

# The Light

## Conversations with Jesus

### Conversations with Jesus Lenten Worship Series

In this Lenten season, we will listen in on important conversations Jesus had with people. These conversations will invite us to cultivate a heart that seeks God first, to serve our neighbors, and to embrace the transformative power of God's Spirit.

These conversations with Jesus turn our attention to Lent as a time of spiritual preparation for Easter. It is not about accomplishing more, but about noticing God's work in our lives and opening ourselves to transformation. By turning attention inward and upward, we encounter the Gospel of God that sustains us and empowers us to act with compassion toward others. Lent becomes a journey of awakening to God's presence in ordinary and extraordinary moments.

Each of these conversations happen against a background of conflict and hostility. The settings for each conversation are charged with an emotional intensity, so that what we gain from these conversations is not merely something interesting, but life changing. Much is at stake, for the people in the story and for each of us.

These stories raise a basic question for us: what is the character of our conversations with Jesus? Is my relationship with God a kind of surface faith? Nothing more than an exchange of nice words? How much am I willing to dare and risk in sharing with God what matters, and even more so, to hear and receive from God what matters to God.

Ash Wednesday begins the conversation with the call to turn away from all that separates us from God, all that blocks our hearing, and to turn toward God with a humble spirit to speak, to listen, to be changed.

Each conversation touches upon things that are core to what it means to be a human being, how we deal with temptation, the mystery of God, the surprise of grace, how faith happens, deep grief. We end our Lenten journey noting that the closer we get to the cross, the less Jesus has to say, until finally the cross ends all conversation and the world waits in silence.

Devotion guides for personal, family, or small group use will be available soon in print at the church or digital at [firstlutherancr.org/grow](http://firstlutherancr.org/grow).

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**First Lutheran**  
discover more : together



## For the Sake of God's Mission

Our Annual Report, written collaboratively by the members and staff, tells the story of our worship, discipleship, and service to our neighbors for the sake of God's Mission during 2025. See how we've grown spiritually, worshiped deeply, and served with the love of Christ in this last year while transforming our facility for the future.

Available in print from the church, or digitally at [firstlutheranocr.org/report](http://firstlutheranocr.org/report) (best viewed on a tablet or large screen).



## Celebrate Ministry & Mission in 2025

*Celebration Worship,  
Soup Lunch & Annual  
Meeting February 8*

2025 was a souper year of progress on our building, outreach to our community, and deep, meaningful worship & studies. On Sunday, February 8 we will celebrate 2025 with one combined worship and a congregational lunch followed by our Annual Meeting. Worship will begin at 10 a.m. with a blended service of organ and band-led music. A soup lunch will immediately follow at 11 a.m., and we plan to start the meeting by 12 noon.

At the annual meeting we will hear highlights from building committee about our Renewing progress, and the council will present a look at our financial standing as a congregation, and propose a budget for 2025 that the congregation will vote on. Let's remember and reflect on an amazing year of ministry, and prepare for the opportunities before us in 2026!



## A Souper Collection

On our Souper Sunday, February 8, the Housing & Hope Team are encouraging donations of hearty, pop-top soups such as the Campbell's Chunky line that are easy to prepare for our unhoused neighbors.

For people relying on the emergency overflow shelter for a warm place to sleep, they sometimes need to decide between getting to a meal site for dinner, and getting to the emergency overflow shelter by the time they are required to sign in for the night.

Easy - open and easy - to - warm cans of soup can help people in desperate situations to not have to choose between a warm bed and a warm meal. Hearty soups can be dropped off around weekend worship, or anytime the church is open during the week.



*Thank you to those who already donated - cans are already being distributed.*

## The Church Beyond First Lutheran

First Lutheran Church is a member of the Evangelical Lutheran Church in America; a body of over 8,000 congregations in 65 synods (regions) across the country. The Southeastern Iowa Synod has a great report that talks about the mission of the wider church around Southeastern Iowa, and across the greater ELCA. Print copies are available at the church, or you can download a digital version at [firstlutheranocr.org/synod-report](http://firstlutheranocr.org/synod-report)



## Worship & Grow during Lent

The season of Lent, 40 days (excluding Sundays) leading up to Easter, is a season to dig deeper into our faith and what the salvation of the resurrection means to us. To help the season be more meaningful, we offer a number of extra ways to get connected to each other and our community.

### Ash Wednesday

On Ash Wednesday, Feb. 18 we will have worship at 12 noon and 6:30 p.m. The noon service will be traditional and the evening service will be blended with Ash Wednesday traditions and Echo Worship music. Ash Wednesday marks the beginning of the season of Lent and the familiar passage from Genesis, "...dust you are, and to dust you shall return."

### Midday Lenten Worship

In addition to our weekly Wednesday evening Echo worship, we will be holding worship at 12 noon each Wednesday during Lent, February 18 – March 25. Each week AFTER Ash Wednesday a light lunch will be served to-stay or to-go after each midday worship service or Spring Serenade concert. Find more details on the concerts on page 9.

### Deeper in Study

Lent is a great season to create new habits of study and faith. Our "Conversations with Jesus" series has a study guide available for group and individual devotions, and the Mentor Ministry (right) is a great chance to connect in faith with young people and gain a new perspective this season.

## Impact Adults Matter. Lenten Mentor Ministry

### Growing in Faith Together

At First Lutheran, the approach of Lent brings a time of reflection, growth, and fostering deeper connections within our congregation. One of the best connections we make is through our Confirmation Faith Mentors program — a wonderful opportunity for adults to engage meaningfully with our confirmation-aged youth.

Mentors are not expected to "know all the answers" or have an epic faith testimony to share. You just need to have an open heart to learn about and care about youth. Discussion topics are provided each week, so there's no guessing or need to make things up; just listen intently to each other and share from the heart.

Often our mentors come away feeling uplifted and say the experience helps them to better understand today's youth, and that the discussion helps them get more out of the worship services, and the experience deepens their faith as well. You can use this QR code to sign up conveniently using your smartphone; or visit [firstlutherancr.org/mentor](http://firstlutherancr.org/mentor).

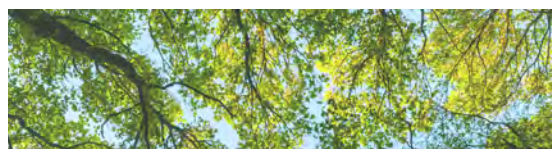


### Mentor Schedule:

**February 18:** Ash Wednesday Worship 6:30 p.m.  
Meet and Greet to follow

**February 25 - March 25:** ECHO Worship 6:30 p.m.  
Mentor Discussion 7:15 p.m.

## February Monthly Luncheon



Join us for an excellent meal and insights into our community at the First Lutheran Monthly luncheon month on Thursday, February 12 at 12 noon. In addition to a great lunch prepared on-site by our own Ms. Ruth Ehrhardt, we will get to hear an update on the work of Trees Forever in Cedar Rapids. Trees Forever is a local non-profit that advocates for environmental and water-quality issues and runs the ReLeaf Program which has the goal of planting 42,000 trees in Cedar Rapids to help the tree canopy of the city recover after the 2020 Derecho. Cost for the lunch is just \$5 which you can pay at-the-door or when you RSVP online at [firstlutherancr.org/lunch](http://firstlutherancr.org/lunch). You may also RSVP at the church or by calling the office.



## 2026 VBS-Daycamp is July 13 – 16, 2026!

Prepare for Adventure this summer as we step through the mist into Rainforest Falls, overflowing with wild waterfalls, towering trees, and colorful creatures! Beneath a canopy of chattering birds and howling monkeys, kids plunge into a lifelong adventure of discovering the nature of God. They'll explore what it means to be rooted in relationship with God, their creator, a safe place in life's storms.



### VBS is NOT just for kids!

**Youth Helpers** guide younger kids through the week with their youthful energy and peer support and positive reinforcement while developing their own leadership skills.



**Adults** are always welcome from set-up through tear-down, helping the week progress smoothly and safely for everyone. Whether you can help with decor, music, crafts, snacks or other ways - you too can feel like a kid again and enjoy the summer fun.

**Camper & Volunteer Registration is now OPEN!**  
Scan the QR code, or visit [firstlutherancr.org/VBS](http://firstlutherancr.org/VBS)



## Make a Difference for CFM

You can make a big difference in the welcoming environment and fun-filled atmosphere of The Discovery Zone 4 kids and our Rainforest Falls VBS/Daycamp.

### Finishing Renewal

With your help we are outfitting our renewed classrooms with fun furniture and updated supplies for kids who love an exciting experience and for children who thrive best in quieter, less-stimulating environments. Check out our current wants and needs at [firstlutherancr.org/wishlist](http://firstlutherancr.org/wishlist).



### Outfitting a Safari



Launching a Rainforest Safari takes a lot of equipment and supplies for an engaging and successful adventure! If you can contribute supplies for our summer VBS/daycamp, use this QR code, or visit [firstlutherancr.org/VBS](http://firstlutherancr.org/VBS).

## Summer 2026 Camperships

You child can have an exciting experience of living in Christian community and building their faith with camp counselors and other youth. The community of First Lutheran Church is committed to our children and youth attending Christian Summer Camp, and so we offer Camperships for those attending a Christian camp this summer.

To ensure that everyone's registration forms get turned in on time and meet early registration deadlines, we ask that you register directly on the camp website and pay the full deposit amount. First Lutheran will work with the camp to get the camper-ship amount to the camp in a timely fashion.

Get started on the experience of a lifetime for your kids at [firstlutherancr.org/campership](http://firstlutherancr.org/campership). Camp brochures are available at our engagement center, or you can visit [EWALU.org](http://EWALU.org)!





# ECHO Wednesdays



MORE Youth News on page 7! →

Our regular rhythm of Wednesday Echo worship will continue through Lent. Echo brings our whole church family together midweek for music, food, worship, and growth in faith. Our Sunday Lenten theme of "Conversations with Jesus" will be echoed Wednesdays through "In the Chat" each Wednesday. Echo Worship is youth-led, adult-supported, relaxed, and real. Every week, we share Holy Communion together, remembering that God's love is for all.

## Wednesday ECHO Ministries Weekly Schedule

**5:00–5:30 PM – Junior Choir** (Grades 1–4)

**5:35–6:05 PM – Youth Choir** (Grades 5–8)

**\*NEW\* 5:15–6:15 PM - YOUTH ROOM Open Door Hour**  
(open to *all ages* in the new youth space)

**5:15–6:15 PM – Community Meal** all ages

**6:30–7:15 PM – ECHO Worship**

Youth Led- Adult Supported worship for children, youth, & adults together

**7:15–8:00 PM – Discovery Zone for kidz, Mentor Ministry, & Activities** (Grade 1 through Adults)

## Upcoming ECHO Calendar:

February 18 Ash Wednesday- Mentor Meet & Greet

February 25 *IN THE CHAT* - Notifications

March 4 *IN THE CHAT* - DMs

March 11 *IN THE CHAT* - Searching

March 18 SPRING BREAK

March 25 *IN THE CHAT* - Reconnected

## NEW Winter Lock-In 2026 version 2.0

Get ready for an unforgettable night at the Youth Lock-In NOW on Friday, February 27, from 7–10 p.m. in the brand-new Youth Space at First Lutheran Church! This lock-in of epic proportions is open to current 5th–8th graders and friends and will be packed with games, pizza, drinks, and prizes you won't want to miss. The cost is \$5 per person, with online registration only, and the deadline to register is February 25. Bringing a friend? That's great—just be sure they register separately so we have parent/guardian permission from their family.

**When:** Friday, **February 27**, 7 - 10 p.m.

**Who:** Current 5th-8th Graders & Friends!

**Where:** First Lutheran Church in the  
NEW YOUTH SPACE!!!

**What:** A lock-in of epic proportions!  
Games, pizza, drinks, prizes!

**Cost:** \$5

**Register:** [firstlutherancr.org/  
connect/youth](https://firstlutherancr.org/connect/youth)

## High school students

are invited to be part of the fun by volunteering at the Youth Lock-In 2026! Help lead games, welcome middle schoolers, and make the night an awesome experience for everyone. All high school volunteers need to register in advance so we know you're coming and can assign roles—registration is required even though there's no cost. Thanks for sharing your time, energy, and leadership to make this a great night!



## High School Ministry

High School Ministry is back on Sunday nights, February 15 & 22, 6 - 7:30 p.m.

Sunday nights are a relaxed, welcoming space for high school youth to reconnect, build friendships, and engage in thoughtful conversation about faith and everyday life. Whether students have been involved before or are curious about checking it out, they are always welcome. Stay tuned to emails and our social media for updates on meeting locations!

**DON'T FORGET!** High school students are also invited to join a Wednesday night discussion group following ECHO Worship. After worship, we'll gather for meaningful conversation and reflection, creating space to ask questions, share perspectives, and grow together. Sunday nights and Wednesday discussions each offer a unique way to stay connected and engaged.



# The Legacy Project

## First Lutheran Trust



**First Lutheran Trust**  
building a legacy: **together**

The First Lutheran Trust Committee is excited to announce the launch of a new initiative, The Legacy Project. This project will invite First Lutheran members to learn more about our Trust Fund and how they can create a lasting impact on the future of First Lutheran through estate gifts and planned giving.

In 1989 First Lutheran Church established a Trust Fund, a permanent endowment, that supports expenses beyond the scope of the annual operating budget and funds new initiatives. The Trust Fund has grown to more than \$1.3 million. Each year the Trust Fund distributes approximately \$50,000 from its income to support these special needs as requested by the Church Council.

First Lutheran is a vibrant and growing church community that is poised to increase its membership and expand its outreach. Our two recent capital campaigns have helped us renew our facility and be a welcoming place to all.

The Legacy Project is the next chapter in First Lutheran's future. Growing the Trust Fund will enable our staff and volunteers to fund new initiatives, build long-term sustainability, and create legacies that will ensure our church's mission continues to flourish for future generations.

Trust Committee Member, Lois Buntz, will serve as Legacy Project Coordinator and be joined by volunteers:

- Julie and Lou Banker
- Anne Jahnke
- Tom Wolle
- Pastor Steve Knudson
- Pastor Katie Lowe Lancaster
- Dick Johnson
- Martha and John Bonte
- Bob Koenig
- Pastor Craig Brown

This group will meet with members to explore their interests in the Trust and discuss how their vision for the future of First Lutheran can be realized through legacy giving.

## Family BINGO Night

The entire church family is welcome for our Family Bingo Night 5:30-7:30 p.m. Sat. Feb. 21 in the Youth Room at First Lutheran! We'll cook Papa Murphy's pizza make root beer floats, and pop fresh popcorn. Small prizes for the winners and fun for the whole family. Cost is \$5 per person/max of \$20 per family. Register at [firstlutherancr.org/bingo](http://firstlutherancr.org/bingo).



## Ladies' Night Out

Ladies Night Out is a monthly opportunity just to have some fun, enjoying the warmth and support of Christian love - one of the gifts of the Holy Spirit. All the women and friends of First Lutheran, especially new members and visitors, are invited to gather once a month at a restaurant for food and fellowship. The locations vary, and a list is kept of restaurants suggested as places to go. Come join us!

On Monday, February 23, 2026 we will meet at 5:30 PM at Goldfinch Tap and Eatery, 740 Tenth Street in Marion. Pat Young is this month's hostess, her phone number is (319) 409-4367. If you plan to come, please call her to make a reservation, or put your name, phone number and email address on the sign-up sheet in the narthex. We're looking forward to seeing you there!



# Summer Youth Trip 2026 Boundary Waters Canoe Area

Imagine growing in faith together while paddling the pristine lakes along the Canadian border in the Boundary Waters. Hear the cry of loons echo across the water, breathe in the crisp northern air, gather around the dancing glow of a campfire, and feel the good kind of tired that comes after a full day of paddling. This is a faith-forming adventure — one that builds community, deepens trust, and creates memories that last a lifetime.



This summer, youth are invited to take part in a Boundary Waters canoe trip through Voyageurs Lutheran Ministry, combining outdoor adventure with meaningful faith practices and shared experiences in God's creation.

**Who:** Youth who have completed Grades 5–12

**When:** July 26–31

**Where:** Voyageurs Lutheran Ministry –  
Boundary Waters Canoe Area

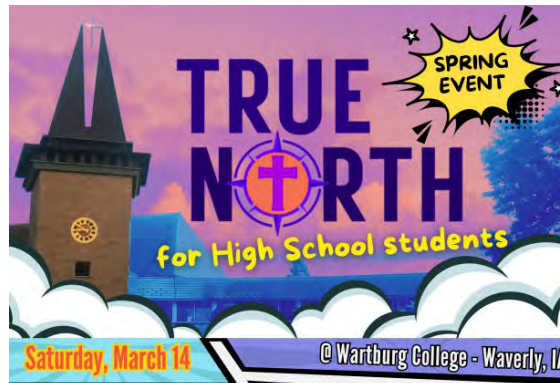
**Cost:** \$50 registration fee  
(total cost to be determined)

**Space is limited** to 15 youth/adults; we will have the option for 2 separate trips with more and less canoeing. Please mark your preference with the sign-up/registration.

Adults can be added to the trip as chaperones and participants at a later date. Please mark your preference if you would like to attend or chaperone the event.

## TRUE NORTH High School Event @ Wartburg College

“True North in a Day” is a one-day event at Wartburg College (Waverly, IA) on Saturday, March 14, 2026. It is open to youth groups in grades 9–12.



Students will have a mini “Amazing Race” across campus and serve in the local community. The program is designed to strengthen resilience, leadership, and community-mindedness.

**Where:** Wartburg College,  
100 Wartburg Blvd., Waverly, IA  
**Building:** Wartburg Chapel (SE side of campus)  
**Time:** 9 a.m. – 7 p.m.  
**Cost:** \$40 per student or adult *includes lunch & dinner*  
**Register:** with this QR code, or at  
[firstlutherancr.org/truenorth](http://firstlutherancr.org/truenorth)



## Youth & Family Serving Saturday Evening Meal Program

Youth & Family Ministries will be cooking, serving and cleaning up the Saturday Evening Meal Program on Saturday, February 21! Cooks, Servers and Cleaners are all needed! Youth and Children of all ages are invited to join in serving together! Register at: [firstlutherancr.org/YouthSEMP](http://firstlutherancr.org/YouthSEMP)





### Cedar Rapids Christian Women's Gathering

Come together with Christian women from across the area for a fabulous night of presence and energy as we celebrate being "beautifully and wonderfully made" by our Creator.

Save the date for Friday, April 10, 2026. Starting at 6 p.m. we will enjoy food, fellowship, yoga, and worship together throughout a purposeful and meaningful evening. Guest presenters will include local speaker Tracy Berta, worship leader Laura Secrist, and Pastor Katie Lowe Lancaster.

This is a great night to invite to invite other Christian friends from around town - because this is not just a night for our congregation. The cost of the evening is a suggested donation of \$30 for food and supplies. Register today at [firstlutherancr.org/women](http://firstlutherancr.org/women)



Bonus for families! Our Guy Squad is also hosting a Dad & Me Dinner & Karaoke event the same evening, so everyone can come have a great evening of food & fun at First Lutheran.

## Dad & Me Dinner & Karaoke

Kids, put on your fancy dinner clothes and grab your Dad because it's time to sing! Join us 5:30-7:30 p.m. Friday, April 10 for a night you'll always remember as our professional DJ helps you and your Dad sing along to all your favorite hits. Uncles, Grandpas, and fun neighbors welcome! Cost is \$30 and includes a plated meal, sparkling grape juice, music, and fun.



Register today at [firstlutherancr.org/dad](http://firstlutherancr.org/dad)



## Communicate Better With Your Partner

Want to give your relationship a kick start for Valentine's Day? Learn to speak each other's love language! Between busy schedules and long days expressing love can fall by the wayside. Get back in sync with your partner by joining with other couples to discuss The New York Times #1 Best Seller "The Five Love Languages: The Secret to Love That Lasts"

We will meet on Sundays, 10:10-10:55 a.m. in the Youth Room, running March 1 - 29. You will learn the five ways we both show love and feel loved. Learn to say "I love you" in your partner's language and hear it back from them clearly. Cost is \$10 per couple (\$20 if you want two books). Register at [Firstlutherancr.org/love](http://Firstlutherancr.org/love)



## Comfort Food for Families

Have you ever sat down at a funeral luncheon and caught up with that cousin you haven't seen in years? It can be a very healing moment during a time of grief. Those funeral luncheons do not magically appear on the table; here at First Lutheran we have a great team of dedicated bakers, dessert makers, and servers that offer unbridled hospitality to grieving families.

If you are willing to be called on to provide a salad or a dessert for one of these luncheons; please contact the church office, or even make use of your Gratitude Card to let the office know you are available! Your email and preferred phone contact would be helpful. Thank you for helping to prove the adage, "Many hands make light work".





## First Lutheran Musical Arts Series

Great music is in store this spring at First Lutheran!  
Mark down these special concert events and come  
join in community to listen and to eat!

### Spring Serenades

*Mid-day concerts following Lent worship*

Wednesdays, at 12:30 p.m.

- o February 25 – Tom Nothnagle – Guitar
- o March 11 – Steve Shanley – Jazz Piano
- o March 25 – Hsin-Hin Liu – Piano and Trombone

Celebrate the budding of Spring with our series of mini concerts by the Music Faculty of Coe College. A lite lunch will be served following each concert.

### "Gaze in Amazement"

*Sing Out! Hymn Festival & Potluck*

Sunday, April 19, 2026, at 3 p.m.

led by Dr. Jeffrey Blersch  
Concordia University, Seward, NE

This year's spring hymnfest will celebrate First Lutheran's music ensembles as well as a mass-choir from area ELCA congregations. Following the concert we will gaze in amazement at the plethora of food options with a potluck dinner for everyone!

## Spiritual Transformation: Making Space for God's Work in Our Lives

Spiritual transformation is about slowing down enough to notice where God is already present—within us, around us, and in the ordinary moments of life. It creates space to listen, reflect, and grow, not by fixing or rushing, but by paying attention with care and curiosity.

This February, you're invited to take part in two opportunities designed to support this kind of deep, gentle growth. Monthly Group Spiritual Direction offers a small, trusted circle where participants practice holy listening and reflect together on God's movement in their lives. Individual Spiritual Direction provides one-on-one space with a trained listener to explore questions, transitions, and invitations from God at your own pace. Whether you're longing for clarity, rest, or simply a place to be heard, these opportunities offer meaningful ways to engage in spiritual transformation this season.

### Individual Reflection or Spiritual Direction (Monthly)

Imagine sitting quietly with a spiritual director, who listens deeply and asks gentle questions to help you notice God's work in your life. This is ideal if you:

- Want one-on-one guidance
- Are navigating a life transition or season of questioning
- Long for a consistent rhythm of reflection and discernment

First Lutheran has many trained spiritual directors in the congregation. Email Michael or Sheila for more information or to set up a time.

### Group Reflection or Spiritual Direction (Monthly)

Picture a small circle of people, sharing openly while the group listens deeply. Everyone holds space for one another without fixing or advising, creating a safe environment for discovery. This works well if you:

- Enjoy learning from others' experiences
  - Appreciate mutual encouragement and community
  - Want to see God's movement in others' life stories
- Group Spiritual Direction meets once a month on the third Thursday at either 9 a.m. or 6 p.m.

REGISTER  
in advance at  
[firstlutherancr.org/GSD](https://firstlutherancr.org/GSD)



## Be Alert for Scams

Sometimes scammers find information about our congregation and try to take advantage of our compassionate members by pretending to be the staff or Pastors.

Please know, that our staff or Pastors will never ask you to buy gift cards, send money orders, or confirm giving or banking information via a text or email. Any message from our staff should always come from an email address "@firstlutherancr.org".

If you ever question whether a message is legitimate, do not hesitate to call and confirm with the church office; this is unfortunately becoming all too common.

## Care Package Thanks

*Last summer our Vacation Bible School participants packed and sent care packages to deployed Iowa National Guard soldiers. Recently we received a reply!*

Dear First Lutheran Church,

On behalf of the of all of the Soldiers of my Battery who received your care packages, and myself, I would like to extend my sincere thanks for your generosity and support. We went without mail for a long portion of our deployment, so when we received your packages, we took turns picking them out, opening them up and then sharing them with each other. We enjoyed all the snacks and other comfort items you sent.

The time, effort, and thought you put into the care packages did not go unnoticed. While serving overseas, small reminders of home and the kindness of others make a meaningful difference to us. The red, white and blue and bracelets were an especially big hit. Your prayers, generosity, and commitment to supporting our military are deeply appreciated. Please know that your kindness has had a positive impact on morale and has been a source of comfort to those serving far from their families. It is an honor to serve knowing that communities like yours stand behind us.

Respectfully,  
David DeLayo  
Commander  
Headquarters and  
Headquarters Battery  
1-194 Field Artillery



## Lutheran Day on the Hill

Save the date for Thursday, February 26, and plan to join together with ELCA Lutherans from across the state for the annual Lutheran Day on the Hill! Event check-in begins at 8:00 a.m., and the event will start promptly at 9:00 a.m. This free event, sponsored by Lutheran Services of Iowa and the three Iowa synods of the ELCA, is open to anyone who wants to learn more about citizen advocacy and engage with issues impacting our communities. We hope 2026 Lutheran Day on the Hill shines a light on the critical issues facing individuals and families across Iowa.



### Carpool to the Event

If you prefer to drive on your own, you can register directly at [LSIowa.org/ldh](https://LSIowa.org/ldh). However, Pastor Steve Knudson will lead a group to carpool together from First Lutheran. If you are willing to drive, or just want to ride along, you can sign up to travel together by calling the church office or visiting [firstlutherancr.org/ldh](https://firstlutherancr.org/ldh).



## Please include in your Prayers...

### 90+ Birthdays in February!

Helen Kupka celebrating 96 years on February 26

Walt Schulz celebrating 91 years on February 26

#### ... and in March:

Pat Thompson celebrating 96 years on March 16

Tom Robinson celebrating 98 years on March 22

### 50+ Wedding Anniversaries in February!

Duane and JoAnn Wood celebrate 60 years on February 4.

John and Suzanne Keizer celebrate 54 years on Feb. 12.

#### ... and in March:

Herb & Cindy Andersen celebrate 53 years on March 18

Tom & Deb Schamberger celebrate 54 years on March 30.

### Hospital/Surgical, etc. Prayers for Healing:

Chris Heath      Bob Buntz      Kathy Matthews

Nancy Hinrichs      Dottie Loscavio      Eleanora Pfeifle

Roger Stigers

### Our Sympathy to:

Pastor Craig & Katie Brown and family on the death of  
Craig's mother, Lorelee Brown.

Tom Olmstead and Sue Padgett, family and friends on the  
death of their mother, Evelyn Sue Olmstead.

Bob Snelson & Holly Stottemyre on the death of Dick Nemec.

Mark & Nancy Scheumann and family on the death of his  
mother, Doris Scheumann.

Jackie and Dick Johnson and family on the death of her  
sister Marlene Nelson.

Dan & Kristin Wolfe and family on the death of his father,  
Richard.

Joan Rust and family on the death of her husband Richard.

The family and friends of Ida Mae Johnson.

The family and friends of Don Johnson.

The family and friends of Dean Maakestad.

**Submit Your Prayer Requests** to our First Lutheran Prayer Chain by calling the church office at (319) 365-1494, on our website at [firstlutherancr.org/prayer](http://firstlutherancr.org/prayer), or on the Church App under the Contact button. Consider joining our Prayer chain to receive and pray over the concerns of fellow members each week.

## WORSHIP GUIDE

Piano-led Traditional Worship: 5 p.m. Saturdays

Organ-led Traditional Worship: 9 a.m. Sundays

Band-Led Contemporary Worship: 11 a.m. Sundays

Sundays & Wednesdays - worship LIVE online  
at [firstlutherancr.org/live](http://firstlutherancr.org/live)

Radio worship radio on Sunday mornings at  
8:30 a.m. on KMRY 1450 AM or 93.1 FM, or  
anytime at [firstlutherancr.org/podcast](http://firstlutherancr.org/podcast)

### February 7&8 - 5th Sunday after Epiphany

Worship at 5p Sat., and one  
combined Sunday service at 10 a.m.

**Preaching:** Pr. Steve Knudson

**Scripture:** 1 Cor. 2:1-12; Matthew 5:13-20 NRSVue

**Special Music:** (10a) Adult Choir; Resonaré Ringers

Worship followed by Soup lunch at 11 a.m. and the  
Annual Meeting at 12 noon. See page 2 for details.

### February 14&15 - Transfiguration Sunday

**Preaching:** Pr. Craig Brown

**Scripture:** 2 Peter 1:16-21; Mthw 17:1-9 NRSVue

**Special Music:** (9a) Handbell Ensemble

### February 18 - Ash Wednesday

Worship at 12 noon & 6:30 p.m. weekly see pg.3

### February 21&22 - 1st Sunday in Lent

**Preaching:** Pr. Katie Lowe Lancaster

**Scripture:** Matthew 4:1-11; Psalm 32 NRSVue

**Special Music:** (9a) Youth Handbells  
(11a) Junior Choir

### Feb. 28/Mar. 1 - 2nd Sunday in Lent

**Preaching:** Pr. Steve Knudson

**Scripture:** John 3:1-17; Psalm 121 NRSVue

**Special Music:** (5p) Resonaré Ringers,  
(9a) Adult Choir

### March 7&8 - 3rd Sunday in Lent

**Preaching:** Pr. Craig Brown

**Scripture:** John 4:5-42; Psalm 95 NRSVue

**Special Music:** (9a) Youth Choir & Bells

The next edition of *The Light* is scheduled  
to publish on March 5, 2026

Change Service Requested

## Meal Packing 2026!

Drum roll please – First Lutheran's annual Meals from the Heartland Packing Event is April 29, 2026

### What is Meal Packing?

Using supplies from Meals from the Heartland, a non-profit organization based in Iowa, we host a date and fill the place with volunteers who come for one hour shifts to serve at production tables mixing ingredients and sealing bags that each provide a meal for four people. The meals then are shipped to crisis areas overseas, or sent to food banks and distribution centers domestically. In the last two years we have packed over 92,000 meals! Everyone has a role to play in the success of this mission project:

### Event Support

Outside of packaging food, we will need volunteers to help set up in the morning, help with volunteer check-in, and other logistical tasks. For these specific roles, please contact Pastor Katie directly at Katiell@firstlutherancr.org.

### Be a Team Captain

Recruit a team of friends, neighbors, or coworkers to come and participate in an hour of packing. It is also helpful to encourage your team members to support the event with donations as they are able to provide.

### Help as an Individual



Individuals can sign up for a time slot that fits your schedule to come assemble meals. Event Coordinators will assign you to a table with others to create a full team.

### Can't be here on April 30?

Not only do we volunteer our time to pack food, we pay for the ingredients that go into each meal. You can make a monetary contribution toward the goal.

Sign up or donate at [firstlutherancr.org/meals](https://firstlutherancr.org/meals)



**First Lutheran**

discover more : **together**

1000 Third Ave. SE • Cedar Rapids, IA 52403

Ph: (319)365-1494 | Txt: (319) 423-9383

text-to-give: text "give" to (319) 895-1494

[firstlutherancr.org](https://firstlutherancr.org)     @firstlutherancr

#### General Voicemail / After-hours: Extension 100

<b>Rev. Dr. Steve Knudson</b> extension 106	<b>Senior Pastor</b> stevek@firstlutherancr.org
<b>Rev. Craig Brown</b> extension 105	<b>Lead Pastor for Outreach</b> craigb@firstlutherancr.org
<b>Rev. Katie Lowe Lancaster</b> extension 113	<b>Lead Pastor for Discipleship</b> katiell@firstlutherancr.org
<b>Sheila Anderson</b> extension 135	<b>Visitation Chaplain</b> sheilaa@firstlutherancr.org
<b>Michael Beckmann</b> extension 112	<b>Dir. of Youth &amp; Family Ministries</b> michaelb@firstlutherancr.org
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<b>Rich Hillyer</b> extension 116	<b>Custodians</b> richh@firstlutherancr.org
<b>Ernie Decious</b>	<a href="mailto:ernied@firstlutherancr.org">ernied@firstlutherancr.org</a>
<b>Todd Cornell</b>	<a href="mailto:toddcc@firstlutherancr.org">toddcc@firstlutherancr.org</a>
<b>Jacob Bartels,</b> <b>Avery Karkosh, Kraig Wilford</b>	<b>Worship Production Team</b>
<b>Jenna Ackman</b>	<b>Childcare Coordinator</b>