spiritual care and a great lunch

Our mission is to: Come alongside senior adults in a dynamic season of life to provide friendship, laughter,





Dear Friends.

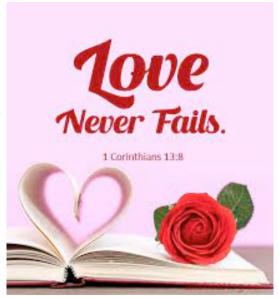
I read an article this week that in the Netherlands, a grocery store called Jumbo, is offering something new for their customers. Because loneliness is one of the main issues which affects senior citizens around the world. especially in urban settings where everything is fast paced, this company of 700 stores decided to do something new. They are offering a special lane for customers who are not in a rush and could use a little talk with the cashier. It is called "Kletskassa," which means 'chat checkout.' They introduced these slower lanes back in 2019 and they are a hit. On top of that, they also have created a 'chat corner' where local residents can gather for a cup of coffee and a little conversation.

This is a beautiful idea. What a gift for people! Both for the senior and for the checkout person, for whom this would be a good connection. God made us for human interaction. In this month when we celebrate love of all kinds, think about a friend who might be lonely and give them a call. If you are sad because you have a lot of time on your hands and are missing people in your life, I hope you will reach out to someone who loves you. We love you and are always glad for a chat!

~Pastor Colleen







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EUNGIE OF LUNGIES

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.

Adult Ministries, Cliff Drive Care Center: meeting the needs of people since 1963. 1435 Cliff Drive, Santa Barbara, CA, 93109, 805.965.1338x223, colleen@fmcsb.org

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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.

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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

J E W E L R Y S W E E T H E A R T J D Z C RFYOBKUW $N \in$ Н QBLC Z F ODUY S NZQREZN VUAVWOF Ε Ε SRADSXNAEMVO AUAOY PVRN NNAMXOCRD Ε В DE FMHKU Р S A ENRJΕ TRA В В RERVOMSFΕ Т DORHPARDF



SAINT VALENTINE SECRET ADMIRER STUFFED ANIMAL

SWEETHEART SWEETS

TRUE LOVE WHITE



LOVESICK
MOVIE
PINK
POEM
RED
ROMANTIC
ROSES





