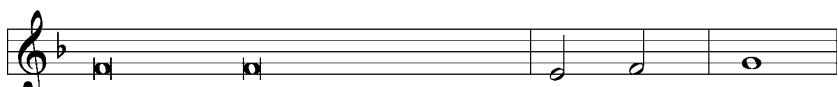
Thou that takest away the sin of the world, re-ceive our prayer.



Thou that sittest at the right hand of God the Father, have mercy up-



on us. For Thou only art holy; Thou on-ly art the Lord.



Thou only, O Christ, with the Ho - ly Ghost,



art most high in the glory of God the Father. A - men.

## COLLECT OF THE DAY

P: The Lord be with you.



☩ And with thy spir - it.

P: Let us pray.

**C: Almighty God, You know we live in the midst of so many dangers that in our frailty we cannot stand upright. Grant strength and protection to support us in all dangers and carry us through all temptations; through Jesus Christ, Your Son, our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever.**



## Old Testament Reading – Micah 6:1–8

<sup>1</sup>*Hear what the LORD says:*

*Arise, plead your case before the mountains, and let the hills hear your voice.*

<sup>2</sup>*Hear, you mountains, the indictment of the LORD, and you enduring foundations of the earth, for the LORD has an indictment against his people, and he will contend with Israel.*

<sup>3</sup>*“O my people, what have I done to you? How have I wearied you? Answer me!*

<sup>4</sup>*For I brought you up from the land of Egypt and redeemed you from the house of slavery, and I sent before you Moses, Aaron, and Miriam.*

<sup>5</sup>*O my people, remember what Balak king of Moab devised, and what Balaam the son of Beor answered him, and what happened from Shittim to Gilgal, that you may know the saving acts of the LORD.”*

<sup>6</sup>*“With what shall I come before the LORD, and bow myself before God on high? Shall I come before him with burnt offerings, with calves a year old?*

<sup>7</sup>*Will the LORD be pleased with thousands of rams, with ten thousands of rivers of oil? Shall I give my firstborn for my transgression, the fruit of my body for the sin of my soul?”*

<sup>8</sup>*He has told you, O man, what is good; and what does the LORD require of you but to do justice, and to love kindness, and to walk humbly with your God?*

**P:** This is the Word of the Lord.

**C:** **Thanks be to God.**

## Epistle – 1 Corinthians 1:18–31

<sup>18</sup>The word of the cross is folly to those who are perishing, but to us who are being saved it is the power of God. <sup>19</sup>For it is written,

*“I will destroy the wisdom of the wise,  
and the discernment of the discerning I will thwart.”*

<sup>20</sup>Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? <sup>21</sup>For since, in the wisdom of God, the world did not know God through wisdom, it pleased God through the folly of what we preach to save those who believe. <sup>22</sup>For Jews demand signs and Greeks seek wisdom, <sup>23</sup>but we preach Christ crucified, a stumbling block to Jews and folly to Gentiles, <sup>24</sup>but to those who are called, both Jews and Greeks, Christ the power of God and the wisdom of God. <sup>25</sup>For the foolishness of God is wiser than men, and the weakness of God is stronger than men.

<sup>26</sup>For consider your calling, brothers: not many of you were wise according to worldly standards, not many were powerful, not many were of noble birth. <sup>27</sup>But God chose what is foolish in the world to shame the wise; God chose what is weak in the world to shame the strong; <sup>28</sup>God chose what is low and despised in the world, even things that are not, to bring to nothing things that are, <sup>29</sup>so that no human being might boast in the presence of God. <sup>30</sup>He is the source of your life in Christ Jesus, whom God made our wisdom and our righteousness and sanctification and redemption. <sup>31</sup>Therefore, as it is written, “Let the one who boasts, boast in the Lord.”

P: This is the Word of the Lord.

C: **Thanks be to God.**

## ALLELUIA



♩ Al - le - lu - ia. Al - le - lu - ia. Al - le - lu - ia.



## Holy Gospel – Matthew 5:1-12

P: The Holy Gospel according to St. Matthew, the fifth chapter.



☐ Glo - ry be to Thee, O Lord.

*<sup>1</sup>Seeing the crowds, [Jesus] went up on the mountain, and when he sat down, his disciples came to him.*

*<sup>2</sup>And he opened his mouth and taught them, saying:*

*<sup>3</sup>“Blessed are the poor in spirit, for theirs is the kingdom of heaven.*

*<sup>4</sup>“Blessed are those who mourn, for they shall be comforted.*

*<sup>5</sup>“Blessed are the meek, for they shall inherit the earth.*

*<sup>6</sup>“Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.*

*<sup>7</sup>“Blessed are the merciful, for they shall receive mercy.*

*<sup>8</sup>“Blessed are the pure in heart, for they shall see God.*

*<sup>9</sup>“Blessed are the peacemakers, for they shall be called sons of God.*

*<sup>10</sup>“Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven.*

*<sup>11</sup>“Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. <sup>12</sup>Rejoice and be glad, for your reward is great in heaven, for so they persecuted the prophets who were before you.”*

P: This is the Gospel of the Lord.



☐ Praise be to Thee, O Christ.

## NICENE CREED

**C: I believe in one God, the Father Almighty, maker of heaven and earth and of all things visible and invisible.**

**And in one Lord Jesus Christ, the only-begotten Son of God, begotten of His Father before all worlds, God of God, Light of Light, very God of very God, begotten, not made, being of one substance with the Father, by whom all things were made; who for us men and for our salvation came down from heaven and was incarnate by the Holy Spirit of the virgin Mary and was made man; and was crucified also for us under Pontius Pilate. He suffered and was buried. And the third day He rose again according to the Scriptures and ascended into heaven and sits at the right hand of the Father. And He will come again with glory to judge both the living and the dead, whose kingdom will have no end.**

**And I believe in the Holy Spirit, the Lord and giver of life, who proceeds from the Father and the Son, who with the Father and the Son together is worshiped and glorified, who spoke by the prophets. And I believe in one holy Christian and apostolic Church, I acknowledge one Baptism for the remission of sins, and I look for the resurrection of the dead and the life + of the world to come. Amen.**

## HYMN No. 842 - Son of God, Eternal Savior

**1 Son of God, eternal Savior,  
Source of life and truth and grace,  
Word made flesh, whose birth among us  
Hallows all our human race,  
You our Head, who, throned in glory,  
For Your own will ever plead:  
Fill us with Your love and pity,  
Heal our wrongs, and help our need.**

- 2 As You, Lord, have lived for others,  
So may we for others live.  
Freely have Your gifts been granted;  
Freely may Your servants give.  
Yours the gold and Yours the silver,  
Yours the wealth of land and sea;  
We but stewards of Your bounty  
Held in solemn trust will be.**
- 3 Come, O Christ, and reign among us,  
King of love and Prince of Peace;  
Hush the storm of strife and passion,  
Bid its cruel discords cease.  
By Your patient years of toiling,  
By Your silent hours of pain,  
Quench our fevered thirst of pleasure,  
Stem our selfish greed of gain.**
- 4 Son of God, eternal Savior,  
Source of life and truth and grace,  
Word made flesh, whose birth among us  
Hallows all our human race:  
By Your praying, by Your willing  
That Your people should be one,  
Grant, O grant our hope's fruition:  
Here on earth Your will be done.**

Text: Somerset T. C. Lowry, 1855–1932, alt.  
Text: Public domain

## **SERMON**

**Text: 1 Corinthians 1:18–25**

**Theme: We Stand In Silence**

## OFFERTORY



Cre - ate in me a clean heart, O God, and re -  
new a right spir - it with - in me. Cast me not a -  
way from Thy pres - ence, and take not Thy Ho - ly Spir - it  
from me. Re - store un - to me the joy of Thy sal - va -  
tion, and up - hold me with Thy free spir - it. A - men.

## PRAYER OF THE CHURCH

P: Let us pray for the whole people of God in Christ Jesus, and for all people according to their needs.

*(there is a time for silent prayer)*

*After each petition:*

P: Lord, in Your mercy

**C: hear our prayer**

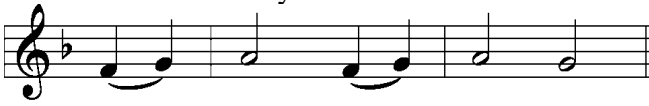
*At the conclusion of the prayer:*

P: Into Your hands, O Lord, we commend all for whom we pray, trusting in Your mercy, through Jesus Christ, our Lord.

**C: Amen.**

## PREFACE

P: The Lord be with you.



**C** And with thy spir - it.

P: Lift up your hearts.



**C** We lift them up un - to the Lord.

P: Let us give thanks unto the Lord, our God.



**C** It is meet and right so to do.

P: It is truly meet, right, and salutary . . . evermore praising You and saying:

## SANCTUS



**C** Ho - ly, ho - ly, ho - ly Lord God of Sab - a - oth;



heav'n and earth are full of Thy glo - ry. Ho - san - na,



ho - san - na, ho - san - na in the high - est. Bless - ed is He,



bles - ed is He, bless - ed is He that com - eth in the name of the Lord.



Ho-san - na, ho - san - na, ho - san-na in the high - est.

## LORD'S PRAYER

P: Our Father who art in heaven, hallowed be Thy name, Thy kingdom come, Thy will be done on earth as it is in heaven; give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.



For Thine is the kingdom and the power and the



glo - ry for - ev - er and ev - er. A - men.

## THE WORDS OF OUR LORD

P: Our Lord Jesus Christ, on the night when He was betrayed, took bread, and when He had given thanks, He broke it and gave it to the disciples and said: "Take, eat; this is My + body, which is given for you. This do in remembrance of Me."

In the same way also He took the cup after supper, and when He had given thanks, He gave it to them, saying: "Drink of it, all of you; this cup is the new testament in My + blood, which is shed for you for the forgiveness of sins. This do, as often as you drink it, in remembrance of Me."

## PAX DOMINI

P: The peace of the Lord be with you always.



**C** A - men.

## AGNUS DEI



**C** O Christ, Thou Lamb of God, that tak-est a-way the sin of the



world, have mer-cy up - on us. O Christ, Thou Lamb of God, that



tak-est a-way the sin of the world, have mer-cy up - on us.



O Christ, Thou Lamb of God, that tak-est a-way the sin of the



world, grant us Thy peace. A - men.

## DISTRIBUTION HYMNS

### HYMN No. 851 - Lord of Glory, You Have Bought Us

- 1 Lord of glory, You have bought us  
With Your lifeblood as the price,  
Never grudging for the lost ones  
That tremendous sacrifice;  
And with that have freely given  
Blessings countless as the sand  
To the unthankful and the evil  
With Your own unsparing hand.
- 2 Grant us hearts, dear Lord, to give You  
Gladly, freely of Your own.  
With the sunshine of Your goodness  
Melt our thankless hearts of stone  
Till our cold and selfish natures,  
Warmed by You, at length believe  
That more happy and more blessed  
'Tis to give than to receive.
- 3 Wondrous honor You have given  
To our humblest charity  
In Your own mysterious sentence,  
"You have done it all to Me."  
Can it be, O gracious Master,  
That You deign for alms to sue,  
Saying by Your poor and needy,  
"Give as I have giv'n to you"?
- 4 Lord of glory, You have bought us  
With Your lifeblood as the price,  
Never grudging for the lost ones  
That tremendous sacrifice.  
Give us faith to trust You boldly,  
Hope, to stay our souls on You;  
But, oh, best of all Your graces,  
With Your love our love renew.



**HYMN No. 837 - Lift High the Cross**

*refrain* **Lift high the cross, the love of Christ proclaim  
Till all the world adore His sacred name.**

**1** **Come, Christians, follow where our Captain trod,  
Our king victorious, Christ, the Son of God.**

*refrain* **Lift high the cross, the love of Christ proclaim  
Till all the world adore His sacred name.**

**2** **Led on their way by this triumphant sign,  
The hosts of God in conqu'ring ranks combine.**

*refrain* **Lift high the cross, the love of Christ proclaim  
Till all the world adore His sacred name.**

**3** **All newborn soldiers of the Crucified  
Bear on their brows the seal of Him who died.**

*refrain* **Lift high the cross, the love of Christ proclaim  
Till all the world adore His sacred name.**

**4** **O Lord, once lifted on the glorious tree,  
As Thou hast promised, draw us all to Thee.**

*refrain* **Lift high the cross, the love of Christ proclaim  
Till all the world adore His sacred name.**

**5** **Let ev'ry race and ev'ry language tell  
Of Him who saves our lives from death and hell.**

*refrain* **Lift high the cross, the love of Christ proclaim  
Till all the world adore His sacred name.**

**6** **So shall our song of triumph ever be:  
Praise to the Crucified for victory!**

*refrain* **Lift high the cross, the love of Christ proclaim  
Till all the world adore His sacred name.**

## **HYMN No. 849 - Praise the One Who Breaks the Darkness**

- 1 Praise the One who breaks the darkness  
With a liberating light;  
Praise the One who frees the pris'ners,  
Turning blindness into sight.  
Praise the One who preached the Gospel,  
Healing ev'ry dread disease,  
Calming storms, and feeding thousands  
With the very Bread of peace.**
  
- 2 Praise the One who blessed the children  
With a strong, yet gentle, word;  
Praise the One who drove out demons  
With the piercing, two-edged sword.  
Praise the One who brings cool water  
To the desert's burning sand;  
From this Well comes living water,  
Quenching thirst in ev'ry land.**
  
- 3 Let us praise the Word Incarnate,  
Christ, who suffered in our place.  
Jesus died and rose victorious  
That we may know God by grace.  
Let us sing for joy and gladness,  
Seeing what our God has done;  
Let us praise the true Redeemer,  
Praise the One who makes us one.**

Text: Rusty Edwards, 1955

Text: © 1987 Hope Publishing Co. Used by permission: LSB Hymn License no. 110001553

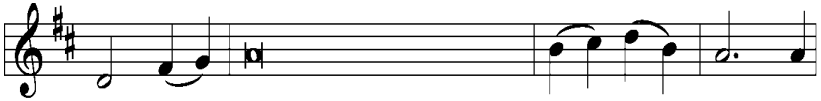
## **HYMN No. 803 - Joyful, Joyful We Adore Thee**

- 1 Joyful, joyful we adore Thee,  
God of glory, Lord of love!  
Hearts unfold like flow'rs before Thee,  
Praising Thee, their sun above.  
Melt the clouds of sin and sadness,  
Drive the gloom of doubt away.  
Giver of immortal gladness,  
Fill us with the light of day.**
  
- 2 All Thy works with joy surround Thee,  
Earth and heav'n reflect Thy rays,  
Stars and angels sing around Thee,  
Center of unbroken praise.  
Field and forest, vale and mountain,  
Flow'ry meadow, flashing sea,  
Chanting bird, and flowing fountain  
Call us to rejoice in Thee.**

- △ 3 Thou art giving and forgiving,  
Ever blessing, ever blest,  
Wellspring of the joy of living,  
Ocean-depth of happy rest!  
Father, Son, and Holy Spirit,  
Fountainhead of love divine:  
Joyful, we Thy heav'n inherit!  
Joyful, we by grace are Thine!**

Text: Henry Van Dyke, 1852-1933, alt.  
Text: Public domain

# NUNC DIMITTIS



Lord, now lettest Thou Thy servant de - part in peace ac-



cord-ing to Thy word, for mine eyes have seen Thy salvation,



which Thou hast pre - pared be - fore the face of all people,



a light to light - en the Gen - tiles and the glo - ry of Thy



peo - ple Is - ra - el. Glo - ry be to the Father and



to the Son and to the Ho - ly Ghost; as it was in the beginning,



is now, and ev - er shall be, world without end. A - men.

# THANKSGIVING

P: O give thanks unto the Lord, for He is good,



and His mercy endureth for - ev - er.

P: Let us pray... We give thanks to You, almighty God, that You have refreshed us through this salutary gift, and we implore You that of Your mercy You would strengthen us through the same in faith toward You and fervent love toward one another; through Jesus Christ, Your Son, our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever.



**C** A - men.

## SALUTATION AND BENEDICAMUS

P: The Lord be with you.



**C** And with thy spir - it.

P: Bless we the Lord.



**C** Thanks be to God.

## BENEDICTION

P: The Lord bless you and keep you. The Lord make His face shine upon you and be gracious unto you. The Lord lift up His countenance upon you and + give you peace.



**C** A-men, a-men, a - men.

# **HYMN No. 411 - I Want to Walk as a Child of the Light**

**1 I want to walk as a child of the light.  
I want to follow Jesus.  
God set the stars to give light to the world.  
The star of my life is Jesus.**

*refrain* **In Him there is no darkness at all.  
The night and the day are both alike.  
The Lamb is the light of the city of God.  
Shine in my heart, Lord Jesus.**

**2 I want to see the brightness of God.  
I want to look at Jesus.  
Clear Sun of Righteousness, shine on my path,  
And show me the way to the Father.**

*refrain* **In Him there is no darkness at all.  
The night and the day are both alike.  
The Lamb is the light of the city of God.  
Shine in my heart, Lord Jesus.**

**3 I'm looking for the coming of Christ.  
I want to be with Jesus.  
When we have run with patience the race,  
We shall know the joy of Jesus.**

*refrain* **In Him there is no darkness at all.  
The night and the day are both alike.  
The Lamb is the light of the city of God.  
Shine in my heart, Lord Jesus.**

Text: Kathleen Thomerson, 1934  
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## **Acknowledgments**

Divine Service, Setting Three from Lutheran Service Book

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**WELCOME** - We welcome all worshippers to our services at Immanuel this week. As God comes to us in Word and in Sacrament may we experience His love and His power in the singing of praise and the living of our lives to His glory.

**VISITORS** - Welcome all visitors this week. Be sure to pick up a visitor packet from an usher or from our Information Rack in the east entrance.

**RECORD OF FELLOWSHIP PADS** - ALL members and visitors are asked to record their attendance at church and communion. Please return the record to the center aisle.

**SERVICE ENLARGEMENTS, LARGE PRINT HYMNS & ASSISTIVE LISTENING DEVICES** - are now available for the service each week. It will include the service, hymns, and the insert of readings. They will be available at both entrances next to the bulletins. Please return them after the service.

**COMMUNION** – If you are not a member of Immanuel and have not previously taken Communion here, or if you are unable to come to the Communion rail, please speak with Pastor Kuhlman before the service. Grape juice is available in the center of each win tray.

**CHILDREN’S ACTIVITY TOTES** - are available at both entrances for children age kindergarten and younger. Please return them after the service.

**NURSERY** - Exit the southeast door, the nursery is the third door at the bottom of the stairs. The first door is the lounge where you may listen to the service on the speaker.

**ADULT SUNDAY SCHOOL** is at 8:30AM in the west Sunday school room. They are looking deeper into the Lessons of the Day for that Sunday Service. All are invited to attend.

**CHURCH OFFICE** - If you need to meet, speak, or make an appointment with the Church Secretary the office is open on Tuesday and Wednesday. If you need to meet or speak to Pastor Kuhlman you can always reach him on his cell and at his home.

**Please note that the church will be locked at all times unless two people are present.**

**AVILLA FOOD PANTRY** - Please do not forget the needy people in our community. You may place your food donations in the box in the east entrance.

**BULLETIN BOARD** - Cross Connection; Worship for Shut-Ins

**FLOWERS** – The flowers on the altar are given to the glory of God by the VanGessel family in celebration of Amelia’s birthday.

**MEETINGS AND EVENTS THIS WEEK:**

- Wednesday - Bible Study – 10 A.M.

**PRAYER LIST- Prayer for the sick & recovering:** The family of Jerry Daniels, Denny & Barb Weber, Susan Bremer, Paul DeLong, Amos DeLong, LaVon Graft, Ed Becker, young relative of a church member who is suffering mentally and parents who need wisdom and comfort.

**NEWSLETTERS:** February newsletters are in your mailboxes. March newsletter deadline is February 14<sup>th</sup>.

**SIGN-UP SHEETS** – Sign-up sheets for Lenten Suppers are on the table in the east entrance.

**CONTRIBUTION STATEMENTS** – The 2022 contribution statements are in your mailboxes.

**CONTRIBUTION ENVELOPES** – The 2023 contribution envelopes are now available for pick up and are in your mailboxes. Please pick them up at your earliest convenience. Thank you.

**2023 ALTAR FLOWERS CHART** - The 2023 Altar Flower Chart is up!! The price for 2023 is \$30 for 2 vases. If the flowers are donated in memory of someone or in honor of a special occasion, please make a note of that. Make checks payable to Immanuel Chancel Society and place it in their drawer in the east entrance. The following dates are still available:



- March – 12, 26
- June – 4
- October – 1, 29
- November – 12
- December – 10, 17, 31

**PORTALS OF PRAYER:** Portals of Prayer devotional books for January-March are available at the back of the church and at the side entrance.

**LOOK UP** - Looking Up is your first step to seeing past your struggles. Mental and behavioral health issues can be a silent battle. But there's always hope on the horizon. You can start by looking here for resources, information, and providers.

- <https://lookupindiana.org>
- Call 877-257-0208 - Available 24 hours every day
- Text LookUp to 494949 - Available 24 hours every day

**INFORMATION RACK**- last week's bulletin; extra newsletters; Visitors Packet; Portals of Prayer; Lutheran Witness; Cross Connection; Thrivent Dollars information; Lutherans for Life.

**WEEKLY SERVICE AND ANNOUNCEMENTS** are now on our website. The service can be found under Family Altar. The announcements in the bulletin each week can be seen on our website **under Blog and then correct month.**

### **LAST WEEK'S STATISTICS:**

Worship Attendance:

- Sunday Morning: 64 + Jesus

**THOUGHT FOR THE DAY** – When you get that sinking feeling, stand firm on Christ.

## ANXIETY / DEPRESSION SUPPORT GROUPS

- Mental Health America of Northeast Indiana  
<https://mhanortheastindiana.org>  
260-422-6441; [info@mhanortheastindiana.org](mailto:info@mhanortheastindiana.org)

Mental Health America of Northeast Indiana offers a free anxiety and depression support group on Wednesdays at 6 p.m. No formal diagnosis is required. The group is currently meeting via Zoom. Email Lacey Holt to sign up at:

[lholt@mhanortheastindiana.org](mailto:lholt@mhanortheastindiana.org)

- Mental Health Grace Alliance  
<https://mentalhealthgracealliance.org/your-personal-journey>

Mental Health Grace Alliance offers Bible study books that combine relevant Bible studies, neuroscience, and practical tools to help those experiencing a mental health difficulty to manage stressors, increase calm through rest and joy, reframe negative thoughts and nurture healthy relationships. These books are best used in small groups. *Living Grace* is a 16-week study for adults, and *Redefine Grace* is a 10-week study for high school and college age students. Materials are available online.

- NAMI Fort Wayne  
<https://www.namifortwayne.org>  
260-447-8990; [faithnet@namifortwayne.org](mailto:faithnet@namifortwayne.org)

NAMI Ft. Wayne provides free support groups for those living with mental illness and also for adult family and friends of people living with mental illness. Call the NAMI Ft. Wayne office to find out their current meeting schedule.