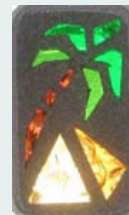


February 2025



# Lutheran Church in the Foothills

*Living in God's Amazing Grace*

## GREETINGS FROM PASTOR RICK



LCIF Friends and Families,

I have struggled with what to write this month. January has been such a rollercoaster, physically, mentally and emotionally. I imagine I do not have to explain this to you. While our worshiping community at LCIF did not sustain property loss, there is still a heaviness in the air as we try to process the loss. Looking at pictures or watching videos, listening to stories, following up with people and just being, has been tough for many.

If that describes you, I am with you. I want you to know that it is ok to not be ok right now. If this is you, please reach out to someone, me as your pastor, your friends or family that you lean on, someone. We were created to be in community with one another and to not walk through the muck and meier alone. Lean on God and others until you are able to stand again.

I encourage you to invest in some self-care. Take a walk, listen to nature, get a massage, sing a song at the top of your lungs, have coffee with someone, go bowling, go for a run, do something that gives you life, energy, and distracts you from the stuff, even if for just a short time. Investing in yourself is always a good return on investment.

I know that if I do not make space for self-care, I become

*(continued on next page)*

## FIRST COMMUNION AT LCIF



LCIF will hold First Communion on Maundy Thursday this year, April 17th. Pastor Rick will be holding first communion classes in March/April. If you are interested in having your child receive their first communion, or you yourself would like to receive your own first communion, please reach out to Pastor, so that he can plan with all families to get some dates in March/April that will work.

## MISSION STATEMENT

As one house of Christ's Church, we welcome you home. Here you will find the love of Christ exemplified. Here you will find a community rooted in the Gospel.

## VISION STATEMENT

LCIF provides sanctuary, hope and healing to all, without judgment; offers answers to everyday challenges; and grows stronger so that we will be able to reach out more effectively.

## LCIF STAFF

Ministers: All People of LCIF

Pastor: Rick Hall

Music Minister: Mark Anzelon

Music Ministry:  
Katherine Frantsen

Administrative Assistant:  
Emily DiPetrillo

## LUTHERAN CHURCH IN THE FOOTHILLS

1700 Foothill Blvd.  
La Cañada Flintridge

Sunday Service at 10am

Office hours: 9am - 1pm, M-F  
818.790.1951

office@lcifoothills.org  
youtube@lcifoothills  
www.lcifoothills.org

## PASTOR RICK HALL

pastor@lcifoothills.org  
Office: 818.790.1951  
Cell: 651.925.6939

Office Hours:

Monday, 9am to 1pm  
Tues - Thursday, by appointment

# TACKLE HUNGER

Tackle Hunger at LCIF

Sun, Feb 9



For Altadena Food Pantry (ACT\*)!

\*ACT = Altadena Churches Together

## WORSHIP SERVERS

### Sunday, February 2

#### **Presentation of Our Lord**

Altar Guild: Janet Cassidy  
Coffee Fellowship: Lori Moody  
Communion Server: Mike Meeker  
Lector: Denise Johnson  
TMT: Jim Goris  
Usher/Greeter: Joe Johnson

### Sunday, February 9

#### **Tackle Hunger**

Altar Guild: GariLynn Hiscott  
Coffee Fellowship: Renee Brandt  
Communion Server: Jane McMahon  
Lector: Craig Gropper  
TMT: Cathy Hall  
Usher/Greeter: Jim Goris

### Sunday, February 16

#### **6th Sunday after Epiphany**

Altar Guild: Jeff Brandt  
Coffee Fellowship: Janice Schettini and Mary Lighthouse  
Communion Server: Jeff Brandt  
Lector: Lynn Banfi  
TMT: Renee Brandt  
Usher/Greeter: Roger Schulke

### Sunday, February 23

#### **Special Guest:**

#### **Hoving Home Choir**

Altar Guild: Renee Brandt  
Coffee Fellowship: Janet Cassidy  
Communion Server: Janice Schettini  
Lector: Liz Craney  
TMT: Max Hall  
Usher/Greeter: Chris Craney



## T.O.W.N.



**Together on Wednesday Night!**

## GREETINGS FROM PASTOR RICK *(contd. from page 1)*

less effective in my family life, work, and socially. I cannot be the Pastor God or you need me to be, the husband and father I need to be, and I lose focus on the things that matter. So I have to recognize when I am over/under functioning, when I am exhausted, when I don't feel right, and when I withdraw. Or maybe my accountability partner, A.K.A. Cathy, my dear wife, points out what I am doing, and I make choices to correct the behavior and make self care important.

As we move forward there will be times for us, individually, as a church and communally to step up and serve our neighbors who are hurting. In the meantime, take care of yourself, tend to you and your family. Know that I am praying for you and if you need to talk, walk, cry, shout, sing loudly, I am here for you. My door/phone is always open.

May God Bless you now and always,  
Pastor Rick

**A VACATION BIBLE SCHOOL EXPERIENCE!**

**June 16-20**

**Training - Station Leaders**  
**Tues, Feb 11 @ 2:30pm**  
**in the Conference Room**

## T.O.W.N. - TOGETHER ON WEDNESDAY NIGHTS



This month, we will continue our Wednesday night events and we hope that you will join us!

On Feb. 5 at 7pm, we'll learn about **Gravitational Waves and Telescope Lenses** from special guest, GariLynn Hiscott.

We'll continue our **Old Testament Bible Study with Pastor Rick** on Feb. 19 and 26. Beginners are welcome! We meet at 7pm in the Conference Room but also via Zoom (Meeting ID: 846 9156 6816 Passcode: 1951)

Join us on Feb. 12 at 7pm for a **Valentine's Cookie Exchange!** RSVP to the church at [office@lcifoothills.org](mailto:office@lcifoothills.org) or 818.790.1951.

## LCIF WOMEN GATHER



Our GATHER meetings will be on **Monday, Feb. 11 and 25 at 1:00pm** in the Conference Room. All are welcome!

## TEAM MEETINGS IN FEBRUARY



**Finance:** Thursday, Feb. 13 at 4:00pm  
**Church Council:** Tuesday, Feb. 18 at 7:00pm  
**Mission & Ministry:** Wednesday, Feb. 19 at 5:00pm  
Meetings are held in the Conference Room and all are welcome to attend.

## UPCOMING BOOK CLUB MEETINGS



Our February Book Club meeting will be on **Monday, Feb. 17 1:00pm** in the Conference Room. This month's book is The Paris Novel by Ruth Reichl.

For March, the book is He Chose the Nails by Max Lucado, and we'll meet on Monday, March 17 at 1:00pm.

## SAVE THE DATE FOR ASH WEDNESDAY!



Pastor Tim and the Mt. Olive Lutheran Church will be hosting the Ash Wednesday service. Mark your calendars for **March 5 at 7:00pm** and join us!

**Valentine's Cookie Exchange!**

**Wednesday  
February 12 at 7pm**



**Bring 3 dozen cookies and a tin  
We'll share cocoa and swap cookies!**

## FEBRUARY BIRTHDAYS

Malcolm Legerton - Feb. 2  
Ron Jankowski - Feb. 4  
Sabrina Wrablicz - Feb. 13  
David Schettini - Feb. 18  
Mark Anzelon - Feb. 20  
Margaret Morrison - Feb. 24  
Miles Haxton - Feb. 26  
Janice Schettini - Feb. 26

## FEBRUARY ANNIVERSARIES

Renee & Jeff Brandt - Feb. 1  
Katie & Brent Cassidy - Feb. 7

## PRAYER LIST

If you would like someone added to our prayer list, please send their name and any other information you'd like included to [prayer@lcifoothills.org](mailto:prayer@lcifoothills.org). The Prayer List is printed in our bulletin.

## REGULAR HAPPENINGS

Sunday School  
10am during worship  
for children in 1st - 4th grade

Choir Rehearsals  
Sundays at 9:15am and 11:30am

Book Club  
Third Mondays of the month  
1pm in the Conference Room

Women Gather  
2nd/4th Tuesdays of the month  
1pm in the Conference Room

Knit Together  
Wednesdays  
1pm in the Conference room

Prayer Breakfast  
Thursdays 9am at the  
La Cañada McDonalds

Quilters  
Saturdays at 9am  
in the Quilting Room

## LUTHERAN DISASTER RESPONSE



Evangelical  
Lutheran Church  
in America

**Want to help those recovering from the fires?** Use this link to donate to Lutheran Disaster Response - where 100% of your donation is used to help those in need: <https://give.elca.org/page/77859/donate/1>. You can find also find a link to support the wildfire response on [www.elca.org](http://www.elca.org).

Lutheran Disaster Response shares God's hope, healing and renewal with people whose lives have been disrupted by disasters in the United States.

## LCIF'S STAINED GLASS WINDOWS



Each month in our newsletter, there is an image of a stained glass window from our sanctuary. For February, this window represents "Flight Into Egypt" - Matthew 2:13.

The palm tree and the pyramid tells that this is Egypt. The holy family were refugees. Since Herod was not able to discover Jesus through the Wise Men, he was determined to destroy Him in any way. He decreed that every male child under two should be slain. But Herod did not succeed. God spoke to Joseph and told him to take Mary and Jesus and flee into Egypt. Joseph obeyed. A safe home was found there until Herod died. Then the angel spoke again and directed their return.

## LIVING LUTHERAN IN 2024



As *Living Lutheran* began a new year, it took a look at some of its top stories from 2024. Among them are a review of the movie [Inside Out 2](#), a message from the ELCA Conference of Bishops, kickoff moments from the 2024 ELCA Youth Gathering, a family-centered worship service that has transformed a Florida congregation, and a conversation with two Lutheran legislators. They're worth a read or a reread! Remember, *Living Lutheran* is printing 4

issues a year beginning in Spring 2025 and LCIF is renewing our congregational subscription. If you want to amend the order (e.g., send to a college student or decline), please let the office know.



**Red Cross Blood Drive at LCIF!**  
**Thursday, Feb. 27, 10am - 4pm**

Save up to 3 lives when you give blood!  
First-timers and walk-ins welcome!

**Make an appointment at [redcrossblood.org](http://redcrossblood.org)**