



Celebrating February

Library Lovers' Month

Black History Month

Mend a Broken Heart Month

Groundhog Day

February 2

Thank a Mail Carrier Day

February 4

Pizza Day

February 9

Get Out Your Guitar Day

February 11

Super Bowl LVII

February 12

Valentine's Day

February 14

World Human Spirit Day

February 17

Carnival

February 16-21

Presidents' Day (U.S.)

February 20

Mardi Gras

February 21

February Devotional

1 Timothy 4:7-10...train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. This is a trustworthy saying that deserves full acceptance. That is why we labor and strive, because we have put our hope in the living God, who is the Savior of all people, and especially of those who believe.

On January 8, the Detroit Lions played the Green Bay Packers. The Lions had arrived in Green Bay hoping to make the playoffs, but an hour before the game started, they were out of the wildcard process because of the results of another game that afternoon. I had decided to go to bed, but tossed and turned and kept checking the score. Finally getting up, I watched the last 30 minutes of the game. And what an amazing half hour! Aaron Rodgers had made some great plays for the Packers, but in that last quarter, Kerby Joseph intercepted a long pass by Rodgers. Then player Amon-ra St. Brown caught an amazingly crazy pass for the Lions. The ball bounced around off his legs and body into the air and back into his legs, all while he slid making sideways somersaults along the turf.

I saw great communication between coaches and players, and thought about all the training that each team does every season. They spend time together, get to know one another well, use their strengths, and learn how to remain open to opportunities and unexpected circumstances. They build trust. Whether or not they get to the playoffs or have a winning season, they build strong relationship.

So it is with the spiritual life. We are invited to daily practice of prayer and spending time with God. We learn more who God is. God builds trust with us. We develop our God given gifts. We practice being open to opportunities, and learn to turn to God in unexpected circumstances.

Football players don't just spend 5 minutes a day or half hour a week practicing. They put in a lot of time. And that is for sport and entertainment. God knows and understands our lives and schedules. And God wants to build a strong relationship with each of us. As you go through this week, consider spending a little more time with God, and seeing how this practice helps you grow.

Chaplain Karen

Heart vs. Head

When it comes to making decisions, must we always choose between listening to our heads and following our hearts? In 2007, inspirational speaker Deb Kulkula decided that she no longer wanted to choose one over the other, so she declared February Renaissance of the Heart Month, an entire month dedicated to making decisions with the heart as well as the intellect.



Many people insist that the best decision-making is data-driven and entirely logical, emphasizing the importance of keeping a “cool head.” Emotions (sometimes called *intuition* or *instinct*) are often seen to cloud or muddy the decision-making process. Society also tends to influence our decision-making. When it comes to finding a job, people will often follow their heads rather than their hearts. Attractive incentives like higher pay, more prestige, and better benefits take precedence over a low-paying dream job that might satisfy a lifelong passion. And yet when it comes to finding a life partner or choosing a pet, we let our hearts guide us. Culture has told us that when it comes to jobs, we follow our heads, but when it comes to relationships, it’s okay to follow our hearts. The scientific truth is that decision-making almost always requires both cognitive and emotional thinking.

Studies show that almost every decision is really a struggle between our emotions and intellect. Studies of individuals with damage to the emotional centers of their brains show that these people struggle mightily with decision-making. This is because we use both our intellect and emotions to calculate risk and reward, the primary drivers of decision-making.

Relying solely on emotion or intellect to make decisions often drives us to make poor choices. As brains develop from childhood and people amass both good and bad life experiences, we fine-tune our abilities to calculate risk and reward. The wisdom that comes with old age develops from the hard-won lessons taught to both our heads and our hearts.

February Birthdays

Ajmer K.	02/04
Peggy M.	02/09
Sharon S.	02/13
Deb C.	02/17
Bob M.	02/20
Virginia D.	02/23
Andy H.	02/24

The British Invasion




On February 7, 1964, the Beatles landed in New York to start their first tour of the United States. Just a few days earlier, on February 1, their hit “I Want to Hold Your Hand” hit No. 1. Two days later, on February 9, the “Fab Four” would perform on *The Ed Sullivan Show* before hysterical fans in the live studio and to record viewership on television sets. The so-called British Invasion had begun. For the next several years, it seemed as if the only sounds coming through the radio were bands from “across the pond.” The Dave Clark Five. Herman’s Hermits. The Rolling Stones. The Kinks. The Animals. The Who. Prior to 1964, only two British singles ever topped the pop 100. From 1964–65, British bands held the No. 1 spot for an astonishing 56 weeks. The American radio waves had been transformed forever.



FEBRUARY 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8a - MAP 10a – Resident Council 1p – Bingo 2p – Balloon Volleyball 6p – Cards	2 8a - MAP 10a – Pastor Jeff 11a- Social Hour 1p – Journaling	3 9a- Kick boxing 10a- Jeopardy 1pm- Movie & Popcorn “Coal Miner’s Daughter”	4 Please see activity board 10a – Volunteer Worship Service Happy Birthday Ajmer K.
5 See the weekend activity board. Get together with friends  Thank you for being my friend!	6 8a – MAP 9a- Open Heart Yoga & “Sound Therapy” 10a – Stained glass 1p – Journaling 2p – Social Committee 6pm- City Church	7 9a- Rhythm Sticks 10a-Valentine card & love advice video	8 9a- Country Karaoke 10a – Bingo 1p – Knitting Club 1p – B. Volleyball	9 8a - MAP 10a- Bethany Church 11a- Social Hour 1p- Journaling 6p- Game Night Happy B-Day Peggy M.	10 9p- Noodleball 10a – Jeopardy 1p – Movie & Popcorn, “Elvis”  6p – Coloring with Carol	11 Weekend self-guided activities Please see activity board 10a –Volunteer Worship Service
12 See the weekend activity board. Do you have projects to finish?	13 9a- Noodleball 11a- Readers Theater 1p- Sharron’s Love Karaoke Party City Church @ 6pm Happy Birthday Sharron S.	14 9a- Rhythm Fit 10a- “Love Bug” Crafting 1:30p – “Grace & Frankie” 3p- It’s a “Green Valley Boys” Valentine Party (Love Potion Ice cream floats)	15 9a Music Practice- Spring Concert 10a – Bingo 1p – Knitting Club 1p – B. Volleyball 6p- Dominoes	16 10a – Pastor Jeff 11a- Social Hour 1p –2p- Meijer Shopping (online) 2pm – Charades	17 9p- Tai Chi & guided meditation 10a – Jeopardy 1p – Deb’s Birthday Movie & Popcorn 6p – Wordsearch w/Bobby Happy Birthday Deb C.	18 Weekend self-guided activities Please see activity board
19 Get together with friends in the activity room.  Thank you for being my friend!	20 9a – Group Olympics 10a – Readers Theater 1p – Social Committee Meeting Happy Birthday Bob M. Independent project day!	21 9a – Rhythm Fit 10a –Comedy Hour 10a-2p Spa Day 1p- Toning bowl sound therapy for Pain management & relaxation 6p- Game Night	22 9a Music Practice- Spring Concert 11a – Bingo 1p –Balloon Volley (Activity locations TBA, due to staff training)	23 8a - MAP 10a- Bethany Church (Activity Room) 11a- Social Hour 1p- Pottery (p1) 2p - Bowling Happy Birthday Virginia D.	24 9p- Noodleball 10a – Jeopardy 1p – Movie & Popcorn “A River Runs Through It” 6p – Wordsearch w/Bobby Happy Birthday Andy H.	25 Weekend self-guided activities Please see activity board 10:30a – Worship Service (A&B building) 
26 Weekend self-guided activities Please see activity board	27 9a – Group Olympics 10a – finger Painting 1p – Readers Theater	28 10a – 9a- Rhythm Sticks 10a- Pin Wheel Crafting 1:30p “Grace & Frankie”	<i>Love each other as I have loved you.</i> <i>John 15:12</i>			

WHAT IS LOVE

Bible Word Search Puzzle

Can you find the underlined words from this Bible verse about what love is in the puzzle below?
 Think about what God says love is while you answer the questions at the bottom of the page.

"Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way [selfish]; it is not irritable or resentful; it does not rejoice at wrongdoing [evil], but rejoices with the truth. Love bears all things [protects], believes all things, hopes all things, endures all things." - 1 Corinthians 13:4-7

S W P H A
 B D I U G O M
 S E L F I S H B P I
 C V B C P Y L P K S E B
 N Q W E R C R T P Q R V S
 M S E C A F W A D C D N R P W O P Z N N E U G N Z F N Y M X
 A J J O Y B P W D O L N I F V W V T O D Z V D O P H G W E G
 Q I O R K I W L B L P H R O Z J I V J U Y L A E F C E I B J
 U S I I A F W B F T E B E F C K A B W R J H F Q P O R K E H
 R C C N B V Y O E C A B S O W P R O T E C T S Z A L D M L Y
 B Z E T Z G Y A X Y Q T E W O J R O J S G J G P T U K O I G
 T S S H U X Y S Z V S B N Y A Q O G G D D S N I A G Y E W
 R U M I I S A T N Q T P T K R V G M P J T Z Q F E J Y J V F
 G F A R R P U P K X N F X J P A U L N X N L L N T I Z E
 X K N Y H R A G I D G U N Y D H R L D M B I E T Z U S S
 I S W R K I N D S S L E G W T O Q X T V V D O J O K
 K P T R U T H G K T N M A N J R E E O D I F Y G
 T Y V O V A F V A B M U Z X P J L I T L H G
 T X F Z P B Q I C I T U K Z D P X V Z H
 N K U G Y L M E N R A N B E L W U A
 O L H A M E J R Z U M N Y N C J
 L A R K Y G M P X O C D F J
 Y H R P K O X D Y P E P
 K B O A V H U V J K
 I G S M B Z A R
 B T N B D N
 O K S A
 J M

Which words in this verse best describe you?

What do you think, say, or do that is not loving?

How could you show love to someone else?

How has God shown you His love?