

SEASONS

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



Volume 24, Issue 2

February 2026



The painting above captures the beginning of Job's lament as he and his wife grieve the loss of all their children, their wealth, and Job's health. Three friends who come to console him do their best work when they sit with him in silence for a week. Later, their accusations of hidden sin drive him to despair. During this year's Lenten journey to Easter, beginning on Ash Wednesday, Feb 18, we will eavesdrop on Job's experience and often faithful response. The Book of Job will serve as the theme for the midweek and Holy Week services as we see the "bet" between God and Satan play out in the Bible's greatest book of wisdom. We all suffer -- personally and privately. We also suffer in more public ways: jobs are lost, relationships fall apart, loved ones die, laws go unenforced and communities flounder. Martin Luther once claimed that "Job is magnificent and sublime like no other book of Scripture."

Beginning on Ash Wednesday we will gather for a short, devotional type of service, focusing on one particular passage in Job. Each Wednesday night will feature a light meal, prepared by different individuals and groups, also before the 6:30 p.m. worship service. Come, be strengthened by God's Word in the pages of Job, and then strengthened, encourage one another to pursue the way of Christian discipleship.

From Your Pastor

In the November *Seasons*, we reflected on the hymn "When I Survey the Wondrous Cross," a text that largely responds to the cross in repentance, renouncing all the world has to offer. Our hymn this month, "In the Cross of Christ I Glory" (LSB 427), works off the same Scriptural text [Gal 6:14], focusing less on the Christian's life of repentance and more on the awe that surrounds the cross, as well as its meaning for the Christian's daily life of joys and sorrows.

The text, published in 1825, comes to us through a fairly surprising voice. Englishman John Bowring was a notable English diplomat, businessman, and two-time member of the British parliament. Tradition has it that while Bowring was sailing on a business trip to Macao, he gazed upon a bronze cross, the solitary remnant of a cathedral that had long been crumbling to the ground. While this tale is unlikely, one does get the resounding image of a cross, high and lifted up, shining in the crumbling ruins of an ending world as the hymn text progresses. In short, Bowring's text is a powerful example of the redemption of the cross as an image of utmost torture to an instrument of the world's salvation.

Bowring begins with the image of a cross that is located at the center of the story of God's grace to man. This cross spans both space and time, a towering force of authority that attests to the unchanging nature of God's "sacred story." The cross, upon which Christ hung, draws us to that unchanging story, a providential story of God's grace that is truly sublime and beyond human comprehension.

This cross guides and never forsakes the Christian who is overcome with the trials and tribulations of this life, as stanza two captures. Interestingly, Bowring personifies the

cross as a companion of the Christian throughout their life, no matter what the circumstance may be. Through Christ's atoning, saving work on the cross, the cross itself becomes a redeemed beacon of hope, reminding the Christian that though the "woes of life" threaten to "overtake," the cross shall never "forsake."



Pastor Teggatz

The cross is also a physical sign of God's hand in times of prosperity, as professed in the third stanza. Even though



the cross is perhaps more noticed in times of adversity, Bowring makes the point that even the good things in our lives are given "more luster" on account of the light that beams from Christ's cross. He concludes his hymn by drawing these two experiences together in the same unifying symbol of the cross. The intentional alliteration in the first line of the stanza ("bane/blessing;" "pain/pleasure") puts good and bad aspects of life on par with one another, each equally sanctified by the cross and its life-giving fruits. The instrument of torture remade as a symbol of divine

goodness and grace does the same for the Christian life, setting apart and making holy those times of temptation and suffering, as well as those times of blessing and peace. The "peace" and "joy" of stanza two carry over into this stanza with additional details; the peace of the cross cannot be set to scale, and the joy of the cross cannot be extinguished, just as the cross itself towers throughout all time.

And, that is how Bowring hoped to close his hymn, repeating the very first verse and bringing that image of a towering, beaming cross back to the forefront. The cross ushers forth sublime, gospel light, light that sustains, guides, and nourishes the Christian unto life everlasting.



Pastor Skovgaard

Executive's Corner

SYNOD CONVENTION: The LCMS is meeting in convention this coming July in Phoenix (sic!) We must've gotten a great deal on that triennial week of meetings! Officers will be elected and resolutions studied and voted on.

In preparation, at its January 19 meeting the EGL Board of Directors nominated current Synod President Matthew Harrison for another term as Synod President, Peter Lange as 1st Vice President (a full-time position), and Eric Skovgaard as Great Lakes regional VP. Additionally, the BOD appointed two EGL presidential electors – one Pastor and one lay -- who will join electors from throughout the Synod in voting for the Synod President in the weeks leading up to the convention. This change – electing the President before the convention actually starts – was effected years ago in the hope of removing politicking from that position. The EGL electors are Pr Skovgaard and Mr Jason Krueger. The Board also forwarded an overture to Synod to discipline the leader

of the Siberian Lutheran Church over false doctrine and practice. Speak to Pr Skovgaard for details.

EGL VOTERS ASSEMBLY: The new EGL Constitution and Bylaws calls for an annual Voters Assembly on the third Sunday in May each year. This year that's May 17, immediately after the Divine Service. Other Voters' Assemblies are possible, following the bylaws, but this one is required. At this meeting, the Voters will elect two Directors to the Board and two Elders. Now is a fine time to consider running or nominating someone qualified to either the Board or the Committee. At this May 17 Voters Assembly the congregation will also consider the next fiscal year budget, the details of which will be in your hands for review a month before the Assembly.

NEW SIGNAGE: The Let Your Light Shine Signage Project continues to advance nicely. At this point, nearly \$11,000 has been raised so far by the grace of God, without any matching funds yet from the Foundation. Be sure to follow the progress on the "giving thermometer" in the back of the nave.

Personal Bible Study Resources

Psalms 119, the longest psalm in the Psalter, is centered on God's Word and meditation upon it. Such is the opening prayer of the psalm: "Oh that my ways may be steadfast in keeping your statutes! Then I shall not be put to shame, having my eyes fixed on all your commandments" (119:5-6). As we continue into this new year, below are several resources to keep in mind as you strive to grow in reading, marking, learning, and inwardly digesting God's life-giving Word:

Reading Plans-

The YouVersion Bible app - this free app allows you to access God's Word in your favored translation, with access to different types of reading plans, ranging from reading the Bible in a year to short-term plans on certain books/portions of Scripture and topics.

InPrayer by CPH - this app from CPH allows you to access a variety of resources, including Portals of Prayer, the Treasury of Daily Prayer, and seasonal devotions for your reading through Scripture. These devotional resources help give commentary and clarity as you read. Each resource has either a paid subscription or one-time fee.

Everyday Word - a recent reading plan published by CPH and designed by Pastor Todd Biermann, this two-year reading plan is a helpful companion that lays out weekly readings and provides historical/cultural context, questions, applications, and room for prayer and journaling. Available at CPH for \$19.99.

Bibles/Study Bibles-

Lutheran Study Bible- this study Bible is prepared by CPH and full of resources as you study the Word, including diagrams, maps, timelines, articles, introductions to each book, a topical concordance, and study notes that accompany your journey. Available at CPH in various formats or as a free app (basic) or paid subscription in the app (\$9.99/year) to get all its features.

The Big Picture Story Bible- this children's illustrated Bible is a fantastic and accessible resource that will be beneficial for children and their parents. It does a great job of telling Bible stories as part of the one, grand, cohesive story of Scripture, that of God and His desire to save His people. Available on Amazon, usually between \$25-30.

Books-

Guiding Word series- these volumes from CPH are helpful guides that provide summaries of chapters and notes that focus on clearing up confusing passages, giving context, and connecting the testaments (Old and New). The first four volumes of this series (of six total) are available at CPH for \$25/volume.

The Messianic Message: Predictions, Patterns, and the Presence of Jesus in the Old Testament- this book from Dr. Lessing and Dr. Steinmann, two of our distinguished LCMS Old Testament scholars and professors, helps point out how the Old Testament points to and is fulfilled in Jesus, available at CPH for \$19.99.

Baby Believer books- this series of children's primers goes through different portions of Scripture by means of topics. For example, the alphabet primer of the series, *I Believe*, goes through the core doctrines and story of the Christian faith. The emotions primer, *Holy Week*, goes through the central events of Holy Week through the lens of different emotions. Available on Amazon; each primer ranges from \$8-15.

Podcasts/Videos-

Bible Project Old/New Testament Videos- this channel has produced drawn maps of each book of the Bible that guide through the major themes and contours of the book in a creative and accessible format. Each video is roughly 10-15 minutes long and can be a helpful resource before diving into a particular book. These maps can be downloaded for free on their website or purchased in book form to color, hang, and have on hand!

Videos/Posters- <https://bibleproject.com/downloads/>

Poster Book (\$35)- <https://store.bibleproject.com/products/bibleproject-poster-collection-book>

The Daily Bite (Podcast)- LCMS pastor Steve Andrews works through a chapter of the Bible each episode in bite-sized chunks (5-15 minutes each episode) in a podcast that materialized during the COVID-19 pandemic, especially encouraging further conversation between parents and children.

The Word of the Lord Endures Forever (Podcast)- LCMS pastor Will Weedon works through bite-sized chunks of Scripture (roughly 15 minutes an episode) each weekday, working verse by verse through the text and giving down-to-earth insights and, of course, connections to how God's Word finds its final destination in Jesus Christ. With both of these podcasts, you can access any previous episodes (both of these shows have gone through either all or significant portions of Scripture).





The morning group of LWML will meet on Wednesday, February 4 at 10:00 a.m. in the BAAC, The Bible study, "**Esther – a Faithful Woman of God,**" is found on pages 22-23 of the winter issue of *Lutheran Woman's Quarterly*. Like Esther, we too with prayer and

preparation, can step out in faith for such "a time as this" and witness that God is using us to share His love with others. Plan to attend. We welcome new members.

Our district LWML is working to fully fund Mission Grant #6 **Trinity Evangelical Mission Church Restoration** for \$25,000. This grant that our EGL LWML proposed for the last district convention was voted in by the delegates as Mission Grant #6. In the month of May 2018, fire destroyed this historic downtown Lutheran Church. The congregation determined to restore the church with the insurance covering 67% of the estimated cost. The rest of the money was to come from donations. It is important that Trinity stays strong in the downtown area



Fire rages, destroying Trinity Lutheran Church in downtown Milwaukee in May 2018.



Reformation Service held at Trinity on October 31, 2024. This was the first service held in the sanctuary since the devastating fire of May 2018.

as a church that welcomes college students, diverse ethnic groups, unchurched, and people living in the downtown area. God has blessed this restoration. The congregation worshipped in a temporary place in the building, but now is able to worship in the sanctuary. Mission Grant #6 will be used to pay for pews for the sanctuary. Each pew costs \$5,000. Our grant money of \$25,000 will be matched dollar for dollar, which will enable the congregation to buy 10 pews. To God be the glory!

Thank you to congregation members who faithfully give mites that go to fund the various Mission grants. During the year 2025, a total of \$895.50 was donated by our EGL LWML.

Dates to remember are June 19-20 for the District LWML Convention to be held at the Sheraton Hotel in Brookfield, WI. This convention is special in that it is the 80th year for our South Wisconsin LWML to hold a convention.

"Serve the Lord with gladness." Psalm 100:2

Barbara Kurth

EGL holds first Town Hall Meeting under the New Governance Model



Under our new governance model, established almost six months ago, scheduled Voters Assemblies are fewer because the congregation has entrusted the elected Board of Directors with the direction of the Church. In an effort to keep the membership informed, a townhall meeting was held on Sunday, Jan 11, to provide updates on developments and to solicit input. Pastor Skovgaard, as Executive, led the meeting focused on EGL's "vitals" in comparison with last year. Topics included recent maintenance-related projects, the new signage fundraiser, the new memorial gift policy, the new Bible studies that are available, and our support for the Germany FORO that we refer to as the Persian Project. Input was sought for nominations for Synod President and regional Vice President for the upcoming Convention in July.



For the 2026 Golf Outing on Friday, May 8 at Ironwood Golf Course in Sussex. The EGL Foundation will direct the proceeds from the 2026 Golf Outing to Trinity Lutheran Classical High School.

ASH WEDNESDAY and LENT FAQs

Source: LCMS.org - FAQs about Worship & Congregational Life

QUESTION: Would you please explain the significance of Ash Wednesday? I've seen some people in the past with black ash crosses on their foreheads.

ANSWER: *Lutheran Worship: History and Practice*, a commentary on Lutheran Worship, one of The Lutheran Church—Missouri Synod's hymnals, says this about ashes on Ash Wednesday: "Other customs may be used, particularly the imposition of ashes on those who wish it. This ancient act is a gesture of repentance and a powerful reminder about the meaning of the day.

Ashes can symbolize dust-to-dustness and remind worshipers of the need for cleansing, scrubbing and purifying. If they are applied during an act of kneeling, the very posture of defeat and submission expresses humility before God." The use of ashes on Ash Wednesday is a more recent custom among most LCMS congregations, although some have done it for decades. The ashes are usually derived from the burned palms from the previous Palm Sunday.

Experience will show, however, that in obtaining ashes this way, it doesn't take many ashes to "ash" a whole congregation. Like sin, they are very dirty and go a long way. One palm leaf will produce enough ashes for several years.

Usually the pastor takes the ashes on the end of his thumb and makes the sign of the cross on the forehead of each worshiper, saying these words: "Remember: you are dust, and to dust you shall return." This follows most effectively prior (or as part of) the Service Corporate Confession and Absolution on pages 290-291 of the *Lutheran Service Book*.

QUESTION: What is the significance of Lent?

ANSWER: Early in the Church's history, the major events in Christ's life were observed with special observances, such as His birth, baptism, death, resurrection and ascension.

As these observances developed, a period of time was set aside prior to the major events of Jesus' birth and resurrection as a time of preparation.

During Lent, the Church's worship assumes a more penitential character. The color for the season is purple, a color often associated with penitence. The "Hymn of Praise" is omitted from the liturgy. The word "Alleluia" is usually omitted as well.

By not using the alleluia — a joyful expression meaning "Praise the Lord" — until Easter, the Lenten season is clearly set apart as a distinct time from the rest of the year.

Additionally, it forms a powerful contrast with the festive celebration of Jesus' resurrection when our alleluias ring loud and clear.

Finally, the penitential character of Lent is not its sole purpose. In the ancient Church, the weeks leading up to Easter were a time of intensive preparation of the candidates who were to be baptized at the Easter vigil on Holy Saturday.

This time in the Church's calendar was seen as an especially appropriate time for Baptism because of the relationship between Christ's death and resurrection and our own in Holy Baptism (see Rom. 6:1-11).

This focus would suggest that the season of Lent serves not only as a time to meditate on the suffering that Christ endured on our behalf but also as an opportunity to reflect upon our own Baptism and what it means to live as a child of God.

QUESTION: Do Lutherans have to give up something for Lent as some other denominations require?

ANSWER: From the perspective of The Lutheran Church—Missouri Synod, "giving something up for Lent" is entirely a matter of Christian freedom. It would be wrong, from our perspective, for the church to make some sort of "law" requiring its members to "give something up for Lent," since the Scriptures themselves do not require this.

If, on the other hand, a Christian wants to give something up for Lent as a way of remembering and personalizing the great sacrifice that Christ made on the cross for our sins, then that Christian is certainly free to do so — as long as he or she does not "judge" or "look down on" other Christians who do not choose to do this.

GROW IN GOD'S WORD THIS WINTER - Join an EGL Bible Study!

Day & Time	Location	Topic	Open To	Pastor Leader
Sundays 10:30 -11:30 a.m.	Sanctuary	Old Testament Prophets	All	Skovgaard & Teggatz
Tuesdays 7 - 8 a.m.	Room 228	Matthew, commentary led	Men	Skovgaard
Tuesdays 10 - 11 a.m.	BAAC	Psalms	Women	Teggatz
Wednesdays 10 - 11 a.m. (except 1st Wed. of month)	BAAC	Book of Romans	All	Skovgaard

Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. (Col. 3:16)



TRINITY LUTHERAN
CLASSICAL HIGH SCHOOL

News from Trinity Lutheran Classical High School

We are deeply grateful for the growth we have witnessed in our students during the first semester of this school year. Academically and personally, our students have shown increased focus, maturity, and an eagerness to learn as the second semester begins. The sophomore class recently completed their study of Logic and has now begun Rhetoric, building upon the foundations of clear thinking and thoughtful expression that are central to a classical education.

In the sciences, it has been encouraging to see students working to grasp increasingly complex concepts in Physics, Chemistry, and Biology. As the school's science teacher and someone who has been with Trinity since its founding three years ago, it is truly a blessing to watch our students grow year after year, developing not only strong academic skills but also confidence, curiosity, and perseverance.

Looking ahead, our prayer is that Trinity will continue to grow and that more students will be able to experience the blessings of a Lutheran classical education. On February 26, we will be hosting another Open House for prospective families. We pray for a strong turnout and that God will guide families to Trinity as we continue this important work in His name.



TRINITY LUTHERAN
CLASSICAL HIGH SCHOOL
Supporting strong minds, strong bodies and strong spirits.

Open House

Thursday, February 26th
6:30 PM

945 Terrace Dr, Elm Grove, WI



Learn more
about TLCHS

Come and see what makes Trinity Lutheran Classical High School unique!



A Blessing in Math, Logic Rhetoric and More



Laura Laubenstein is a Wisconsin native who holds a bachelor's degree in Mathematics with a minor in Secondary Education from Carroll University. After teaching junior high and high

school math for five years in rural North Dakota and Montana, she returned to Wisconsin, where she spent eleven years teaching students in grades K–8 across all subject areas. Laura brings a broad classroom perspective and a deep commitment to forming students both academically and thoughtfully.

Laura is in her second semester at Trinity, she currently teaches mathematics, Rhetoric, and sophomore Omnibus. This past fall she also taught Logic for us.

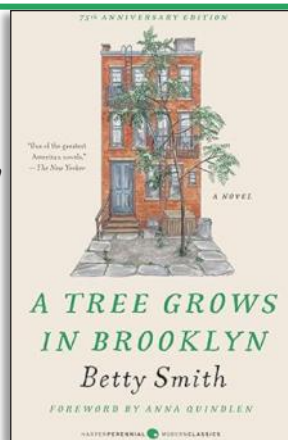
She is grateful to be part of Trinity's classical mission and looks forward to continuing to equip students with strong reasoning skills and a love for truth in the classroom.

Each day at Trinity Lutheran Classical High School continues to reflect God's gracious provision and guidance. We continue to be deeply thankful to the members of Elm Grove Lutheran Church for your faithful partnership in this ministry. Through your prayers, encouragement, and ongoing support, Trinity is able to form students in wisdom, virtue, and faith, grounded in Christ and rooted in a classical education. We are grateful to walk alongside you in this work and look forward to witnessing how God will continue to bless our shared mission in the months ahead as we are recruiting new students for next school year.

Book Discussion Group

Thursday, February 19 at 9:30 a.m. is the next scheduled meeting in the BAAC when we will discuss the book, ***A Tree Grows in Brooklyn*** by Betty Smith. This is about an Irish immigrant family in the early 20th century who live in a tenement building in an impoverished area of Brooklyn. Francie, the daughter, longs for a better way of life and sees hope as this tree grows in Brooklyn.

We welcome new members. Please join us.



EGL Visitation Team

Our first visitation team meeting will be Tuesday, February 10 at 6:30 pm in the BAAC, where we'll acquaint ourselves more with how this team will work

and begin our study of Christian caregiving. Please let Pastor Tegatz know if you are interested in learning more about this team. Contact him either at the church office or by email: jteggatz@egl.org.



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. The homebrew we brewed (Katie's Revenge?) at our Summer Social was tested last month and got a big "thumbs-up"! It will be out again this month!

Thursday, February 19, 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!!!**



A little love
CAN SAVE A LIFE

DONATE BLOOD

Thursday

**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 BLOOD DRIVE

945 Terrace Drive, Elm Grove-
Fellowship Hall- Lower Level

*<https://tinyurl.com/ElmgrovelutheranFeb2026> to make your appointments via this link or QR code.

*Any questions or need help, call 877.232.4376 or visit [versiti.org/WI](https://www.versiti.org/WI)

*Promotion: Give blood, watch hockey. As a thank you, all attempting donors will receive an Admirals code to redeem for one FREE ticket to any home game in February or March.



versiti
Blood Center of Wisconsin

Substitute Sunday School Teachers Needed!

We are in need of Sunday School subs during the winter months. The truths of God's word need to be taught through our Lord's stories.

To help out, please call Linda Hoffmann, 262-786-1203. Thank you!



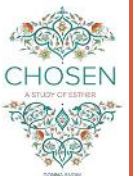
LADIES EVENING STUDY:

The Story of Esther follows the story of a young orphan girl starting with a six-month long feast, to her becoming queen, and finally risking her life to save the lives of her people. It is a curious book in the Bible because God is not mentioned once in the entire 10 chapters, but His presence is woven throughout the book.

Join the "She Shed" gals as we dig into this beautiful story together, with LWML speaker Donna Pyle-Snow. She will show us how the story of Esther applies to our lives today and also how it "demonstrates that God is sovereign over all things, even seemingly insignificant events."

This study, "Chosen - A Study of Esther" started on Wednesday evening January 21 and continues weekly on Wednesdays through February 11, 5:30 -6:45pm, in the BAAC. Then it shifts to Thursday evenings for the four weeks during Lent (February 19, through March 12), also 5:30-6:45 in BAAC.

Contact Nancy Wolck, 262-844-4984, or Susan Schmalzer, 414-313-3888, with questions.



Trying to keep your brain young? A big new study finds these lifestyle changes help.

Scientists have unveiled the strongest evidence yet that a combination of diet, exercise and brain training can improve thinking and memory in older Americans.

A study of more than 2,100 sedentary people in their 60s and 70s found that those who spent two years on the intensive regimen not only improved their mental abilities but appeared to reduce the usual declines associated with aging.

"These people are obtaining cognitive function scores that are similar to people [like them who are] one to two years younger than they are," says Laura Baker, one of the study's principal investigators and a professor of gerontology and geriatrics at Wake Forest University School of Medicine.

"This is really showing that we can change people's trajectories over time," says Jessica Langbaum of the Banner Alzheimer's Institute in Phoenix, who was not involved in the research.

Results of what's known as the POINTER study were reported at the Alzheimer's Association International Conference in Toronto. They were published simultaneously in the *Journal of the American Medical Association*.

The results are consistent with earlier findings from a smaller Finnish study, which involved a less diverse population. They are also consistent with decades of research suggesting that single interventions, like exercise, could reduce brain and cognitive changes associated with aging.

A study of people at risk

The POINTER study was limited to people ages 60 to 79 who had normal memory and thinking but were at elevated risk for cognitive decline and Alzheimer's disease.

"You had to be sedentary, not a regular exerciser, and you had to be consuming a suboptimal diet," Baker says.

Half the participants were asked to come up with their own plan to eat better and exercise more.

The other half entered an intensive, highly structured program that included aerobic exercise four times a week, adherence to a heart-healthy Mediterranean diet, online cognitive training, mandatory social activities and monitoring levels of blood pressure and blood sugar.

Both groups improved on tests of memory and cognition, but the intensive group did markedly better.

Though difficult, the intensive regimen was "life-changing" for many participants, Baker says. Most were able to make substantial and lasting changes, thanks to coaching, supervision and lots of encouragement, she says.

"There is no way to form a new habit or change behavior without intentional work on a regular basis," Baker says. "It's impossible."

Next comes the hard part

The Alzheimer's Association spent nearly \$50 million conducting the POINTER study. The National Institutes of Health spent an even greater amount to have many of the participants undergo brain scans, blood tests and sleep studies that, once published, will provide additional information.



The results are limited to changes in normal brain aging, not Alzheimer's disease. But scientists think lifestyle changes that improve cognition and reduce "brain age" are likely to delay dementia, including Alzheimer's.

So the Alzheimer's Association is planning to invest another \$40 million over four years to implement what they've learned from POINTER.

"The translation from the POINTER prescription to how we then deliver that into the community is absolutely the next step," says study co-author Heather Snyder, a senior vice president at the Alzheimer's Association.

To do that, the group will be asking a range of questions, Snyder says: "What's somebody going to respond to? Is it going to be something from their health care provider? Is it some sort of app, a motivation using technology? Is it something in their technology that they go do?"

These kinds of efforts to change behavior nationwide should be bolstered by Americans' growing desire for guidance on how to improve their brain health, she says.

"At the Alzheimer's Association, it's one of the top questions we get," she says. People often say things like, 'My mother had dementia, my father had memory problems — what can I do?' And that's a motivating question for someone."

One important step will be buy-in from the nation's health care providers, Langbaum says.

"Doctors should be treating lifestyle interventions as they would a drug," she says. That would mean prescribing regimens like the one in POINTER and getting insurance companies to cover those prescriptions.

Another boost to implementation could come from study results still in the works. These include analyses of brain scans and blood tests indicating whether a person's cognitive improvement was accompanied by measurable changes in brain health.

Those results are expected to be published later this year. In the meantime, Langbaum says, even people who are living a healthy lifestyle might want to up their game.

"If you already do the Sunday crossword puzzle and it's not challenging, pick up something new, find that exercise regimen that you'll adhere to," she says, "and if you can do it around people, that's even better."

Langbaum notes that socializing is one of the best ways to keep your brain young.

(Source: NPR-National Public Radio, Living Better, July 28, 2025)

Healthy behavior has a powerful impact on brain health. Positive actions can make a difference in brain health, and when combined into a program that targets multiple factors like physical activity, improving nutrition, cognitive and social challenge and health monitoring, we now know it can have an even more powerful impact. (alz.org)



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

David Schmalzer

February 2

Jean Baesemann

Mark Ewert

February 3

Jeanne Pentler

February 4

Amalia Seeger

February 5

Tom Paasch, Sr.

Aidan Pritchard

February 7

Micaela Anderson

Megan Schultz

February 8

A-Rick & Nancy Ewert

Rev. David Ernst

Lynn Harner

February 9

Mia Halvorson

Sherry Panetti

Sam Thompson

February 10

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 (99)

February 16

Katie Baesemann

February 17

Peter Holzwart

February 19

Daniel Garcia

February 20

Daniel Berry

Barbara Schumacher

Terry Sousek

February 21

Ruth Dare

February 22

Sherri Bond

Andrew Peters

Mikayla Zientek

February 23

David Busse

Andrew Niggemann

February 24

Lianne Peters

Nancy Wolck

February 27

Jeff Jagusch

JoAnn Randall

*A new commandment I give
to you, that you love one
another: just as I have
loved you, you also are
to love one another.*

John 13:34

February

Elm Grove Ev. Lutheran Church Calendar - 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 a.m. Worship C 10:30 a.m. Bible Study, Confirmation, Sunday School 7:00 p.m. AA Meeting (FH)	2 5:00 p.m. Intrada Ringers (MC) 6:00 p.m. Empower Volleyball (Gym) 7:00 p.m. Barbershop Group (FH)	3 7:00 a.m. Men's Bible Study (228) 10:00 a.m. Women's Bible Study (BAAC) 5:15 p.m. Exultate Ringers (MC) 6:00 p.m. Empower Volleyball (Gym) 6:30 p.m. TLCHS Board (228)	4 10:00 a.m. LWML (BAAC) 1:00 p.m. Sheepshead (BAAC) 5:30 p.m. She Shed Bible Study (BAAC) 7:00 p.m. Exultate Singers (MC)	5 6:30 p.m. Worship C 7:30 p.m. Empower Volleyball (Gym)	6	7
8 9:00 a.m. Worship C 10:30 a.m. Bible Study, Confirmation, Sunday School 7:00 p.m. AA Meeting (FH)	9 5:00 p.m. Intrada Ringers (MC) 6:00 p.m. Empower Volleyball (Gym) 7:00 p.m. Barbershop Group (FH)	10 7:00 a.m. Men's Bible Study (228) 10:00 a.m. Women's Bible Study (BAAC) 5:15 p.m. Exultate Ringers (MC) 6:00 p.m. Empower Volleyball (Gym) 6:30 p.m. TLCHS Board (228) 6:30 p.m. Visitation Team (BAAC)	11 10:00 a.m. Adult Bible Study (BAAC) 1:00 p.m. Sheepshead (BAAC) 5:30 p.m. She Shed Bible Study (BAAC) 7:00 p.m. Exultate Singers (MC)	12 6:30 p.m. Worship 7:30 p.m. Empower Volleyball (Gym)	13	14
15 9:00 a.m. Worship C 10:30 a.m. Bible Study, Confirmation, Sunday School 7:00 p.m. AA Meeting (FH)	16 5:00 p.m. Intrada Ringers (MC) 6:00 p.m. Empower Volleyball (Gym) 7:00 p.m. Board of Directors (228) 7:00 p.m. Barbershop Group (FH)	17 7:00 a.m. Men's Bible Study (228) 10:00 a.m. Women's Bible Study (BAAC) 5:15 p.m. Exultate Ringers (MC) 6:00 p.m. Empower Volleyball (Gym)	18 Ash Wednesday 10:00 a.m. Adult Bible Study (BAAC) 1:00 p.m. Sheepshead (BAAC) 5:15 p.m. Lenten Dinner 6:30 p.m. Midweek Ash Wednesday Service 7:30 p.m. Exultate Singers (MC)	19 9:30 a.m. Book Discussion Group (BAAC) 5:30 p.m. She Shed Bible Study (BAAC) 7:30 p.m. Stammtisch (BAAC) 7:30 p.m. Empower Volleyball (Gym)	20	21
22 9:00 a.m. Worship C 10:30 a.m. Bible Study, Confirmation, Sunday School 7:00 p.m. AA Meeting (FH)	23 5:00 p.m. Intrada Ringers (MC) 6:00 p.m. Empower Volleyball (Gym) 7:00 p.m. Barbershop Group (FH)	24 7:00 a.m. Men's Bible Study (228) 10:00 a.m. Women's Bible Study (BAAC) 5:15 p.m. Exultate Ringers (MC) 6:00 p.m. Empower Volleyball (Gym)	25 10:00 a.m. Adult Bible Study (BAAC) 1:00 p.m. Sheepshead (BAAC) 5:15 p.m. Lenten Dinner 6:30 p.m. Midweek Lenten Service 7:30 p.m. Exultate Singers (MC) 7:30 p.m. Committee of Elders (228)	26 1:00 p.m. Versiti Blood Drive (FH) 5:30 p.m. She Shed Bible Study (BAAC) 6:30 p.m. TLCHS Open House 7:30 p.m. Empower Volleyball (Gym)	27	28 4:00 p.m. Rental (CLC, CLC Kitchen, and Gym)

The Transfiguration

And after six days Jesus took with him Peter and James, and John his brother, and led them up a high mountain by themselves. And he was transfigured before them, and his face shone like the sun, and his clothes became white as light. And behold, there appeared to them Moses and Elijah, talking with him. And Peter said to Jesus, "Lord, it is good that we are here. If you wish, I will make three tents here, one for you and one for Moses and one for Elijah." He was still speaking when, behold, a bright cloud overshadowed them, and a voice from the cloud said, "This is my beloved Son, with whom I am well pleased; listen to him." When the disciples heard this, they fell on their faces and were terrified. But Jesus came and touched them, saying, "Rise, and have no fear." And when they lifted up their eyes, they saw no one but Jesus only.

And as they were coming down the mountain, Jesus commanded them, "Tell no one the vision, until the Son of Man is raised from the dead."

(Matthew 17:1-9)



Elm Grove Ev. Lutheran Church

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Rev. Eric C. Skovgaard, Administrative Pastor

Rev. Joshua D. Tegatz, Associate Pastor

Office Hours: Monday - Friday 7:30 a.m. - 3:30 p.m.

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

Sunday, 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

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, February 5 & 12 6:30 p.m.

Regular Thursday evening services resume
after Easter on April 9

**The Lord's Supper is celebrated on the
1st, 3rd and 5th Thursday**



Lenten Services

Ash Wednesday, February 18
6:30 p.m.

Midweek Lenten Services

Wednesdays 6:30 p.m.

February 25
March 4, 11, 18, 25

Midweek Lenten Meals - As is our local custom, we will offer a light meal at 5:30 p.m. each week before the 6:30 service. If you or a group would like to host one of the meals please contact Amy Stroh in the Church Office.

Palm Sunday, March 29
Maundy Thursday, April 2
Good Friday, April 3
Easter Sunday, April 5

The Beauty 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.



For Lent 2026, the Lutheran Church — Missouri Synod (LCMS) uses Purple (or Violet) as the primary liturgical color, symbolizing penitence, solemnity, and royalty, representing Christ's suffering and kingship.