



## Fear Not!

By: Stephanie Harmon

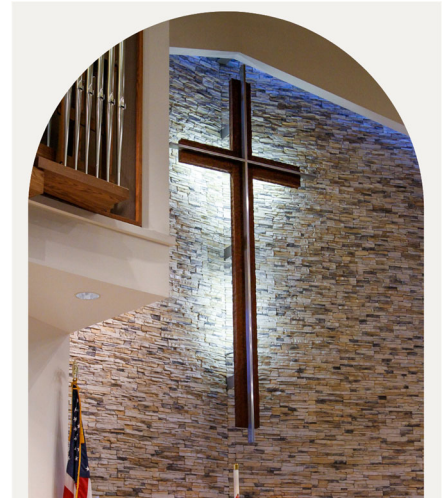
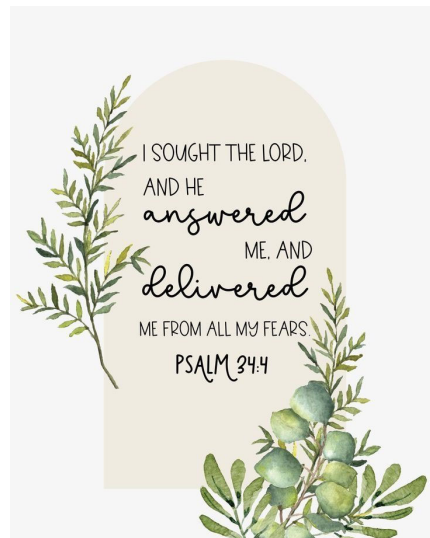
Fear is often described as the greatest enemy of faith, acting as a shadow that looms over us. We all carry these fears—whether it is a fear of what the future holds, a phobia of heights or spiders, the ache of loneliness, or the hesitation we feel when called to stand up for our convictions. These anxieties can feel like a heavy weight, yet we are invited to trade that burden for a peace that surpasses all understanding.

I was recently inspired by a message shared by Mr. Vick during a chapel service at Abiding Savior. He used a clip from the classic cartoon "A Charlie Brown Christmas" to illustrate fear and our comfort in Christ. As Linus recites the Gospel to explain the true meaning of Christmas, he reaches the words "fear not," and in that moment, he lets go of his famous blue security blanket. This is a profound moment since Linus' character is always clinging to his earthly comfort. What a beautiful reminder that when we truly hear the promise of the Savior, we no longer need to hold tightly to our fears. We can finally drop our "blankets" and rest in the eternal peace and comfort of Jesus Christ.

This is beautifully mirrored in Psalm 34:4, where King David

writes, "I sought the Lord, and he answered me and delivered me from all my fears." This verse serves as a reminder that deliverance isn't a result of our own mustered-up strength, but rather a gift found in seeking God's presence. When we turn our gaze away from our fears and toward His face, He meets us exactly where we are, providing the grace we need to let those burdens go.

Jesus frequently tells us, "Do not be afraid," not as a dismissive command, but as an assurance that we never walk through life alone. Whether we are facing the predictable challenges of our daily lives or the exhausting "what-ifs" of the unknown, He promises to care for us. I love the picture Matthew 10:29-31 paints, "Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father's care. And even the very hairs of your head are all numbered. So don't be afraid; you are worth more than many sparrows." Each of our fears is known, and we are loved infinitely by God. Thank you, Jesus, for this comfort!



## Worship Services

Saturday 5:00 pm | Informal Worship  
Sunday 8:00 am | Classic Worship  
Sunday 10:15 am | Praise Worship  
with Children's Church

## Lent



## Lent Worship Services

Ash Wednesday | 12:30 pm | 7:00 pm  
Midweek Wednesdays | 12:30 pm



## Adult Bible Study

Sundays 9:15 am  
Adult Education Room

Wednesdays 9:00 am  
Small Conference Room



## Abiding Savior Lutheran Church, School & Preschool

23262 El Toro Road  
Lake Forest, California 92630  
Church: 949.830.1460

### Church Staff

Reverend Glenn Lucas, Senior Pastor  
Dr. Christian Guebert, Director of Music  
Tricia Stroube, HR and Office Manager  
Alexis Upchurch, Director of Family Ministry  
Chris Vick, IT Director  
Janet Calhoun, Church Secretary  
Lisa Taylor, Accounting  
Laura Lyons, Member Coordinator  
Stephanie Harmon, Business Administrator  
Lori Beniche, Director of Communications  
Stephanie Harmon, Editor of Day by Day

### Church Officers

Jonathon Harmon, President-  
John Parent, Vice President  
Sara Helmreich, Secretary  
Lynda Jacobs, Treasurer  
Erica Volz, Congregation Liaison

### School Staff

School.....949.830.1461

Donna Lucas, School Principal  
Yesi Naber, Admissions Director  
Keigh Lee Horn, School Secretary  
Emma Teeple, School Secretary  
Marika Parent, School Secretary

Extended Care .....949.837.4289

Deana Hicks, Extended Care Director

### Preschool Staff

Preschool Center .....949.837.4292

Celeste Cisna, Preschool Director

#### Church Office Hours

Monday through Friday  
8:15 AM to 3:30 PM

#### School Office Hours

Monday through Friday  
7:30 AM to 4:00 PM

#### Preschool Office Hours

Monday through Friday  
8:30 AM to 4:30 PM

Visit us at [abidingsavior.com](http://abidingsavior.com)

Follow us at:



[abidingsaviorlakeforest](https://www.facebook.com/abidingsaviorlakeforest)



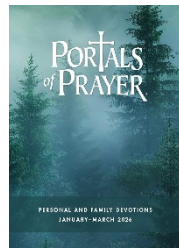
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[aslc\\_youngadults](https://www.instagram.com/aslc_youngadults) | [aslc\\_preschool](https://www.instagram.com/aslc_preschool)

CHURCH  
OFFICE  
CLOSED

Please note, Abiding Savior's Church Office will be closed February 16<sup>th</sup> (President's day).

If you have a pastoral emergency when the church office is not open, you can call **661.309.3527** to be connected to the pastor's emergency line. In particular, we ask you to notify the church office if you or anyone in your family is hospitalized.

### Portals of Prayer



The January, February, and March 2026 edition of Portals of Prayer is now available. Pick up your copy at either the desk in the Narthex or

in the Gathering Grounds.



Daily Devotions from LHM will help strengthen and encourage your faith as you do the same for others. Have them delivered right to your inbox, podcast the audio devotional, access them on your mobile device through the FREE app, or listen with Spotify, iHeart Radio, Alexa, or Google Home. Seasonal Devotions for are also available in both English and Spanish. Perfect for personal reflection or to share with family, friends, and congregations.

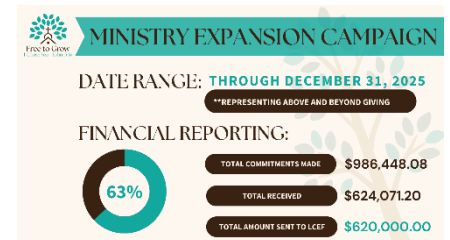


### Upcoming Happenings at Abiding Savior

There is a lot coming up at Abiding Savior in the next few months that you may wish to add to your calendar.

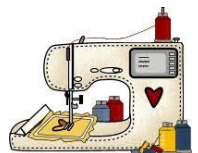
- **March 8th** Undie Sunday
- **March 29th** Palm Sunday Extravaganza
- **April 4th** Easter Egg Hunt
- **April 5th** Easter Sunday
- **April 17th** Abiding Savior Angels Game
- **May 31st** Ministry Fair and Unity Service

You will be hearing a lot more about these events over the next few weeks. So check them out!



### Sew 'n Sews

Join the Sew 'n Sews, Saturday, February 7, upstairs in Room E125. We meet from 10:00 a.m. to noon. If you like to sew or want to learn how, you should plan on joining us. For more information contact Janice Trumbauer at [krafter@cox.net](mailto:krafter@cox.net) or call (949) 609-9766.





# - FELLOWSHIP AND OUTREACH MINISTRIES -



## Take Me Out to the Ballpark!

By: Lori Beniche

Mark your calendars for Friday, April 17th and join us for Abiding Savior Night with the Angels. The game begins at 6:30pm against the San Diego Padres. It is also Star Wars weekend so everyone attending will receive a Star Wars Jersey!

Tickets are \$25 and available beginning on Sunday, February 15th. Tickets will be available in church office, the school office and at church on Sundays. Don't miss this opportunity to take your family to the ballpark!



## VITA Returns

Does this image cause you to think of income taxes? It should, at least related to Abiding Savior Lutheran Church, because that means the 2026 tax season is being offered to you: FREE! Income tax return preparation is performed by your loyal, dedicated VITA (Volunteer Income Tax Assistance) team right here at ASLC! REGISTER NOW! Go to the VITA web page on the Church's website: [HTTPS://abidingsavior.com/vita](https://abidingsavior.com/vita), Fill out a form with a few questions, and click "submit."

You will be emailed the forms required by the IRS; bring the completed forms with you to your appointment, which will be here at church in the adult ed room across from the sanctuary.

If you have difficulty registering online, you can call the VITA telephone number: (949) 830-1001.

ASLC members and their friends receive special benefits, and the state and federal Earned Income Tax Credits are back again, which provide potentially large tax credits (not just deductions) for clients who are eligible.

Hours of Operation are

- Tuesdays, 4:00-6:30 PM
- Saturdays, 9:00 AM-12:30 PM



Ladies Guild is accepting applications from students studying to enter church careers at LCMS colleges, universities, and seminaries who are members of Abiding Savior Lutheran Church. Please contact the church office for a scholarship application. A letter of recommendation from the Abiding Savior Pastor and a teacher or school administrator who knows you well is required. Also, please enclose a recent photo of yourself.

Please contact Jeanne Grovom with any questions at [jeannegrovom@gmail.com](mailto:jeannegrovom@gmail.com). The deadline to apply for a Ladies Guild Scholarship is Sunday, April 5, 2026.



**WOMEN'S FELLOWSHIP**

*Ladies Night Out*  
*Get crafty in February!*

Join us for our Women's Fellowship Ladies Night Out

{Monday, February 2nd}  
6:00 to 7:30 p.m.  
Adult Ed Room

It's a potluck, so please bring a salad if your last name starts with A-L, or a main dish if your last name starts with M-Z.  
We will provide drinks and dessert.

Bring a friend and enjoy an evening of Valentine's Day crafts!

## - YOUTH AND FAMILY MINISTRIES -



### Family Ministry in January and Beyond!

*By: Alexis Upchurch*

There is so much happening in the world of Family Ministry! At the beginning of January, we had the opportunity to partner with 6 other LCMS churches across Southern California to host a High School Winter Retreat. We brought two of our high school students to Big Bear for a fun (and cold!) weekend filled with hiking, a town scavenger hunt, games, worship, and teaching centered on the theme CHOSEN from 1 Peter 2:9. It was a powerful reminder that we are chosen children of God who belong to Him—a blessing and comfort that never changes.

We are closing out the month of January with a Junior High Retreat at Thousand Pines, where 13 of our junior high students will spend a special weekend away together. We are looking forward to a time of fellowship, fun activities, and worshiping alongside their peers.

Our Young Adults are excited to be back together for the new year as we prepare for our Winter Retreat in Big Bear this February. Ten of our young adults will be stepping away from the busyness of life to focus on the theme RENEWED, finding daily renewal through Christ, trusting in the promise that His mercies are new every morning.

Our families had a wonderful time celebrating the birth of Jesus during Advent. As we move forward, we are prayerfully preparing for Lent, leading up to the death and resurrection of our Savior, Jesus Christ. We have some special plans in the works, so stay tuned for what's coming next in the life of our church.



### Invitation to Upcoming Communion Class

Beginning on Sunday, February 22, Abiding Savior will offer a three-week communion instruction course for youth in fifth grade and above. This course prepares youth to take Holy Communion by helping them understand what the sacrament is, what it means, and how it is to be taken. It is designed for youth and parent(s) to take together as a special time to share their faith and God's Word. The course will be taught by Mrs. Randall and will meet in her classroom (C204) from 9:15-10:10 a.m. on the following dates: February 22, March 1, and March 8. Students must attend all three classes to be eligible for First Communion.

If you have any questions, please contact Kim Randall at [krandall@abidingsavior.com](mailto:krandall@abidingsavior.com)

## Ash Wednesday & Midweek Lent Services

### Ash Wednesday • February 18

- Service - 12:30 PM
- Service - 7:00 PM

### Midweek Wednesdays

- Services - 12:30 PM



# - PRESCHOOL AND SCHOOL MINISTRIES -



## Support the Preschool Trike-A-Thon!

Ready, Set, Ride! Our 25th Annual Trike-A-Thon is happening on February 6th!

Abiding Savior's Preschool is pedaling toward a \$10,000 goal to build a new shade structure for our playground, and we need your help to get there. To support our riders, please bring cash or check donations to the Preschool or Church Office. We truly appreciate your generosity in helping us keep our playground cool and safe for all our preschool children!



## National Lutheran Schools Week 2026


Abiding Savior was proud to join Lutheran schools across the country as we "Made a Joyful Noise!"

National Lutheran Schools Week provides more than 1,800 preschools, elementary schools, and high schools with the public opportunity to proclaim and celebrate God's work among us in schools of The Lutheran Church—Missouri Synod.



## Protecting Students' Mental Health

IN THE DIGITAL WORLD



hosted by  
**Abiding Savior**

Tuesday,  
Feb. 3

6:30pm

## A PARENT'S GUIDE TO SCREENS

### PARENT EDUCATION NIGHT


- Social Media & Comparison
- Gaming & Escape
- Parenting With Grace, Boundaries, & Wisdom

Join us for an engaging night with speaker Julie Mengert, APCC, as she guides us through the oftentimes tough topic of parenting in the digital age. From self-worth and social media to escaping into video games, Julie will offer parents practical ways to parent with boundaries, grace and wisdom in a way that supports your child's development.

Childcare will be available.

**OUR SPEAKER**  
**JULIE MENGERT, MA, APCC**

Julie is an Associate Professional Clinical Counselor working in her fourth year as a therapist with ASLS. Following 20 years of experience in Lutheran education, she is grateful for the opportunity to blend her classroom experience with therapeutic techniques and strategies to support children's emotional and mental well-being. As a mother of adult children, Julie brings a personal understanding of parenting challenges and the joys of raising resilient, compassionate individuals.



seedstherapy.org

YOU'RE INVITED TO

# The Roundup

2026



We are rounding up all incoming TK, Kindergarten, and First Graders for the 2026-2027 school year!

Get ready for an amazing evening of meeting new friends and families, chat with our wonderful teachers, and explore our classrooms.

It will be a night of fun, and great company that you won't want to miss!

FEBRUARY 27TH | 5:00-6:30 PM

ASLS GYM

DINNER WILL BE SERVED, BOUNCE HOUSE & MORE!

FREE TO GROW, JOHN 15:16



# Journey to Easter

A Family Lenten Journey

Join us Sunday, February 22 after the 10:15am Service!  
Lunch Provided

## 6 Weeks of Faith & Fun for Families!

### Take-Home Lent Box!



- Wooden Cross
- Weekly Devotions
- Craft Supplies to Add Each Week
- Build a Journey to the Cross!

\$10 Donations encouraged  
to help cover cost of the boxes

### Plus Extras!

-  Photo Contests & Raffles
-  Videos & Devotionals
-  Family Activities



**Who:** All Families



**When:** February 22,  
After 10:15am Service



**Where:** Adult Ed Room

## RSVP for lunch





# FEBRUARY

| SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY  |
|--|--|--|---|--|--|---|
| <b>1</b><br>JHM Retreat<br>Worship Schedule-<br>See chart at<br>bottom of<br>Calendar<br>9:15a – Adult Bible<br>Study  | <b>2</b><br>6p- Women's<br>Fellowship<br>7p-Boy Scout<br>Meeting<br>7:30p-Narcotics<br>Anonymous   | <b>3</b><br>4p -VITA<br>6:30p – SEEDs<br>Parent Education<br>Night | <b>4</b><br>8:15a – Parents in<br>Prayer<br>9a- Bible Study<br>5:30p- Confirmation<br>6p- Jr. High Youth<br>Group<br>7:45p-AA   | <b>5</b><br>7p- Young Adult Bible<br>Study         | <b>6</b><br>Preschool Trike-A-<br>Thon<br>7:30p-Narcotics<br>Anonymous       | <b>7</b><br>9a-Altar Guild Prep<br>9a- VITA<br>10a-Sew and Sews<br>5p-Praise Worship<br>Service                                     |
| <b>8</b><br>Worship Schedule-<br>See chart at<br>bottom of<br>Calendar<br>9:15a – Adult Bible<br>Study<br>11:45a-Life Group,<br>Glenn and Debby<br>Amick   | <b>9</b><br>7p-Boy Scout<br>Meeting<br>7:30p-Narcotics<br>Anonymous  | <b>10</b><br>4p -VITA<br>6p – Elder Meeting                        | <b>11</b><br>8:15a – Parents in<br>Prayer<br>9a- Bible Study<br>5:30p- Confirmation<br>6p- Jr. High Youth<br>Group<br>7:45p-AA  | <b>12</b><br>7:30 p.m.- Abiding<br>Praise Practice | <b>13</b><br>7p – Concordia<br>Choir Concert<br>7:30p-Narcotics<br>Anonymous | <b>14</b><br>9a-Altar Guild Prep<br>9a- VITA<br>5p-Praise Worship<br>Service  |
| <b>15</b><br>Worship Schedule-<br>See chart at<br>bottom of<br>Calendar<br>9:15a – Adult Bible<br>Study<br>5p- High School<br>Youth Group  | <b>16</b><br><b>Presidents Day –<br/>                     Church Office<br/>                     Closed</b><br>7p-Boy Scout<br>Meeting<br>7:30p-Narcotics<br>Anonymous | <b>17</b><br>4p -VITA<br>8p – SEEDs<br>Blooming in<br>Motherhood   | <b>18</b><br><b>Ash Wednesday</b><br>8:15a – Parents in<br>Prayer<br>9a- Bible Study<br>12:30- Ash<br>Wednesday<br>Service<br>7:30p – Ash<br>Wednesday<br>Service<br>7:45p-AA | <b>19</b><br>7:30 p.m.- Abiding<br>Praise Practice | <b>20</b><br>Young Adult Retreat<br>7:30p-Narcotics<br>Anonymous             | <b>21</b><br>Young Adult Retreat<br>9a-Altar Guild Prep<br>9a- VITA<br>5p-Praise Worship<br>Service<br>6p- Father Daughter<br>Dance |
| <b>22</b><br>Young Adult Retreat<br>Worship Schedule-<br>See chart at<br>bottom of<br>Calendar<br>9:15a – Adult Bible<br>Study<br>9:15a – First<br>Communion<br>Instruction<br>11:15a – Journey To<br>Easter | <b>23</b><br>7p-Boy Scout<br>Meeting<br>7:30p-Narcotics<br>Anonymous   | <b>24</b><br>4p -VITA<br>8p – SEEDs<br>Blooming in<br>Motherhood   | <b>25</b><br>8:15a – Parents in<br>Prayer<br>9a- Bible Study<br>12:30p – Midweek<br>Lent Service<br>6p- Jr. High Youth<br>Group<br>7:45p-AA                                   | <b>26</b><br>7:30 p.m.- Abiding<br>Praise Practice | <b>27</b><br>5p: TK, K, 1st<br>Roundup<br>7:30p-Narcotics<br>Anonymous       | <b>28</b><br>9a-Altar Guild Prep<br>9a- VITA<br>5p-Praise Worship<br>Service  |



## WORSHIP AND COMMUNION SCHEDULE

- In Person Informal Worship | Saturday 5:00 PM | Communion Offered Weekly
- In Person Classic Worship | Sunday 8:00 AM | Communion Offered 1st and 3rd Weeks
- In Person Abiding Praise Worship | Sunday 10:15 AM | Communion Offered 2nd and 4th Weeks
- Live Stream Abiding Praise Worship Via YouTube | Sunday 10:15 AM



## Abiding Savior Lutheran Church

23262 El Toro Road  
Lake Forest, CA 92630

Return Service Requested  
Time Dated Materials

# Blooming in Motherhood

A therapy group for moms,  
because moms need care, too.

Beginning February 17th  
6 weeks of topics including:

- Identity in motherhood
- Understanding your child's development
- Getting real about self-care and co-regulation
- Handling structure, routines, and screentime

*A soft place for moms to land*

Kellie Puls, Registered Associate Professional Clinical Counselor, APCC8315  
Sandra Williams, Registered Associate Professional Clinical Counselor, APCC16318  
Supervised by April Twenhafel, LMFT

Meets  
virtually  
Tuesdays at  
8pm

\$35 per  
session

Open to all  
moms in  
California



Scan to Register



or visit [bit.ly/seedsdads](https://bit.ly/seedsdads)

[seedstherapy.org](https://seedstherapy.org)

