

phia Horton (who also taught Pete Seeger "We Shall Overcome"). It has often been published with a set of hand movements to be used for the instruction of children.

It may be based on Matthew 5:14-15, where Jesus said, "You are the light of the world. A city built on a hill cannot be hidden. ¹⁵No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house."

The lyrics to "This Little Light of Mine" are very simple and repetitive, lending nicely to the folk tradition, making it an easy song to remember and sing along with. "This Little Light of Mine" talks about the importance of unity in the face of adversity. Its refrain sings of the light in each individual and how, whether standing up alone or joining together, each little bit of light can break the darkness. The song has since been applied to many struggles, but was an anthem of the civil rights movement at the time.

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 \$1,455. Find information on ELCA Disaster Response and offering envelopes on the table at the west entrance. Also check website www.elce.org/disaster.

Ash Wednesday on February 17

The season of Lent begins with services at 11:00 and 6:30 on Ash Wednesday. All worshipers may stay for lunch at noon or come at 5:30 for a light supper. During the forty days of Lent Christians strive to hear God's call for personal and congregational change that will lead to spiritual growth.

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.



CDLC hosts Census application sessions

The Census is hiring now, for jobs offering good pay for part-time, temporary work with flexible hours, paid training, and the chance to work independently in your own neighborhood. Plus, by helping to count everybody in Milwaukee for the Census, you help bring in federal funds for jobs, schools, roads, parks and other public services. How to get started? Apply during the

specially-arranged sessions from 10 a.m. to noon, 2 to 4 p.m. or 5 to 7 p.m. on Monday, Feb 8 here at Capitol Drive Lutheran Church (enter through red awning at alley). **You must arrive when the session begins (meaning 10 a.m., 2 p.m. or 5 p.m.) and plan to be here for the entire two hours.** Bring along two IDs (current passport, photo ID and SSN card/birth certificate), complete the application, and pass the basic skills test and a background check. Then you'll be part of the Census-taking applicant pool here in Milwaukee. We have practice tests - which include the test answers - at the church office. It's also available on the internet, through the Census website, <http://www.2010Censusjobs.gov>. Please call Intern Christine at the church office or 414-698-2898 to register for a time slot. You can just show up, but slots could be filled.

Study of Luke, Continued

All interested are welcome to attend the fifth session on the study of the Gospel according to Luke. It will be held today at 9:00, in the church lounge. The study will focus on Luke 9:28-36.

Simmering Sundays on February 28

Those listed above along with Dick and Bonnie Lund and Mike Herold and Jeffery Johnson are organizing our next Simmering Sundays event 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.

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.

Unlearning Racism course offered by the YWCA

Nine CDLC members or staff have attended the six session, 24 hour course at the YWCA titled

“Unlearning Racism: Tools for Action.” Verence Morgan, Marie Byrd, Julie Pekarske, Earnestine Ruffin, Loretta Chestine, Linda Jaeger, Intern Christine McNeal, Jessie Keller, and Pastor Timm will share the benefits of this program with all who are interested in registering for the spring class that begins on Thursday, February 18, from 1:00-5:00 p.m. The church will cover the cost of registration. Speak to any one of the graduates for more information.

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.

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. Prior to joining the YWCA, she worked for Firststar Bank and Corporation where she served in the Human Resources Department as a Training Officer, Vice President and Diversity Manager. Her tenure at Firststar was preceded by a 13-year career in the Management Systems Division at The Procter & Gamble Company in Cincinnati, Ohio where she completed both technical and managerial assignments. Paula’s interest in race, racism and race relations developed while at Procter & Gamble where she served as an internal resource to management and staff as a member of the *Consulting Pairs®* program. Through the years she has worked to continue development of her understanding of race and racism and feels fortunate to lead an organization that has as a part of its mission the elimination of racism.

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!

We’re called to care for creation

You cause the grass to grow for the cattle, and plants for people to use, to bring forth food from the earth, and wine to gladden the human heart, oil to make the face shine, and bread to strengthen the human heart. The trees of the LORD are watered abundantly, the cedars

of Lebanon that he planted. In them the birds build their nests; the stork has its home in the fir trees. The high mountains are for the wild goats; the rocks are a refuge for the coney. You have made the moon to mark the seasons; the sun knows its time for setting. You make darkness, and it is night, when all the animals of the forest come creeping out. The young lions roar for their prey, seeking their food from God. *Psalm 104:14-21*

Green tip: Seafood guide

The Environmental Defense Fund goal is to restore and conserve healthy ocean ecosystems, while ensuring that consumers enjoy safe, eco-friendly seafood - and fishing businesses can thrive. EDF works in troubled fisheries to improve their management, restore fish populations, and protect habitat. The EDF offers a downloadable Seafood Selector that lists eco-best, eco-ok, and eco-worst seafood choices. More information to come in the weeks ahead. To see the full guides now: <http://www.edf.org/page.cfm?tagID=1521>

We’re called to care for creation

Therefore the land mourns, and all who live in it languish; together with the wild animals and the birds of the air, even the fish of the sea are perishing. *Hosea 4:3*

Green tip: Save water

Check out your bathroom. Use low-flow faucets, showerheads, and toilets.

Grant for Senior Adult Ministry

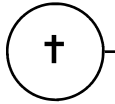
CDLC has been awarded a grant of \$3800 for 2010 from Luther Manor to support the Sherman Park Gathering Place outreach ministry. Luther Manor offers these grants to congregations to develop innovative programs for senior adults in the community. The funds are provided in part by Lutheran Services for the Elderly Endowment Fund from the ELCA Foundation.

Gloria Dei welcomes CDLC to Wednesday Lenten services and luncheons

The congregation of Gloria Dei Lutheran Church in Menomonee Falls invites all members and friends of CDLC to participate in Lenten worship services at 11 a.m. Feb. 24, March 3, 10, 17, and March 24. A free lunch will follow in the Fellowship Hall at noon. An optional brief activity will follow lunch. Free transportation is available from CDLC by calling Intern Christine. The church is located at W180 N7863 Town Hall Road, Menomonee Falls.

Parks Neighborhood Parish Presents

GOSPELFEST: Everyone is invited to GOSPELFEST, an uplifting, multicultural concert featuring choirs from Parks Neighborhood Parish (Divine Word and Pentecost), Cross Lutheran Church, St. Sebastian Catholic Church and others, culminating with a Mass Choir under the direction of Dr. Abe Caceres, on Sunday, February 21st, at 3 pm at Pentecost. Fellowship and treats will follow. Pentecost is located at 5226 West Burleigh Street. Free-will offering for the concert will benefit the MLK Scholarship Fund and ELCA Disaster Relief for Haiti.



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:

White Fish en Papillote

Making a lovely dinner for a nice occasion doesn't require a lot of rich and fatty ingredients. A light white fish takes around 15 minutes to bake and it contains heart-healthy omega-3 fatty acids — the compounds that have been associated with lower risk for colon and prostate cancers. You will find this recipe on the Parish Nurse Ministry Table.

Donating shoes for earthquake victims of Haiti

If your closet is overflowing with shoes, here is a way to help the earthquake victims of Haiti as well as those less fortunate in Milwaukee. Stan's Fit For Your Feet will be hosting their "4th Annual Share A Pair" shoe drive from Monday, February 1 thru Sunday, February 28. Drop off your new or gently used shoes Monday through Friday from 9:30 a.m. to 9 p.m., Saturdays from 9:30 a.m. to 5:30 p.m. or Sundays from Noon to 5 p.m. at Stan's Brookfield store, 17155 W. Bluemound Road; Stan's Glendale store across, 505 W. Silver Spring Drive; and Stan's Greenfield store at 7405 W. Layton Ave. Donated shoes will be distributed to the earthquake victims of Haiti through Soles4Souls and locally through Repairer's of the Breach Homeless Shelter. People donating adult shoes will receive a \$10 coupon to be used towards a footwear purchase during February. Children's shoe donations will receive a \$5 coupon to be used towards a future pair of kids' shoes. For more information, visit stansfootwear.com or call 262-432-4030.

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.

Greetings to All

My recent eye surgery has alerted me to provide basic eye care information from the America Optometric Association. You will find basic eye health articles for pre-school, school age and adult vision on the Parish nurse Ministry Table.

Proactive Brain Health Class

Luther Manor & Holy Cross Lutheran Church in Menomonee Falls have teamed up to offer Jump Start, an educational and participatory class focusing on wellness and early indication to ensure a better quality of life for people diagnosed with early stage memory loss and those wishing to take a proactive approach to brain health. The Jump Start classes teach strategies to "re-train the brain," techniques for memory enhancement and creative exercise to help stimulate the brain. Classes will be held Tuesdays and thursdays at Holy Cross Lutheran Church, W156 N8131 Pilgrim Road, Menomonee Falls. For more information call Dawn Adler, Luther Manor Adult Day Services Manager at 414 464 3880, ext. 314 or email:

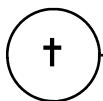
dadler@luthermanor.org

Heart Month

Because of Valentine's Day, February is the month loved by all Parish Nurses. It is the holiday that encourages expressions of love towards one another by sharing cards, decorations and gifts filled with *Red Hearts*. In other words it is **The Heart Month!** It is the month that the American Heart Association embraces heart health education for All Ages and encourages the *Wearing of Red* on February 5th! The [American Heart Association](http://AmericanHeartAssociation.org) (AHA) is a national voluntary health agency to help reduce disability and death from cardiovascular diseases and stroke. The AHA has excellent information and programs on their website and below are web addresses for adults and children. If you are interested in learning more and do not have access to a computer, please contact Parish Nurse, Julie Pekarske to make an appointment for an office visit at CDLC to access the internet or if you have an internet connection, but need help navigating the website, please note that Julie will come for a home visit to assist you.

HEART HEALTH FOR CHILDREN -

EmpowerME, the website for children under 12 & over 13. *Did you know: Overweight children and adolescents have a 62 percent to 98 percent chance of being overweight at age 35, which increases their risk of heart disease.* To help your children learn more on healthy choices from the AHA, please register by going to website address: <http://www.empowerme2b.org/join-preview>. This link takes you to commonly asked questions regarding children and heart disease: <http://www.americanheart.org/presenter.jhtml?identifier=1200004> Another excellent AHA site has several articles on *How to Help your Kids*: <http://www.americanheart.org/presenter.jhtml?identifier=3033987> Jump rope is an excellent exercise and the AHA offers a program and lessons on jump rope skills. This AHA site has PDF file for jump rope skills including single rope, partner jump & long rope: <http://www.americanheart.org/presenter.jhtml?identifier=3070733> HEART HEALTH FOR ADULTS - Start at the AHA site with this quiz – Test Your Fats. IQ: <http://www.americanheart.org/presenter.jhtml?identifier=3047294> How did you do on the quizzes? Now you can learn more on the web about fats by reading these articles for FATS 101: <http://www.americanheart.org/presenter.jhtml?identifier=3045789> This sites has tools so you can Eat Well: <http://www.americanheart.org/presenter.jhtml?identifier=3045789> Happy Valentine's Day



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

Today

8:00 and 10:15 – Worship

9:00 – Church School for all ages

Monday

10:00, 2:00, and 5:00 - Census Testing

4:00 – TenderCare Board

5:45 – Handbell rehearsal

Wednesday

3:00 – Property Committee

6:30 – Constitution Revision

Sunday



Staff

Pastor:

Lowell Timm (445-1656)

TenderCare

Pamela Amling (447-8396)

Administrator:

Organist/Choir Director: Bette Lehenbauer (262-617-7828)

Parish Nurse:

Julie Pekarske (445-1656)

Intern Pastor:

Christine McNeal (445-1656)

Senior Ministries:

Volunteers

Third World Shoppe Manager:

Bridget Smith (445-2065)

Bookkeeper:

Chris Kosma (445-1656)

Admin Assistant:

Ashley Plouff (445-1656)

Custodian:

Maria Gonzales

Ministers:

All Members of CDLC