



## *From the Pastor*

We have endured quite a month here in Minnesota. Nearly record snowfalls and more recently, bone chilling temperatures that make us question why anyone would ever settle in such a place. But we soldier on knowing warmer days are just around the corner. Soon enough, we will all be complaining about the heat. And so it goes with humans...

But if you feel stuck in the doldrums and you miss the wonder of naturally occurring vitamin D, allow me to offer some encouragement: relief is on the way! A change might not come as soon as you would like, and it may even get worse before it gets better, but hold fast to what you know to be true!

Seasons change and the kingdom of God is coming! We have been graced to receive an everlasting hope that not even the worst of circumstances can take from us.

As we await spring on the outside, this month, we welcome in Lent on the inside. Lent marks for us a time of introspection, an openness to the Holy Spirit, and quite possibly some feelings of desolation and bitter cold. This bleakness occurs when a Christian goes toe to toe with their own sin. Sin is not another worldly issue nor is it something we can blame on someone else. For each and every one of us, sin is near and dear. And when we choose to take an account of how much we sin and where we sin and in what ways we tolerate it...the end result is overwhelming. It is simply too much for us to handle. The only conclusion that can be drawn is that we are doomed; condemned by our words and actions.

But thanks be to God that he has not left us in such a state! The bleakness of winter will break into spring, because by God's grace, we can find mercy through the work of Christ on the cross. And by his death, we too have been made dead to sin. Of course, we do not always live into this new identity, but we can and we should! As Christians, we need to talk about this reality. We need to think carefully about the presence of sin in our lives. We need Lent.

This season of Lent begins with our Ash Wednesday service on Feb. 22 nd . We will gather together at 6:30 and begin the process of taking seriously our personal problem with sin as well as the life-changing solution that has been offered to us through the precious blood of Jesus.

## Monthly Church Events

<b>Feb 1</b>	4:00pm - Confirmation 4:00pm - PAX - Andrew 5:30pm - Free Meal Served 6:15pm - Evening Programs 8:00pm - Sanctify Rehearsal
<b>Feb 2</b>	12:00pm - Sarah Circle 7:00pm - PAX - Julie
<b>Feb 3</b>	8:00am - Grow Group
<b>Feb 4</b>	9:00am - United Methodist Men
<b>Feb 5</b>	HOLY COMMUNION 10:00am - Worship
<b>Feb 6</b>	8:00am - Monday Morning Men - Prayer Shawl Knitters 8:00am - PAX - Andrew 10:00am - Comfort Quilters 10:00am - PAX - Tracy Hansen
<b>Feb 8</b>	4:00pm - Confirmation 4:00pm - PAX - Andrew 5:30pm - Free Meal Served 6:15pm - Evening Programs 8:00pm - Sanctify Rehearsal
<b>Feb 9</b>	10:00am - PAX - Sue 1:00pm - UWF (UMW) Executive- Board
<b>Feb 10</b>	8:00aM - Grow Group
<b>Feb 11</b>	5:30pm - Adult Fellowship
<b>Feb 12</b>	10:00am - Worship
<b>Feb 13</b>	6:45am - Breakfast Club 8:00am - Monday Morning Men - Prayer Shawl Knitters 8:00am - PAX - Andrew 10:00am - Comfort Quilters 10:00am - PAX - Tracy Hansen

Invite your friends and family to hear the good news and discover how it is that we are truly “Dead to Sin.”

For the King,  
Pastor Andrew



## ECHO UPDATE

January was a slow month for us. Thanks to school breaks and weather we didn't have a class until the 18th when we were finally able to finish our Advent lessons.

The 25th was learning about how we can be a hero for God.

Starting in February we are going to dig into the stories of the New Testament.

### Miss Sue

Director of Children's Ministries

<b>Feb 14</b>	10:00am - Rebecca Circle 5:00PM - Valentines Date
<b>Feb 15</b>	11:30am - Romeos & Juliets 4:00pm - Confirmation 4:00pm - PAX - Andrew 5:30pm - Free Meal Served 6:15pm - Evening Programs 8:00pm - Sanctify Rehearsal
<b>Feb 16</b>	7:00pm - PAX - Julie (Remote)
<b>Feb 17</b>	8:00am - Grow Group 2:00pm - Unload Food Truck
<b>Feb 18</b>	7:00am - Food Distribution
<b>Feb 19</b>	10:00am - Worship
<b>Feb 20</b>	8:00am - Monday Morning Men, 8:00am - PAX - Andrew 9:00am - Birthday Breakfast @ PERKINS 10:00am - Comfort Quilters 10:00am - PAX- Tracy Hansen
<b>Feb 21</b>	10:00am - Rebecca Circle
<b>Feb 22</b>	4:00pm - Confirmation 4:00pm - PAX - Andrew 5:30pm - Free Meal Served 6:15pm - Evening Programs 8:00pm - Sanctify Rehearsal
<b>Feb 23</b>	10:00am - PAX - Sue 7:00pm - PAX - Julie
<b>Feb 24</b>	8:00am - GrowGroup
<b>Feb 26</b>	10:00am - Worship
<b>Feb 27</b>	6:45am - Breakfast Club 8:00am - Monday Morning Men, Prayer Shawl Knitters 8:00am - PAX - Andrew 10:00am - Comfort Quilters 10:00am - PAX- Tracy Hansen

# Youth at Forest Hills

## Youth Group and Confirmation update:

This year has been starting out great. In **Confirmation** we have been focusing on the sacraments in the Church. This has helped to have an understanding of baptism and Holy Communion. We are also starting out this year with Mentors! The confirmands and their mentors will work on writing out their version of the Apostle's Creed and their testimony for Confirmation Sunday.

**Youth group** is finishing up their winter series and will be starting their Lent series "End of the Beginning." In this 6-week series, we will get an in-depth look at the last week of Jesus' life, including all the details that led to His death on the cross. In addition to knowing the story more clearly, we will also learn about why the story of Easter is reliable, and how incredible the resurrection is!

Week 1 - Who wrote the Gospels, and why are their accounts reliable?

Week 2 - Who were the major players in Jesus' death and resurrection?

Week 3 - What is the significance of Jesus' final words to His disciples?

Week 4 - What are the circumstances surrounding Jesus' arrest?

Week 5 - What are the details of Jesus' crucifixion, and why is it important to learn about them?

Week 6 - What did Jesus teach after he rose from the dead?

We are back this year with **Breakfast Club**. Breakfast Club is an interdenominational gathering of High School students to eat and have a message before school. Forest Hills is getting more active with it as Amanda Lucas and Zach and Morgan Haigh are volunteering to help with the morning meal. Next Breakfast Club is Feb. 13th.

## Blessings

Pastor Cassi

## February Birthdays



May your special day be blessed and filled with joy! If your birthday isn't listed, please call the office and let us know so we can add you to the list!

Harris Miller 2/3/25  
Pat Rosenbaum 2/5  
Sarah Dittberner 2/7

Glen Geving 2/8/54  
Tracy Bonsell 2/8/84  
Harold Berg 2/10

Chuck Yetter 2/21  
Joyce Betz 2/23/36  
Nick Thoen 2/25



## Grow Group - Lent Session

We are excited to announce the next Grow Group Session will be starting Feb. 26. This session we have some great options for you to choose from. Check them out here and then sign up in the lobby for the one that God is calling you too.

### WEDNESDAYS

#### "They Walked with God: 40 Bible Characters Who Inspire Us"

Host: Steve Betker

When: Wednesdays 6:15 - 7:30 p.m.

How Long: 6 sessions, starting Mar. 1

Where: Green Room Upstairs

Description: In a continuation of the fall grow group hosted by Steve Betker, we continue our in-depth look at the most influential people in the Bible. In this study by bestselling author Max Lucado, we'll walk alongside the men and women of the Bible and get to know ourselves better as we rediscover their stories as well.

#### "Bible and Battlefield 7 Lessons from the Civil War for our Christian Faith Today"

Host: Amanda Lucas

When: Wednesdays 6:15 - 7:30 p.m.

How Long: 6 sessions, starting Mar. 1

Where: Blue Room Upstairs

Description: The Bible itself is filled with true stories about real people and their experiences. The same can be said about the Civil War; it was about real people, real experiences, and real issues. Join host and author Amanda Lucas as we seek to bring both history and the Bible together in a way that deepens faith and applies that history in a manner that today's society often believes it is not – real and relevant.

#### "How (Not) to Read the Bible"

Host: Annelle Mix

Wednesdays 6:15 - 7:30 p.m.

How Long: 6 sessions, starting Mar. 1

Where: Pink Room Upstairs

Description: We are guided by author Dan Kimball in the step-by-step process of how to make sense of, and how to put into context, some of the Bible's most misunderstood, difficult, and crazy sounding parts of scripture through the use of stories, illustrations, and pop culture memes.

### TUESDAYS

#### "How to Pray: A Simple Guide for Normal People"

Host: Tracy Hansen

When: Tuesdays 10:00-11:15 a.m.

How Long: 6 sessions, starting Feb. 28

Where: Lobby Coffee Shop

Description: Is prayer the most challenging part of your Christian faith? Join this journey through Pete Greig's book on life-changing prayer. We'll explore how to start praying, how to keep things simple, how to ask God for things, how to cope with unanswered prayers, and much more. How To Pray offers real life methods to deploy in your prayer journey as well as inspiring true stories to encourage and refresh your prayer life.

### FRIDAYS

#### "On Going Study"

Host: Brad Blocher

When: Friday mornings 8:00 - 9:15 a.m.

How Long: on going

Where: Fellowship hall

Description: This study meets every Friday and changes topics every 6-8 weeks.

### SUNDAYS

#### "The Gospel of John – Walking With Jesus"

Host: Julie Hovey

When: Sunday mornings 8:45 - 9:45 a.m.

How Long: 6 sessions, starting Feb. 26

Where: Fellowship hall

Description: View Jesus through the lens of the gospel of John this Lenten season. As we journey closer to Easter, follow Jesus as He enters ministry, His encounter with Nicodemus in John 3, the woman at the well in chapter 4, His many miracles, and the culmination in his arrest, trial, death, and resurrection.