

## ***Feeling Overwhelmed?***

Here are some ways to manage stress:

- Be observant. Recognize signs of excessive stress. These include difficulty sleeping, being easily angered or irritable, feeling depressed, and low energy.

- Exercise regularly. Just 30 minutes per day of walking can help boost your mood and reduce stress.

- Schedule regular times for a relaxing activity. Activities that use mindfulness or breathing exercises, such as meditation, yoga, or tai chi, may help.

- Get enough sleep. Adults need about 7 or more hours of sleep per night. School-age children need 9–12 hours, while teenagers need 8–10 hours.

- Set goals and priorities. Decide what must get done now and what can wait. Learn to say “no” to new tasks if you start to feel like you’re taking on too much.

- Build a social support network. Stay connected with people who can provide emotional support.

- Show compassion for yourself. Note what you’ve accomplished at the end of the day, not what you’ve failed to do.

- Seek help. Talk to a health care provider if you feel unable to cope, have suicidal thoughts, or use drugs or alcohol to cope. If you or someone you know is in crisis, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). Or text “HOME” to the Crisis Text Line at 741741.

Source: NIH News in Health January 2021

## **Exercise on Zoom with the Shepherd’s Center of Webster-Kirkwood**

Interval Exercise and Chair Yoga classes are offered on Zoom on alternating Thursdays from 10:30-11:30am. Class will be conducted “live online” and registered participants will be emailed new links for class recordings each week. Class Fee: \$16/4-week class sessions. To Register visit: [www.shepherdscenter-wk.org/blog/](http://www.shepherdscenter-wk.org/blog/). If you have trouble with online registration, email Betsy Solomon ([bsolomon@shepherdscenter-wk.org](mailto:bsolomon@shepherdscenter-wk.org)) with your name, address, phone number and the name of the class you want to attend.

## **Virtual Night to Shine Volunteer Opportunities**

This year, the number of volunteer teams required to achieve a worthwhile virtual Night to Shine experience for our Honored Guests is much smaller, but they are still just as important. With your help, we can yet again turn Valentine’s Day weekend into a celebration of God’s love for people with special needs in our community. We can’t do it without your help!

**Visit [www.ckhome.org/resources/night-to-shine/](http://www.ckhome.org/resources/night-to-shine/) to view the volunteer descriptions!**



# Prayers of the Church

## Week of January 11

**Prayer of Thanksgiving:** For Carl Schick's faithful volunteer service, on Concordia's worship sound board for the Sanctuary, for 33 years...for the joy and caring of the Ageless Generations team and volunteers, and the receivers of the Care and Share baskets who shared Christ with others, we thank the Lord!

**Baptism:** Eleanor Laurie-Ruhl Felchner (1/16)

**Youth celebrating their Baptismal Birthdays this week:** Samantha Pine, Carson Tranen, Rose McHugh, Maverick Moravec, Carson Rodriguez, Andrew Schmuke, Leah Godsey, Hannah Beaudan, Bailey Walker, John Brauer

**Adults celebrating their Birthdays this week:** Ron Allman, William Clasen, Michael Kupfer, Alan Hautly, Celeste Sauer, Anne Cistulli, Richard Skinner, Marilyn Kohler, Hilde McAllister, Elizabeth Turner, Nic Hilgendorf, Jennifer Becker, Melissa Kupfer, Alex Jasiak, Ken Kurtz, Megan Hemmer, Ryan Becker, Alexis Morley, Steve Marquardt, Elizabeth Windeknecht, Demetria Cotilla

### We pray for...

Loretta Beckman

Carlton Nebel

Barbara Wedel

Annette Frank's sister, Judy Toensing

### Members and friends of Concordia with medical concerns...

Diane Belsha's mother

Jeanette Dempster

Tim Ema

Janet Gerding's mother

Dave and Marie Gravatt's son, Tim

Norma Hollmann

Jim and Jeanette Kille's neighbor, Gerry

Anita Kreienkamp's sister, Marjorie Rosenkotter

Hilde McAllister  
Julie McCormick  
Marjorie Moore  
Cindy Nichols' son, Eric  
Sharon Rose  
Mike Russ  
Tom Tempel  
The Ray and Mills Family  
Alice Trebus  
Lori Voges  
Barbara Warneke's sister, Shari  
Ann Yemm

### We also pray:

For healing of our nation and the end of violence ...

For all our first responders, doctors, nurses and all of those who work in nursing homes and hospitals who are working on the frontline of the pandemic...

For all of those who are affected by the Coronavirus and those caring for them throughout the world...

### Sympathy:

For Steve McCormick and family upon the death of his mother, Thelma McCormick (1/9)

For Dean Penberthy and family upon the death of his mother, Lois Penberthy (1/5)

For Dan Heinlein and family upon the death of his mother, Dorothy Heinlein (1/3)

### For all those who serve in the military in the combat zone, and their families...

Lindsay Barnes, Cynthia Camp, Erik Carlson, Pete Carlson, Andrew Detmers, Elizabeth Hays, Owen Ray, Julie Ritz, Michael Smith

### For all who serve in the military not in the combat zone, first responders, and their families...

Brendan Kunderas, Tom Saeger, Tom Watson



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# *Weekly Devotion*

## **Growing Generous**

The season of Epiphany is about growing as followers of Jesus and discovering the breadth and depth of God's love for us. In the midst of ongoing pandemic and political turmoil, still God generously blesses us – with hope rooted in Jesus' death and resurrection, with the things we need for daily life, with His presence in the baptismal water and in bread and wine. God's love for us in Jesus draws us from ourselves to see the needs of others and to respond with joyful giving. Rather than a dull obligation or a guilt-ridden requirement, generosity is our joyful response to the God whose giving knows no ending.

There are different kinds of generosity: hospitality, emotional support, giving gifts, volunteering, and making financial donations. Spend some time over the next few days remembering when you have experienced some sort of generosity. Think of a particular person who taught you to be generous. What was that person like? Why was he or she generous? What did you learn? Take the time to thank God in prayer for that person.

St. Paul teaches us that when we are generous, it impacts the people around us powerfully:

"This service that you perform is not only supplying the needs of the Lord's people but is also overflowing in many expressions of thanks to God. Because of the service by which you have proved yourselves, others will praise God for the obedience that accompanies your confession of the gospel of Christ, and for your generosity in sharing with them and with everyone else." Could it be that generous Christian people are God's antidote to the contempt people have for each other in our nation right now?

Blessings,  
Pastor Bongard

