



**LOOKING FOR VOLUNTEERS** for upcoming  
Community Meals,  
**Mondays, February 2<sup>nd</sup> and 9<sup>th</sup>.**

Needed each week are:

3 volunteers and 4 to 5 dozen bars or cookies.

Signup sheets are at the entrance or contact the church office:  
651-257-6300 or office@chisagolakelutheran.org

## **FREE Program – Self-Care as We Grow Older (Feb. 12)**

*What can we do to stay strong and healthy as we grow older?*

**Chisago Age Well Coalition** invites older adults and caregivers to

**“Self-Care as We Grow Older: Practical Pointers on Food and Exercise” on Thursday, February 12.**

This is offered **three times** throughout the day at different locations with **free** refreshments.

- **9:00 a.m.** - North Branch Senior Community Center (*Light Breakfast*)
- **12:00 noon** - Zion Lutheran Church Fellowship Hall, Chisago City (*Light Lunch*)
- **3:30 p.m.** - Rush City Community Center (*Afternoon Appetizers*)

*Speakers* are: **Sarah Pramann**, Registered Dietician sharing simple, healthy meal ideas and small-size recipes for older adults.

**Carol Mueller-Leavitt**, Doctor of Physical Therapy, offering practical ways to keep your body strong, flexible, and active.

**Register by Friday, Feb. 6** by calling **651-674-1025** or online through **North Branch Community Education** (Senior Offerings → Dine & Discover). All are welcome!

**SOUPER BOWL OF CARING** began in 1990, with a simple prayer



from a single youth group: **“Lord, even as we enjoy the Super Bowl football game, help us be mindful of those without a bowl of soup to eat.”** It has

become a powerful movement that transforms the time around the Big Game into a day of giving and caring. *Bring your loose change to throw in the pot!!* **This Noisy Offering will be collected on Sunday, February 8<sup>th</sup>, and will go directly to our Tackle Hunger Charity of Choice.**

**FAT TUESDAY PANCAKE SUPPER:** Join us Tuesday, **Feb. 17**, here at **CLLC** for a Fat Tuesday Pancake Supper, sponsored by the MiChiLu Churches - Immanuel, First Lutheran—Taylors Falls, Trinity, Zion, and CLLC. 🕒 **Dinner served from 4:00–6:00 pm**,

🎵 **Live music**,

👨‍🎨 **Crafts for kids**

Volunteers from the member churches work together to make this fun community event happen! **CLLC is looking for volunteers:**

- 2 volunteers from **3:30–5:00 pm**
- 2 volunteers from **5:00–6:30 pm**

*Come eat, serve, and celebrate together! Sign up today!*

### **Easter Meals – Family Pathways Collection**

CLLC is collecting **150 cans of corn or creamed corn** to support Easter meals through **Family Pathways**. Over the past three years, the number of families served has nearly **doubled**, and even as we've increased the number of meals each year, the need has continued to grow. Sadly, we have run out of meals before each holiday—highlighting the increasing need in our community. Thank you for helping share God's love with our neighbors this Easter.

📦 **Drop off donations** in the bins located in the church entrance.

💰 **Monetary donations** for hams are also accepted—please designate your gift accordingly or donate directly at **Brinks**.

📅 **Donation deadline: March 17**

**EMERALD IRELAND – 11 Days: September 28 – October 8.** Pack your bags! **Pastor Brian & Jen King** are hosting a trip to **Ireland** this fall—don't miss this opportunity to explore the beauty, history, and culture of the Emerald Isle together. **Highlights include:** Waterford, Killarney, Cliffs of Mohor, Galway Area, Connemara, Sligo and Dublin. **Cost:** is \$4599. Contact Pastor Brian if interested at 319-883-0178 or [revdup@chisagolakelutheran.org](mailto:revdup@chisagolakelutheran.org)

**Join Pastor Brian and Jen in the Green Room today for an informational meeting and a chance to learn more about this exciting trip!**

**Festival Theatre** is gearing up for auditions of *'Frozen Jr.'* and *'Shrek the Musical'*. **Auditions** are Feb. 15 & 16 at Festival Theatre in St. Croix Falls. A **free Auditions Workshop** will be on Feb. 7 for all ages to get some insight on how to prepare for an audition. This is a great way for youth and community members to get involved in the performing arts, learn techniques, and meet new people.