

Immanuel

Lutheran Church

Love. Serve. Repeat.

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February 2025



**By this everyone will know that you
are my disciples, if you
love one another.**

John 13:35



If you have email, you probably have had the experience I have had lately-- having to skim them and deleting hundreds at a time. It has become a concern of mine regarding our own church communications, which are mostly by email. They can easily be overlooked.

But just yesterday as I was skimming, one title caught my eye:
“This One Lesson Can Add Years to Your Life”
by Dr. Steven Gundry. The article began,
“Back in elementary school, my teacher used to say:

“Every time you frown, it takes a minute off your life.”

The article goes on to point out how there is much medical evidence that a negative and pessimistic attitude can wreak havoc on our health. One long-term detailed study in Finland was especially referenced. Over 11 years, the most pessimistic participants were more than TWICE as likely to die.

I was reminded of the passage given me by the pastor who had baptized me at the time of my Ordination:

“The joy of the Lord is your strength.” - Nehemiah 8:10

That passage has itself been a source of strength and renewal to me in the most difficult times. Our saving Lord is much bigger and more caring than any reason for frowns or tears. And since He is “the same yesterday, today and forever,” we are urged in the New Testament,

“Rejoice in the Lord always. I will say it again: Rejoice!”
- Philippians 4:4

Dr. Gundry’s article points out that optimism is a trait we can develop with practice. The same is true for practicing living the gift of spiritual joy.

One easy way to practice both optimism and spiritual joy is by the simple act of smiling more. Dr. Gundry writes,

“Even if you’re ‘faking it’, mimicking a smile sends the same signals to your brain as the real thing... and floods your body with a ton of positive emotions.”

I recall reading about similar benefits from laughter. And when I have been feeling especially “down” for some reason or another, I have tried laughing as I was driving along in my car. I wondered what those in the nearby cars thought since I was alone. But laughing, even for no reason, did work. My mood lifted.

I have also long recognized that humor and laughter are signs of grace-- the acknowledgement that we can’t take ourselves so seriously that we begin to think and act as though we are God. Grace has nothing to do with what we are or do; it is purely undeserved care and love from our Maker and Redeemer.

We are not built to handle that role of living as though we are our own gods. It quickly becomes a crushing burden-- leading not only to frowns but to complete despair.

Bottom line, I am very grateful to be serving in a congregation where smiles predominate by far. Yes, we weep with those who weep-- but even then and especially then,

“The joy of the Lord is your strength.”

Let’s always be living that truth-- for our own good and the good of others. And especially in uncertain, worrisome and threatening times.

Pastor Bauman



New Windows for the Parsonage

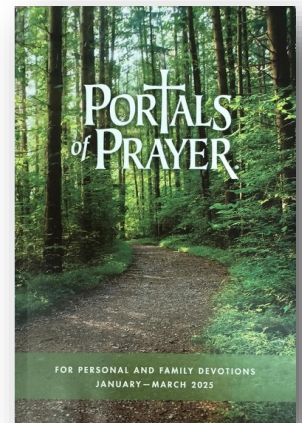
The Parsonage windows replacement was authorized in a Special Voters Assembly meeting on Sept. 22, 2024. We have received \$45,500.00 in donations specifically designated for this replacement project. Pella was contracted to replace all windows in the parsonage except the garage

window and the upper level front entry windows as they are still in good condition. The total Pella contract was for \$37,902.35 and the windows were installed on January 6-7, 2025. They have addressed the air leakage issues in the rooms and replaced the windows and the frames that were significantly rotted.



Portals of Prayer/ Hope-Full Living

The latest Portals of Prayer and Hope-Full Living are now available. Hope-Full Living is a devotional booklet with daily devotions and especially written for older adults.



The latest edition of Portals of Prayer, also in large print and Hope-Full Living are available in the church narthex or to be mailed to you by calling the church office at (630) 837-1166.



A REMINDER to those who have Thrivent life insurance or annuities: It's time to designate Thrivent Choice Dollars. Call 800-847-4836, Option 6. Please consider naming Immanuel as a recipient. Our address is 1116 Devon Avenue, Bartlett 60103. Thank you!

A Nice Thank You!



On January 7th, Immanuel Lutheran Church received a beautiful thank you letter from the Hanover Township Foundation for our ongoing effort to stock the shelves of their food pantry.

They explain that the program has expanded to help over 800 families every month that are struggling to keep food on the table.

They also hope our partnership continues into the future. If you are interested in helping our efforts, a list of needed foods can be found in the narthex. There is also a box where nonperishable food items can be dropped off. Thank you!

February Birthdays

Scott Loconti	02/03	Sonia Ongchangco	02/15
Steve Christiansen	02/07	Brenda Brinkman	02/20
Siloah Dreher	02/13	Zoe Kainz	02/20



St. Valentine -

St. Valentine was a third century Christian Priest who was martyred for disobeying the Emperor and secretly marrying couples. This would spare the husbands from being forced to serve in his army during times of war.

He was killed on February 14th. He is also credited with asking God to restore the sight of his jailer's daughter and writing a letter for her to read the day he was martyred. He signed the letter "Your Valentine"

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information provided by "Wikipedia"



FEBRUARY POTLUCK

The Fellowship committee is planning for our Potluck Luncheon on February 9th!

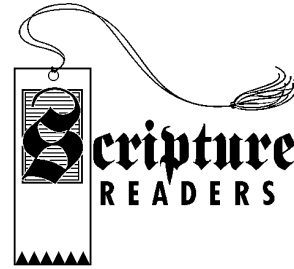
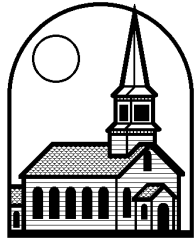
Come and enjoy great food and wonderful fellowship as we look forward the Lenten season and consider all that was given to us by our Lord Jesus Christ.

Bring your favorite dish to share. You can call the office at (630) 837-1166 to sign up or look for the sign-up sheet in the Narthex.

Hope to see you there!



February 2025 Schedules



Lay Minister Schedule

February 2 - Dave Schroeder & Gary Luper
February 9 - TBD
February 16 -TBD
February 23 -TBD

Reader Schedule

February 2 - Adele Pikora
February 9 - Dave Schroeder
February 16 - Sally Hover
February 23 - Al Thilk

If you would like to volunteer to serve please call the office.

If unable to serve when scheduled, please try to find a substitute. Also notify the church office as soon as possible (630 837-1166 or immanuelbartlett@sbcglobal.net) Thank you!



Happy Valentine's Day

February 2025

Hispanic Ministry Church
 Sunday - 1:00 p.m. - 5:00:p.m.
 Tuesday - 6:00 p.m. - 9:30 p.m.
 Friday - 8:00 p.m. - 12:00 midnight
 The last Sunday of every month
 1:00 p.m. - 6:30:p.m.
Alcoholics Anonymous
 Monday - 6:00 p.m. - 9:00 p.m.
 Meeting - 7:30 p.m. - 8:30 p.m.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 9:30 a.m. Service (HC) 10:45 a.m. Bible Class	3	4	5	6	7	8 8:00-10:00 a.m. Church Properties
9 9:30 a.m. Service 10:45 a.m. Potluck Luncheon	10	11 Board of Lay Ministry meeting 7:00 p.m. (short meeting) Board of Dir. 7:30 p.m.	12	13	14	15 8:00-10:00 a.m. Church Properties
16 9:30 a.m. Service (HC) 10:45 a.m. Bible Class 5:00 p.m. Surge	17	18	19	20 The Oaks at Bartlett Service 1:30 p.m.	21	22 8:00-10:00 a.m. Church Properties
23 9:30 a.m. Worship Service 10:45 a.m. Bible Class	24	25	26	27	28	