



JOYFUL, HAPPY AND FULL OF CHEER! (Pastor Jim)

I wanted to share (again) a FAVORITE verse of mine and many of you, too:

"A merry heart does good, like a medicine!" Proverbs 17:22, NKJV

In the original Hebrew, the word for merry (*sameach*) means "joyful, happy, full of cheer, making merry, glad, pleased." The "heart" is a person's inner self, thoughts, emotions, and will.

Proverbs 17:22 in English Standard Version reads: ***"A JOYFUL heart is good medicine"***

"Medicine" is something that treats or alleviates the symptoms of disease.

One commentary suggests that *"A cheerful heart causes good healing"* is an appropriate literal translation.

The NET version reads, ***"A cheerful heart brings good healing."***

The Revised English Bible says, ***"A glad heart makes for good health."***

Similar verses to ponder:

"A peaceful heart leads to a healthy body; jealousy is like cancer in the bones." Proverbs 14:30

"A glad heart makes a happy face; a broken heart crushes the spirit" Proverbs 15:13

OUR church is THE MOST JOYFUL Debbie, and I have ever been in!

I encourage you to RE-READ and PONDER this article daily for the next week. Meditate on these verses and let God's Word and God's Spirit LIFT your heart even higher!

"And in His Word do they meditate day and night." Psalm 1:2

"This is the Day the Lord has made, let us rejoice and be glad in it!" Psalm 118:24

Praising our LORD! Blessings,

Pastor Jim

SOME THOUGHTS FROM THE BOARD CHAIRMAN

The month of February is also known as a month of “Purification and New Beginnings”. The word “February” comes from the Latin word for purification, “februum”. In ancient Rome it was customary for the citizens to attempt to sanitize their cities and their bodies during this month. It was a way to transition from the cold, dark days of winter, to the warm, sunny days of spring.

For a month with only 28 days (29 every 4 years) there is a lot happening in February. Here is a list of things I found, but I can’t guarantee the list is complete:

Ground Hog Day (2nd) Valentine’s Day (14th) Presidents’ Day (3rd Monday) Mardi Gras (varies with the start of Lent) Ash Wednesday (Feb 18 this year) Chinese New Year (Early Feb) Black History Month Random Acts of Kindness Day (17th) World Cancer Day (4th) National Wear Red Day (Cardiac Awareness) (6th) World Wetlands Day (2nd) World Radio Day (13th) National Pizza Day (9th) National Boiled Peanuts Day (21st) National Inventors Day (11th)

At least one thing to celebrate every other day, it could also be known as “the party month”.

In the Bible, Feb 2nd is generally considered the day that Mary and Joseph presented their newborn baby, Jesus, to the temple. That would make Jesus 40 days old, keeping with the “40” theme we see so often in the Bible. And Feb 17th is recognized as the day Noah saw the waters recede, (after 40 days and 40 nights of rain) but waited for God to tell him the flood was over and it was OK to leave the ark.

My favorite part of February is St. Valentine. Not only because my wife and I enjoy Valentine’s Day, but what the man, St. Valentine, actually did. He was imprisoned by the emperor for defying his order to not marry military aged men, and ended up converting his jailers to Christianity, and influenced many young people to follow the teachings of Christ. He had, through prayer, cured the daughter of the warden of her blindness, and wrote a note to her as he was being taken to be beheaded. He signed that note (reportedly) “from your Valentine”, considered the world’s first Valentine card.

So, Happy Valentine’s Day to everyone. Remember Jesus loves you, and so do we.

Art Pedersen,

Board Chairman

NEWS FROM THE “CHURCH NURSE”

HI ALL! Happy 2026!

“Rejoice Always. Pray without Ceasing. In everything give thanks for this is the Will in Christ Jesus.”

1 Thessalonians 5:16-18

A familiar verse to all The Lake Church Family.

As I pondered this newsletter article, my familiar signature... "Shalom ~ Shalom" - Perfect Peace came right to my mind. Then I saw this little prayer and thought it might be a good reminder to all of us as we embark on a year that we all can certainly pray for PEACE in our lives, our country, the world.

We continue to Praise Our Lord who is the Prince of Peace and be ever so thankful for all the blessings we are so abundantly blessed with.

"A PRAYER FOR PEACE"

Lord, make me an instrument of your peace:

where there is hatred, let me sow love;

where there is injury, pardon;

where there is doubt, faith;

where there is despair, hope;

where there is darkness, light;

where there is sadness, joy.

O divine Father, grant that I may not so much seek

to be consoled as to console,

to be understood as to understand,

to be loved as to love.

For it is in giving that we receive,

it is in pardoning that we are pardoned,

and it is in dying that we are born to eternal life."

—Prayer attributed to St. Francis of Assisi

Please continue to remember that we have a Prayer Team and will pray for you. You can put your requests on Your TLC connect card or email on the website.

May 2026 bring us all into a new and renewed Peace and Joy in Jesus as we live in HIS Presence.

Shalom ~ Shalom,

MJ Goldzimer, RN

TLC Congregational Nurse

SCAM ALERT! (From Pastor Jim)



Once again, please let me remind you to beware of emails or texts from "Pastor Jim" or "Dr Jim Brown" (or similar) saying something like: "I need something handled with discretion" or "I'd appreciate your help with something" These are most likely **SCAMS**.

This happened just last week (Debbie got one) and I really don't want you to get SCAMMED.

If you are in doubt about any email or text (or fake phone calls) from me – PLEASE call or talk face to face with Debbie or me directly.

Thanks ... I'm just being the "shepherd" trying to protect the flock.