



News & Notes

3510 72nd Street • Urbandale, IA 50322 • 515-276-4628 • office@ststephenlutheran.org

From the Pastor

Hunger issues have always been a great concern and top priority for me; and I continue to be baffled that food insecurity even exists in the richest country in the world.

Many of you may remember Pastor Russ Melby, now retired, who used to coordinate CROP Walks across the state of Iowa. I teased him unmercifully, insisting that he couldn't retire because he hadn't finished his job of eradicating hunger in the state of Iowa. His response? "I need your help!" He was right. One person can't do it all. But together, we can do some pretty incredible things.

During my short time here at St. Stephen, I have observed some pretty incredible things! There are a multitude of ways that you address food insecurity issues; and I would encourage you to support these causes vigorously and look for other ways to address hunger issues in this community and around the world.

One way you help your neighbor is through the "Free Little Pantry." This allows you to donate "dry goods" by placing them in the Free Little Pantry as

long as there's room. Of course, when it's filled up, there's a designated overflow tote inside the west entry door.

A second way you assist your neighbor is through the Urbandale Food Pantry. You collect and deliver donated items on a regular basis. You can even

check the Urbandale Food Pantry's other needed items at www.urbandalefoodpantry.org/donate. Monetary gifts are the greatest help; and you can make online donations at that website as well.

And there's more! One of my first Sundays here, you packed bags for the "Backpack Buddies" program which has provided food for the Olmsted Elementary and Metro West Academy students.

So, thank you! Thank you for all the ways you continue to provide food and nutrition for the people of this community and around the world! Thank you for responding to the call from Jesus Christ to serve the least of these, our brothers and sisters!

Pastor Mark

"For I was hungry and you gave me food; I was thirsty and you gave me drink... .. Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me."
Matthew 25: 35-40

Lent 2026 at St. Stephen

Lent 2026

Wednesdays, March 4, 11, 18, 25

(no Wednesday worship or meal April 1)

5:15 p.m. Community Meal

6:00 p.m. Holden Evening Prayer Worship Service

6:45 p.m. Lenten Activity Projects

Palm Sunday, March 29

10:00 a.m. Worship

Maundy Thursday, April 2

6:15 p.m. Community Meal

(provided by SSLC Congregational Council)

7:00 p.m. Maundy Thursday Worship

Good Friday, April 3

6:15 p.m. Community Meal

(provided by SSLC Congregational Council)

7:00 p.m. Good Friday Worship

Saturday, April 4

11:00 a.m. Easter Egg Hunt

Easter Sunday, April 5

8:30 a.m. Easter Breakfast

10:00 a.m. Easter Sunday Worship

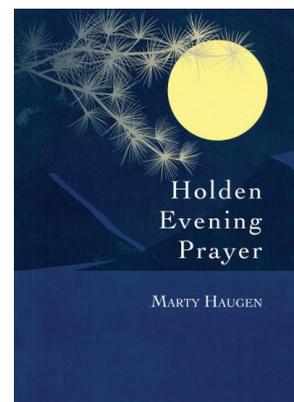
Invite your friends!

Lent 2026 at St. Stephen (continued)

Music During Lent

I would like to invite you all to attend our **Holden Evening Prayer** services during Lent on Wednesdays, beginning on Wednesday, February 25, and extending through March 25. Each service begins at 6:00 p.m., with dinner preceding at 5:15 p.m. Holden Evening Prayer is a service largely of music, but also includes a message from Pastor Mark as well as Communion.

If you haven't attended a Holden Evening Prayer service before, I hope you consider attending! Holden Evening Prayer is a longstanding tradition at St. Stephen, and when you hear the music written by Marty Haugen, you'll know why people look forward to these services each year. Each service includes piano and one-two vocal leaders (Krista Brittain-Dial, Dave Critchlow and and Tori Richard), along with instrumental soloists Daphne Monson on flute or Kris Shay on violin. This year, we are happy to have the addition of Larry Ewing on acoustic guitar and Aaron Walck on upright bass. Here is a recording of one of my favorites parts of the Holden service: **Holden — Psalm 141** (*scan the QR code to listen*). We hope you will join us for these beautiful music services!



Additionally, the **Maundy Thursday service** on April 2 will include music from the SSLC Chancel Choir and a string quartet with Kris Shay, Kathy Naja, Brad Benson and Curtis Barr.

Jana Taylor, Director of Worship and Music

A Lenten Journey — Wednesday Night Activities During Lent

You are invited on a Lenten Journey: From Burden to Alleluia each Wednesday during Lent!

An Intergenerational Prayer & Art Practice

Throughout Lent, we are invited to walk with Jesus—honestly naming our burdens, turning our hearts toward God, and slowly discovering hope, healing, and new life. Each week, we gather around the cross to pray not only with words, but with our hands, creating a growing visual testimony of God's work among us. *Note: We have included descriptions of past sessions for those who were not able to attend.*

Ash Wednesday – Returning to God – Feb 18

Lectionary: Joel 2:1-2, 12-17 · Psalm 51 · 2 Corinthians 5:20b-6:10 · Matthew 6:1-6, 16-21



Art Practice: Burden Stones at the Cross

On Ash Wednesday, we begin with honesty. You are invited to write a word or short phrase on a stone—something heavy you are carrying: a worry, a regret, a fear, a grief. These stones are placed at the foot of the cross.

As the ashes remind us that we are dust, the stones remind us that we do not carry our burdens alone. We lay them down before God, trusting in mercy and grace.

“Create in me a clean heart, O God.” (Psalm 51:10)

Week 1 – Naming Our Worries & Prayers – Feb 25

Lectionary: Deuteronomy 26:1-11 · Psalm 91 · Romans 10:8b-13 · Luke 4:1-13



Art Practice: Option 1: Mirrors of Reflection

This week invites us to look inward.

Small mirrors are provided, and you are invited to write directly on them with markers—naming worries, prayers, or temptations you see reflected in your own lives. Naming these is a form of self-care, acknowledging we are sinners and saints all at the same time.

The mirrors are a reminder to us that Christ meets us exactly as we are. Even in the wilderness, God's Word sustains us.

Lent 2026 at St. Stephen (continued)

Art Practice – Option 2: Layered Hearts – Word and Wilderness

Two paper hearts—one darker, one lighter. On the darker heart, write or draw something you are carrying: a worry, a temptation, a fear, or a prayer that feels heavy. On the lighter heart, write a single word of faith or Scripture—*hope, trust, refuge, mercy, enough*.

The lighter heart is then glued partially over the darker one, not hiding it completely.

This practice reminds us that God’s Word does not erase our struggles, but lives within them — close to our hearts, even in the wilderness.

“The word is near you, on your lips and in your heart.”
(Romans 10:8)



Week 2 – Turning Toward New Ways of Living – March 4

Lectionary: Genesis 15:1–12, 17–18 · Psalm 27 · Philippians 3:17–4:1 · Luke 13:31–35

Art Practice: Woven Commitments on the Cross

Strips of paper and cross will be provided and you are invited to write on each bearing a simple intention or practice: *Choose kindness. Pray more. Forgive others. Seek peace. Trust God.*

As the strips overlap and support one another, we see how individual acts of faith become a stronger whole. God continues to shape us into people of love and courage.

“The Lord is my light and my salvation — whom shall I fear?” (Psalm 27:1)



Week 3 – Signs of Hope – March 11

Lectionary: Isaiah 55:1–9 · Psalm 63:1–8 · 1 Corinthians 10:1–13 · Luke 13:1–9

Art Practice: Butterflies

On each butterfly, you are invited to write where you are noticing hope, gratitude, or growth — even in small ways.

This week reminds us that God is always at work, cultivating life where we least expect it. Hope takes flutters when we remain open to God’s transforming love.

“You are my God; eagerly I seek you.” (Psalm 63:1)



Week 4 – Healing & New Life – March 18

Lectionary: Joshua 5:9–12 · Psalm 32 · 2 Corinthians 5:16–21 · Luke 15:1–3, 11b–32

Art Practice: Beads of Healing

This week focuses on restoration and reconciliation. Colorful beads are strung onto keychains or loops and to be hung on the cross praying for healing, forgiveness, or renewed trust.

The butterflies remind us that God makes all things new. The beads, added one by one, reflect how healing often comes slowly—through prayer, community, and grace.

“So if anyone is in Christ, there is a new creation.” (2 Corinthians 5:17)



Week 5 – Joy Beginning to Bloom – March 25

Lectionary: Isaiah 43:16–21 · Psalm 126 · Philippians 3:4b–14 · John 12:1–8

Art Practice: Daisies of Joy & Beauty

As Lent draws toward its close, the cross is adorned with bright diamond-art daisies. This hands-on, meditative practice invites participants to reflect on joy, beauty, and devotion.

The color and sparkle signal that resurrection is near. Even in the shadow of the cross, God’s future is already breaking in.

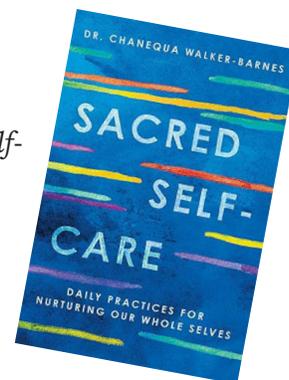
“I am about to do a new thing; now it springs forth.”
(Isaiah 43:19)



Easter Morning – Alleluia! Christ Is Risen!

Sacred Self-Care Discussion During Lent

Join us Wednesdays during Lent for a discussion of *Sacred Self-Care* with Pastor Chris Lang — either at 11:30 a.m. during Brown Bag or at a 4 p.m. discussion offering.



News & Events

Supper Club, Friday, March 20, 6:30 p.m.

Please join us for Supper Club! Supper Club provides once per month informal socializing in someone's home. Open to any adult — with hosting not required. Just bring an appetizer to share and your beverage of choice. Please let our hosts, Jane & John Dieseth (jdieseth@bpgrp.com), know that you will be attending.



Property Day, Saturday, March 21, 8 a.m.

We need your help to maintain and beautify our church. We typically work for 2-3 hours as needed. **Please check the Friday email on March 20 for any special instructions.** If Saturday morning doesn't work, contact Jerry Strawman for an alternative time.



Prayers for Healing, Sunday, March 22

Once each month, Sunday worship includes an opportunity for individual prayer for healing and anointing (the sign of the cross placed on your forehead in oil). If you wish to receive this ministry, simply proceed to one of the healing ministers once you've received communion.



MARCH 29, 2026

Palm Sunday

Friends on the 5th!

Each 5th Sunday, we encourage you to reach out to a friend, family member, or maybe a church member/visitor and invite them to attend worship with you!

Choir Schedule

The Chancel Choir welcomes all singers, teenager–adult! Contact Jana Taylor with questions. Please note our upcoming schedule below:

- **Sunday, March 1:** Worship Performance; 9:30 a.m. warm-up
- **No rehearsal March 3**
- **Tuesday, March 10:** Rehearsal, 6:30 p.m.
- **Tuesday, March 17:** Rehearsal, 6:30 p.m.
- **Tuesday, March 24:** Rehearsal, 6:30 p.m.
- **Tuesday, March 31:** Rehearsal, 6:00 p.m.
- **Thursday, April 2:** Maundy Thursday Worship Service Performance
- **Sunday, April 5:** Easter Worship Service Performance



News & Events *(continued)*

Welcome New Leaders!



Church Council – Dave Arens and John Dieseth



Audit Committee – Becky Zieman



Finance Committee – Rick Jorgenson



Trust Fund – Lynn Niceswanger and Jonnie Nordaker



Personnel Committee – Audra Baugher



Synod Assembly Representative – Krista Brittain-Dial

The Nominating Committee would also like to thank those members who have served on Church Council and other committees, and whose terms have ended:

- Peg Gilchrist and Audrey Jones – Church Council
- Don Herman – Finance Committee
- Sharon Jorgenson – Personnel Committee
- Rick Jorgenson – Audit Committee
- Jim Walker and Randall Hersom – Trust Fund
- Jeff and Julia Moats - Synod Assembly Reps.

News & Events *(continued)*

Congregational Council Installation

The members of the St. Stephen Congregational Council pictured below were installed on Sunday, February 22



Dave Arens



Jane Burger



Greg Dahm



John Dieseth



Larry Ewing



Bill Freeman



Ron Niceswanger



Tori Richard



Aaron Walck

Around the Church



**Scout Sunday,
February 8**



Staff Lunch, January 27



Jazz Trio from Transfiguration Sunday

Around the Church (continued)



BINGO!



Life of Faith — God Sightings

God is where the Joy is!

There are so many times in a day that we can find joy! Here are a few “God Sightings” that brought people joy:



“The Urbandale Show Choir got to a competition at Linn Mar without their costumes. Their dynamic spirit shined through these kids and they won first place!”
~Anonymous

“I was in line at Natural Groceries and a lady butted in to ask a question. She left her wallet at a gas station and forgot it. She asked the clerk for some money. I had

just withdrawn \$100 out of the bank. “How much do you need?” I asked. She said \$40. I gave her the \$40 and said Merry Christmas and God Bless.”

~Glo Herman

Look for your “God Sightings” and please share with others because...

God is where the Joy is!

What is a *God Sighting*?

a God sighting is when someone believes they have seen, felt, or experienced God in a direct and personal way.

Maybe you have had...

- A moment when you felt or experienced God's presence in a grandchild's smile.
- An experience where you saw God working in your life or in the life of someone else. A stranger helping someone change a flat tire.
- A place that helps you feel close to God or reminds you of God like the mountains.

If you are comfortable, tell us about your God sighting by completing a card and dropping it in the basket.



Easter Lily Order Form 2026



Easter Lily Order Form 2026

Easter lilies and other spring blooming plants can be ordered to adorn the worship space on Easter Sunday and to honor or memorialize loved ones. Each plant will be \$20.00. Orders and payments need to be received by Friday, March 27. Checks can be made payable to St. Stephen Lutheran Church, and put in the offering plate or

mailed to

St. Stephen Lutheran Church
3510 72nd St.
Urbandale, IA 50322

If you sponsor a plant, you may take it home following the Easter worship service.

St. Stephen Lutheran Church
Easter Lily Order Form 2026

NAME: _____

EMAIL: _____

QUANTITY: _____ x \$20.00 = _____ TOTAL

DEDICATION:

_____ In Honor In Memory

_____ In Honor In Memory

_____ In Honor In Memory

Supporting Pastors Andrea and Ronald Myers

Below is Ronald Myers' Most Recent Post on CaringBridge

Stage 1 Launch sequence complete

My understanding is that rocket launches happen in three stages, and the first is always the most dangerous. It makes sense. There are so many systems that need to warm up and do their job, and these first moments of ignition are when there is the most fuel to feed a disaster.

Andrea's Stem Cell Launch is also divided into three stages, each taking about thirty days. Like with a rocket, this first stage was the most dangerous. This first stage included the heavy chemo of the preparation process, the transplant itself, and waiting for engraftment. It was dangerous because Andrea had absolutely no immune system (no white blood cells that fight infection), limited platelets (the cells that make blood clot), and reduced red blood cells (the cells that carry oxygen around the body). Not only was her immune system gone, but the Chemo attacks the whole body, the unhealthy and healthy cells alike, making her weak and tired. This first stage has all the moving parts that need to warm up and start to function, and all the fuel for disaster.

Andrea's first stage was rocky to be sure, with nausea, some digestive issues and mouth sores, loss of appetite, loss of hair, a hospital stay, and lots of exhaustion. The nausea continues but is being managed with medications. The digestive issues and mouth sores seem to have resolved. Appetite is slowly improving. The hair will grow back; and though Andrea is sleeping a lot, and is very tired, she is getting up and walking. She routinely pushes her wheelchair part of the way to her daily appointments before riding the rest of the way. Today, with a few rest stops on hallway benches, she walked from our final appointment all the way to the car! Most importantly the engraftment process is working. Dr. Hefazi, the primary transplant doctor, told us today that everything indicates that the transplant was a success.

Andrea is now transfusion stable, which means she is no-longer in need infusions of platelets or red blood cells. In addition, her white blood cell count is high enough that she is not dangerously vulnerable. To be sure, Andrea is still immunocompromised and must be wrapped in bubble wrap and handled with care, but the basic operating system of her immune system is beginning to function again. This all means that stage one of the launch is complete and Andrea graduates to stage 2.

The biggest marker of this graduation is that she no-longer needs daily blood labs, and she does not need to see a provider every day. We now will see a physician assist or doctor two times a week. However, for now, we still need to do daily visits to the clinic for Andrea to receive an infusion of Magnesium. My understanding is that one of the anti-rejection drugs eats up the magnesium and as she is able to back off that drug, the need for this infusion will also decrease.

For now, the daily routine doesn't change a lot, but the move to the next stage feels huge. It is huge. Dr. Hefazi gave Andrea an A+ and a gold star. It should surprise no-one that made Andrea rather pleased. He said Andrea engrafted very quickly and is progressing faster than most patients. He praised her for being up out of the chair, telling us many patients aren't that far along on day 100.

However, stage two is not without risk. As I said, Andrea's immune system is very weak, and running on a basic operating system. She does not have any of her childhood vaccines, and the most basic bugs could still kick her hard. The engraftment process is also not complete. Friday they will be testing to see what percent of her blood cells are old cells and what percent are new donor cells. The hope is that at least 80% are new donor cells. Her body is still working hard to replicate those new stem cells and making healthy platelets, red cells and white cells. The percent of new cells verses old cells will continue to increase over the next months. Her body is working hard, so she will continue to sleep a lot. Additionally, in this stage we will be looking more closely for Graft versus Host Disease (GvHD), which is a specific form of rejection for Stem Cell recipients. It often presents as different kinds of inflammation, so we will be looking for mouth sores, skin rashes, stomach issues, joint pain, and a list of other symptoms. We are told that if GvHD presents itself, which it often does, there are lots of tools in the toolbox to treat it.

So, as the journey to a healthy future continues, we celebrate the completion of launch phase one! While not a lot changes in our day-to-day routine, and we will be here at Mayo for another 70 days or so, this is a big deal!

Supporting Pastors Andrea and Ronald Myers



CARINGBRIDGE™

CaringBridge Page for Pastors Andrea & Ronald Myers

Pastor Andrea and Ronald have created a CaringBridge page, and have been posting regular updates on Pastor’s health journey.

You can view her page at caringbridge.org then search for “Andrea Myers.”



MealTrain for Pastors Andrea & Ronald Myers

Scan the QR code if you would like to share gift cards or cash donations.



Delivery of prepared meals is suspended for now.

In addition, cards can be mailed to Pastor Andrea in Rochester: Gift of Life House, Andrea Myers, 724 2nd St. SW, Room 210, Rochester, MN 55902. Andrea’s email address: revandreamyers@gmail.com

Amazon Wish List for Gift of Life Transplant House

“Our mission is to provide high-quality, affordable accommodations to transplant patients and their caregivers in a supportive, home-like environment. Gift of Life, Inc. is a 501(c)3. EIN #41-1495845 Your donations will be greatly appreciated!”



Pastor Andrea and Pastor Ronald are now in Rochester for a monthslong stay. The Amazon wish list they created has been completely fulfilled! However, you can **scan the QR code and donate items** requested by the Gift of Life Transplant House, the residence at which they will be staying. Be sure to select the shipping address of the house when checking out.

Circle of Support

From Pastor Andrea’s friend Angie: *“Andrea and Ronald have deeply appreciated the immense amount of love and support they have received during their journey with leukemia. I know that will continue as they enter this intense new phase. However, reading about recovery from a transplant, a common theme is isolation. I thought how wonderful it would be to coordinate their circle of support to together ensure a continual stream of reminders they are not alone and to help them feel connected to the broader world.*



This signup is not intended to at all discourage spontaneous reach outs of support! Please think of it as supplemental and not limiting you to only reaching out on any day(s) you commit to on this effort! Each day has slots for sending text or email and for mailing a card.” Please scan the QR code for more details and to sign up.

Outreach

Social Ministry Report for February, 2026

Committee members: Jane Dieseth, Tracy Sabus, Sue Koch, Leslie Dahm

Urbandale Food Pantry Collection

For the month of **January**, we collected:

- | | | | |
|--------------|------------------------|-----------------------|---|
| 3 deodorant | 2 baby wipes | 1 antibacterial wipes | TOTAL: 15 Items weighing, 7 lbs. |
| 4 toothpaste | 3 Breathe Right strips | 1 personal hygiene | |



Urbandale Food Pantry Collection for March, 2026

In **March** we will gather **canned tuna and chicken, beans (canned or bagged), Hamburger Helper tuna or beef, canned vegetables.**

Please place items for the Urbandale Food Pantry in the shopping carts (Gathering Area). Financial gifts marked “food pantry” are always welcome, and can be shared in worship or sent to the church office.



Free Little Pantry

Donate “dry goods” groceries by placing them in the Free Little Pantry itself. If there’s not enough room in the Little Pantry, overflow can be placed in the designated tote inside the Office Entry door. Please be sure to close and latch the pantry door to keep weather and critters out.



Free Little Library

Donate books for all age groups by placing them in the designated tote inside the Office Entry door. Contact the church office for assistance with an after-hours donation.



For assistance with the Free Little Pantry or Free Little Library, please contact our team: Sarah Tomjack, Krista Dial, and Janet Davis.

Gods Work. Our Hands. Clothing Drive for Valerius Elementary During Lent

Valerius Elementary school is currently in need of restocking its emergency clothing closet. “Whether it’s a spill or a bathroom mishap, we want to ensure every student feels comfortable and ready to return to class quickly.”

New underwear, sizes 4-12, boys and girls

Leggings or sweatpants, sizes 4-12, boys and girls, with greater need for the smaller sizes



restock the Valerius Elementary Emergency Clothing Closet.



NEW UNDERWEAR
Sizes: 4-12 boys and girls





**NEW LEGGINGS AND
SWEATPANTS**
Sizes: 4-12 boys and girls



Church Business



Council HIGHLIGHTS

Council Highlights

February 24, 2026

- Council Officer Elections:
President: Bill Freeman
Vice President: Dave Arens
Secretary: Jane Burger
Treasurer: John Dieseth
- Holy Week meals to be hosted and served by church council.
- Carpet update: Carpet ordered. Installation downstairs to start in March. Office area carpet to be installed in early summer.
- Elevator update: Materials are here and repairs to begin May 11.
- Roof repair bids were reviewed. It was decided to seek additional bids.
- New phone system was approved. Order and installation to happen ASAP. Price will include support and training for the new system.
- Livestream controller has been unreliable. Equipment is old and outdated. Council approved motion to buy updated equipment.

March Celebrations

March Birthdays

Mar 3 Marsha Arens
Mar 4 Dave Fellman
Mar 7 Austin Nelsen
Mar 9 Mary Gliem
Mar 10 Julie Lorenz
Mar 12 Dave Fachman, Sonja Hunt
Mar 14 Barb Rinell
Mar 15 Beth Goebel
Mar 16 Marlys Ruth
Mar 19 Jeanette Courter, Larry Ewing, Samuel Pattison
Mar 20 Tami Caskey, Chase Freeman, Tanner Taylor
Mar 21 Bill Gift



Mar 22 Barb Van Orsdall
Mar 23 Sandy Goering
Mar 26 David Critchlow
Mar 29 Sherry Arntzen, Megan Ferguson, Kristen Walck
Mar 30 Amelia Devries, Ethan Walck
Mar 31 Shane Bruse, Anna Zinselmeier

March Anniversaries

Mar 3 Susan & Fred Koch
Mar 18 Renae & Carl Peters
Mar 22 Jane & Douglas Phillips

March Calendar

Sunday, March 1, Second Sunday in Lent

Spark Sunday School, 9 a.m.
Breakfast Club, 9 a.m. (6th-8th grade)
Holy Communion, 10 a.m.
Coffee and Donuts Fellowship, 11 a.m.
RFC Worship, 12 & 5 p.m.

Wednesday, March 4

Brown Bag Book Club, 11:30 a.m.
Sacred Self Care Discussion, 4 p.m.
Supper at The Table, 5:15 p.m.
Holden Evening Prayer, 6 p.m.
EMERGE, 6:30 p.m.
SSLC Band Rehearsal, 6:45 p.m.
ELES, 7 p.m.

Thursday, March 5

AA Meeting, 6:30 p.m.

Saturday, March 7

Redeemed Fellowship Rehearsal, 1 p.m.
Redeemed Fellowship Center, 4 p.m.

Sunday, March 8, Third Sunday in Lent

Spark Sunday School, 9 a.m.
Breakfast Club, 9 a.m. (6th-8th grade)
Holy Communion, 10 a.m.
Coffee and Donuts Fellowship, 11 a.m.
RFC Worship, 12 & 5 p.m.

Tuesday, March 10

SSLC Chancel Choir, 6:30 p.m.
Executive Committee Meeting, 7 p.m.

Wednesday, March 11

Brown Bag Book Club, 11:30 a.m.
Sacred Self Care Discussion, 4 p.m.
Supper at The Table, 5:15 p.m.
Holden Evening Prayer, 6 p.m.
EMERGE, 6:30 p.m.
SSLC Band Rehearsal, 6:45 p.m.
ELES, 7 p.m.

Thursday, March 12

AA Meeting, 6:30 a.m.

Saturday, March 14

St. Stephen Crafters, 10 a.m.
Redeemed Fellowship Rehearsal, 1 p.m.
Redeemed Fellowship Center, 4 p.m.

Sunday, March 15, Fourth Sunday in Lent

NO Spark Sunday School, 9 a.m.
NO Breakfast Club, 9 a.m. (6th-8th grade)
Holy Communion & Healing Prayers, 10 a.m.
Coffee and Donuts Fellowship, 11 a.m.
RFC Worship, 12 & 5 p.m.

Tuesday, March 17

SSLC Chancel Choir, 6:30 p.m.

Wednesday, March 18

Brown Bag Book Club, 11:30 a.m.
Sacred Self Care Discussion, 4 p.m.
Supper at The Table, 5:15 p.m.
Holden Evening Prayer, 6 p.m.
NO EMERGE, 6:30 p.m.
SSLC Band Rehearsal, 6:45 p.m.
NO ELES, 7 p.m.

Thursday, March 19

Care Companions, 4 p.m.
SSLC Chapel Chimers Rehearsal, 6:30 p.m.
AA Meeting, 6:30 p.m.

Friday, March 20

Supper Club, 6:30 p.m.

Saturday, March 21

Property Committee, 8 a.m.
Redeemed Fellowship Rehearsal, 1 p.m.
Redeemed Fellowship Center, 4 p.m.

Sunday, March 22 Fifth Sunday in Lent

Spark Sunday School, 9 a.m.
Breakfast Club, 9 a.m. (6th-8th grade)
Holy Communion & Prayers for Healing, 10 a.m.
Coffee and Donuts Fellowship, 11 a.m.
RFC Worship, 12 & 5 p.m.

Tuesday, March 24

SSLC Chancel Choir, 6:30 p.m.
Council Meeting, 7 p.m.

Wednesday, March 25

Brown Bag Book Club, 11:30 a.m.
Sacred Self Care Discussion, 4 p.m.
Supper at The Table, 5:15 p.m.
Holden Evening Prayer, 6 p.m.
EMERGE, 6:30 p.m.
SSLC Band Rehearsal, 6:45 p.m.
ELES, 7 p.m.

Thursday, March 26

SSLC Chapel Chimers Rehearsal, 6:30 p.m.
AA Meeting, 6:30 p.m.

Saturday, March 28

Redeemed Fellowship Rehearsal, 1 p.m.
Redeemed Fellowship Center, 4 p.m.

Sunday, March 29 Palm Sunday

Spark Sunday School, 9 a.m.
Breakfast Club, 9 a.m. (6th-8th grade)
Holy Communion, 10 a.m.
Coffee and Donuts Fellowship, 11 a.m.
RFC Worship, 12 & 5 p.m.

Tuesday, March 31

SSLC Chancel Choir, 6:00 p.m.

St. Stephen Lutheran Church
3510 72nd St.
Urbandale, IA 50322
ADDRESS SERVICE REQUESTED

