



The Calvary Messenger ***February 7, 2025***

Next Messenger will be sent out February 21, 2025.
If you have questions, contact the church office at 320-235-2508.

Make Kindness the Norm, Not the Exception

February is National Random Acts of Kindness Month. It is a time to reinforce compassion and empathy in our lives and communities. We also celebrate Random Acts of Kindness Week from February 14 to February 20 annually. It is a celebration of all the ways we can become a positive influence in each other's lives. Even one small act of kindness can mean a great deal to somebody

1. Kindness Builds Stronger Connections

Kindness fosters trust, empathy, and connection. When kindness becomes a daily habit, it creates a ripple effect that strengthens relationships—whether at school, in workplaces, or at home. By making kindness the norm, we cultivate an environment where everyone feels valued, supported, and inspired.

2. Kindness Improves Mental and Physical Well-Being

Engaging in acts of kindness has been scientifically proven to enhance both mental and physical health. Performing kind deeds releases feel-good hormones like oxytocin and serotonin, which help reduce stress and increase happiness. Regularly practicing kindness can lead to lower blood pressure, improved mental health, and even increased lifespan. By making kindness the norm, we not only uplift others but also promote our own well-being.

3. Kindness Creates a Ripple Effect

Witnessing or experiencing kindness inspires others to pay it forward, creating a chain of positivity that spreads far beyond the initial act. This ripple effect has the power to influence entire communities and even spark systemic change.

4. Kindness Breaks Down Barriers

Kindness transcends differences in culture, background, and beliefs. By making kindness the norm, we create an inclusive environment where everyone feels welcome and respected. Kindness bridges gaps, fosters understanding, and helps us see each other as humans first.

5. Kindness Inspires Action

When kindness is the norm, people are more likely to step up. Whether it's helping a neighbor, supporting a cause, or standing up against injustice, kindness as a baseline encourages us to take meaningful action.

How to Make Kindness the Norm

1. **Start Small:** Incorporate simple acts of kindness into your daily routine, like offering compliments, holding the door open, or lending a helping hand.

2. Model Kindness: Be an example for others, especially children, by showing kindness in your words and actions.
3. Amplify It: Share stories of kindness to inspire others and spread positivity.
4. Create Systems: Advocate for policies and practices—in schools, workplaces, and communities—that encourage and reward kindness.

What Truly Matters

Making kindness the norm isn't just a lofty ideal—it's a practical, powerful way to improve our world. When we choose kindness as our default, we create an environment where everyone can thrive. It's not about waiting for the extraordinary; it's about recognizing that everyday acts have extraordinary potential. Together, we can make kindness the norm, not the exception. And that's a world worth striving for!

Resources are available for everyone on the table in the Narthex! Please take home whatever inspires you to participate in Random Acts of Kindness month- and all year long! Any questions? Let me know.

Blessings and JOY! - Pastor Amy



**NOISY OFFERING COLLECTED
SUNDAY, FEBRUARY 2 - \$97.12**

SOLAR LIGHTS FOR UKRAINE

"The dollars all of us contributed for SOLAR LIGHTS FOR UKRAINE has provided for 50 more lights to assemble. The Creation Care Teams at Vinje, Calvary and Bethel invite you to come and help assemble the lights on Tuesday, February 11 at 6:30 at Vinje Lutheran. We had a great crew that came together last fall for the first 100 lights— please plan to come and experience the fellowship the evening will provide. Dave Nonemacher from the Ray of Life Foundation will again be present to give us an update and help guide the assembly."

WE CAN HELP!

We have learned that the Campus Ministry Center across from Ridgewater serves 300+ meals each week and they wash and dry dishes by hand! They need dishtowels, so we will have a bin in the narthex beginning February 15 until the 28th. Towels should be new or very gently used.

Thank you, Calvary! Social Kindness Committee



CREATION CARE SAVE A DATE:

Calvary, Vinje and Bethel will be hosting a Creation Care booth at the 2nd Annual Healthy Earth Healthy Kids EcoFair that will be held at the Willmar Civic Center on Saturday, April 26th.



**Drop off your used dental products
February 8-9**

**There will be a drop box in the narthex.
These products will be recycled
and kept out of the landfill.**



(Empty tubes-Any brand)



(Empty mouthwash containers)



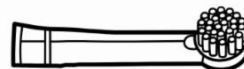
(Used floss picks)



(Empty floss containers)



(Used toothbrushes)



(Used brush heads)

Calvary Creation Care News Flash

At a recent Calvary Church Council meeting, the Council unanimously adopted a Congregational Care-for-Creation Covenant.

The covenant is a commitment by our congregation to care for creation in five areas: worship, education, building and grounds, personal discipleship, and public witness.

- **Worship:** The congregation will incorporate creation-care themes into its worship services.
- **Education:** The congregation will educate its members about creation care.
- **Building and Grounds:** The congregation will make its buildings and grounds more environmentally friendly.
- **Personal Discipleship:** The congregation will encourage its members to adopt environmentally friendly practices in their personal lives.
- **Public Witness:** The congregation will advocate for creation care in the wider community.

You can find the covenant on the church website:

<https://files.secure.website/wscfus/10218199/32672133/creation-care-covenant.pdf>

or by scanning the QR Code below.



Anyone is welcome to join us for our meetings and learn more about the committee. We meet the 3rd Tuesday of each month at 6:30pm.

Our next Creation Care meeting will be held on Tuesday, February 18th in the Friendship Room.

HOPE CIRCLE WILL MEET ON WEDNESDAY, FEBRUARY 19 AT 8:30AM AT MCMILLANS.

GATHER BIBLE STUDY WILL MEET ON WEDNESDAY, FEBRUARY 19TH AT 10:00AM IN THE FRIENDSHIP ROOM.



FEBRUARY 2025 WORSHIP SCHEDULE

Saturday, February 1st	5:30pm Traditional Worship in the Chapel
Sunday, February 2nd	8:00am Traditional Worship 9:05am Sunday School 10:15am Praise Band Youth Led/Noisy Offering/Scout Sunday
Saturday, February 8th	5:30pm Traditional Worship in the Chapel
Sunday, February 9th	8:00am Traditional Worship 9:05am Sunday School 10:15am Praise Band
Saturday, February 15th	5:30pm Traditional Worship in the Chapel
Sunday, February 16th	8:00am Traditional Worship with Calvary Bell Choir 9:05am Sunday School 10:15am Praise Band Camp Sunday
Saturday, February 22nd	5:30pm Traditional Worship in the Chapel
Sunday, February 23rd	8:00am Traditional Worship 9:05am Sunday School 10:15am Praise Band

Pastor Dwaine wants all of you to know that he is open to hearing from any of you. Here is his contact information:

Pastor Dwaine Sutherland

gerald.sutherland82@gmail.com

14424 Bentley Way

Rosemount MN 55068

651-500-7657

*Hey Calvary campers, our
camp week is set!*

**OUR CONGREGATION IS GOING
TO CAMP JUNE 15-19!**



CAMP SUNDAY FEBRUARY 16th at BOTH SERVICES!

Travis Aufderheide from Green Lake Lutheran Ministries will join us for worship and Sunday School! He will bring us an update during worship on all the great things happening at Bible Camp AND spend time having some fun with our Sunday School students during Sunday School Opening. Please join us and bring any Bible Camp questions you might have!



SILENT BIBLE STUDY

Silent Bible Study will meet
February 12th & 26th at 12:00 noon in the
library. ALL ARE WELCOME!



11TH ANNUAL SOUPER BOWL



Please join us Friday, February 7th
11:00 AM- 1:30 PM
at First Presbyterian Church
312 6th St SW, Willmar

**COME ENJOY A
DELICIOUS BOWL OF SOUP,
ARTISAN BREAD,
DESSERT AND BEVERAGE!**

SUGGESTED DONATION

\$15 Adults
\$10 Children (10 & up)
\$5 Children (under 10)

TAKE OUT AVAILABLE
WE WILL DELIVER TO DOWNTOWN

ALL PROCEEDS BENEFIT HABITAT FOR HUMANITY OF WCM
Helping Families Thrive Through Homeownership

CIRCLE OF WELCOME

Members of Calvary and River of Hope (RoH) Lutheran Church in Hutchinson are partnering together to support a Willmar refugee family through the Lutheran Social Service program called "Circle of Welcome". This is an opportunity to walk with a refugee family as friends, supporters, and advocates to help them become established more quickly. Activities might include setting up furniture, helping adults find employment, practicing English, and running errands. We have met with the RoH volunteers both online and in person during training provided through LSS. We are currently waiting for the first meeting with the family we will be supporting to be arranged in the coming weeks. If you have any questions about this program or would like to help out in some way, please contact David Sehloff (dsehloff@gmail.com) or Cathy Halbritter (jchalbritter@gmail.com).

WEEKEND ATTENDANCE

January 25-26 - 253
YouTube - 133 households
Sunday School - 35
General Offering - \$13,593.49

February 1-2 - 240
Sunday School - 40
YouTube - 128
General Offering - \$17,236.20
Noisy Offering - \$97.12

If you or a loved one would like a pastoral visit (ill, hospitalized, or just because), please contact:

Associate Pastor Amy Juel
(320) 282-2225 - ajuel@calvarywillmar.org

Associate Pastor Wayne Kopitzke
(320) 841-1951 - revwayne100@gmail.com

Our pastors are always willing to provide support in time of need.

Worship service is rebroadcast at 10:45 am on KWLM 1340 AM and 96.3 FM
(Vikings game rescinds the broadcast)

TV broadcast on WRAC channel 181:
Tuesdays at 6:30 pm, Sundays 1:00 pm & 8:00 pm

YouTube channel: Calvary Lutheran Church Willmar

Announcements and other items for The Messenger are due by Wednesday at noon to be included in Friday's newsletter. Thank you!



Calvary Phone: 320-235-2508
Calvary E-mail: calvarylutheran@calvarywillmar.org
Calvary Website: www.calvarywillmar.org