

FAITHNOTES

February 2026

The Newsletter for Communities of Faith/Peace

United Parish, United Methodist

Clarissa - Clotho - Eagle Bend

Long Prairie - Wrightstown

Thoughts from Kali . . .

Thoughts.....good morning on this frigid morning. One more time, the temps are dipping daily and we get tired. We get weary. We get edgy. We long for light and warmth and a lighter jacket, cars that don't grow when started, weather reports without the reminder that frost bite becomes possible with just a few minutes exposure to the elements.

The other morning, sitting in the dark, posting devotions, I realized that the light was coming in a bit sooner than usual; the sunbursts were rising up over the trees, just a bit sooner than they have been. That night when I drove home after a meeting, I looked at my watch and was amazed that it was as late as it was; dusk was setting in later than it had been. Hallelujah! I am experiencing the difference!!!! The difference of light in life, the joy of extended time to see what is happening outside, the added minutes that allow more time to do a few more tasks before dinner needs to be on the table or before one feels like it is time to ready for bed and the clock only says 8 p.m. Light helps doesn't it?

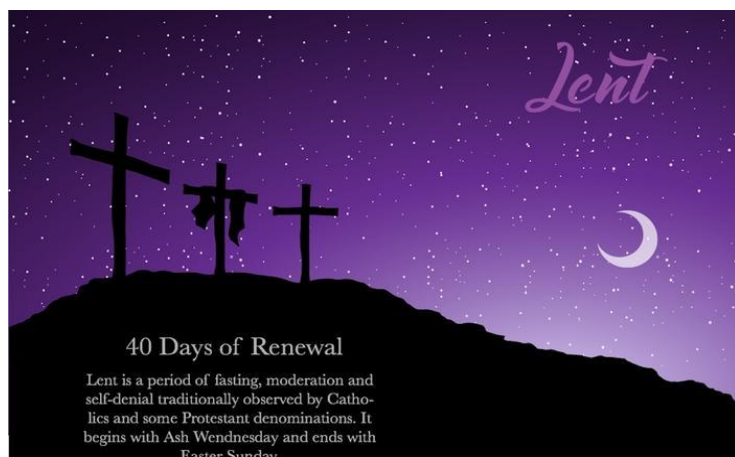
We just had the message on light, the call to be light in the world where darkness prevails. The urge to bring His love into the world in which we live. We know that, have heard it before, do the best we can....we send a bit of money to our favorite charity, listen to a podcast on living our best lives, we tweak a habit or decide we will pray in the morning and the evening, maybe even pray quietly before a meal, even when sitting at the counter while scrolling our phone over lunch.....just a little prayer to thank Jesus....there ya go, did it. Amen!

This year thus far has been hard, hasn't it? News reports filled with trouble.....and not anything, that entails good trouble...or is there? This is a hard time, families are divided over the ins and outs of politics and information

on immigration and the rigors of who is in and who is out. There is so much!!!! And we have been addressing it, not the details of politics, but the details of the Gospel and doesn't it get to be a lot? I can tell by faces in the congregation that there are times when the repeated Gospel invitation to love Jesus and our Neighbor is frustrating to hear over and over. I get that. I really do. I also see what we are called to and I have had conversations with people who are here legally and illegally, have discussed the rigors of the journey. Do most people think that you walk up to the desk, present your visas, and an application to become a citizen, and walla! There it is, welcome to you, let me shake your hand. That simply is not true. The process is painstaking, costs money, takes time, is rigorous.

The protests are begging us to look deeper, for a playing field which is somewhat level, not based on skin color or language, but on equal opportunity to be considered "the good, the light" before being called out as scum, illegals, aliens, something foreign and distasteful. That begs the question as to what privilege is about, doesn't it? Makes us look deeper and examine our hearts, makes us look at that favorite song we sang about red and yellow, black and white...that song we actually believed in. The love your neighbor as yourself is not really a suggestion, it is what He expects from us. Does that get tiring? You bet it does. It is hard work, but it is His work. It is the work we are given when he says be salt and light. Light up this weary world. My Friends as we walk into Lent, let us do so with eyes wide open to His love and His expectation of us. To be Him in a weary world, to bring heaven to earth, to love when we so want to turn our backs. This life in Jesus is not easy, but it is filled with hope and love and light and YOU. If you wonder why anyone would protect another....think of this, when i was a kid, if my Mom had to make a quick stop, her right arm would come up like a bus arm, but so much quicker and with force. I so often laughed at her and made fun of her response. When i had kids, transported kids, and probably several adults too, my arm automatically did the same thing....and i would do it for you and with you, regardless of your position on immigration, abortion, gun control, sexual orientation, racial profiling, privilege....and you would do it for me, wouldn't you? I am guessing you would because

it is not about what we think as much as it is about how we love. And LOVE is ultimately the language He wants us to speak. That is His language. Amen



Lent is about to get underway. We will join together in our churches for our self guided Lenten experience on Ash Wednesday, February 18th. During that time the Lenten take home packages for families and individuals will be available. At each church ashes will be imposed on your forehead or hand as you choose. The time slots are established for the imposition of ashes. You are welcome to stay at church as long as you like. Attend whichever service best fits your schedule.

Services will be held at the following times on

Wednesday, February 18th:

Wrightstown UMC, 12:30-1:30 p.m.

Eagle Bend UMC, 2-3 p.m.

Clarissa UMC, 3:30-4:30 p.m.

Peace United, 5-6 p.m.

Clotho UMC, 6:30-7:30 p.m.

Peace United's Women of Peace invite you to their *LOVE LUNCHEON* on Thursday, February 12th at 11:30 am at the PUC Church in Long Prairie. Everyone is Welcome.

If you are able to attend, please R.S.V.P. to

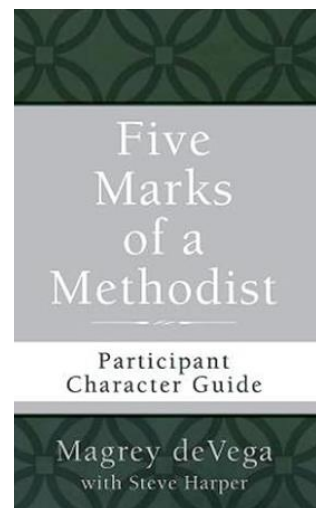
Betty Kunerth at

320-732-2684 by the 8th. *Happy Valentine's Day*

We will be studying "Five Marks of a Methodist" during Lent. It is a great opportunity to refresh and enhance your faith journey. It is a wonderful chance to study up on what being a United Methodist is all about; however, if you are not United Methodist, it is just a sound book to examine your personal

discipleship journey. It is pertinent for all family members. Often we ponder becoming a part of a church, but are hesitant and fail to explore our thoughts any further. This is a good chance to look, ask questions, and ponder your personal growth. The book is short and filled with hope. Give yourself the gift of love this Lenten Season!!!! I have ordered 25 copies. You are welcome to purchase one at 7.50 or order one online. There are used copies on Amazon. You can use a book and return it as well. I am very happy to order more copies, so let me know if you are interested in sharing time together. I am hoping many of us take this opportunity to grow together. Our church attendance has been quite poor. Perhaps, this is a chance to enhance our interaction. Feel free to ask any questions you may have about any of this process.

We will meet up for personal conversation on Wednesdays at 3:15 p.m. at Heritage Apartments and Wednesday evenings at 6:30 on zoom. You are encouraged to join either session that works for you. The conversation is for anyone who wants to enhance their personal spiritual journey. If you have not tried zoom before, don't be shy. It is easy and all you have to do is download the app.....the rest is a click of the button. If you need assistance in downloading the app to your phone or ipad, just be in touch. The sessions will be held on February 25, March 4, 11, 18, 25. Mark your calendars.



“Matters of the Heart”

Serving with a Loving Heart (Heart Month):

Connect the physical heart (heart disease prevention) with the spiritual, servant-leader heart. Focus on caring for the "whole person"—body, mind, and spirit.



In February, spiritual wellness and "matters of the heart" focus on a holistic integration of emotional healing, relationship health, and physical heart care. This month serves as a bridge between the physical awareness of **American Heart Month** and the emotional celebrations of **Valentine's Day**, encouraging a deeper connection with oneself and others.

- **Proverbs 4:23:** "Above all else, guard your heart, for everything you do flows from it". This verse connects physical heart health with the spiritual necessity of maintaining a pure heart to lead others effectively.

Call to Action:

"This February, don't just 'do' Lent—let Lent 'do' something in you. Use the **3 Rs** to guard your heart, ensuring that the service you provide flows from a spring that is constantly being made new.

The 3 Rs of Lent – As February unfolds, many of us prepare for the season of Lent. This 40-day journey is more than just "giving something up"; it is an intentional season to recalibrate our internal compass.

1. **Reflection: The Art of Looking Inward**
2. **Repentance: The Courage to Change**
3. **Renewal & Reconciliation: The Path to Wholeness**

- **Ash Wednesday (February 18, 2026).**



In health and blessings,
Cinnamon S. Lancaster RN, BSN, PHN
Faith Community Nurse

Sweetheart Spaghetti Lunch

Bring your loved ones!



Sunday, February 15th, 2026

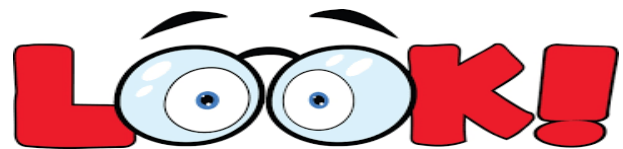
11:00am - 1:30pm

Baked Goods & Craft items for Sale

EAGLE BEND UMC

303 Main Street, Eagle Bend

FREE WILL OFFERING



[Look at all sections for more information.](#)

A little of this and a little of that...

Food ShelfThanks for those of you who have shown an interest in assisting at the food shelf twice a month during the evening hours. We gather at 5:15 at the food shelf and serve from 5:30-7:30 p.m. We then restock the shelves. It is really a fun opportunity to serve. We will be serving the 2nd and 4th Tuesdays as far as we know. I will keep you posted on the latest developments. There is a packet to read and one has to submit your name to the food shelf board, it is a pretty simple process and it is a fun night out. Jane Olson is the contact person to start your volunteer opportunity. Give me a call or call Jane at 320-732-6895.

VOLUNTEERS Bingo at the nursing home..... We will inquire at Clarissa as well. Meadow View has many activities planned and invite the community to be involved. Watch for the opportunities. Valley View is also a place your volunteer hours could be offered.

Prayer Peeps. If you have time to be added to pray over the prayer requests at the CentraCare hospital chapel, please contact Kali. This is a holy and important opportunity to pray with community. **It would be an hour a month.** Would you be willing to give an hour a month to pray over the prayer requests at the chapel at the hospital in Long Prairie? The intent is to offer prayers for the people who have left prayer requests. This is a holy opportunity and those who have had hard hospital stays know how important it is to feel like others are in prayer with you. Please let me know if you are available and I will share a calendar with you.

Back Pack Attack The turn out has been great for the back pack attack the last two times. We have had a lot of fun together. A notice will be sent out when the next one is scheduled.

Meal Packing We are going to pack meals again for the CentraCare Clinic to have on hand for the food scarcity in our area. Stay tuned to the bulletin to know the date, coming soon.

Ministerial Fund: Again, people have been phenomenal this month. We received money from the Initiative Foundation for emergency funding....food and gas and things that people need in a pinch. We have had a lot of requests. Let me tell you just briefly a great story....a coyote hunter saw a truck parked at a remote bridge consistently, assuming there was someone sleeping in the truck, the hunter called a relative who attends one of our churches. Our church person called me. I called the dispatcher at the sheriff's office....one of our people too. Imagine God giving me a dispatcher from our flock. I told him the story....about 10:15 p.m. that night I got a call from a deputy. He had a conversation with a young man living in his pick-up. The deputy was very concerned. It was cold. He asked what he should do.....I said give him my number. The next day this young man called. I got him hooked up with a room and some food. He was GRATEFUL! We talked about a plan forward.....my point....it takes a village, a community for all of us to make it. I am so thankful that the coyote hunter saw in our churches HOPE!!!! Hope that someone would respond, pick up the pieces, offer care and warmth and safety. We received 600 dollars for the Greater Good fund, giving us the opportunity to reach out to our community. So we have helped with rent and food and gas and people struggling. We have delivered groceries to people who are afraid to leave their home. Last week one of the people took the boxes

from me with tears in her eyes as her baby was taking a nap. We did not share the same language, but we shared our hearts. When I left, I reminded her to lock the door behind me. This is church, my Friends and I appreciate each of you, loving our neighbors as we love God. I am hoping you are interested in continuing the journey of love. We have meals to pack with CentraCare soon and there are tons of projects that are in the mix. Several people from the community have stepped forward to assist with the ministerial fund and the boots on the ground work. Do not hesitate to reach out. I love the conversations, the inspiration, the hope!!!!!!

Diane Gjerstad has extra valentines. She made valentines for the entire crew at the nursing home and apartments in Clarissa last year. She is doing the same this year and inviting all of us in to valentines for apartment buildings, assisted living spaces, nursing homes, day care spots, senior centers....as many ideas as you have spinning in your head. What comes to mind for you?

Ministerial Team February Schedule:

1..Marlys and Kali

8..Erin and Kali

15..Pam and Kali

22..Marlys and Kali

Ministerial Team will meet on Monday, February 9th, 5:15 p.m., Buford's

Letter of appreciation

Dear friends in Christ.

This note is to inform you that I have decided to remove myself from the Ministerial Team. It has been a pleasure to serve Clarissa, Eagle Bend and Peace United these past several years. I will send a letter of Thanks and Gratitude to the Chairperson of each church to be shared with their congregation.

**Peace and Love,
Pam Cook CLS**

Worship With Us

JOIN US IN CHURCH... Would love to have you join us in church...we are missing you and look forward to connecting at worship services at any of our churches. While the opportunity for social media to keep us connected is beneficial, there is nothing like personal presence. We encourage you to think about how and when you could worship with us. Thanks to everyone who continues to financially, give as they can. Our churches are operating and have a desire to extend our presence in the communities. Your gifts support the mission and operation of our churches.

Clarissa, Clotho, Eagle Bend people, feel free to send any monetary gifts to PO Box 158, Clarissa, MN. 56440. Peace United Folks, send your offering to 524 Central Avenue, Long Prairie, MN 56347.

Contributions for Wrightstown UMC send to Joan Zirbes, 62172 County Hwy. 40, Parkers Prairie, MN 56361. Hope to see you soon. Feel free to be in touch. You can reach me at 320-808-6301.



Meanderings of the Preacher...

Extra things noted this month for Kali: LSS meeting on the 4th; Meetings at Hilltop

Regional Kitchen and Rights restriction training on the 10th; food shelf on the evenings of the 10th and 24th; mentoring meeting at Perham the evening of the 12th; Community Circle supper and potluck on the 26th; NAPS distribution on the 23rd.



PLEASE REMEMBER OUR NURSING HOME AND ASSISTED LIVING FAMILY...

Central Todd County Care Center & Assisted Living – Clarissa

- Shirley Carrick - Darlene Bodle - Gene Bodle

Meadow Place – Long Prairie

- Darlene Baxter - Jan Miller - Bev Johnson

Long Prairie Memorial Nursing Home

- Orin Baxter

Nursing Homes services:

Nursing Home Services: Worship at Central Todd County Care Center, February 4th and 11th, 2:30 p.m. Worship at Long Prairie Nursing Home, February 11th at 9:45 a.m.

Conversations Join us on Wednesday mornings at 7 a.m. on Facebook, Kali Christensen page. We will share a devotional and a little chat. If there is something you would like to see mentioned, just be in touch.



Rick Brustuen, continued healing

Rick Blom Sr.

Jenni Sibert

Jake and Jess Spandl and new Baby, Miles

Mark Nelson

Debra Durheim....shingles and healing

Linda VanValkenburg's nephew, Jason, diagnosed with lymphoma

Heidi Masters.....maintaining

Strength and growth for young people struggling with challenges in life.

Prayers for a friend who lost their Dad in a vehicle accident

Carolyn Vandenheuvel and family in the death of Carolyn's brother-in-law, Ed

Mike Schwartz

Marlys' grandson, Riley, healing

Art Packard, healing

Florabell Packard, moved to a nursing home, doing better

Carolyn Vandenheuvel, had a great Christmas trip to New York! Great to be with family.

For the leaders and people of our country, praying for empathy, understanding, strength, guidance, and always, praying for God's peace.

Grateful for the five treasurers and admin leaders for working out a budget

Betty Kunerth.

Family of Jeff Dinkel

Nancy Duncan and family in the death of Nancy's Dad

Family of Marilyn Stevens

The doctors who gave Thomas King "his life back". The joy of a diagnosis and answer to questions! Courage!

Mason Graves

Family of Charlie Meyer

Pat Scherf, removal of lung lobe

Family of Miranda Hollenkamp

Family of Laurel Einerwold

Law enforcement

Linda VanValkenburg

Roger Warner....happy 90!!!!

Pastors ministering in this time

Friend of Lu's who lost her pet companion

Health Matters for many

Ruth Ann Gessel, valve replacement scheduled for February 3rd

Nyla Kraemer, good 4 year check up!!!Amen!!!

Family of Jay Treblehorn

Bob Butler, back surgery/healing

Family of Byron Erickson

The violence and chaos in Minneapolis, safety for the peaceful protesters and for those who are being targeted. Prayers for peace in the midst of all that is going on. Prayers for safety and conversation instead of violence. Prayers for local law enforcement who see the value in people. Prayers for out state Minnesota where the presence of ICE is becoming prevalent. May we be a call to decency and love.

Hip replacement for Gwen Berry

Family of Dale Heuer

Safe travel for those traveling/weather, etc

Shawn Scott, heart issues

Family of Jay Trebelhorn

People in Iran

Rick Blom Sr., doing much better

Bob Kilber, stents on 1/23

Bella, faithful pup, passed peacefully

Ryan is home following up with therapy due to his brain bleed

Family of Vicki Heid

Family of Vivian Graves and Caroline Vandenheuvel in the loss of a long term friendship

Spanish immersion day care that Joanie's grandkids attend. Prayers for safety, for the fear of those attending, serving, sharing space.

Prayers for the tension, the violence, the fear, the courage for all people. Prayers for peace to

prevail. Prayers for those scared to leave their homes, for the basic needs of one another.

Scott Woeste, fractured hand

Ray Klim

Rog Berkness, healing

Addie Noska

Family of Mitch Hillman

Congratulations to the Zimmer Family in the birth of Baylor Neil



2..Chuck Noska

2.. Heather Donovan

3 Dennie Anderson

7..Sharon Werner

7 Mara Senger

10..Ray Klim

12..Marla Schnell

13 Nyla Kraemer

14..Diane Marquardt

14 Hayley Hudalla

15..Hunter Harlow

18..Benji Hudalla

18..Susan Brouwer

18..Tyler Mollner

19..Barb Logas

19..Marcus Kunerth

20..Christina Esposito

20..Thomas VanValkenburg

21..Gordy Miller

21..Devin Cossentine

22..Pat Nelson

22..Deanna Lackmann

24..Patti Larson

27..Gloria Eberle

27..Reta Dahlen



COMMUNITIES OF FAITH UNITED PARISH

Clarissa Chatter. . .

Administrative Council: February 23, 5 p.m.
Everyone welcome!

Clotho Corner...

Coffee in Clotho will be ready to go at 6:30a.m.
February 6th

Music Jam at Clotho, Monday, February 2nd, 1 p.m.
Everyone is welcome to join in.

Administrative Council, Wednesday, February 18th,
7 p.m. All are encouraged to attend.

Eagle Bend Box. . .

Valentine's Lunch on Sunday February 15th 11 a.m.
to 1:30 p.m. Free Will Offering
Soup and Sandwich Supper: 4:30-6:30 p.m. On
February 17th.

Peace United Update...

Admin Council, Sunday, February 8th, after church
Women of Peace Valentine's Luncheon on Thursday,
February 12th at 11:30. Please R.S.V.P. Everyone is
Welcome.

Wrightstown Wrap-up.....

Brunch after church on February 1st
Lydia Circle at 11am February 5th.



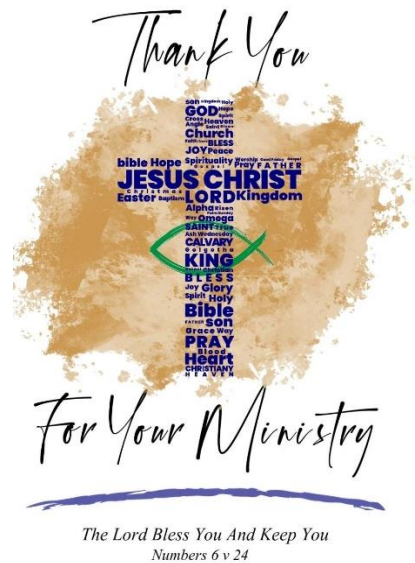
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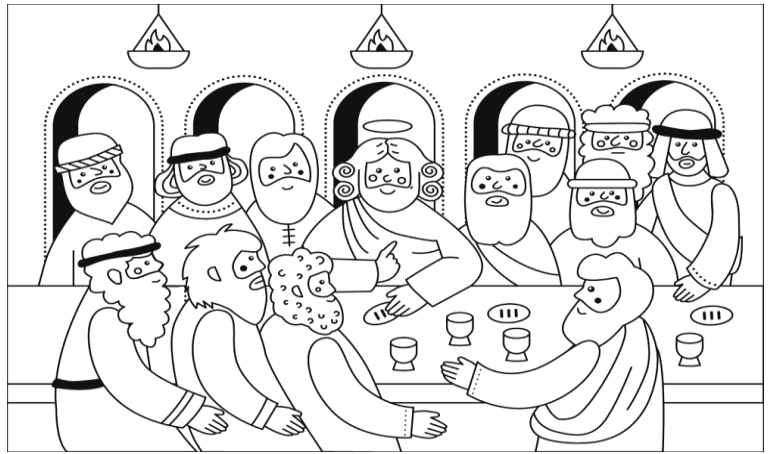
January 27th, members of each church gathered with
Becky Jo Messenbrink, Conference Superintendent to
affirm the cooperative parish formed by our five
churches. We will be referred to Communities of
Faith United Parish by the conference. We also
affirmed a budget that is posted at each church.
Thanks to all who attended and enjoyed the
scrumptious soup, salad, garlic bread, and desserts.
The conversations at each table were filled with
information and perhaps, a little humor, the

opportunity to get to know each other. We are
entering the 5th week of life together with a schedule
that keeps everyone moving and the services
flowing. Time to dawdle and talk is limited, but
there is always time to meet up during the week in
person, via text, call, or email. The reasons to
participate in an event at the church will strengthen
the relationships as well.

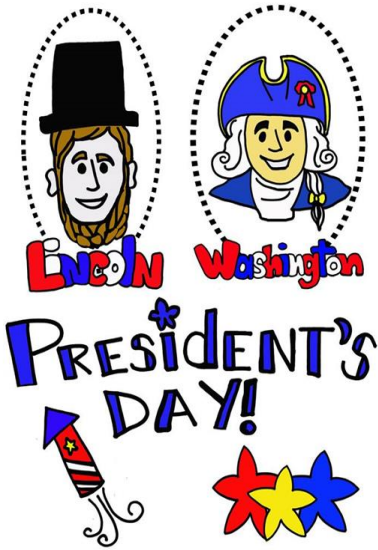
Communion is served the first Sunday in each church
now and we will continue to iron out those details as
the ministerial team shared the blessed
elements. Change is our constant and it comes with
the tension we talked about in church, the rigors of
living a life filled with the love of Jesus and His
desire for us to go and make disciples for the
transformation of the world. At the same time, we are
gifted with His grace, knowing we are a work in
progress, seeking to be more like Jesus each
day. The tension is real and the journey an
adventure.

We salute Pam
Cook as she
shares her last
Sunday with us this
month. Pam has
been a wonderful
asset to the
Ministerial Team
and we will miss
her warmth, hugs,
and investment in
making the love of
Jesus real. Pam
and Larry have
teamed up to bring
our churches love,
spiritual direction, and deep friendships. Thanks,
Pam for the love you share freely and with
JOY. Pam will continue to be available for pulpit
supply and that is the fun news. Please extend your
love to Pam as she finishes up her regular rotation on
the 15th at Peace United and Clarissa UMC.
Godspeed as you continue to share your heart with
others, Pam!





Love Thy Neighbor



Circle Of Caring Healing Hearts Luncheon

Honoring our love for spouses and others who have died.

Date: February 17th.

Time: 11:00am

Place: Faith Lutheran Church, Eagle Bend

Cost: Free

Sign up by February 15th on the sign-up sheet or call Allan Mortenson at 320-360-2385.


Word list:

BUILD
CARE
COMPASSIONATE
ENCOURAGE
FORGIVE
GOD
HEART
HELP

HUMBLE
KIND
LOVE
MIND
NEIGHBOR
PRAY
SHARE
TREAT



February

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|--|--|---|-----------|
| 1 UMC/Peace United Church Services Facebook – 7 am Clotho – 8 am Eagle Bend – 9:15 am Peace United – 9:15 am Clarissa - 10:30 am Wrightstown - 10:30 am & Brunch to Follow Communion Sunday for all | 2 1 PM Music Jam at Clotho UMC | 3 | 4 Conversations on Facebook at 7:00 am 2:30 pm Worship at CTCCC | 5 | 6 6:30 am to 9 am Coffee at Clotho  | 7 |
| 8 Church Services Facebook – 7 am Clotho – 8 am Eagle Bend – 9:15 am Peace United – 9:15 am Clarissa - 10:30 am Wrightstown - 10:30 am PUC Council after Worship | 9 Ministerial Team 5:15 p.m., Buford's. | 10 Kali Meetings 5:15 Food Shelf-Long Prairie | 11 Conversations on Facebook at 7:00 am 9:45 am Worship at Long Prairie Nursing Home 2:30 pm Worship at CTCCC | 12 11:30 Valentines Luncheon Women of Peace Kali PM Perham. | 13 9am Community Networking - | 14 |
| 15 UMC/Peace United Church Services Facebook – 7 am Clotho – 8 am Eagle Bend – 9:15 am Peace United – 9:15 am Clarissa - 10:30 am Wrightstown - 10:30 am Spaghetti Lunch E.B. | 16 Community Circle Potluck, 5-7 p.m | 17 Soup and Sandwich Supper in Eagle Bend 4:30 to 6:30 PM | 18 Conversations on Facebook at 7:00 am Clotho Admin Council 7 PM ASH WEDNESDAY  Wrightstown UMC 12:30-1:30 p.m. Eagle Bend UMC, 2-3 p.m. Clarissa UMC, 3:30-4:30 p.m. Peace United, 5-6 p.m. Clotho UMC, 6:30-7:30 p.m. | 19 | 20 | 21 |
| 22 UMC/Peace United Church Services Facebook – 7 am Clotho – 8 am Eagle Bend – 9:15 am Peace United – 9:15 am Clarissa - 10:30 am Wrightstown - 10:30 am | 23 5 pm – Clarissa Admin Council NAPS Distribution | 24 5:15 Food Shelf-Long Prairie | 25 Conversations on Facebook at 7 am Lent Conversations 3:15 Heritage Apartments 6:30 p.m. ZOOM | 26 Community Circle Pot Luck | 27 | 28 |

Communities of Faith/ Peace United Parish
P.O. Box 158
Clarissa, MN 56440

TO:

February 2026
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Clotho, & Eagle Bend