

Uplifting Conversations, Delectable Food, Fun! 11am-1pm

BUNCHES OF LUNCHES

Below is the information for your lunches in February:

Thursday, February 2nd:

Our entertainment today is our dear friend, **Jean Browne**, who has such a gift of music. She is going to come and provide opportunity for all of us to sing along with her and some of her friends. We all know how singing can lift our spirits. Did you also know singing can increase your immunity and provide a workout for your brain and lungs? Let's keep belting out those tunes! For lunch, we will be serving Chicken Cacciatore, roasted vegetables, and cheesy cauliflower. Please invite a friend!

Thursday, February 16th:

To celebrate love, we will be welcoming **Rev. Shannon Balram** to join us on this day. Shannon does work in the area of housing at UCSB and is one of our ordained pastors at the church. As you know, we are going through the fruit of the Spirit. Shannon is going to be talking to us about KINDNESS. A huge part of love is being kind to one another. For lunch, we will serve bratwurst, sauerkraut, german potato salad, beet and spinach salad, and a special Valentine dessert. Show your love for others by inviting them to lunch with you!



Ash Wednesday

All are invited to our Ash Wednesday service on February 22, at 6:30pm. As we look to kick off the season of Lent, this will be a special time of worship and the imposition of ashes on our heads as a symbol of repentance. All are invited.



Lent is the period of 40 days which comes before Easter in the Christian calendar. Beginning on Ash Wednesday, Lent is a season of reflection and preparation before the celebration of Easter. By observing the 40 days of Lent, Christians replicate Jesus Christ's sacrifice and withdraw into the desert for 40 days.

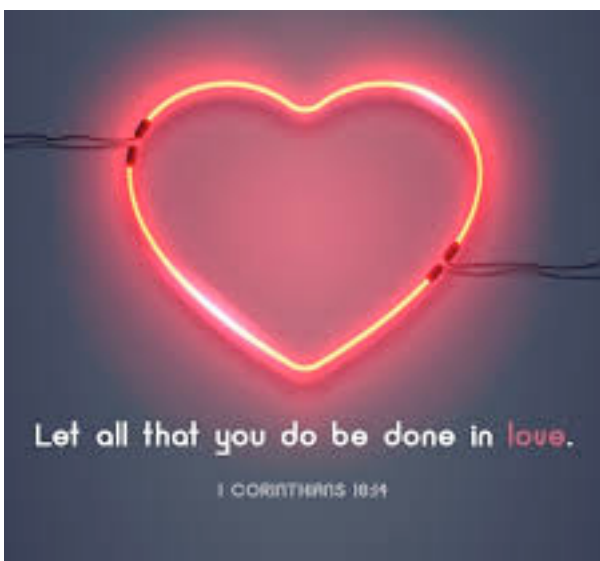


My God, Let Me Call Thee Mine

by Anne Brontë

My God! O let me call Thee mine!
Weak wretched sinner though I be,
My trembling soul would fain be
Thine,

My feeble faith still clings to Thee,
My feeble faith still clings to Thee.
Not only for the past I grieve,
The future fills me with dismay;
Unless Thou hasten to relieve,
I know my heart will fall away,
I know my heart will fall away ...



Valentine's Day is a holiday that anyone, at any age, can enjoy, especially if it means someone who cares for you pops over (or you surprise them by popping over to their place), maybe a heart card or treat in hand, and dotes on you (or you on them) for a little while.

Here are some easy to pull together, sentimentally appropriate, budget-friendly — and not totally predictable ideas.

1. Make a homemade card

Make a homemade Valentine's Day card, or even write a short letter on clean or decorated paper. Think of the ways your friend or loved one is a stand-out human, how they make you feel good, what you like about them or what you admire about how they live their life. Then simply tell them so straight from the heart.

2. Make a tasty treat

Valentine's Day and chocolate go hand in hand, so homemade chocolate baked goods can make a sweet surprise.

3. Bring balloons

Get a small cluster of bright balloons — the more the merrier! Tie the balloons together with ribbon and attach them to a lamp or chairs where they can be enjoyed throughout the day.

4. Look at photos together

Flip through old photo albums and tell stories about loves and loved ones from days gone by.



*Happy
Valentine's
Day
to
You!*



- DEVOTION
- DINNER
- EROS
- FEBRUARY
- FLOWERS
- GIFT
- GIRLFRIEND
- HEART
- HOLIDAY
- HUG
- INFATUATION
- JEWELRY
- KISS
- LOVE LETTER
- LOVE SONG
- LOVEBIRDS
- ADORE
- AFFECTION
- APHRODITE
- BALLOONS
- BE MINE
- BOUQUET
- BOW AND ARROW
- BOYFRIEND
- CANDY
- CARD
- CHERUB
- CHOCOLATES
- CONVERSATION HEARTS
- CRUSH
- CUPID
- DATE



- SAINT VALENTINE
- SECRET ADMIRER
- STUFFED ANIMAL
- SWEETHEART
- SWEETS
- TRUE LOVE
- WHITE



- LOVESICK
- MOVIE
- PINK
- POEM
- RED
- ROMANTIC
- ROSES

