

**HOPE LUTHERAN CHURCH- LCMS**

25999 OLD 41 RD  
BONITA SPRINGS, FL 34135

PHONE: (239) 992-6952

FAX: (239) 992-3254



## Worship Schedule

### Sunday Worship

**7:45 am - Classic Lutheran Worship (1/5/25 – 4/6/25)**

**9:00 am - Traditional Worship Service**

**10:30 am - Contemporary Worship Service**

**Watch online every Sunday!**

**HLCBONITA.ORG**

STAY CONNECTED WITH HOPE'S WEBSITE:

**[www.hope-bonita.org](http://www.hope-bonita.org)**



## Letter of Hope

January 2025

*From the Desk of Pastor Richard*

### Epiphany: A Time of Revelation and Light

Epiphany is a special time for Christians, celebrated all around the world. It's all about the "manifestation" or "appearance" of Jesus Christ to everyone, especially highlighted by the visit of the Magi. This season, which starts on January 6th and runs to Lent, allows us to reflect on Jesus' identity and purpose.

#### Historical and Biblical Context

Epiphany wraps up the Twelve Days of Christmas and celebrates the journey of the Magi. They followed a star to Bethlehem and came to worship baby Jesus as the promised Messiah. This account reminds us that Jesus came for everyone, not just a select few. You can read about the visit of the Magi in the Gospel of Matthew (Matthew 2:1-12).

#### Themes of Epiphany

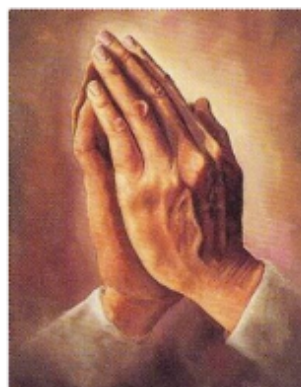
1. **Revelation:** Epiphany is all about Jesus being revealed as the Messiah and Son of God. It's a time to celebrate how Jesus makes Himself known to the world.
2. **Light:** The star that led the Magi is a prominent symbol during Epiphany. Light stands for guidance, hope, and God's presence. During this season, we're reminded to let Christ's light shine through us.
3. **Love:** The visit of the Magi shows that Jesus' message is for everyone. Epiphany encourages us to embrace and share God's love with all people.
4. **Reflection:** Epiphany is also a great time for personal reflection and spiritual growth. It's a chance to see how Christ is revealed in your life and to respond to His call. Daily devotions, Bible study, and prayer can deepen your understanding of Jesus' mission and inspire you to live out your faith.

Epiphany is a season rich with themes and traditions, highlighting the revelation of Jesus Christ to the world. As you celebrate this special season this year, may the light of Christ, who came for all, illuminate your path and guide you in your journey of faith.

Epiphany Blessings!

*Pastor Rick*

## Weekly Prayers



Sunday – Heavenly Father, give me strength for this day. Amen. Ephesians 3:16-17 16 that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, 17 so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love,

Monday – Lord Jesus, grant me patience as I wait for you. Amen. Romans 2:7-8 7 to those who by patience in well-doing seek for glory and honor and immortality, he will give eternal life; 8 but for those who are self-seeking and do not obey the truth, but obey unrighteousness, there will be wrath and fury.













Tuesday – Lord God, I praise you for redeeming me from all my sins. Strengthen my faith to trust in your mercies toward me. In Jesus' name. Amen. Psalm 28:7 The LORD is my strength and my shield; in him my heart trusts, and I am helped; my heart exults, and with my song I give thanks to him.

Wednesday – O Jesus, be my sword and my song on this day as I struggle against the enemy. Amen Deuteronomy 33:29 Blessed are you, Israel! Who is like you, a people saved by the LORD? He is your shield and helper and your glorious sword. Your enemies will cower before you, and you will tread on their heights.”

Thursday – Father in Heaven, renew my joy this day, even in the midst of suffering. In Jesus' name. Amen Psalm 5:11 But let all who take refuge in you be glad; let them ever sing for joy. Spread your protection over them, that those who love your name may rejoice in you.

Friday – O Christ, through whom all things are possible, give me the courage to follow you wherever you may lead me. Amen. Joshua 1:9 Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”

Saturday – Lord Jesus, help me to love others as you love them. Amen. John 13:35 By this everyone will know that you are my disciples, if you love one another.”

<b>Fri</b> <b>17</b>	<b>Tai Chi</b> 9:00 AM - 10:00 AM 	<b>Line Dancing</b> 10:30 AM - 11:30 AM	<b>Groovy Movie</b> 12:15 PM - 2:30 PM
<b>Mon</b> <b>20</b>	<b>CLOSED - NO PROGRAMS OR HOT MEAL</b>		
<b>Tues</b> <b>21</b>	<b>Strength &amp; Stretch Yoga</b> 9:00 AM - 10:00 AM	<b>Chair Yoga</b> 10:30 AM - 11:30 Am	<b>Trivia</b> 12:15 PM - 1:15 PM
			<b>Chair Volleyball</b> 1:30 PM - 2:30 PM
<b>Weds</b> <b>22</b>	<b>Stabilized Steps</b> 9:00 AM - 10:00 AM	<b>Stabilized Steps</b> 10:30 AM - 11:30 AM	<b>Dr. Piper Phone Tech</b> 12:00 PM - 1:00 PM 
			<b>BINGO</b> 1:30 PM - 4:00 PM 
<b>Thurs</b> <b>23</b>	<b>Tai Chi</b> 9:00 AM - 10:00 AM 	<b>My Active Center</b> 10:30 AM - 11:30 Am 	<b>Blanket Buddies</b> 12:15 PM - 2:15 PM 
			<b>Puzzles</b> 12:15 PM - 3:00 PM
<b>Fri</b> <b>24</b>	<b>Tai Chi</b> 9:00 AM - 10:00 AM 	<b>Art Therapy</b> 10:30 AM - 11:30 AM	<b>Groovy Movie</b> 12:15 PM - 2:30 PM
<b>Mon</b> <b>27</b>	<b>Gentle Yoga at Shangri-La</b> 9:00 AM - 10:00 AM	<b>Stabilized Steps</b> 9:00 AM - 10:00 AM	<b>Stabilized Steps</b> 10:30 AM - 11:30 AM
			<b>Cards/Dominos/Games</b> 12:15 PM - 3:00 PM
<b>Tues</b> <b>28</b>	<b>Stabilized Steps</b> 9:00 AM - 10:00 AM	<b>Strength &amp; Stretch Yoga</b> 9:00 AM - 10:00 AM	<b>Chair Yoga</b> 10:30 AM - 11:30 Am
			<b>Setting Goals for 2025</b> 12:00 PM - 1:00 PM
			<b>Chair Volleyball</b> 1:30 PM - 2:30 PM
<b>Weds</b> <b>29</b>	<b>Stabilized Steps</b> 10:30 AM - 11:30 AM	<b>Bonita Assistance Office</b> 12:00 PM - 1:00 PM 	<b>BINGO</b> 1:30 PM - 4:00 PM 
<b>Thurs</b> <b>30</b>	<b>Tai Chi</b> 9:00 AM - 10:00 AM 	<b>My Active Center</b> 10:30 AM - 11:30 Am 	<b>Puzzles</b> 12:15 PM - 3:00 PM
<b>Fri</b> <b>31</b>	<b>Tai Chi</b> 9:00 AM - 10:00 AM 	<b>Line Dancing</b> 10:30 AM - 11:30 AM	<b>Groovy Movie</b> 12:15 PM - 2:30 PM

**USE MYACTIVECENTER TO REGISTER FOR ALL PROGRAMS**

Questions? Call 239-399-4881 or [sheila@hopebonita.org](mailto:sheila@hopebonita.org)



Mon - Fri

## Hot Meal Program 11:30 AM - 1:30 PM



8 Week Program

Tai Chi Jan 8 - Feb 27  
Chair Yoga Nov 26 - Jan 28  
Strength & Stretch Yoga Every Tuesday  
Gentle Yoga at Shangri-La Nov 25 - Jan 27  
Stabilized Steps 9:00 AM - 10:00 AM Jan 8 - March 10  
Stabilized Steps 10:30 AM - 11:30 AM Nov 25 - Jan 29  
Use MyActiveCenter to reserve your spot  
Weekly programs will continue as normal



Weds 01

## CLOSED - NO PROGRAMS OR HOT MEAL

Thurs 02

Coffee Clutch 9:00 AM - 10:00 AM  
Music Therapy: Drumming 10:30 AM - 11:30 AM  
Puzzles 12:15 PM - 1:15 PM  
Crafting Activity 1:30 PM - 2:30 PM

Fri 03

Coffee Clutch 9:00 AM - 10:00 AM  
Line Dancing 10:30 AM - 11:30 AM  
Groovy Movie 12:15 PM - 2:30 PM

Mon 06

Coffee Clutch 9:00 AM - 10:00 AM  
Gentle Yoga at Shangri-La 9:00 AM - 10:00 AM  
Stabilized Steps CANCELLED  
FUNch Bunch 12:00 PM - 1:30 PM  
Dominos/Cards/Games 1:30 PM - 3:00 PM

Tues 07

Strength & Stretch Yoga 9:00 AM - 10:00 AM  
Chair Yoga 10:30 AM - 11:30 AM  
Trivia 12:15 PM - 1:15 PM  
Chair Volleyball 1:30 PM - 2:30 PM

Weds 08

Stabilized Steps 9:00 AM - 10:00 AM  
Stabilized Steps 10:30 AM - 11:30 AM  
Avoiding Processed Foods 12:00 PM - 1:00 PM  
BINGO 1:30 PM - 4:30 PM



Thurs 09

Tai Chi 9:00 AM - 10:00 AM  
Memory Café 10:30 AM - 11:30 AM  
Mindfulness 12:15 PM - 1:15 PM  
Puzzles 1:30 PM - 3:00 PM



Fri 10

Tai Chi 9:00 AM - 10:00 AM  
Line Dancing 10:30 AM - 11:30 AM  
Groovy Movie 12:15 PM - 2:30 PM



Mon 13

Gentle Yoga at Shangri-La 9:00 AM - 10:00 AM  
Stabilized Step 9:00 AM - 10:00 AM  
Stabilized Steps 10:30 AM - 11:30 AM  
Dominos/Cards/Games 12:15 PM - 3:00 PM

Tues 14

Strength & Stretch Yoga 9:00 AM - 10:00 AM  
Chair Yoga 10:30 AM - 11:30 AM  
Health Care Surrogate/POA 12:15 PM - 1:15 PM  
Chair Volleyball 1:30 PM - 2:30 PM



Weds 15

Stabilized Steps 9:00 AM - 10:00 AM  
Stabilized Steps 10:30 AM - 11:30 AM  
VITA 12:00 PM - 1:00 PM  
BINGO 1:30 PM - 4:30 PM



Thurs 16

Tai Chi 9:00 AM - 10:00 AM  
Music Therapy: Drumming 10:30 AM - 11:30 AM  
Puzzles 12:15 PM - 1:15 PM  
Crafting Activity 1:30 PM - 2:30 PM



## New Year, New You: Nourishing Body, Mind, and Spirit

As we begin the new year, it's the perfect time to prioritize self-care and create balance in our lives. True self-care goes beyond skincare or bubble baths—it's about nourishing your body, mind, and spirit. Here are three key areas of self-care to help you live a healthier, more fulfilling life: diet, exercise, and prayer.

### 1. Nourish Your Body with Wholesome Foods

Eating well directly impacts how we feel and function. Focus on a balanced diet of whole foods—fruits, vegetables, whole grains, lean proteins, and healthy fats. Stay hydrated by drinking plenty of water throughout the day. Practice mindful eating by savoring each bite and listening to your body's hunger cues.

### 2. Move Your Body for Strength and Vitality

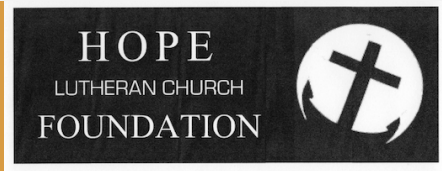
Exercise improves health, boosts mood, and reduces stress. Find an activity you enjoy—whether yoga, swimming, hiking, or dancing. Set realistic goals, starting with 20-30 minutes a few times a week, and gradually increase your activity. Look for ways to incorporate movement into your day, like taking the stairs or stretching while watching TV.

### 3. Nurturing Your Spirit

Your Spiritual health is as important as physical health. Make time for prayer, Bible Study and Worship. Being in the presence of other believers and celebrating the gifts God gives us through His word and sacrament can help you stay focused throughout the week.

True wellness is about focusing on a holistic approach to self-care. By nourishing your body, mind, and spirit, you'll create a solid foundation for a balanced and fulfilling life. Start small and be patient with yourself—self-care is about progress, not perfection.

Here's to a year of growth, healing, and well-being! Wishing you peace, health, and happiness in 2025!



It would not be possible to help any of these organizations doing God's work without your help and the contributions you give to the Hope Foundation. If you are not contributing to the Hope Foundation, we would ask you to prayerfully consider it.

This year, we are privileged to contribute to Harvest Time Ministries of Bonita. They serve farm worker families who work in the fields planting and harvesting tomatoes, strawberries, jalapenos, peppers, cucumbers and other crops. We feed souls and bodies and show the grace and mercy of Jesus to these workers and their families.

Various volunteers visit the needy every other Saturday during season (November-April), at two different locations. They deliver between 125 and 140 bags of food at each location. Harvest Time Ministries receive no governmental funding of any kind and depends entirely on "gifts from the heart" from local churches, private individuals etc.

Harvest Time Ministries supports these farm workers in other ways with clothing and emotional support. They live from paycheck to paycheck and if it rains or the crops are damaged by weather and there is no work, there is no paycheck. Many families would go hungry without our support

If you are not familiar with the Hope Foundation, or if you have questions about our endeavors, visit the church website or contact our Chairman Ron Anderson for more information.

Peace be with you-  
Susan Schwinn

Secretary, Hope Lutheran Church Foundation

## Ministry Contacts

### Staff

Richard Browning - Senior Pastor  
Nikki Boocock - Preschool Director  
Stephanie Stanley - Administrator  
Gigi Torres Perez - Admin Assistant & Marketing

Tina Browning - Faith Community Nurse

David Gomez- Music Director  
Ruth Anderson - Choir Director  
Alan Lomicka - Organist

### Council Members

Julie Marquardt President/Treasurer  
Jim Gienapp - Vice President  
Sarah Brenner - Secretary  
Chris Corrie - Elder Representative/Treasurer  
Mary Eberhardt - Director  
Bob Imig - Director  
Lloyd Barge - Director

### Foundation Committee

Ron Anderson, Chairman  
Susan Schwinn, Secretary  
Bill Barnes  
Curt Brenner  
Marilyn Fenton  
Andy Frech  
Ron Knautz  
Joann Voth

### Elders

Chris Corrie, Chairman 502-523-3201  
Chuck Fieldman - 815-739-5360  
Tom Headington- 309-264-1915  
Tim Baum-516-445-3195  
Tom Steen- 509- 951-5332  
Scott Krawec-239-910-3405

### Emeritus Elders

Bob Cory  
Dennis Vosberg  
Craig Fields  
Chuck Wolkerstorfer  
Dick Cornish

## January Birthdays

*Happy Birthday*

Linda Rustad Jan 01  
Henry Bauermeister Jan 02  
Bob Prideaux Jan 03  
Jim Maloney Jan 04  
Fred Marunde Jan 07  
Ron Anderson Jan 08  
Debbie Coomer Jan 08  
Phyllis Erber Jan 08  
Marilyn Herrli Jan 08  
Lyle Heidmann Jan 10

Jim MacGregor Jan 14  
Gloria Raguse Jan 14  
Vonnie Ray Jan 14  
Jinny Ruppin Jan 14  
Scott Krawec Jan 15  
Rick Bittner Jan 16  
Eric Brown Jan 19  
Betty Trimble Jan 19  
Nadine Myers Jan 20  
Aiden Murphy-McGill Jan 22

Lukas Browning Jan 24  
Anita Greenwald Jan 25  
Dee Golob Jan 27  
Judith Hamed Jan 30  
Grant Van Bavel Jan 30  
Bill Barnes Jan 31  
Jared Brenner Jan 31  
Mary Kay Fieldman Jan 31  
Jan Mahal Jan 31  
Bill Mink Jan 31

## Online Giving

As we enter the new year, we reflect on the many ways our faith community has been blessed and supported by your generosity. Online giving is a simple and consistent way to help sustain our ministries and outreach efforts throughout every season, regardless of where life takes you.

By choosing online giving, you can ensure that our church continues to grow, serve, and share God's love with those around us. Thank you for your faithful support and commitment to our mission! **Thank** you for your commitment to sustaining our faith community!

To give online, visit: [Secure.myvanco.com/L-Z447/home](https://secure.myvanco.com/L-Z447/home)

## January Anniversaries

*Happy Anniversary*

Jim & Beverly Kauffman Jan 1  
Larry & Karen Drake Jan 7  
Andy & Kathy Frech Jan 28  
Ron & Gloria Knautz Jan 28