

## From the Pastor: On the Centrality of the Holy Supper (again)

Dear Brothers and Sisters in Christ,

*“Truly, truly, I say to you, unless you eat the flesh of the Son of Man and drink His blood, you have no life in you. Whoever feeds on My flesh and drinks My blood has eternal life, and I will raise him up on the last day. For My flesh is true food, and My blood is true drink. Whoever feeds on My flesh and drinks My blood abides in Me, and I in him.”*

(John 6:53-56)

From just this small snippet of Jesus’ “Bread of Life Discourse” in John 6 we clearly see the great and inestimable blessings of the Holy Communion. The Holy Supper is how we abide in Jesus and He in us. The one who eats His flesh and drinks His blood has life eternal and will be raised by Him on the Last Day. Implicitly, those who do not eat His flesh and drink His blood do not abide in Jesus. They have not eternal life, but eternal death – for how can the branch live apart from the Vine? Dr. Luther himself said that one who does not receive the Sacrament at least twice a year has no business calling himself a Christian. He, of course, was emphasizing the utter need faith has of the Sacrament, not endorsing a meager use of it.

The Sacrament of the Altar is the defining Sacrament in the Kingdom of God. Holy Baptism brought you into the Kingdom and gave you a saintly inheritance by marking you as one redeemed by Christ the crucified thereby giving you Christian identity. The Holy Supper sustains the baptized. Baptism defines who you are – the Supper is simply what you do as a Christian, it’s how you remain alive in faith. The centrality of the Sacrament is why St. Luke tells us in Acts 2:42 that the earliest Christians, *“devoted themselves to the Apostles’ teaching and the fellowship, to the breaking of bread and the prayers.”* This rhythm characterized the early Christian community – Apostolic doctrine (preaching), Supper and prayer. Preach, eat, pray.

This Scriptural pattern of Acts 2:42 has endured throughout the ages. The Church of the Reformation changed nothing of that pattern although such accusations were falsely levelled against the early Lutherans. Hence Article 24 of the Augsburg Confession states:

We are unjustly accused of having abolished the Mass. Without boasting, it is manifest that the Mass is observed among us with greater devotion and more earnestness than among our opponents. Moreover, the people are instructed often and with great diligence concerning the Holy Sacrament, why it was instituted, and how it is to be used (namely, as a comfort for terrified consciences) in order that the people may be drawn to the Communion and Mass. The people are also given instruction about other false teachings concerning the Sacrament. Meanwhile no

conspicuous changes have been made in the public ceremonies of the Mass.

(Tappert, 56)

In regard to Article 24, the great Lutheran theologian Hermann Sasse comments on how the modern Lutheran Church has lost something of this faithful confession of the early Lutherans. In 1949 he wrote:

It is good for us Lutherans of today to remember that our fathers once could have said such a thing in Article 24 of the Augsburg Confession. It makes us aware of the quite enormous difference between our Divine Service and that of the Reformation and how far removed our modern understanding of the Lord's Supper is.

Who of us today would still dare to state that we have not abolished the Mass, the Divine Service comprising the proclamation of the Word and the Lord's Supper? No Christian of the Reformation, apart from the followers of the Reformation at Zurich and Geneva, could conceive of a Sunday Divine Service without the Lord's Supper, just as already in the Church of the New Testament there was no Lord's Day without the Lord's Supper. And no one probably would dare to maintain that this Divine Service was celebrated with greater devotion and earnestness than by the Catholics.

If one asks for the secret of the vitality of the Catholic Church even in our time, one would have to admit that it is not its hierarchical organization, not its cult of saints and relics, not even, as many suppose, its traditional political astuteness that gives it its inner strength and predominance, but the fact that it celebrates the Sacrament of the Altar uninterruptedly throughout the world. This determines its whole life, even its whole theology.

(*We Confess*, 98-99)

Despite the many errors of Rome (withholding the cup from the laity, papal infallibility, man's cooperation in salvation, notions of sacrifice foreign to the New Testament, the veneration of the consecrated host apart from the celebration of the Sacrament, etc.), Sasse rightly recognized that Rome's "vitality" was found precisely in their consistent observance and emphasis on the Holy Supper, which is in accord with Acts 2:42. He was no sympathizer of Roman Catholic theology, rather he had the honesty to speak of the good with the bad. Sasse's primary point is that of lament – lament that the Lutheran Church of his day had lost, by and large, the right and Scriptural understanding of the centrality of Lord's Supper in worship and the life of faith. The Blessed Reformer Dr. Luther understood this, as did many in the early era of Lutheranism.

So what happened? To be sure, many factors could be mentioned but I will mention only two: 1) The Lutheran Church was, too often, so intent on distancing themselves from the Roman Catholic errors that they gravitated toward the ditch on the other side of the road, namely, the Reformed churches (Calvinism, Methodism, Arminianism). In this way, the baby was often thrown out with the bath water. This

*Romophobia* by some Lutherans led to an over-alignment with churches that clearly do not understand the Sacrament correctly and opened the door to their cancerous influence. 2) Rationalism and Pietism also contributed, in their own ways, to a de-valuing of the Sacrament. Rationalism took aim at the mysteries of the faith while Pietism attacked doctrine and the means of grace in favor of the “inner experience” of faith made manifest in pious living.

While Sasse lamented the state of Lutheranism in his day, at least in regard to the right understanding of the Holy Supper, we have fortunately seen some improvements in the LCMS. With the liturgical renewal movement that began in the 1950’s came also an increased value of the Sacrament and attempts to restore its centrality to worship and faith. This has especially been evident in greater sacramental preaching and teaching and, most obviously, in the increasingly widespread practice of offering the Lord’s Supper every Lord’s Day.

But this is not merely a matter of historical assessment and doctrinal discussion, it gets to the very beating heart of our life of faith. The same Lord who took on human flesh and is truly God and Man has also promised to be our Immanuel – God with us. He is our God who continues to be present among His people in a fleshly way. He bids us to be one with Him in the hearing of His Word and the reception His Body and Blood. In the Holy Supper we sumptuously receive the Bread of Life and the Blood of redemption and thereby proclaim His death till He comes again. And He *will* come again. Until that glorious day, we find our strength, life and hope in His repeated Gospel invitation to “take, eat” and “take, drink” – for there, in the Supper, Jesus is truly present for the consolation and refreshment of your soul.

Jesus, bread of life, I pray You, Let me gladly here obey You.

By Your love I am invited, Be Your love with love requited;

By this Supper let me measure, Lord, how vast and deep love’s treasure.  
Through the gift of grace You give me, As Your guest in heav’n receive me.

(LSB #636 stanza 8)

In the bond of faith,  
Pastor Menet

*Grace Alone, Faith Alone, Christ Alone, Scripture  
Alone, and to God Alone be the Glory!*

## **OUR WEEK AT A GLANCE:**

*Sunday: Divine Service with Communion at 9:00 a.m.*

*Sunday School and Adult Bible Study 10:20-11:30*

*Wednesday: Confirmation Class 6-7 p.m.*

*Vespers 7-7:30 p.m.*

*Thursday: Adult Bible Study 10-11:30 a.m.*

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| Pastor Menet's email address: pdm52@mchsi.com<br>Church Office: faithluth@aol.com<br>Web site: www.faithupontherock.com |
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If you would like to add something to the website, send submissions to Katie at [faithluth@aol.com](mailto:faithluth@aol.com). You can read *The Rock* in color on the website too!

**CANCELLATIONS DUE TO BAD WEATHER** can be found on [www.KWWL.com](http://www.KWWL.com). Click on weather, then cancellations. Wednesday night classes are cancelled if schools close.

**DO YOU HAVE INFORMATION** that you would like to share with the congregation? Please bring it or e-mail it to the office by **February 15, [faithluth@aol.com](mailto:faithluth@aol.com)**, to be included in the March Newsletter.

**HOSPITAL STAY-** Pastor Menet does make it a priority to visit the hospitals. However, the hospital will not call us to let us know when one of our members is admitted. If you know ahead of time that you are going to be hospitalized, please indicate that on your record of fellowship or speak with Pastor. If you are admitted suddenly, call or have a friend or relative call the church office, 236-1771, or Pastor.

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| <b>FINANCIAL STEWARDSHIP for January 2019</b> |
| Y<br>T<br>D                                   |
| <b>(\$7,247.91)</b>                           |

**NEW Addresses this month**

*Flo Fitz, 202 N. Magnolia Dr. #102, Cedar Falls, IA 50613*  
Please email [faithluth@aol.com](mailto:faithluth@aol.com) or call 236-1771 with any changes in your phone or address.

## Remember Our Shut-Ins:

Steve Boyken and Kathy Boyken,

Sunset Nursing, 235 N Mill St., P.O Box 383, Denver, IA 50622,

Kathy: 984-5092

Ardie Holmes, 2104 Parrish, Cedar Falls 50613

Leona Jeanne Perkins, 203 Lake St., Cedar Falls 50613

Eddie Swaim, Friendship Village Pavilion, Park Lane #3

Flo Fitz, 1119 Kent Cir. #317, Waterloo, IA 50702

Dixie Krieger, 3415 Destin Dr., Waterloo, IA 50702

## OFFICIAL ACTS in January & February

**TRANSFER IN:** Mark Mohr

**BAPTISM:** Boaz Henry Woolery, February 10

**RELEASE:** Jacob Hinz

## LWML News

**Our February Women of Faith Meeting** was cancelled due to weather. Our next meeting (Lord willing) will be March 12th, 6:30 p.m. at Faith. Pastor Menet will lead us in a Bible study at this meeting. All women of the congregation are invited to attend. Also, all women are welcome to attend the Prayer service at Our Redeemer church on Saturday, March 9th at 9:00 a.m. After the service we will be making fleece blankets for the Valley seniors.

### LWML dates to remember:

- Prayer Service at Our Redeemer, March 9th, 9 a.m. Coffee following, we will be making fleece blankets for Valley Seniors.
- Spring Rally at Valley Lutheran gym, April 6th, 8:30 a.m., hosted by Immanuel Lutheran.
- LWML Convention June 19-23, 2019 in Mobile, AL. Information and registration form online and in the Quarterly. District Charter Bus leaving Valley Lutheran School June 18th.

## News & Events

**Please keep Pastor Donald Illian** in your prayers.

He was just diagnosed with prostate cancer, which has metastasized into the lymphatic system as well as into the bones



themselves. If you would like to send a card of encouragement to him and his wife, Kathy, please send them to:

Immanuel Lutheran Church  
Attn: Don and Kathy Illian  
4820 Oster Pkwy  
Cedar Falls, Iowa 50613.

**Our Redeemer's Annual Shrove Tuesday** Pancake Lunch & Dinner will be March 5, 11-1 for lunch and 5-7 for dinner. All the pancakes you can eat plus sausage, applesauce, coffee, and milk. Cost is \$6 for ages 10 and up; age 9 and under eat free.

**There is a sign-up sheet** for *The Lutheran Witness* magazine on the door to the fellowship hall. The cost is \$15.96 for a one-year subscription. Please make checks payable to Faith Lutheran.

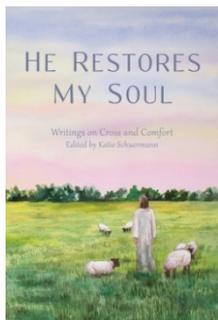


**If you took home a baby bottle** to fill with change for Lutherans for Life, please return it within the next couple weeks so we can get a check sent out.

**Registration is now open** for Camp Io-Dis-E-Ca! Register online at [campiodiseca.org](http://campiodiseca.org).

### **The 2019 Issues, Etc. "Making The Case" Conference**

is coming to Chicago! "Making the Case" will be Friday, June 7 and Saturday, June 8 at Concordia University Chicago. The speaking lineup includes: Ross Douthat of the *New York Times*, Wesley Smith of The Discovery Institute, LCMS President Matt Harrison, Aaron Wolf of *Chronicles* magazine, Rev. Hans Fiene of *Lutheran Satire* and LCMS Worship Director Will Weedon. Early bird registration is \$115 per person and includes three meals. Child care is free. Conference attendance is limited to 500.



### **BOOK OF THE MONTH**

Suffering comes to everyone in this life, yet many are surprised to find it in the green pastures of the Good Shepherd. Disease and death invade this peaceful landscape, and hardship and heartache come even to "the sheep of His hand."

Why do pain and persecution flourish along the path of righteousness? How can sickness and sin reside beside the Lord's still waters? Utilizing the timeless, rich comfort permeating Psalm 23, author

Katie Schuermann and a host of literary friends ponder such questions



Dalluge, Ramona Glenn, Kie Maas, Carrie Menet, Vickey Smith, Rebecca Stitchman, and Ann Wiechert for delivering meals to the Woolery family after Boaz's birth.

If you have noticed something or someone that should be recognized, please notify Katie in the office, [faithluth@aol.com](mailto:faithluth@aol.com).

## March Anniversaries

27 John & Joyce McBride (47)

## March Birthdays

- 4 Andrew Wynstra
- 5 Matthew Wagner
- 7 Tessa Carey
- 8 Sue Lund
- 10 Darrin Brackin
- 13 Brynlee Gantois
- 14 Avery Behnke, Chaise Brackin, Becky Dalluge
- 23 Ramona Glenn, Samantha McBride, Noreen Purcell, Evangeline Woolery
- 31 Mulbah Marsh, Robin Wireman



## Volunteers Needed!

We have a couple of **members in need of rides** to and/or from church. This does not need to be a weekly commitment. If you are willing to help, talk to Katie.

We need volunteers willing to **clean sections of the church**. This is a **one-hour, twice a month** commitment for as many months as you choose. For more information, talk to Carey Frost.



"Whoever welcomes this little child in my name welcomes me; and whoever welcomes me welcomes the one who sent me." Luke 9:48

## CHILDREN IN WORSHIP

We know children can be a handful in a worship service. We believe God wants your children to be part of the worship time and so do we.

You can begin training them as soon as they can sit by themselves. To help you, here are some suggestions. First - Worship with them, teaching them the pattern of worship. Folding hands during prayers is a good place to begin and standing when the congregation does. As they get older teach them to follow the service in the hymnal or with a

large print bulletin. Teach them the hymns so they can sing with you. During the sermon, let them color or play quietly.

And finally – they are children and will not be perfect. We expect an occasional “melt down” so hang in there. There is a cry room where you can sit and listen to the service till your child calms down. You can take your bulletin with you and follow along and you can even see the service through the large window looking in to the sanctuary.

**IN-SANCTUARY TIPS** Things to Remember from *Whisper, Whisper*

1. Children see better when they are sitting at the front of the sanctuary and have fewer distractions.
2. Arrive early enough so your family can be settled before the service begins.
3. Quiet toys, books, and snacks will reduce “action for response” behavior.
4. Encourage “be good with your ears” so children listen to receive God’s gifts.
5. Short attention spans restart quickly and attention spans grow.

## SUNDAY SCHOOL

### Sunday School Lesson Schedule:

March 3: Transfiguration

March 10: Jesus is Rejected at Nazareth

March 17: Jesus Calls Disciples

March 24: Jesus Heals Many

March 31: Jesus Heals a Man Who is Paralyzed

**Winter reminder:** When school is cancelled due to weather conditions, so are Wednesday classes.

### Spring 2019 LHM Convention: April 13 at Camp Io-Dis-E-Ca

**Dr. Yahnke to speak on Depression:** Lutheran Hour Ministries will be holding its annual convention on Saturday, April 13, 2019 at Camp Io-Dis-E-Ca, 3271 Sandy Beach Rd. NE, Solon, IA 52333. Our guest speaker will be Dr. Beverly K. Yahnke, Executive Director for Spiritual Counsel with DOXOLOGY. She is a licensed clinical psychologist who has provided consultation to LCMS District Presidents, Pastors and other church workers for over three decades. Her presentation will address the subject of DEPRESSION, a major issue in society today. She says of her presentation,

“SOMEONE YOU KNOW REALLY NEEDS  
TO HAVE YOU HEAR THIS!”

Anyone can attend. Sign-in begins at 8:30 a.m.; the convention starts at 9:30 a.m., and will conclude at about 4:00 p.m. Registration is \$18 (\$20

at the door), and includes a noon meal and snacks. Please register by April 6, 2019 to allow time for meal planning.  
email [office@iodiseca.org](mailto:office@iodiseca.org)  
web [www.campiodiseca.org](http://www.campiodiseca.org)  
3271 Sandy Beach Road NE, Solon, IA 52333

**Faith-Valley Tuition Fund** received a personal check for \$100 bringing our total to **\$1,562.00**. Tuition and fees cost from \$5400 to \$6000 per year, depending on grade. Valley Lutheran School is a Christ centered, academically excellent Lutheran school and we have the opportunity to help children attend. Please prayerfully consider if you can help defray tuition expenses for members in need that attend Valley Lutheran School. If you would like to donate, simply designate your gift to Valley Tuition Fund and put it in the plate on Sunday.

Each year Valley assesses the financial situation of each family with children attending to determine what level of scholarship and tuition assistance is required. Valley notifies the Association churches of the level of need so we can best work to help those families that would like to send their children to Valley but have financial difficulties.

If you would like to send your child/children to Valley and need some help, this is for you. Call the office or talk to Jeff Elbert.

If you have any questions, please contact John Dalluge, Faith Board member to Valley, or Jeff Elbert.

## Our three missionary families:



### **Rev. David Preus and family in the**

**Dominican Republic:** Rev. David and Jennifer Preus serve the Lord as career missionaries through The Lutheran Church—Missouri Synod (LCMS) in the Dominican Republic. In this role, David plants new churches in this country. He forms and develops groups of believers into mature, self-sustaining and self-replicating congregations through Word and Sacrament ministry. He also helps with theological education as needed and

works with local deaconesses in their mercy care ministries throughout the country.

[lcms.org/Preus](http://lcms.org/Preus)

# Preus Family Baby Announcement!!

Welcome, Lars Jacob Preus!

Birthday: Thursday, February 14, 9:41am

Weight: 7 lbs, 13 oz

Length: 20.5 in.

Baptized into Christ: Sunday, February 17

**Rev. Micah Wildauer and family in Togo** Pastor Wildauer teaches at The Lutheran Center for Theological Studies (CLET) which serves as a regional seminary for the French-speaking countries of West and Central Africa. *For further updates of our family and life in West Africa, check out Robin's blog at*

[www.wildauersgototogo.blogspot.com](http://www.wildauersgototogo.blogspot.com)

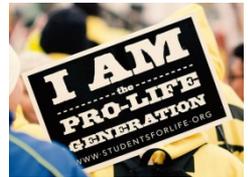
**David and Valerie Federwitz**, serving in Ghana with Lutheran Bible Translators since 2003.



## Faith Life Team Updates

*The Faith Lutheran Life Team exists to equip our church to be Gospel-motivated voices for every human life.*

On Thursday, February 21, several members of the Life Team went down to the Capitol for the annual Rally for Life. We had the chance to learn how to effectively lobby our legislators, and then we got to put our skills to the test; we spoke to Representatives Bob Kressig, Ras Smith, and Dave Williams, encouraging them to support HJR 5, the Life Amendment. In the wake of the Heartbeat Bill's defeat, the Iowa Supreme Court found a "fundamental right to abortion" in Iowa's constitution, something that the Constitution *never mentions*. This amendment would state that there is no right to abortion and that Iowa taxpayers are not required to fund abortion.



We then had the chance to hear a speech by Governor Kim Reynolds supporting the pro-life movement and sat in on a Senate subcommittee hearing on SF259, a bill reasserting the scientific fact that life begins at conception, and outlawing abortion in most cases. Our Life

Team's very own Owen Dawson got up to speak on the record in favor of recognizing the personhood of the unborn!

The next Life Team meeting will be on Monday, March 18 at 6:00 p.m. We will be discussing ways to help parents understand Scripture and the science concerning sexuality and gender. We would like to uncover how these things are being presented in our local schools. If you have school age children, we invite you to join us or to contact Kie or Katie to share any information that you have. All interested people are invited to join us.

Before that there are several opportunities to learn more. . .

**Join us on February 28 at 6:00 p.m. to hear about a new project that could dramatically improve the effectiveness of the pro-life movement.** Scott Valencia of Natural Journey Alliance, an umbrella company that serves Iowa pro-life agencies is developing a **24/7 call center that is connected to a database of every pregnancy center in the country.** With phones manned by registered nurses, a young woman in a crisis pregnancy, or a young person in need of STD testing or any number of services, could have an appointment booked within minutes at a pro-life center that offers the specific service they are looking for. The nurse receiving the call would walk the caller through every step. All of it would be free, HIPAA compliant, and the caller could remain virtually anonymous until she shows up to her appointment.

Planned Parenthood's business model preys on the fear that comes with unexpected pregnancies. **But what Planned Parenthood offers is not true health care, and despite their claims, it is not free.** Scott's project would advertise using the same "women's health care" language as Planned Parenthood, but would only partner with pro-life agencies that offer true health care and do not refer for or offer abortions. It would not take any credit away from crisis pregnancy centers; instead, it would unify them in a way they have never been before.

Scott is currently working on raising the first round of funding for this project, and once he has it, his programmers will start work on it the next day. If you would like to learn more, come listen on February 28.

**The Life Team was scheduled to present** a set of "Touch of Life" fetal models to the Lutheran School in Readlyn in January, but school was closed due to the weather. It has been rescheduled for March 4. These real life models help students to understand the God-given value of each life from the moment of conception.

**The 2019 Life Summit** in St. Louis is scheduled for **March 9.** Some of the Life Team will be attending to get inspired and informed. Rev. Michael Salemink, Executive Director of Lutherans For Life will be the Keynote Speaker. There will also be workshops on Disability 101, sex

trafficking prevention, caring for a post-abortive woman, keeping families together, Bioethics 101, and more. If you would be interested in going, contact Katie or Kie.

You have an opportunity to hear **Sue Thayer, former Planned Parenthood manager** and international speaker for Life, on **March 18**. The Life Team will be hosting a Q & A potluck at noon here at Faith. Bring a dish to share and join us to hear Sue's intriguing story.

**Alternatives Pregnancy Center's annual Banquet** is **April 11**. You don't want to miss all the fun surprises! This year's speaker is Scott Hagan, President of North Central University. He is a well-loved communicator and his insights on leadership and relationships have helped organizations, teams and individuals achieve extraordinary success. If you would like to be a table host or reserve a seat, call/text 319-535-2720 or email at [outreach@alternativescenter.org](mailto:outreach@alternativescenter.org).



## Valley Lutheran School

4520 Rownd St., Cedar Falls

[www.vlscrusaders.org](http://www.vlscrusaders.org)

Phone: (319)266-4565 Fax (319)266-4054

By the grace of God, Valley Lutheran School strives to inspire students by strengthening faith in Christ, pursuing academic excellence and preparing hearts for service.

2018-19 SCHOOL THEME:

### REJOICE!

*“But I have trusted in your steadfast love; my heart shall rejoice in your salvation.” Psalm 13:5*

**Valley has started enrolling** for the 2019-2020 school year! If you would like a tour or to get more information about Valley, please contact Jamie Panning at 319-266-4565 or email her at [jamie.panning@vlscrusaders.org](mailto:jamie.panning@vlscrusaders.org).

**Valley Cheerleading and Dance Teams'** annual omelet breakfast will be Sunday, March 10 from 8 a.m. to noon in the multipurpose room. Come for all



you can eat omelets and pancakes, plus toast, muffins, orange juice, milk, and coffee. Twenty percent of the proceeds will also go to the volleyball program, and there will be a free will donation bake sale hosted by the middle school cheer team. Cost is \$8 for ages 13 and up, \$5 for ages 6-12, and 5 and under eat free.

**The dates are set!** Showings for “The Sound of Music” will be April 5th, 12th and 13th at 7 p.m. Tickets will go on sale March 1st and will be a sell out! Admission will be \$8.00 for adults, \$5.00 for students, ages 4 and under will be free.

**Valley is looking for a coach** for Middle School Track. If you are interested in this position, please contact Mr. Jo at 319-266-4565 or [brian.jo@vlscrusaders.org](mailto:brian.jo@vlscrusaders.org).



**Valley has a student** who lives near Allen Hospital in need of transportation to and from school. We have a few volunteers that can help but are in **desperate need** of more. If you can help ANYTIME, please contact Jamie Panning

at [Jamie.panning@vlscrusaders.org](mailto:Jamie.panning@vlscrusaders.org). Reimbursement for mileage is provided.

**Are you an Amazon shopper?** Did you know that they have a program that gives back to your school? Go to Amazon Smile and sign up and put Valley Lutheran School in as the charity.

**For the last 15 years**, Kwik Trip Inc. has offered the Milk Moola fundraising program to thousands of organizations in Iowa, Minnesota and Wisconsin. Over the last several months we have been assessing the impact of this fundraising program. In doing so, we discovered that the cost to administer the program has outweighed the dollars Kwik Trip directly funded to help the participants. Because of this, we have made the decision to end the Milk Moola program and reallocate our efforts and donations in a different direction – in order to more effectively serve our communities. All Milk Moola redemptions will need to be postmarked **3/31/2019** to receive payment. Anything after that date will not be processed. Valley Lutheran will stop collecting Milk Moola labels and caps as of **3/25/2019**

### **3rd Annual Color Me Fun Run & Walk**

Attention all runners, walkers and fun lovers! The annual Color Me Crusader Fun Run/Walk will be back for its 3rd year this spring. This year we will kick things off with a 1 mile fun run/walk (for kids 12 and under), followed by the usual 5K for all ages. Students will once again

have the chance to earn a free run by collecting sponsorships, so look for more info coming on that soon. If you are looking to have a colorful and fun Saturday, join us on for the festivities on May 4 at 9:00 am! Registration is now open so spread the word and get signed up: <https://register.chronotrack.com/r/47960> If you have any questions contact Martha Reinking at [martha.reinking@vlscrusaders.org](mailto:martha.reinking@vlscrusaders.org).

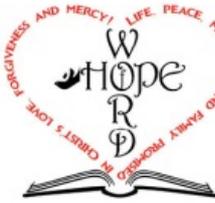


## Resources



Lutherans  
For Life

Equipping Lutherans to be  
Gospel-motivated voices For Life



For those who have had an abortion—there is a **Word of Hope** for broken hearts.

888.217.8679 • [www.word-of-hope.org](http://www.word-of-hope.org)

**Word of Hope** is confidential and caring and is a ministry of Lutherans For Life.

**Alternatives** >>>  
PREGNANCY CENTER



LUTHERAN HOUR  
MINISTRIES  
[www.lhm.org](http://www.lhm.org)



**Issues, Etc.**™

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