

known, traveling the country performing at many churches and other venues. They also released many recordings on several labels. Doris and Dorothy launched their own music publishing company, "Simmons and Akers Music House" to distribute the songs Doris had composed by this time. Among those that were published was "Lead Me, Guide Me." In 1958, Doris co-wrote the song, "Lord, Don't Move the Mountain," which sold over one million records. That same year, Doris' prominence grew tremendously when she founded and became director of the Sky Pilot Choir, becoming one of the first artists to help bridge the barrier between black and white Gospel. She received many awards including back-to-back "Gospel Music Composer of the Year" in both 1960 and 1961. In 1992, she was honored by the Smithsonian Institution as "the foremost black gospel songwriter in the United States." Doris Akers died to the Lord in 1995. She was posthumously inducted to the Gospel Music Hall of Fame in 2001. Her songs appear in the hymnals of many denominations and have been sung by countless people in churches around the world. Her compositions have also been recorded by many Gospel and secular artists. "Lead Me, Guide Me" was track eight on the 1972 Grammy winning album *He Touched Me* by Elvis Presley.

Relief for Haiti

We continue our prayers for all those suffering from the earthquake in Haiti. Donations to the ELCA Disaster Response that are made out to CDLC will be sent on asap. Total to date of CDLC donations is \$1,565. Find information on ELCA Disaster Response and offering envelopes on the table at the west entrance. Also check website www.elce.org/disaster.

Assisted Listening

Please see the usher at the sound control station to pick up an assisted listening device. It will bring sounds of worship clearly to your ears.



News

Bishop Jeff Barrows Installation

Elected as Bishop of the Greater Milwaukee Synod in December, the Rev. Jeff Barrows will be installed into this leadership position on Sunday, March 14, at 3:00 p.m. Holy Cross Lutheran Church (W156 N8131 Pilgrim Road in Menomonee Falls) will host the event to which all are invited.

Simmering Sundays on February 28

Our next Simmering Sundays event is scheduled for February 28 from 11:30-1:45. Centerpiece of the gathering is viewing together the 56 minute DVD *Race: The Power of an Illusion – The Difference between Us*. Lunch precedes the DVD, and discussion follows. Register today by signing the list near the west entrance.

Sundays are simmering...

We still need volunteers to provide food for a couple of our spring Simmering Sundays this spring. We have volunteers for soup in February & March. Now we need help with desserts March 21. We also need volunteers to make soup and dessert April 18. All will take place from 11:30 a.m. to 1 p.m. Please contact Intern Christine.

Lenten Exploration: Meeting God in Prayer

Each Sunday at 9:00 and Wednesday at 6:15 in Lent we will gather in the church lounge to explore the spiritual activity of prayer. We will discuss questions such as "What is prayer?" "What does Scripture say about it?" and "Why do we pray." Reflections by a dozen teachers in the Lutheran Church will serve as springboards for our conversations. Sessions begin on Sunday, February 21 and Wednesday, February 24. Wednesday evenings will begin with a light supper at 5:30 and conclude at 7:15. Please sign the list at the west entrance table if you plan to attend the suppers.

Black History month celebration talk and luncheon

Greater Milwaukee YWCA President and CEO Paula Pennebaker will speak at 11:30 a.m. Wednesday, Feb. 24 at CDLC. Paula has worked at the YWCA since June 1999 and was named President/CEO in February 2009. The celebration luncheon will include fried and BBQ chicken, greens, macaroni and cheese, sweet potatoes, spaghetti, black-eyed peas, potato salad, potato casserole, corn bread, banana pudding, cake, cobbler, and more. All are welcome to enjoy this prestigious speaker and bountiful lunch. Invite friends!

Women's retreat canceled

Due to circumstances beyond the control of Intern Christine or Julane Sebastian, the women's retreat planned for this spring has been canceled.

Share your talents, interests

Do you have an interest, hobby or talent that you would love to share? We're looking for CDLC members who would consider participating in the Sherman Park Gathering Place. How? You tell us! The group enjoys presentations on all topics – from photography to wood-

working to card making to cooking. Your hobby or experience can enrich the program. We're also looking for people who might want to volunteer in Capitol Drive's soon-to-open computer lab. Talk to Pastor Timm, parish nurse Julie Pekarske or Intern Christine if you have ideas.

A CPA's Mission

Jim Benedum directs a group of MATC volunteers who will complete tax returns free of charge. Jim has offered that service to anyone associated with CDLC. Please contact him at 414-769-8553 to inquire about this service.

Job Fair on February 25

Those looking for employment may find help through the Milwaukee Job Camp. Register on-line at www.milwaukeejobcamp.org to attend this event on February 25 from 9a.m.-6p.m. Participants will find a variety of resources to help in their job search.

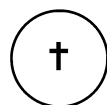
Fund Raising Event planned for the fall

The church can raise nearly \$3,000 through volunteer efforts on two Saturdays in the fall. Already 17 members have expressing willingness to work packing costumes on September 18 and October 16. Our goal is to involve 25 each Saturday. If you are able, please sign the list at the table near the west entrance.

This Lent: Create space for prayer, creation

Creation inspires awe, mystery, and intrigue. Make sure to pick up a "Handbook for Loving Earth," available from an usher and in the narthex as of Feb. 14. These booklets include prayers for each day in Lent, activities, and ways we can each make a difference. Created by Intern Christine McNeal as part of her internship project, the devotional books celebrate the power of action through prayer. It is the hope of this guide that you become more aware of the environmental and social hazards today and how your faith can transform and renew the planet. Imagine what we at Capitol Drive can do for the world by simply praying together each day!

MONSTER FUNDRAISER: The Park's Neighborhood Parish is offering food, entertainment, and more from 10 a.m. to 4 p.m. Saturday, Feb. 27 at Divine Word Lutheran Church, 5505 W. Lloyd Street, Milwaukee. Events include a Chili taste-off (\$3 per taste), craft fair, art gallery, and Southern-style pound cake sale.



Health and Wellness

Parish Nurse Wellness News

These weekly articles provided by Parish Nurse Julie Pekarske. To request a recipe or an article, please contact Parish Nurse Julie Pekarske at the church office (445-1656).

Recipe of the Week:

A TWIST ON TARTS

Baked Tomato and Goat Cheese Tartlets

You usually see berries, peaches and other fruits in tarts. But since tomatoes are botanically classified as fruits, it's not far-fetched to put them in tarts as well. These mini "tartlets" take a little extra time, but are worth it! They're a luscious appetizer or even a main course if eaten with a green salad or hot vegetable side dish. They feature low-fat goat cheese topped with vitamin-C rich tomatoes on a mouthwatering homemade crust. Tomatoes also contain lycopene, a natural phytochemical that makes them red and has shown potential in preventing prostate cancer. You will find this recipe on the Parish Nurse Ministry Table.

Flip Flopping Through Lent

We are inviting you to "Flip Flop Through Lent" with us. We will be collecting flip flops throughout the Lenten season to send to organizations throughout the world that are members of the World Toilet Organization. For our children and teens, flip flops have become a fashion statement with kids owning 4, 5,....a dozen pairs of flip flops in all colors and designs.

For children in other parts of the world flip flops can be a matter of life or death.

If your Sunday school, women's organization, youth group, church as whole would be interested in collecting flip flops with us during Lent, **go ahead...start collecting! We will also be accepting money for postage to mail the flip flops.** Keep It Simple Not a lot of beads and trinkets Colorful Is Good! An assortment of colors are welcome. Please collect children and adult Flip Flops will be delivered on Saturday April 17, 2010 Parish Nurse, Julie Pekarske, will collect and deliver flip flops. Please bring to church by April 11, 2010 and put in the box marked Flip Flopping Through Lent.

Badger Care Plus Basic Plan

Wisconsin offers another health care option for individuals that are on a waiting list for BadgerCare Plus-Adults Without Dependent Children. It is called

BadgerCare Plus Basic Plan. It provide access to health basic care services. You will find information on this plan (that comes from the Wisconsin Department of Health Services website) on the Parish Nurse Ministry Table.

Prayer Shawls

When I was recovering from my eye surgery, I received a prayer shawl. Not only did I enjoy the company of the visitor delivering the shawl, I continued to feel God's healing hand wrap around me each time I wore the shawl - which was daily. The prayer shawl reminds the recipient that he or she is loved by God and the church family. The knitter or crocheter creating a shawl repeats special prayers that are interwoven with the yarn. The prayers offered request peace, comfort, healing, and spiritual wellbeing. The shawls are blessed during worship and after they have been blessed they are draped over a valet stand next to the Parish Nurse Ministry Table. Feel free to take a shawl to someone you know that is in need of healing. Julane Sebastian and Dawn Hahesy have been making our beautiful shawls for two years - thank you Julane & Dawn. If you are interested in knitting / crocheting prayer shawls or in donating yarn to make shawls, please contact Parish Nurse, Julie Pekarske, at 414-445-1656 or email.

cdlc_pn@hotmail.com

Gathering Place

Sherman Park Gathering Place serves adults (50 and better) who wish to form bonds of friendship through religious, social, educational, and health-enhancing activities. It also serves residents of all ages living in the Sherman Park neighborhood by offering a setting for programs and discussions that connect neighbors to one another.

Open Mondays & Wednesdays

9 a.m.-2 p.m.

Every day: Hot and cold beverages, light breakfast, snacks, card games, and board games.

Monday:

- Bible study - 9:30 a.m.
- Exercise - 10:30 a.m.

Wednesday:

- Bible Study - 11 a.m.
- Walking Club 10 a.m.
- Lunch – noon

Third World Shoppe

**Hours: Tuesday, Wednesday, 9:30 a.m.-12:30 p.m.
Saturday, 9:30 a.m.-12:00 p.m.**

A MISSION TO SERVE our neighbor in the developing countries of our global community by marketing their handcrafts to promote their economic progress.

A MISSION TO EDUCATE ourselves and our local community about the social, economic, political and personal struggles of our neighbors.

A MISSION TO WITNESS to the person to person connection we have to all peoples as sisters and brothers in Christ.

This Week at CDLC

This Week at CDLC

Today

8:00 and 10:15 – Worship

8:45 – Vocal Choir

9:00 – Church School for all ages

11:30 – Worship and Music Ministry Group

Monday

4:00 – Strategic Planning Teams

Wednesday

11:30 – Black History Speaker and Luncheon

Next Sunday (February 28)

8:00 and 10:15 – Worship

8:45 -Vocal Choir

9:00 – Church School for all ages

11:30 – Simmering Sundays