

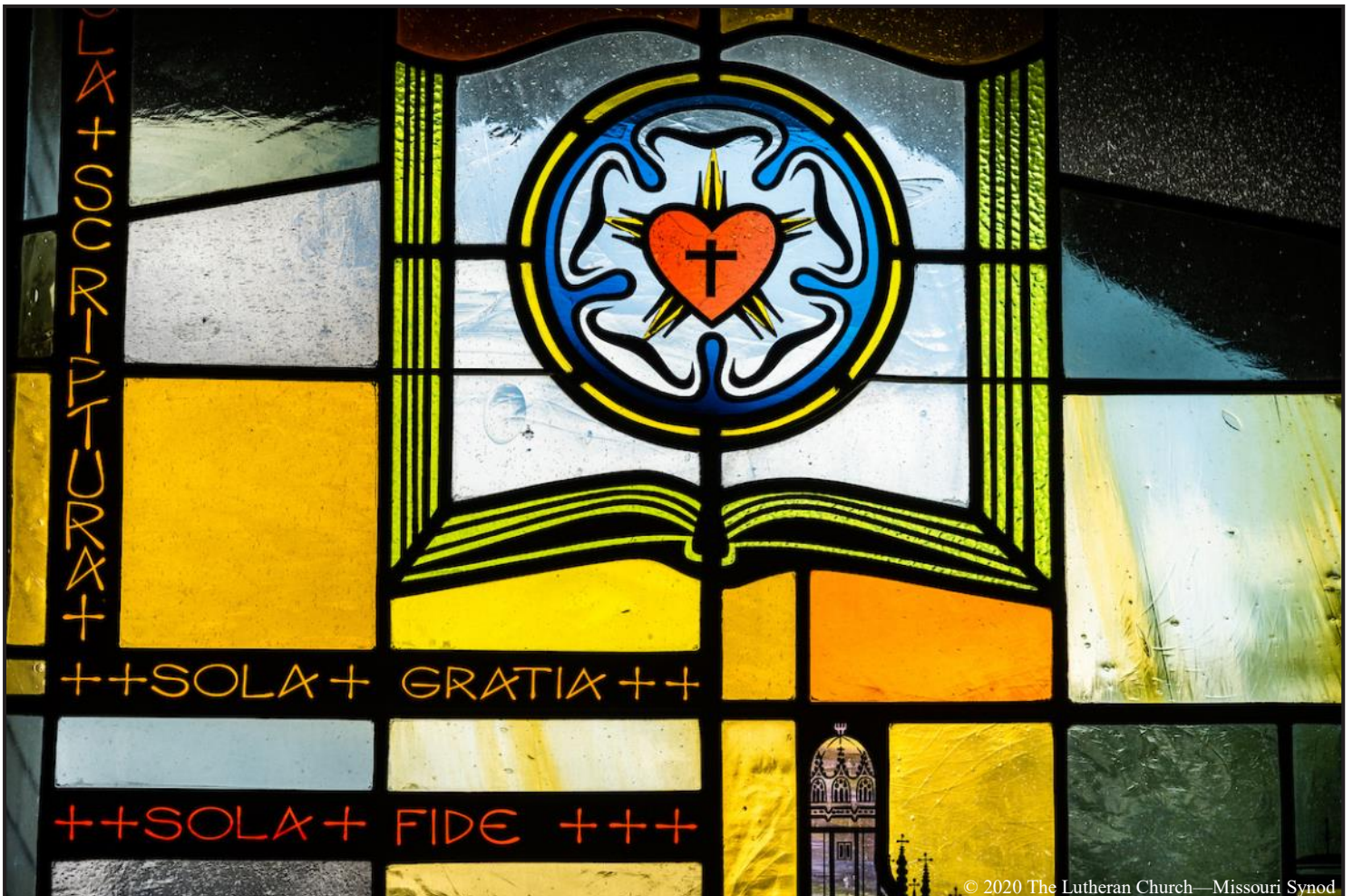
SEASONS

Be prepared in season and out of season
2 Timothy 4:2



Volume 23, Issue 2

February 2025



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For by works of the law no human being will be justified in his sight, since through the law comes knowledge of sin.

But now the righteousness of God has been manifested apart from the law, although the Law and the Prophets bear witness to it—the righteousness of God through faith in Jesus Christ for all who believe. For there is no distinction: for all have sinned and fall short of the glory of God, and are justified by his grace as a gift, through the redemption that is in Christ Jesus, whom God put forward as a propitiation by his blood, to be received by faith. This was to show God's righteousness, because in his divine forbearance he had passed over former sins. It was to show his righteousness at the present time, so that he might be just and the justifier of the one who has faith in Jesus.

Then what becomes of our boasting? It is excluded. By what kind of law? By a law of works? No, but by the law of faith. For we hold that one is justified by faith apart from works of the law. (Romans 3: 20-28)

The beautiful stained glass Transom in our church window pictured above indicates that our congregation stands solidly upon the Lutheran confessions summed up in three principles: "Scripture alone, Grace alone, Faith alone," reproduced here in Latin, which was the formal church language of Luther's day. The "Luther Rose" is centered firmly on the Bible. A further reminder of the Reformation is the rendering of the famous castle at Wittenberg.

From Your Pastor

Yes, in the calendar of Commemorations in the front of the Lutheran Service Book, our hymnal, St Valentine is listed on February 14. Thus, February 14 is a recognized day in the Church calendar! So, yes, love is a good thing. It's a gift from God, to be enjoyed and celebrated within the parameters that God has set up for our benefit. Of course, as one of the things God created, He gets to establish how it should be experienced. Because Christians sometimes get the reputation of being stoic, unromantic, or even prudish, I find it a little ironic that this day of celebrating love is named after a faithful Christian man! But to fully appreciate St Valentine's Day and celebrate it appropriately, it's important to know the 'rest of the story,' as Paul Harvey used to say.

Valentine was a martyr; that means he was a Christian who died because of his witness for Jesus Christ. In fact, the word "martyr" comes from the Greek language, meaning to bear witness. Martyrs, thus, are Christians who continue to bear witness right up until the point of death. Valentine refused to renounce his faith in our Lord and thus was executed. That's how far Valentine's love for his Lord took him. He counted his present sufferings not worth comparing with the love that God had for him.

Tradition has it that he was initially a physician and pastor living in Rome during the reign of Roman Emperor Claudius. During an age when many Christians were being martyred, Valentine became one of the noted martyrs of the third century. The commemoration of his death, which occurred in AD270, became a part of the calendar of remembrance in the Early Church of the West. Tradition

Valentine refused to renounce his faith in our Lord and thus was executed. That's how far Valentine's love for his Lord took him. He counted his present sufferings not worth comparing with the love that God had for him.

suggests that on the day of his execution for his Christian faith, Valentine left a note of encouragement for a child of his jailer written on an irregularly shaped piece of paper. This greeting became a pattern for millions of written expressions of love and caring that now are the highlight of Valentine's Day in many nations.



Pastor Skovgaard

On the Commemorations page of LSB you will find this quote from the Augsburg Confession Article 21: "Our churches teach that the remembrance of the saints is to be commended in order that we may imitate their faith and good works according to our calling." If we are a physician or other medical person, we can look to Valentine or Luke for encouragement. If we are a government official, we can look to King David or Daniel as a government adviser.

That same page goes on to explain that there is "great benefit in remembering the saints whom God has given to His Church. The Apology of the Augsburg Confession (Article 21) gives three reasons for such honor. First, we thank God for giving faithful servants to His Church. [Such faithful servants as instruments of God preserve the Church from generation to generation.] Second, through such remembrance our faith is strengthened as we see the mercy that God extended to His saints of old. [If God had mercy on them, He can and has promised to have mercy on us, too.] Third, these saints are examples by which we may imitate both their faith and their holy living according to our calling in life."

God has called His faithful from many different walks of life; we are not the first generation of Christians. Thus, we should look to the past as we follow Christ in our day and age.

MEMBERSHIP CHANGES		GROW IN GOD'S WORD IN 2025 - Join an EGL Bible Study!				
TERMINATION OF MEMBERSHIP: By Transfer: James McMiller Transferring to Peace Lutheran Church in Sussex Mollie Radewahn Transferring to Divine Redeemer Lutheran Church - Hartland By Release: Hanna Radewahn Released to Elmbrook Church		Day & Time	Location	Topic	Open To	Pastor Leader
		Sundays 10:30-11:30 a.m.	Sanctuary	A Survey of Roman Catholicism (see below)	All	Skovgaard
		Tuesdays 7-8 a.m.	Room 228	Romans	Men	Skovgaard
		Tuesdays 10-11 a.m.	BAAC	Romans	Women	Hipenbecker
		Wednesdays 10-11 a.m. (except 1st Wed. of month)	BAAC	Acts	All	Skovgaard
ALSO CALLING ALL HOME BIBLE STUDY GROUPS: if you are willing to invite new members, contact the BOCE so we can promote it and encourage EVERYONE in our EGL family to "let the Word of Christ dwell in you richly" (Col. 3:16) in 2025!						

Roman Catholicism? What to make of it nowadays? A lot of time has passed since the Lutheran Reformation. We all have family and friends who belong to Roman Catholic parishes, and often it seems, they sound like Lutherans in many ways. While we can and should give thanks to God for the many points we share in common, there are some important differences we need to address. This Sunday morning class, following on the heels of the Formula of Concord study, will examine some of the obvious differences that were apparent at the time of the Reformation but also which have developed in the ensuing centuries. Topics will include the Papacy, the view and role of the Virgin Mary, salvation, and the connection between Scripture and Tradition. If you'd like to augment the study, consider listening to the interview on www.issuesetc.org with Pr Bryan Wolfmueller on December 12 -- <https://issuesetc.org/2024/12/12/myths-about-lutheranism-lutherans-are-roman-catholic-lite-bryan-wolfmueller-12-12-24-3471/>

Elm Grove Lutheran's Board Members who serve our Church



The Lord has blessed EGL with many devoted members who serve on the various boards. They are essential volunteers who contribute to the smooth and complete functioning of our church. We thank them for their service. Praise be to God!

Board of Finance members pictured are (left to right): Tyler Hipke, Emily Ewert, Christine Wilcox, and Sue Wilcox

The Board of Finance oversees the Work Program Committee, including integrating and monitoring the work program with adjusted / actual receipts and expenses. It establishes and monitors banking relationships. It ensures that internal financial controls are in place and working. It develops and maintains a long-term financial forecast. It monitors cash flow and recommends candidates for offices of Comptroller, Treasurer, and Financial Secretary. It covers all insurance and bonding needs.

Update on Call to LCMS Seminary Graduate

The Seminary Graduate Call Committee was formed last year to call a 2025 graduate as a second pastor at our church. The committee interviewed five candidates from the St. Louis seminary on Friday, January 17. Pr. Skovgaard was onsite for the interviews and the other members of the committee joined in remotely by video call. A 6th candidate from the Ft. Wayne seminary is scheduled for an interview on Friday, January 31.

In Christ,

James Drabiszczak

Ron Harmeyer

Amy Stroh

Karla Bessert

A Prayer for God's Blessing Upon: Through the Bible in Two Hours

Heavenly Father, Your beloved people here at this congregation are partnering with Through the Bible in Two Hours to aid people in understanding Your Word. Please bless our humble efforts in this outreach effort that many will be blessed even as we are by the Holy Bible. You have been gracious to us, blessed us, and made your face to shine upon us. Your plan of salvation through Jesus Christ is to be known throughout the earth and your saving power among all nations.

The opening of Your Word gives light and saves us from the oppression of worldly cares and deceptions. Give us a desire to rejoice in Your Word.

You are near to those who hear You and your declarations and promises never fail those who trust you. Your truth endures forever.

Help us Lord, to understand the Wisdom which is hidden from those who do not know your Word. As You have promised, send Your Holy Spirit to teach us what no eye has not seen, nor has ear heard, nor the human heart conceived. Give us an epiphany of spiritual truth through Your Spirit's work. Reveal your plan of salvation which cannot be known apart from your Word.

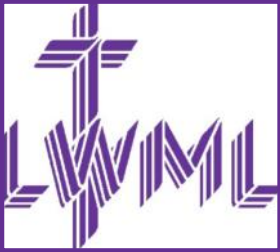
Gather Your people to hear and learn your plan of Salvation which has been declared throughout the ages. Help us to know your ancient works and to see that from the beginning you have revealed all things from beginning to end.

Let many gather to learn the way in which the heavens declare Your glory and firmament the work of Your hands. Let us know your perfect Word. Convert our souls. Let us know the surety of your truth. Make wise the simple. Let us know the perfect path Your Word creates. Let our hearts rejoice. Let us know Your commandments. Let us be warned and escape the dangers that beset many. Let us know the sweetness of Your promises and seek them more than all earthly treasure and pleasure.

Give an instructed tongue to the teachers of Your Word that they may bring hope and rest to the weary. Awaken the ears of Your people to hear as disciples. We pray that You begin this good work in us and bring it to completion in the day of Jesus Christ; through Jesus Christ, Your Son, our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever. Amen.



Pastor Skovgaard serves the Lord's Supper to faithful, longtime member Elaine Peppel during a Sunday morning worship service. Praise God.



The morning group of LWML is scheduled to meet in the BAAC on Wednesday, February 5 at 10:00 a.m. The Bible study found on page 17 of the winter issue of *Lutheran Woman's Quarterly* is titled, **The third Article - Steadfast in Christ: Gift of the**

Holy Spirit Through Word and Sacrament. Here we find the truth of God's great steadfastness to us in His Holy Word and Sacrament.

The evening group of LWML is scheduled to meet on Monday, February 10 in the Fellowship Library at 6:30 p.m. for its next meeting.

Good news! Enough money from mites was received to fully fund Mission Grant #3 **"SWD Church Grant"** for \$30,000. At President Cinda Poppe's suggestion, the check of \$30,000 will be presented to Rev. Nathan Meador, the SWD LCMS Mission Executive, at the LWML Winter Getaway at the Cranberry Country Lodge in Tomah. This will help the women at the retreat to feel part of it. This grant will be distributed over two years to full time church worker students attending a Concordia University or a Concordia Seminary from our SWD of the LCMS. This will assist them with their tuition.

On June 26-29, 2025, The Nebraska North and Nebraska South Districts of the LWML will host the 41st Biennial LWML Convention in Omaha, Nebraska. The theme of the convention is **"Growing in God's Grace,"** based on 2 Peter 3:18. In your winter issue of *Lutheran Woman's Quarterly*, there is a pull out section devoted to this convention with information on registration, cost, speakers, housing, meals, maps, tours, and other information. Attending a National LWML Convention is truly an inspiring experience.

Upcoming Leadership Workshops! Same program! Two dates! March 8 in Sheboygan! April 5 in Janesville!

"Serve the Lord With Gladness," Psalm 100:2

Barbara Kurth



Joan Knuteson's Banner Design is chosen for LWML 2025 National Convention

Last August, the LWML South Wisconsin District newsletter had a notice about creating a banner for the 2025 National Convention. I was approached by EGL's LWML ladies to submit a design for the banner and of course I said yes! The event's theme, "Growing in God's Grace", suggested plants and leaves. I had wonderful vines from other banners that were a natural element to show growth. From there I added the cross and twined the vines around it to make a connection. A script font emulating vines provided additional inspiration. The design was submitted to the LWML SWD board and voted on with other designs. As you can see, mine was chosen and here is the result. It will be carried by LWML SWD President Cinda Poppe during the convention's banner procession. God lets me grow in my art.

Joan Knuteson

EGL's LWML Group is Creating Special Birthday Cake Kits for our Urban Church Food Pantries

EGL's Monday Evening LWML Group is organizing an initiative to create "birthday cake bags" for our partner food pantries. Requested donations are: cake mixes, "cans" of frosting, cake candles, and cans of soda (as sub for egg/oil ingredient) to create kits for food pantries to give to their members who want to celebrate a family birthday, but may not have the means for the cake ingredients. Stay tuned for more details on how to help!



Ways to be Mindful of the Stewardship of your Health and Wellness

A little goes a long way: How little exercise is enough?



Is there a minimum amount of exercise that may help fend off some of the conditions that pose the highest threat to health? Research published in 2022 by Dr. del Pozo Cruz and his team answer this question, even for those who are not "athletic." By analyzing data from a previous UK Biobank study, they found that study participants who never engaged in vigorous exercise had a 4% risk of dying within five years. However, introducing less than 10 minutes of vigorous activity weekly reduces this risk by half, and even more for those who engaged in at least 60 minutes of exercise per week. This suggests that engaging in vigorous exercise for only two minutes a day could help slash the risk of death related to cancer or cardiovascular events.

Source: Medical News Today

Music improves memory

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

According to researchers at Georgia Tech, the music we know and may love can help us study and learn. On the flipside, if a piece is unfamiliar or overcomplicated, it can distract us and diminish our ability to retain information. Other kinds of music can influence our emotions and reshape old memories, such as how movie soundtracks create "moods" throughout the experience making the event more memorable. Music is even thought to be able to help shift feelings and reshape the "emotional tone" attached to certain memories; possibly helping those who suffer from mood disorders like PTSD or depression. Listening to upbeat or happy music while working through a sad or frightening memory is one tool therapists may use to support a patient.

Source: Neuroscientists explore the intersection of music and memory | ScienceDaily

Box breathing offers benefit for mind and body



Box breathing, sometimes called square or tactical breathing, is a deep breathing technique initially created by the United States Military to use for stress management and improved performance. It is generally referred to as box breathing because, while using this approach, practitioners are meant to visualize a box as they follow four breathing steps, picturing each four-count as one side of the box. With each step, one completes a side until the square is complete.

- 1 Breathe in slowly through your nose while counting to four.
- 2 Hold your breath while slowly counting to four.
- 3 Breathe out slowly while counting to four.
- 4 Hold your breath while slowly counting to four.

(Repeat as needed)

BOX
BREATHING
HELPS WITH

- Relaxation
- Reducing stress and lower cortisol
- Boosting mood and mental well-being
- Improving mental clarity and focus

Studies have found evidence supporting both the physical and mental benefits of implementing box breathing. This technique can be used in the heat of a moment, as a regular stress management practice or BOTH!

Using box breathing on a regular basis can help you manage your stress and anxiety levels, as well as recognize and reduce the impact of stressful triggers.

Source: Health.com

Fit more fiber and fermented food into your meals



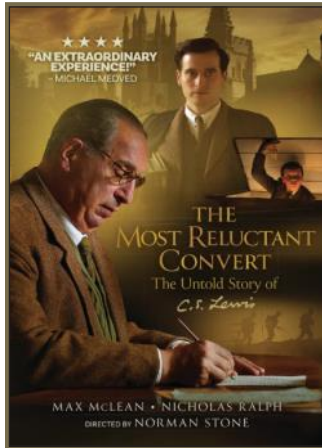
FIBER + FERMENTED

Two words that are vital to maintaining a healthy gut microbiome, digestion and more.

Source: Harvard Health



SAVE THE DATE
Golf Outing
Friday, May 9



Plan your own Personal Movie Night

What could be better to escape the cold winter chill than curling up to watch a film about C.S. Lewis, fortified with your favorite snack and beverage?

The movie description reads, "Experience C.S. Lewis' profound journey from vigorous debunker of Christianity to become, as he said, "the most reluctant convert in all England." Through Max McLean's detailed and masterful performance, Lewis' story of grief, loss and redemption comes to life on screen in his own magnificent words."

Search for **The Most Reluctant Convert** on your favored streaming service.



SUPER BOWL

SUPER BOWL PARTY!

Lutheran Young Adults League invites young adults (ages 21-35) to a Super Bowl Party right here at EGL on Sunday, February 9, starting at 5:00 p.m. in the Youth Center!

Join us for food, drinks, games, activities, and a fun craft! Whether you're in it for the touchdowns or the commercials, there's something for everyone!



EGL Stammtisch!

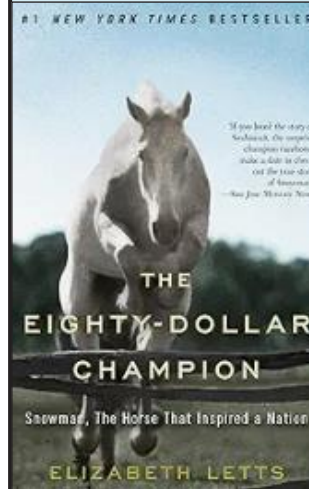
Happy February, EGL Guys!

Ohh Baby...it's really cold! But it's warm and cozy here at the EGL Bartelt Center! Come on out and join us at **EGL Stammtisch** as we comfortably connect with those around us, in a relaxed environment. Join us for our monthly EGL guys' get-together of great conversation and great libation...always lively, always timely, always lots of variety, in a fun atmosphere of Christian fellowship.

Thursday, February 20, from 7:30-9:00ish...for more info, please text or call Bruce Bessert at 414-526-8430.

Bring a friend and snacks to share! See you there!!!

Book Discussion Group



We will meet in the BAAC on Thursday, February 20 at 9:30 a.m., to discuss the book, **The Eighty-Dollar Champion: Snowman, The Horse That Inspired a Nation**, by Elizabeth Letts.

Like to read? Join us.

Questions? Call Barb Kurth at 262-234-5083.

Editor's Note: This book was made into a wonderful movie. Search for it on your favored streaming service.



Check out the Children's Booklets in the Friendship Library!

EGL Member and Sunday School teacher, Linda Hoffmann, has procured an assortment of booklets offered through Lutheran Hour Ministries.

The booklet titles are:

- *Do You Know Who Jesus Is?*
- *Sharing Your Faith*
- *Learning to Pray*
- *The Easter Story*
- *The Christmas Journey*
- *The Bully*
- *Let's Be Disciples*
- *The Bible Tells Me So*
- *Welcome*

While they were developed for children, the messages will resonate with all ages. If you know children or others who would benefit from a booklet, please take one or two to share.

EGL MOVIE NIGHT

On Friday, December 20, the Evangelism Board hosted a movie night in the CLC. Attendees feasted on pizza and fancy donuts.

The movie was a live-action Christmas musical adventure that combined classic Christmas melodies with humor, faith, and pop songs in the retelling of Mary and Joseph and the birth of Jesus.



Thank you to all who set up the Christmas decorations and the creche in our Chancel. Every element that was carefully unpacked and placed helps our congregation celebrate and reflect on the meaning of the season. Also thanks to those who then removed the decorations. Praise God for faithful EGL volunteers!



HOPE & LOVE



◆ are best when shared ◆

DONATE BLOOD

**Wednesday
February
26**

2:00PM - 6:30PM

**Helpful tip:
Make sure to eat a healthy
meal and drink plenty of
water before donating.**

Elm Grove Lutheran Church

LOCATION
Fellowship Hall
2:00PM - 6:30PM CST

APPOINTMENTS PREFERRED
Contact Rick Ewert
Telephone: 262.289.9333
Email: BloodDrive@egl.org

Online:
https://donateblood.versiti.org/donor/schedules/drive_schedule/11599487





February Birthdays & Wedding Anniversaries ("A")

If your birth date or wedding anniversary is not included, please be sure to contact the church office.
Thanks!



February 1

Sam Ewert
David Schmalzer

February 2

Jean Baesemann
Mark Ewert

February 3

David Neill
Jeanne Pentler

February 4

Amalia Seeger

February 5

Tom Paasch, Sr.
Aidan Pritchard

February 7

Micaela Anderson
Elizabeth Ky
Megan Schultz

February 8

A-Rick & Nancy Ewert
Rev. David Ernst
Lynn Harner

February 9

Mia Halvorson
Sherry Panetti
Sam Thompson

February 10

Kayla Burk
Irma Koch

February 11

Cheryl Kari
Nancy Kelley
Megan Stritesky

February 12

Caroline Thompson

February 13

Cara Corder

February 14

James Ahnert
Katie Gerber
Luanne Schaefer

February 15

Frank Eichelberger
Elaine Peppel

February 16

Katie Baesemann
Gary Baker

February 17

Peter Holzwart

February 19

Daniel Garcia

February 20

Daniel Berry
Barbara Schumacher
Terry Sousek

February 21

Ruth Dare

February 22

A-Chuck & Hazel Ewert
Sherri Bond
Andrew Peters
Mikayla Zientek

February 23

David Busse
Andrew Niggemann

February 24

Lianne Peters
Nancy Wolck

February 27

Jeff Jagusch
JoAnn Randall

Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God. Anyone who does not love does not know God, because God is love.

1 John 4:7-8

February

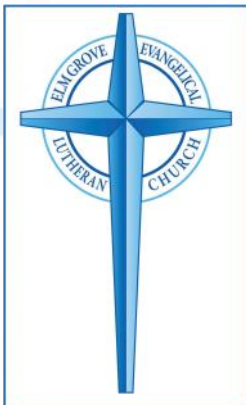
Elm Grove Ev. Lutheran Church Calendar - 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																											
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Thus says the Lord:
 "Cursed is the man who trusts in man
 and makes flesh his strength,
 whose heart turns away from the Lord.
 He is like a shrub in the desert,
 and shall not see any good come.
 He shall dwell in the parched places of the wilderness,
 in an uninhabited salt land.

"Blessed is the man who trusts in the Lord,
 whose trust is the Lord.
 He is like a tree planted by water,
 that sends out its roots by the stream,
 and does not fear when heat comes,
 for its leaves remain green,
 and is not anxious in the year of drought,
 for it does not cease to bear fruit."

(Jeremiah 17: 5-8)



Elm Grove Ev. Lutheran Church

The Lutheran Church - Missouri Synod
945 Terrace Drive, Elm Grove, WI 53122 - 2035
Phone (262) 797 - 2970 • Fax (262) 797 - 2977
Web Site: www.egl.org • E-mail: astroh@egl.org



Rev. Eric C. Skovgaard, Administrative Pastor

Office Hours: Monday - Friday, 8:00 a.m. - 4:00 p.m.

The deadline for articles and photos to be submitted for the next *Seasons* is:

Saturday, February 15

Submissions can be sent to
seasons@egl.org



Follow Elm Grove Evangelical Lutheran Church on Facebook!



Prayer Warriors at Elm Grove Lutheran Church are ready to pray for you.

If you have a prayer request or wish to become a part of this great mission, please contact:

Linda Hoffmann – LindaHoffmann@yahoo.com or call 262-786-1203, or email Meg Grelk, mgrelk55@gmail.com

EMERGENCY CONTACTS:

Do you have a family member or friend, whose contact information you'd like the Church Office to have in cases of emergency? Please email (astroh@egl.org) or call (262-797-2970) Amy in the office and give her this information. This is not for the general public, only for the Church Office staff.

Ever wondered how Valentine's Day came about? It started off as the remembrance of a Christian martyr named Valentine. Gradually, it developed into the secular holiday we know today. Let us know the truest, deepest love possible: God's love.



WORSHIP SCHEDULE

Sunday 9:00 a.m.

The Lord's Supper is celebrated every Sunday

(Unless there is a fifth Sunday in the month, when Matins is observed)

Bible Study will follow the service
10:30-11:30

Thursday 6:30 p.m.

The Lord's Supper is celebrated on the 1st and 3rd Thursday.

Thank You Coffee Servers!

We all greatly appreciate those members who volunteer to bring treats and serve coffee on Sunday morning after the 9 a.m. worship service. It provides a valuable opportunity for fellowship, not to mention fuel for the day!

Please continue to volunteer. There is a sign-up sheet on the counter during coffee hour, or call Luanne and John Schaefer at 262-784-3106 or 262-617-0561 for information and available dates.



The special beauty and meaning of Altar Flowers

Celebrate an anniversary or birthday, remember and honor a loved one, or give thanks for blessings received by sponsoring Altar flowers. Take the beautiful arrangement home to enjoy after the Sunday worship service. The cost is \$35. Please call or email Amy Stroh in the church office to request a date and to provide a message for the bulletin; 262-797-2970 or astroh@egl.org.