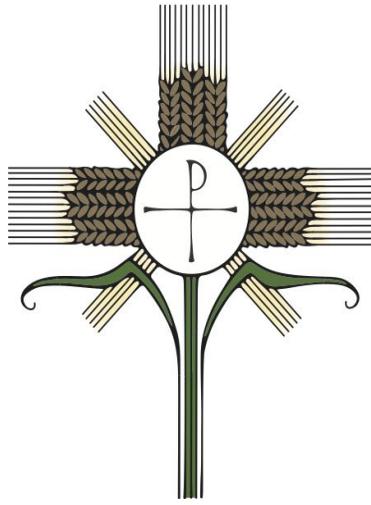




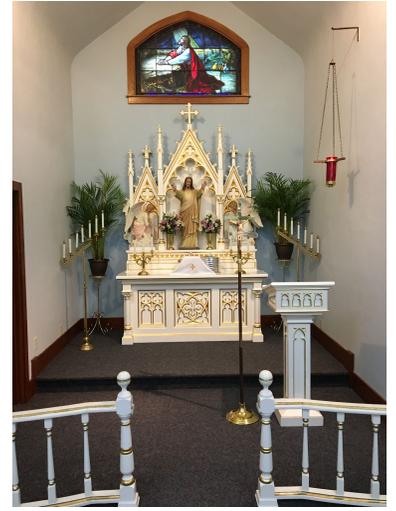
**TRINITY LUTHERAN  
KNIERIM, IOWA**

[www.churchesinthecountry.org](http://www.churchesinthecountry.org)  
[immanueltrinityyouth](#)



**SOWING THE SEED OF GOD'S WORD  
LUKE 8:5-8**

[Facebook Page:](#)



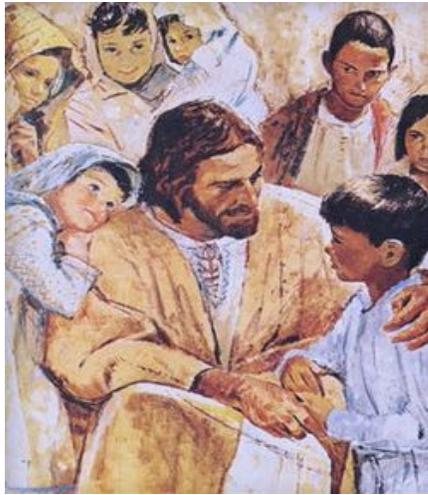
**IMMANUEL LUTHERAN  
ROCKWELL CITY, IOWA**

Fellow Sowers of Seed at Immanuel and Trinity,

Throughout 2019, we are emphasizing various groups and organizations within our two congregations which sow the seed of God's Word among us. One of those groups is the Lutheran Youth Fellowship, or LYF for short. This group consists of the youth within our two congregations in fifth through twelfth grade.

We often hear the phrase, "The youth are the future of our church", that is not true, they are the church right now, just as the middle aged and elderly. We have all been called by the Gospel, gathered together as the body of Christ, enlightened with the gifts of the Holy Spirit, sanctified and are kept in the true faith.

Being brought into the faith strengthened and kept with Jesus preaching, teaching, confession and Sacrament of the Altar, that is the that takes place at Immanuel and congregations is to create and forgiveness of sins, life and eternal the victory that overcomes the sinful flesh. Through such faith in our earthly lives in love toward neighbor. Jesus is the object of our our life and our salvation. He is our



through baptism, and being Christ in the faith through absolution, and the goal of LYF and everything Trinity. The goal of our two sustain faith that trusts in the salvation. Faith in Jesus is devil, the world and our own Jesus, we learn to live out God and in love toward our worship and the source of highest good.

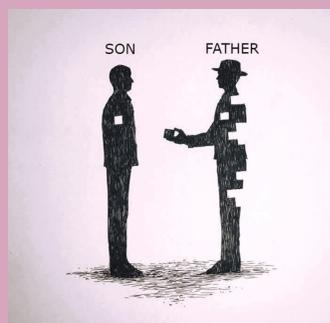
Faith in Jesus is the goal of everything that takes place at these churches in the country. That is why we emphasize baptizing infants, teaching the faith in Sunday school, catechism class and Bible study, regularly receiving the gifts of grace in the Divine Service, even getting to know other Lutheran youth by attending youth gatherings and participating in lock-ins. In all of this, we realize that Jesus is with us always, never leaving us or forgetting about us. We keep our youth and all the members of our congregations in our prayers, even those who do not yet know Jesus, that God would grant this to us all.

*Train up a child in the way he should go: and when he is old, he will not depart from it.  
[Proverbs 22:6]*

*Men's Group*

*1st Sunday  
of Month*

*7:00p.m. at  
Immanuel*





## MARCH CALENDAR

### SUNDAY, MARCH 03

8:45 a.m. Service at Immanuel  
10:00a.m. Sunday School at Immanuel  
10:45a.m. Service at Trinity  
7:00p.m. Men's Group at Immanuel

### ASH WEDNESDAY, MARCH 06

9:00a.m. Bible Study at Immanuel  
11a.m. Service at Trinity  
5:00p.m. Supper at Immanuel  
6:30p.m. Service at Immanuel

### THURSDAY, MARCH 07

1:00p.m. Trinity Ladies Aid

### SUNDAY, MARCH 10

8:45 a.m. Service at Immanuel  
10:00a.m. Sunday School at Immanuel  
10:45a.m. Service at Trinity

### WEDNESDAY, MARCH 13

9:00a.m. Bible Study at Immanuel  
5:00p.m. Supper at Immanuel  
6:30p.m. Lenten Service at Immanuel

### THURSDAY, MARCH 14

7:00p.m. Council Meeting at Immanuel  
*\*Notice Time Change\**

### SUNDAY, MARCH 17

8:45 a.m. Service at Immanuel  
10:00a.m. Sunday School at Immanuel  
10:45a.m. Service at Trinity

### WEDNESDAY, MARCH 20

9:00a.m. Bible Study at Immanuel  
5:00p.m. Supper at Immanuel  
6:30p.m. Lenten Service at Immanuel

### SUNDAY, MARCH 24

8:45 a.m. Service at Immanuel  
10:00a.m. Sunday School at Immanuel  
10:45a.m. Service at Trinity

### WEDNESDAY, MARCH 27

9:00a.m. Bible Study at Immanuel  
5:00p.m. Supper at Immanuel  
6:30p.m. Lenten Service at Immanuel

### THURSDAY, MARCH 28

1:30p.m. Immanuel LWML

### SUNDAY, MARCH 31

8:45 a.m. Service at Immanuel  
10:00a.m. Sunday School at Immanuel  
10:45a.m. Service at Trinity

**LOVED BY CHRIST + LOVING OUR NEIGHBOR**



*The life we now live in the body,  
we live by faith in the Son of God,  
who loved me and gave Himself up for me.  
[Galatians 2:20]*

## MARCH BIRTHDAYS

1 - Kara Kraft  
1 – Hunter Jud  
1 – Keyton Strutzenberg  
1 – Monte Egli  
2 - Liz Folsom  
2 – Callen Gleason  
5 – Alyson Dietrich  
5 – Brandon Strutzenberg  
5 – Joshua Schofield  
6 – Carly Hawkins  
10 – Adelynn Steinberg  
10 – Abby Swank  
10 – Mason Newell  
11 – Neal Blaas  
12 – Kinnick Egli  
13 – Marilyn Jud  
14 - Donna Peyton  
14 – Sadie Swank  
16 – Caleb Juhl  
18 – Trey Griffin  
20 – Denise Klocko  
21 – Carter Hawkins  
21 - Aaron Newell  
24 - Kamzie Kraft  
25 – Charles Lenz  
27 – Mike Juhl  
27 - Roger Ramthun  
28 – Michelle Martin  
30 – Brenda Strutzenberg  
30 – Samuel Peterson  
30 – Charles Carlson



## MARCH ANNIVERSARY

1 – Kurt and Amanda Backes  
4 – Richard and Theresa Walters  
7 – Rick and Coral Jud  
15 – Tom and Sarah Hiler

	Kathy Geisler: 515-352-3548 geismmkk@hotmail.com
	Lola Peterson: 712-830-1293 lpeterson715@gmail.com
	Helen Schroeder: 515-571-3864 hschroeder1946@gmail.com

***But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. Isaiah 41:31***

As caregivers we need to take care of ourselves. Not doing so may result in not being able to care for our loved ones. Here are a few ideas that may ease some of the caregiving pressures:

1. Write: It is important to have an outlet for the stress and heartache that is endured each day while also remembering the positives that occur. Try writing down 1-3 things that you are grateful for each day. Then reflect on that day. This is your chance to let it all out. No one else will read it. If all you can write down are negative thoughts, work toward changing them into positive thoughts. If something went wrong, realize that you did all you could do. Reflect on this. Take it to God in prayer.
2. Eat Well!! Those we care for tend to be picky eaters if they still have the ability to consume food. My mother would eat a hamburger for lunch EVERY DAY!! It was something she liked to eat and would actually eat it. Plan for quick, simple, healthy meals that are easy to make. Don't turn down someone who offers to bring you a meal. Give them ideas of what you like to eat. Drink lots of fluid. Urinary tract infections are one of the most common disorders for those receiving care. Give them lots of opportunities to have a drink.
3. Set boundaries: Know your limits and don't sway from them!!! If there is a friend or family member that is on your case, limit their visits. (Hard to do but a must). This also means to realize that when things get tough you can ask for help. It is a difficult task, but people are not mind readers, and those who do help out may surprise you.
4. Movement: You need to exercise. Take time to move every day. Whether it's 5 minutes or 15 you need to move around. Be specific about it. Stretches are good too. Especially if you do a lot of lifting during the day. Relaxation exercises are important as well. Deep breathing exercises help us to relax and may make a trying time more energized by just spending 3-4 minutes deep breathing. Reading daily devotions in the morning can help you begin your day knowing that God is there to support you.
5. Sleep: One of the most challenging aspects of caregiving. Sometimes you hardly get any. Having a routine you can do at night can help to calm your body and mind. Evening prayers/devotions will end your day on a positive note. Other things to try: baths or aromatherapy, candles and five minutes of reading or soft music, relaxation exercises, and/or a cup of herbal tea.

The goal of these self-care tips is to allow you to be more patient, less frustrated, and less resentful. Without these small recharging moments, the caregiving role can have the capacity to burn you out and leave you sick, depleted and unable to care for the ones you love.

God will renew our strength daily. He gives us everything we need. We lack for nothing. By depending on Him even though we become physically weary he is there to help.

Check out our table in the fellowship hall, narthex, or back of church.