



war if they didn't have a wife and family to worry about. As a result polygamy became rampant. So, St. Valentine secretly married and ministered to couples in secret locations so the Roman soldiers would not find out and risked his life to unite young men and women in marriage and keep them away from sinful lifestyles. He did this for years, all hidden from the eyes of Emperor Claudius. Unfortunately, he was found out. Claudius demanded that he recant his beliefs and become a loyal Roman citizen, but Valentine stood strong and because of that was put to death. **He was killed on the 14th of February in 270 CE (AD). This is why we celebrate Valentine's Day on that day.**

Happy Valentines Day! Valentine's Day may be one of the most controversial mainstream holidays we have. It routinely lands in the top 4 holidays for candy sales and greeting cards, but what is this day really about? Where did it come from?

We do know that in the third century CE (AD) the Roman Emperor Claudius made it a law that young men were not to marry, because he believed that they would fight with more abandon in

In the mid-60s Burt Bacharach wrote "What the World Needs Now Is Love Sweet Love" which was popularized by Jackie DeShannon and later by Dionne Warwick. Bacharach's lyrics tell us, **"What the world needs now Is love, sweet love. It's the only thing that there's just too little of. What the world needs now Is love, sweet love. No, not just for some, but for everyone..."** The danger of pop music is that the message is often lost or is eroded into sweet sentimentality. Maybe that's what has happened to the gospel because Jesus' message is the same as Burt Bacharach's. **In such a time like this, what the world needs now is love!**

But, while Bacharach's song was just words, the good news that Jesus brought wasn't simply words, but action. Jesus walked the talk. He healed the sick, restored sight and hearing, and comforted the lonely and rejected - the forgotten people. **In such a time like this when it seems that people are polarized and divided and angry and isolated, what this world needs now is love, God's sweet love.**

But, what we need to remember is that **division and chaos and isn't something new;** it is a sickness that infected humanity as soon as Eve and Adam ate the fruit of the Tree of Knowledge because they wanted to be like God.

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When humans want to be like God and control everything, everything falls apart. The fruit of our self-centeredness produces greed, power, injustice, prejudice, and fear. God sent Jesus into the world to remind us that isn't what God wants for us. We are told very clearly in the beginning of God's written word that, **when God creates, it is good.**

St. Paul told the church in Corinth in his second letter, **"So if anyone is in Christ, there is a new creation: everything old has passed away; look, new things have come into being!"** What Paul was saying is that when God is in control, not us, then, instead of guilt, fear, anger, injustice, prejudice, and isolation, **God wants to give us "love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control."** What the world needs now is love, God's sweet love and that is better than any Valentine's Day chocolate... **Have a Happy and Blessed Valentine's Day!!!**



Notes
from
your
council:

Church Council meets on Tuesday, February 11th at 6:30 pm. Members are always welcome to attend.

The council will have a retreat on February 22nd, 9:30 am to 1 pm.

Social Concerns

Food Pantry: We continue to welcome so many with food and warm socks/gloves. Due to the shoppers we have and the 1400 pounds from PFP we have managed to help 135 in January. I just received information that PFP has provided 112,990 pounds of food which is 94,159 meals for 2024. Volunteers met on Jan 26th to discuss how we manage the shopping and on-site volunteers to give food out. Due to Jean Whitford's death we have had to ask others to come in on Monday and Wednesday. Cheryl Nelson has been helping on Mondays but would prefer not to. Marie Robinson has agreed to help some. Karen Olomua has agreed to Wednesdays. I am asking for anyone who can to contact me re volunteering for Mondays and volunteers willing to substitute in case regular volunteers are not available on occasion. Training will be provided.

Cultivate Initiatives: Cultivate Initiatives: We continue to support them monthly from our budget and have stories from our new contact staff regarding direct impact to several people. These are included below. CI will accept adult clothing only and we can deliver. We contributed \$1391 to them in 2024 and they will be our benevolence for 2025. Some stories from 2024 re people they assisted include:

Ethan was unhoused for several years. When he joined CI's shower program he was introduced to their intern program and became a full time employee with the beautification team. Today he is a team leader. He credits CI with not only giving him a job but a new purpose in life.

Sophia fled an abusive relationship and found herself houseless. She heard about Menlo Park Safe Rest Village and was welcomed into a tiny home with wrap around support. CI connected her with counseling and legal aid. Within months she transitioned into permanent housing and is pursuing a degree in social work to support other survivors of domestic violence.

Snow-Cap: Marie has begun to volunteer to deliver egg cartons and clothes. They have opened the clothes closet at a separate location. Remember, if you have family clothes bring them to church and we will get the items to SnowCap. I hear comments that people want to donate to those in need not Goodwill. You can share this information with friends/family.

February Worship Services

If you're unable to make your scheduled Sunday, please contact another person to take your place.

| | February 2 | February 9 | February 16 | February 23 | March 2 |
|--------------------------|---------------------|---------------------|---------------------|---------------------|---------------------|
| Preacher | Pastor Yukio Hamada | Pastor Yukio Hamada | Pastor Yukio Hamada | Pastor Yukio Hamada | Pastor Yukio Hamada |
| Assistant | Sherry W. | Shannon H. | Ray W. | Sherry W. | Shannon H. |
| Lector | Tim H. | Twila R. | Lisa S. | Karen R. | Tim H. |
| Usher | Skip & Marcia | Allen & Ernie | Gladys & Greta | Allen & Ernie | Gladys & Greta |
| Communion | Elaine & Karen O. | Candace & Gladys | Elaine & Karen O. | Candace & Gladys | Elaine & Karen O. |
| Tiny Tims Aide | Daniel R. | Greta | Amanda Martinez | Bridgett DeClercq | Daniel R. |
| Video & Sound | Ray W. | Ray W. | Ray W. | Ray W. | Ray W. |
| Counters | Elaine & Ernie | Ray & Tim H. | Elaine & Candace | Ray & Ernie | Tim & Candace |
| Music | Gary S. | Gary S. | Gary S. | Gary S. | Gary S. |
| Care Coord. | Sherry W. | Sherry W. | Sherry W. | Sherry W. | Karen O. |



Steve Tobias
Barb Vecsi
Leslie McCartney
Shannon Holley
Jeff Sanders

Mary Markwart
Emily Strutz
Derek Henderson
Linda Decker Wabs



Super Bowl Sunday is February 9, 2025. We will have a Souper Bowl "contest" to collect items for the food pantry. The teams this year are the Kansas City Chiefs and the Philadelphia Eagles. Place a can of soup or soup product in the bin of the team you think will win. Place a can of fruit in the bin of the team you think will lose. The bin with the most items will be declared our "Souper Bowl Winner."

MARDI GRAS St Timothy will celebrate Mardi Gras on Sunday, March 2nd during coffee hour. Want to try Christ the King cake--love to have it. Sherry

Jean Whitford

Jean Whitford, our incredible member, passed away on Jan 18th. She was a witness to our faith and our indispensable volunteer secretary/administrator. So missed by all of us. You have volunteers now trying mightily to "fill" her shoes. Elaine, her sister, even in her grief is helping with bulletin and newsletter. Sherry and Shannon are finishing bulletin and sending electronically and printing. Karen O, Sherry, and Shannon got your annual report to you. Cheryl Nelson had been assisting with fellowship and is now handling wonderfully (welcomes help). All of us are amazed at what Jean did. Want to help or know someone we can hire for the office, PLEASE let us know.

Sherry Willmschen

February 2025

St. Timothy News February 2025

| Sunday | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|--|---|--|---|---|
| | | | | | | 1 9—noon Property Work Party if weather permits |
| 2 <i>Epiphany 4</i> 9:20 am Choir practice 10 am Worship Zoom available <i>Coffee Time After church</i> | 3 10 am— 1 pm Office & Food Pantry | 4 11 am-1 pm Food Pantry | 5 10 am—1 Office & Food Pantry 10 am—1:30 pm Pr. Hamada's office hrs | 6 10am-1 pm Food Pantry No Choir Practice 6—7:30 pm CCA Meeting | 7 10 am— 1:30 pm Pr. Hama- da's office hrs | 8 9—noon Property Work Party if weather permits 12:30 pm PDX Food Project: bags from cars to pantry |
| 9 <i>Epiphany 5</i> 9:20am Choir practice 10 am Worship Zoom available <i>Coffee Time After church</i> | 10 10 am—1 pm Office & Food Pan- try | 11 11 am- 1 pm Food Pan- try 6:30 pm Council meets | 12 10 am—1 Office & Food Pantry 10 am—1:30 pm Pr. Hamada's office hrs | 13 10am-1 pm Food Pantry 7 pm— 8:30 Choir Practice | 14 10 am— 1:30 pm Pr. Hama- da's office hrs | 15 9—noon Property Work Party if weather permits |
| 16 <i>Epiphany 6</i> 9:20am Choir practice 10 am Worship Zoom available <i>Coffee Time After church</i> | 17 10 am— 1 pm Office & Food Pantry | 18 11 am-1 pm Food Pantry | 19 10 am—11 Office & Food Pantry 10—11 am Pr. Hamada's office hrs | 20 10am-1 pm Food Pantry 7 pm— 8:30 Choir Practice | 21 11 am Fourth Friday Potluck Lunch, Bingo | 22 9—noon Property Work Party if weather permits Council Retreat 9:30 am to 1 PM |
| 23 <i>Epiphany 7</i> 9:20 am Choir practice 10 am Worship Zoom available <i>Coffee Time After church</i> | 24 10 am— 1 pm Office & Food Pantry | 25 11 am-1 pm Food Pantry | 26 10 am—11 Office & Food Pantry 10—11 am Pr. Hamada | 27 10am-1 pm Food Pantry 7 pm— 8:30 Choir Practice | 28 | |

February is Heart Health Month

February is National Heart Month—including Valentine's Day!

During the month of February Health Ministry Team will be offering information on:

- * **Heart Health**
- * **Healthy and Tasty recipes**
- * **Blood pressure information handouts**
- * **Blood pressure screening at coffee hour**

10 Ways to Improve Your Heart Health

1. Balance calories with physical activity
2. Reach for a variety of fruits and vegetables
3. Choose whole grain breads
4. Include healthy proteins and plants and sea-food
5. Use liquid non-tropical plant oils
6. Choose minimally processed foods
7. Subtract added sugars



Karen Olomua, Parish Nurse

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x

Address Correction Requested

February
2024
