

## **Helmar Lutheran Church**

**Newark, IL**

Sunday, February 1, 2026

Fourth Sunday after Epiphany

Prelude

Welcome

Hymn: "Praise to the Lord the Almighty"

Scripture reading: Ephesians 5:18-21

Galatians 1:3-5

Confession of Faith: Nicene Creed

Communion

Praise Team: "Power in the Blood medley"

"All Things New"

"Thank You, Jesus for the Blood Applied"

Children's Church dismissed

Sermon: "Life More Abundant"

Colossians 3:15-17

Benediction

Hymn: "To God Be The Glory"

Postlude

## Upcoming Events:

Tu: 6:30pm Greven Life Group

Wed: 6:30am Men's Bible Study @ Southern Belle's  
2pm Adult Bible Study  
6:30pm BLAST, JAM, HS groups

Th: 9:30am Ladies Bible Study  
6:30pm Cryder Life Group  
7pm Mathre Life Group

Fri: 9am Ladies Prayer Group  
7:30pm Pilon Life Group

Sun: 8:30 Fellowship  
9am Sunday School  
10am Worship service

The church Wi-Fi password is Helmar21

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- **Ladies' Bible Study**—"Follow Me: A study on the gospel of Mark" will begin this Thursday, February 5, 2026. We will meet at 9:30am in the library. If you've never been to a study, please consider coming. The Word teaches us so much that can be applied to our lives; plus you will enjoy getting to know one another better. Please sign up for the study in the FLC. You can also purchase the study book as well.
- **Directory Update**—Much of the information in our church directory needs to be updated. Please pick up a contact card from Tina or Dana after the service, fill it out (even if you don't think you need to) and return it by next Sunday.
- The gym will be closed for painting this week.
- Lenten Services will begin on Wednesday, February 18th, at 6:30pm in the lower level. The theme this year will be "Keeping Near the Cross". The Adult Bible Study and the Life Groups will not meet from February 17th through Good Friday. They will resume on April 7th.

- Coming Soon: M Night, The Cup of Cold Water Ministries Banquet, and Kid's Missions night is coming on February 28th. Additional information is available on the bulletin board in the FLC lobby. You may see Matt Greven, Fred Alexander, or Amy Benjamin for tickets. We are also looking for people who would be willing to bake cookies for that evening. A signup sheet is at the Welcome Center.
- Save the Date: Our week of VBS will be July 6-10 this year, with set up and decorating on July 2nd & 3rd because of the holiday.
- A new **Discover Helmar** information class will begin Sunday, February 8th, at 9 am in the Fireside Room. There are four sessions through March 1st. All who are interested in learning more about our church are invited. Attendance at the class does not obligate you to become a member of Helmar, but it is a requirement of those who do become members.
- There will be an **Easter Pageant** presented by our Sunday School children on Palm Sunday, March 29th during the Worship Service at 10am. **Parents**, if your children will Not be able to participate that Sunday, please notify Ruth Karales.
- We are putting together a group of people will to help setup/tear down for events at the church. We will be using the GroupMe app to organize this. If you are willing to participate, please sign up in the FLC.

Thank you for coming to our kumla supper fundraiser for the Helmar Lutheran Church Food Pantry. You supported our pantry with your generosity in giving towards the dinner as well as participating in the Silent Auction. This will allow us to continue to feed our neighbors in need for 9 months going forward. That's incredibly appreciated by our pantry patrons and their families. Thank you to those that also supported us by making desserts, setting and cleaning up, serving at the dinner, making /cooking kumla, help spread the word about our dinner, donating to the auction and carrying out the auction details. God bless all those who were involved! Thankful-HLC Food Pantry Board



**February 1, 2026**  
**“Life More Abundant”**  
**Colossians 3:15-17**

In the Scripture today, Paul gives three commands to the church. Each of them points to an aspect of the **abundant life**. Jesus said in John 10:10, **“The thief comes only to steal and kill and destroy; I came that they may have life, and have it abundantly.”**

The abundant life means:

I. The \_\_\_\_\_ v. 15

II. The \_\_\_\_\_ v. 16

III. The \_\_\_\_\_ v. 17

February 1, 2026

I'm overwhelmed by the sordid reality of being human. Stories about lunatics shooting senators jolt me, but more often I recoil at the ubiquity of my petty and judgmental thoughts, my desperation for approval, my obsession with fulfilling my desires.

When I look hard at myself and don't squint, I'm afraid. My self-centeredness pollutes my life and the lives around me, as insidious in its long-term effects as any number of occasional, flagrant sins. I think, *If this is what I'm like, even when I love God and my family, then what is the point?* I will never reach my aspirations for a meaningful life, nor will my standards ever be high enough. Ecclesiastes is right: "All the toil of a man is for his mouth, yet his appetite is not satisfied" (6:7).

If I'm honest, I desire Christianity to assuage my discomfort with myself. I want God to make me a better person so I have less to be ashamed of. I long to have wisdom in order to know I am wise. I'm desperate to feel that nothing I do is chasing after wind.

What comforts me in desperation is not a wind that makes me deaf to my clamoring questions, nor an earthquake that shakes me to my senses, nor a fire that illuminates all my meaningful actions or covers my trail of wrong ones. It's the still, small voice of God made human. Jesus knew how pitiful people are; then He became one of us.

Our search for meaning and our longing to be at peace with ourselves are not satisfied by what Jesus produces in us, but by Jesus. "[In him] are hidden all the treasures of wisdom and knowledge," says Colossians, and later, "You have died, and your life is hidden with Christ in God" (2:3; 3:3). Jesus does not throw us the treasures of wisdom and life from a distance. They are in Him. We cannot get them unless we enter Christ through His death, and when we enter, we are raised in the truth that "Christ . . . is [our] life" and "became to us wisdom from God" (Colossians 3:4; 1 Corinthians 1:30).

Our lives, even as Christians, comprise daily stabs at meaning and peace, followed by failure, pride, exhaustion, and despair. "But when Christ who is your life appears, then you also will appear with him in glory" (Colossians 3:3). Our existence is a journey into the wisdom, life, and meaning that is the incarnate Christ. Only He can be everything, and only in Him can it all hold together (Colossians 1:17).

Mrs. Kirstie Skogerboe  
AFLC Communications Coordinator  
Santa Fe, New Mexico

AFLC Promotion for February is *The Lutheran Ambassador*

### **Helmar Lutheran Church**

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*Helmar exists to be a:  
Soul-Winning, Disciple-Making,  
Burden-Bearing Church  
Pastor— Steven Lombardo*

217-621-2949 Email scbardo64@gmail.com

**Children's Ministry Director- Kristen Mathre**

815-762-5320 Email helmarkids@gmail.com

**Youth Directors-Jared & Kynsey Mathre**

815-483-6616 Email helmaryouth@gmail.com

**Music Director-Lisa Greven**

815-508-1403 Email matthewgreven@hotmail.com

**Secretary—Stacy Christian 815-201-3789**

Email helmarlutheran@gmail.com

### **Spiritual Disciplines Sheet**

**2-1-2026**

### **Hide God's Word in your Heart**

"Why do you spend money for what is not bread,  
And your wages for what does not satisfy?  
Listen carefully to Me, and eat what is good,  
And delight yourself in abundance."  
Isaiah 55:2