

## *Health Improvement*

**Body Moves**, a low-impact exercise class for women and men, schedules sessions during the fall and spring. The group meets every Monday, Wednesday and Friday from 8:30-9:30 a.m. in the Family Life Center for ten weeks. The sessions include devotions, prayer and singing. The Spring 2020 session begins on March 9 and concludes at the end of ten weeks. Cost of the class is \$30 for 30 sessions. Contact Linnea Graen at 319-266-6195 for more information or to register.

## *Special Events*

~Lutheran World Relief Spring Kits and Quilts Delivery/Service is April 4, 2020, at St. Timothy Lutheran Church in Hudson, Iowa.

~The Bremwood Auxiliary Salad Luncheons and Programs will be at 1:00 p.m. on April 17 and May 15 at 1:00 p.m. at the Bremwood Hansen Spiritual Life Center. All women are welcome to attend.

~The Northeast Iowa Women's Synodical Convention is June 10, 2020, at Wartburg College in Waverly, Iowa.

~The Women's Friendship Coffee is Wednesday, August 12, at 9:00 a.m. in Bethel Hall.

## *Nazareth Women's Ministry*

*provides opportunities for women to learn who Christ is, what He has done for us, and how He can inspire us to serve others.*

*Call to learn more about Women of Nazareth and our ministries.*

*Marilyn Gaede*

*Women's Ministry Contact Person*

*319-266-5735*



## **Nazareth Evangelical Lutheran Church**

7401 University Avenue

Cedar Falls IA 50613

319-266-7589

[www.naz.org](http://www.naz.org)



## *Women's Ministry*

*March 2020 through August 2020*

~~~~

### *Our Prayer*

*Lord, bless us as women to be able to explore our gifts and talents with confidence, and give us courage to reach out to others and to support and love them in the name of Jesus. Amen.*

*Inspired by 1 Chronicles 4:10*

## *Bible Study & Fellowship Groups*

**Gather Bible Study:** Five small groups associated with Women of the ELCA (WELCA) meet monthly. The Gather magazine's Bible Studies are used in each study group.

### Wednesday Gather Bible Study

**Time:** 9:15 a.m.  
**Location:** Room 156

**Dates:** March 11, April 8, May 13, June 10, July 8, and August 12 (Friendship Coffee)

### Thursday Gather Bible Study

**Times:** 7:00 a.m., 9:15 a.m., 1:00 p.m., 7:00 p.m.  
**Locations:** Room 156, Room 156, Room 158, Glen Meadows, 7703 University Ave., C.F.

**Dates:** March 12, April 9, May 14, June 11, July 9, and August 12 (Friendship Coffee), August 13 (Thursday Evening Only)



### **Gather Bible Study Topics:**

March: *We Are "Called to Serve"*  
April: *"Calling All Networks"*  
May: *An Intergenerational Devotional*  
June: *"Just Love" - In the Family*  
July: *"Just Love" - In the Community*  
August: *"Just Love" - In the Nation*

## *Service Groups*

**Kits & Quilts** workers meet at 9:00 a.m. in the Underground on the first Monday of the month and the third Monday of the month and the following Tuesday. The group makes quilts and assembles school kits, fabric kits, personal care kits and baby care kits for Lutheran World Relief. For more information, please contact Diane Hamer at 319-277-2248 or Donna Schmeidel at 319-235-9630.

**Love Gifts** support the work of Kits and Quilts by helping to fund the purchase of materials for personal care kits, school kits, sewing kits and baby care kits. These financial gifts also help pay shipping costs. **Love Gifts** start at \$5.00 and can be purchased in the church office.



**The Caring Heart Quilters** meet every Tuesday from 9:00 a.m. to noon in Rooms 221-223 to make quilts for Lutheran Bible Camp auctions. Both beginning and experienced quilters are invited to join. Contact Marilyn Gaede at 319-266-5735 for more information.

**Bible Study Fellowship (BSF): Acts of the Apostles** takes place, with a diverse group of women, every Wednesday from 9:30-11:00 a.m. This began on September 11 and will conclude on May 7, 2020. Women are welcome to attend at any time throughout the study. Please contact Diane Curtis at 319-415-1383 with questions or find more details in the Nazareth Discipleship U Brochure.

## *Service Groups, continued*

**The Prayer Shawl Ministry** team meets on the second Thursday of the month in the Larsen Chapel at 11:00 a.m. to knit and crochet shawls for people in need of prayer, comfort or celebration. They also make baptism and confirmation shawls. For more information, call Dixie Nederhoff at 319-269-2776 or Rená Raecker at 319-266-3120.

**The Bremwood Auxiliary** meets in Waverly four times a year, twice in both the spring and fall. Bremwood Auxiliary Salad Luncheons and Programs will be at 1:00 p.m. on April 17 and 1:00 on May 15 at the Bremwood Hansen Spiritual Life Center. The *Auxiliary* (Friends) has served Bremwood for over 90 years. All women are welcome to attend. Contact Donna Kirschenmann at 319-231-2251 for more information.

**Highland Elementary School Ministry** offers women and men opportunities to serve Nazareth's Partner in Education. Volunteer activities include mentoring, serving in the classroom and assisting with special school events. To learn more, contact Barb Witzel at 319-266-6024.

**Funeral Luncheons** are prepared and served by men and women volunteers. To learn more about this ministry, contact Barb Burbridge at 319-266-7589.



*This is the day  
the LORD has made;  
We will rejoice  
and be glad in it.  
Psalm 118:24*