



February 7, 2025



February 8th
9:00 AM - 12:00 Noon

The Love Omaha Team invites you to join them tomorrow, February 8th for our next Second Saturday Serve from 9:00 AM - 12:00 Noon at Heartland Hope (2021 U Street). You can sign up now through [Realm](#). We will also be collecting toiletries for [Heartland Hope](#) throughout the month of February.



February 9th - 10:45 AM

Did you know about 1 in 3 adults in the U.S. has high blood pressure? That's according to National Institutes of Health.

High blood pressure is referred to as the "silent killer" because it often has no warning signs but can contribute to heart attacks or strokes. The good news is that high blood pressure is easy to detect through simple screenings and can often be easily prevented or treated. This Sunday our Health Care Volunteers will be available in the Lower Commons to take your blood pressure. Thank you health care volunteers for this important service!



February 12th - 6:30 PM

Choir will resume practices on Wednesday evenings at 6:30 PM beginning **February 12th**. If you enjoy singing, please join us! Any questions, reach out to [Ray Grabner](#).



February 16th
12:00 PM

Parents Plus, a group for people actively parenting kids of any age, meets Sunday, February 16th at noon. Please [RSVP](#) on Realm each month so we can plan the meal and childcare. Reach out to Hilary Applequist, Pastor Coby Fisher, or Pastor Greg Applequist with any questions. We hope you can join us!



February 16th - 4:00 PM

OWLS (Older Wiser Loving Seniors) please join us for another exciting round of Jeopardy on Sunday, February 16th at 4:00 PM in the Fellowship Hall. Plan to stay for some delicious dessert following Jeopardy. There is a sign up sheet in the Upper Commons at church. If you have any questions, reach out to Terry or Kathy Shelsta.



As we move into a new month, along with a new spiritual practice, we also begin a new book. The spiritual practice for this month is "How to Live One Day with Jesus".

As Jan Johnsons writes, 'The secret of the blessed life is God with us. Life without lack. I shall not want. God really being with us works like the manna worked: one day at a time is enough, until the next day. If we can live one day with Jesus, we can lead every day with Him, each one as it comes.' If this task seems daunting be sure to read how Frank Laubach and Brother Lawrence lived their life with God in the next book in of the School of Kingdom Living series, *Practicing His Presence* by Brother Lawrence & Frank Laubach (1973).



Sisters of the Skein,
Cody students certainly appreciate the warm and colorful hats you made for them. It was so kind of your group to think of Cody students.
Sincerely, Cody Elementary School



Luke 16:1-15

First Covenant Church | 201 N 90th St | Omaha, NE 68114 US

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