

OUR LIFE TOGETHER

PRAY WITHOUT CEASING

I THESSALONIANS 5:16-17

"I arise early in the morning and I cry out to you, I hope for your word. My eyes are open in the night watches, that I may meditate upon your promise"

(Psalm 119:147-148).

Prayer is an important part of worship. *Living Lutheran: A Lutheran Approach to Prayer* reminds us that "prayer isn't only an individual discipline we practice daily on our own, but a communal one we return to weekly in Sunday assembly; not a passive gesture, but an embodied one, engaged as a way of participating in the work God is already doing." As noted in *Evangelical Lutheran Worship: Keeping Time*, "Prayer is a gift of access ... with the God who has spoken, is speaking, and has promised to speak through Jesus, the living Word, and the Spirit, who helps us pray with sighs too deep for words as we ponder the scriptures" (148).

A skeptical mind might complain that it is hard to scientifically measure the benefits of prayer. There are many different types of prayer, faith traditions and situations that might spur someone to pray. It's not really possible to create a "control" group, and there is no "placebo" version of prayer. Additionally, someone who prays each day might also include other healthy habits in their life (so does the lift in mood come from prayer or jogging?).

However, even accounting for these differences, if we consider prayer to generally be a connection between self and sacred, here are some potential benefits:



Offer a bigger sense of purpose. A connection to a greater power or truth can give you a sense of purpose and meaning beyond the day-to-day. A sense of purpose has itself been linked to improved mental and physical health.



Provide social support. Through practicing your spirituality, you may become involved with a community of like-hearted people. Social support can reduce feelings of loneliness and bolster resilience, according to the *American Psychological Association*.



Elevate mood. Research published in the *American Journal of Epidemiology* in November 2018 links regular prayer and a greater positivity, better emotional processing and emotional expression, and a greater sense of mission and forgiveness in those who practice it, compared with people who reported never praying.



Help you cope with difficulties. Spirituality or religion can provide a framework for dealing with unexpected or negative events.



Enhance gratitude. Many forms of prayer are gratitude practices. A study published in November 2017 in the *Journal of Positive Psychology* revealed that people who framed a gratitude practice as personal prayer had decreased negative feelings and even experienced improved health.



Promote mindfulness. Meditative practices ground us in the here and now, keeping our thoughts from straying into a distressing future or ruminating on a troubling past.

How about praying for others? According to the *National Alliance on Mental Illness*, volunteering to help others reduces stress and increases overall life satisfaction. Mindfully read the prayer list on page 5. Meditate on your brothers and sisters in Christ. Uplift yourself and the community through prayer, and incorporate this positive habit into your day! ✚

Excerpted from NPR, psychologytoday.com, elca.org, everydayhealth.com

LESSONS FOR TODAY

Genesis 17:1-7, 15-16
Psalm 22:23-31
Romans 4:13-25
Mark 8:31-38

LESSONS FOR NEXT WEEK

Exodus 20:1-17
Psalm 19
I Corinthians 1:18-25
John 2:13-22

PRAYER OF THE DAY

O God, by the passion of your blessed Son you made an instrument of shameful death to be for us the means of life. Grant us so to glory in the cross of Christ that we may gladly suffer shame and loss for the sake of your Son, Jesus Christ our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen

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9300 BELLEVIEW AVE.
GREENWOOD VILLAGE, CO 80111
303-770-9300
WWW.STPLC.ORG
FACEBOOK • INSTAGRAM

2024 SECRET PRAYER SISTER SIGNUP

Sign up for the **2024 Secret Prayer Sister!** Prayerful support all year of your fellow Sisters uplifts ALL DAUGHTERS at Saint Peter. It is as simple as praying daily. Each participant will receive a crocheted heart as a visual prompt to pray. Special thanks to Allegra Reiber for stitching these sweet reminders. You will also receive an encouraging note each month. Look for the high top in the Narthex or contact Karen Clair (kclair4@gmail.com) **by February 29**. Please provide Karen Clair with your birthday (day and month), favorite color, favorite flower, interests & hobbies, special prayer request. ✚

FAMILY MINISTRY UPDATES

LENT CALENDARS FOR EVERYBODY

Grab a colorful, playful Lent calendar from the host station to remind you to pray every day! This version has a holographic circle over each of the 40 pictures. Simply scratch off the circle with a fingernail or paperclip, and reveal your prayer intention for the day. Prayer is one of many sacred practices we use at Saint Peter, making sure Christ is a part of our lives at home. ✚

SUNDAY FUNDAY

We continue making our **Blessing Bowls** this week and learn about the disciples' struggle to understand that Jesus is foretelling his death.

It's hard for Peter to accept what his friend is saying. Yet, when Peter truly listens to Jesus, he understands what the prophets have foretold, and he starts to find acceptance. Next week, we will paint our clay **Blessing Bowls!** ✚



CHEER SQUAD

Kids, ask your adult to let Ms. Mary know what you're up to so we can cheer you on! mpratt@stplc.org ✚

NARCISSUS BULBS

Last week families took Narcissus bulbs home to watch them grow! Bulbs bloom in 6-10 weeks. We'll be helping decorate the altar for Easter! ✚



GLOBAL MINISTRY UPDATE

Wow, Saint Peter! Last week you donated 20 towels for the Lutheran World Relief care packages. ***This week we are collecting bars of soap.***

NEXT week, please consider bringing FULL-SIZED ADULT TOOTHBRUSHES in original packaging. Our Sunday Funday kids will build the kits throughout Lent. Kits include towels, soap, toothbrushes, sturdy combs, and nail clippers. (All items are welcome at any time, as are donations at lwr.org.) ✚

THIS WEEK'S CELEBRATIONS

BIRTHDAYS

Charlie Hinsey is 17
Wednesday

Charles Chida is 3
Wednesday

BAPTISMS

Rebecca Rusk - Sunday

ANNIVERSARIES

None this week.

TODAY'S WORSHIP SERVANTS

MINISTERS

Rev Dana Peterson
Pastor Diana Linden-Johnson

ASSISTING MINISTER

Bruce Stokes

LECTOR

Scarlet Kranz

HOSTS

Pam & Steve Haigh

ALTAR GUILD

Jodie Hinsey

COUNCIL LEADERSHIP REP

Allison Summerton

NEXT WEEK'S LEADERSHIP REP

Steve Haigh

ANNOUNCEMENTS

If you have an announcement at the end of worship, please contact the day's leadership rep.

COVENANT CUPBOARD - NEW WAYS TO HELP

Do you have some free time Friday mornings or afternoons? Want to help those experiencing food insecurity? Sign up to volunteer with Covenant Cupboard (tinyurl.com/2024CCFP)! Here are other ways to help:

Monetary donations are always welcome. Your donations help maintain a robust pantry for folks who face food insecurity and hardship – we serve new families each week! You can write a check to Saint Peter with “Covenant Cupboard” or “CCFP” in the memo line, or make it out directly to Covenant Cupboard. The food pantry is an independent 501(C)3 nonprofit.

Support CCFP by shopping at King Soopers/City Market! Obtain a loyalty card from King Soopers/City Market and go online (www.kingsoopers.com). Set up your account, select “My Account” and “Community Rewards.” Enter **DC406** to select Covenant Cupboard Food Pantry. As your designated nonprofit, CCFP will receive part of the proceeds from your purchases. Encourage your family, friends, and neighbors to join you in supporting CCFP when they shop!



We love to give books to the children who visit the food pantry! Do you have new or gently used picture books for infants and toddlers? Contact Laura Guthals or Terri Mohrhaus if you have books to donate.

CCFP serves between 150-200 families a week, many of whom are new to the pantry, or new to the country. This service is vital and life-changing. Thank you for your help! ❖

"WE RUN SO THEY MAY WALK" 5K RACE - AUGUST 24

The days are getting longer, and the snow is melting! That means you have time to start training for the 16th Annual “We Run So They May Walk” 5K Race to support missions and ministry in Tanzania. Can you help to plan, support, volunteer or sponsor? Let Terri Mohrhaus know! Here’s some exciting news: we have an opportunity to send another group to Tanzania. Our past trips have included safari and even hiking near the base of Mt. Kilimanjaro. Let Terri Mohrhaus, Valerie Watkins, or Carol Mayer know if you think you might be interested – dates are subject to the group’s availability, so let’s start planning! ❖

FAMILY MINISTRIES GOES GLOBAL

In partnership with Lutheran World Relief, we are building care kits for people around the WORLD who are suffering hardship. Can you help gather basic supplies?

NEXT SUNDAY (March 3) please consider bringing toothbrushes in original packaging.

If you prefer, monetary donations are welcomed at www.lwr.org.

LENTEN AND HOLY WEEK SERVICES

WEDNESDAYS 2.21 - 3.20 SUPPER (6PM)
WEDNESDAYS 2.21 - 3.20 SERVICE (7PM)
3.24 PALM SUNDAY (9AM)
3.28 MAUNDY THURSDAY (7:30PM)
3.29 GOOD FRIDAY (7:30PM)
3.30 EASTER VIGIL (7:30PM)
3.31 EASTER SERVICE (9AM)
3.31 EASTER SERVICE (10:45AM)



Saint Peter
LUTHERAN CHURCH

TODAY!

ANNUAL MEETING

TODAY AFTER SERVICE

All members are requested to attend.

Friends and Guests: you are welcome too! Childcare available!

FIRST FRIDAY

FUN

5TH GRADERS AND MIDDLE SCHOOLERS, JOIN US FOR DINNER AND GAMES!!



**YOUR
SIBLINGS
AND FRIENDS
ARE INVITED
TOO!**

FIRST FRIDAYS OF THE MONTH STARTING APRIL 5

6:00 TO 8:00PM AT SAINT PETER

Saint Peter
LUTHERAN CHURCH

PRAYER CONCERNS (*NEW THIS WEEK)

*Judy Hoyer	Mother of Lori Williams	Surgery on Feb. 26 to remove a bladder tumor and ongoing health concerns. Prayers for strength and healing.
*Trish Hoyer	Sister-in-law of Dave & Lori Williams	Prayers for comfort, strength, and healing during and post reconstruction surgery on Feb. 28.
*Family and Friends of Paul Moyer	Friend of Dave & Lori Williams	Paul completed his baptismal journey on Feb. 15. Prayers of comfort for his wife Betty and their children and grandchildren.
Family and Friends of Andy Frampton	Friend of Dave & Jan McGaw, son of Dave & Marty Frampton	Completed his baptismal journey on Feb. 13 after being diagnosed with Snovial sarcoma, a rare type of cancer. Prayers of comfort and peace for Andy's family.
Carol Hallstrom	Saint Peter Member	Recovering from surgery to stop GI bleeding. Prayers for healing.
Raymond Stackpoole	Long time friend of Steve Leighton	Diagnosed with cancer. Prayers of support and healing.
Karyl Meyer	Saint Peter Member	Health concerns. Prayers for healing and comfort.
Derek Meyer	Son of Walt & Karyl Meyer	Stuggling with health issues. Prayers for healing.
Family and Friends of Jim Bailey	Friend of Walt & Karyl Meyer	Completed life's journey. Prayers of comfort and peace for Jim's family.
Family and Friends of Alice L. Michaelis	Mother of Ruth Martin	Completed her baptismal journey on Jan. 30, one month shy of her 101st birthday. Prayers for reaffirming the hope and promise of our Christian faith.
Olivia	9 month old daughter of Ken Gerhart's nephew	Diagnosed with a neuroblastoma. Prayers of hope, support and healing.
Family and Friends of Jaxon Feeler	12 year old friend of the Clair Family	Jaxon died unexpectedly on Jan. 17. Prayers of support and comfort for Jaxon's parents, family and friends.
Family & Friends of Andy Nakatani	Saint Peter Member	Completed his baptismal journey on Jan. 21. Prayers of comfort for his wife, Nadine and their children/grandchildren.
Samuel Daniel	Father of Darlene Beals	Recovering from hopital stay in Atlanta, GA. Prayers for healing and strength.
Raetyn	Granddaughter of Cathy Bunch	Experiencing life struggles.
Cherril Serdy	Friend of Gerry Rasel	Cherril was recently diagnosed with esophageal cancer. Prayers for healing and strength.
Nicki Sperekas	Friend of Barb Hinchey	Prayers of thanksgiving for successful breast cancer surgery. Prayers for continued treatment and healing.
Stan Martin	Saint Peter Member	Continued health concerns due to brain, lung and spine cancer. Currently undergoing radiation treatment on spine. Prayers of hope, comfort and support.
Nina Schafer	Friend of Jan McGaw	Prayers for strength after diagnosis for recurrence of breast cancer.
Helen Merle	Mother of Karyl Meyer	Health issues. Prayers of comfort, healing and support.
Jeff Summerton	Brother of Jed Summerton	Struggling with several health issues. Prayers of hope, strength and peace.
Dottie Summerton	Jed & Allison Summerton's sister-in-law	Prayers for peace and comfort for Dottie and her family as she nears end of life.
Matt Knopf	Friend of Adam & Brittany Hass	Diagnosed with an aggressive cancer in his lymph system. Prayers as he begins several months of chemo.
Wil & Elizabeth Vogel	Saint Peter Members	Health issues. Prayers for healing, comfort and peace.
Karen Koenig	Judy Sickinger's Sister	Health issues due to cancer. Prayers of comfort and support.
Shirlie Walters	Kami Mach's Mother	Prayers for comfort and support as she continues to deal with low-functioning kidneys.
Roger Hoyer	Lori Williams' Uncle	Health issues. Prayers for strength and healing.
Donna O'Keefe	Shawn O'Keefe's Mother	Experiencing heart issues. Prayers for healing.
Robert Bunke	Jim Bunke's Father	Health issues from congestive heart failure. Prayers for comfort.

O Lord, Hear Our Prayer.

OUR UPCOMING WEEK

FEBRUARY 25	SUNDAY
9:00 a.m.	Worship Service Onsite (WC) and Online
FEBRUARY 26	MONDAY
12:00 p.m.	Staff Meeting
FEBRUARY 27	TUESDAY
7:30 a.m.	BNI Meeting (FH)
FEBRUARY 28	WEDNESDAY
11:30 a.m.	Prayers and Conversation Onsite (FH) and Online
12:00 p.m.	Bible Study Onsite and Online (FH)
6:00 p.m.	Lenten Soup Supper
7:00 p.m.	Lenten Mid-week Services Onsite (WC) and Online
7:45 p.m.	Choir Rehearsal
FEBRUARY 28	THURSDAY
7:00 p.m.	Worship Band Rehearsal
MARCH 1	FRIDAY
9:00 a.m.	Volunteer at Covenant Cupboard 9 a.m. - 4 p.m. tinyurl.com/covcupboard
4:00 p.m.	Women and Wealth Group Meeting (FH)
MARCH 2	SATURDAY
11:00 a.m.	AI-Anon Meeting (FH)
MARCH 3	SUNDAY
9:00 a.m.	Worship Service Onsite (WC) and Online Blessing of the New Council



WELCOME GUESTS!

Thank you for visiting Saint Peter Lutheran Church in Greenwood Village. We are happy you are here.

ATTENDANCE

Please take a moment to fill out the attendance form that is passed around during the Children's Message. We promise not to share your information with any third parties or add you to our mailing list unless you request it.

CHILDREN

Children are invited to worship in the Worship Center alongside the big kids and the adults, even if they are noisy. Kids can help themselves to a "Busy Bag" that hangs on the Pencil Hook and hang out in the "Pray Ground" in the southwest corner of the Worship Center, too.

Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these. Truly I tell you, anyone who will not receive the kingdom of God like a little child will never enter it.

Mark 10:13-16

If you prefer, a staffed nursery is located next to the restroom down the hall. Nursery care during church is for infants through age 5. Care provided during Faith Forum expands to include kids in elementary school. **Guardians must sign children in and out.** Children are also welcome to take communion. A blessing can be provided in lieu of the meal if that is Mom or Dad's preference.

COMMUNION

You are welcome at the communion table regardless of your specific religious affiliation or age. If you choose to worship online and would also like to celebrate communion, you are invited to participate in this sacred act as well. Read more about at-home communion on our website here:

<https://bit.ly/36OSW5R>

WORSHIP TIMES

SUNDAY 9:00 a.m.

Worship onsite/online

See stplc.org for access links

STAFF

Lynn Sherpe, *Administrator*
lsherpe@StPLC.org

Beryl Fanslow Wilson, *Minister of Music*
bfanslow@StPLC.org

Arielle Wilson, *Accompanist*
Congregation Communications
awilson@StPLC.org

Mary Pratt, *Family Ministries*
mpratt@StPLC.org

Barb Hinchey, *Weekly Editor*
bhinchey@StPLC.org

OFFICERS OF THE CONGREGATION

Allison Summerton, *President*
president@StPLC.org

Cathy Dundon, *Vice President*
vp@StPLC.org

Steve Haigh, *Secretary*
secretary@StPLC.org

Shawn O'Keefe, *Treasurer*
treasurer@StPLC.org

MISSION STATEMENT

We are welcomed into God's love just as we are. We are sent into God's world to be a reflection of Christ.

Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ... God proves love for us in that while we were yet sinners, Christ died for us.

ROMANS 5:1,8