

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 Fall 2018 session begins October 8. Cost of the class is \$30 for 30 sessions. Contact Linnea Graen at 319-266-6195 for more information or to register.



Special Events

~The Christmas Salad Luncheon and Program is on December 12 at 12:15 p.m. in Bethel Hall. Please bring a salad to share.

~The 90th Anniversary Bremwood Auxiliary Salad Luncheon and Program will be at 1:00 p.m. on September 21 and at 1:00 p.m. on October 19 at the Bremwood Hansen Spiritual Life Center. All women are welcome to attend this special event.

~The Women's IF:Gathering is coming on February 8-9, 2019. Contact Jenny Nelson for details.

~Northeastern Iowa Synodical Women's Convention is June 15, 2019 at Wartburg College in Waverly.

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.

Donna Kirschenmann

319-483-1994



Nazareth Evangelical Lutheran Church

7401 University Avenue

Cedar Falls IA 50613

319-266-7589

www.naz.org



Women's Ministry

September 2018 to February 2019



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

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

Wednesday Circle

Time:	Location:	Circle:
9:15 a.m.	Room 156	Esther

Dates: September 12, October 10, November 14, December 12 (Salad Luncheon), January 9, and February 13

Thursday Circles

Times:	Locations:	Circle:
7:00 a.m.	Room 156	Martha
9:15 a.m.	Room 156	Mary
1:00 p.m.	Room 158	Naomi
7:00 p.m.	Glen Meadows 7703 University Ave., C.F.	Elizabeth

Dates: September 13, October 11, November 15, December 12 (Salad Luncheon), January 10, and February 14

Bible Study Fellowship (BSF): Children of the Promised Land takes place, with a diverse group of women, every Thursday from 9:30-11:00 a.m. in Room 151 from September to May, beginning September 13. Please contact Diane Curtis at 319-415-1383 with questions or find more details in the Nazareth Discipleship U Brochure.



Service Groups

Kits & Quilts workers meet at 9:00 a.m. in the Underground on the first Monday and third Monday of the month, and on the third Tuesday of the month. 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 Barb Ericson at 319-493-5039 or Diane Hamer at 319-277-2248.

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.



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

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 Vickie Moe at 319-266-3346 for more information.

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 and comfort. They also make baptism and confirmation shawls, and hats for chemotherapy patients. 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. Fall 2018 meetings are September 21 and October 19 at 1:00 p.m. in the Spiritual Life Center on the Bremwood Campus. Contact Donna Kirschenmann at 319-483-1994 for more information. The Auxiliary (Friends) is celebrating it's 90th year of service this year, and all women are welcome to attend these Fall 2018 meetings.

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.



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

Psal'm 118:24