

# The LCOP Newsletter



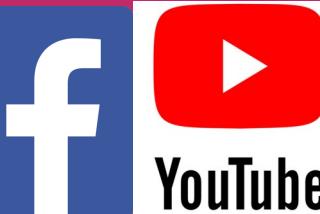
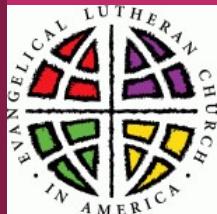
## Lutheran Church of Peace Platteville, WI



Office Hours  
Tuesday-Thursday  
8 AM-3 PM

LCOP Worship Services  
Saturday Evening at 6:00  
Sunday Morning at 9:00

*“To Know Christ and Make Christ known”*



## LUTHERAN CHURCH OF PEACE LIFE GROUPS

### **Adult Classes**

- ♦ Adult Sunday School-Sundays, 10:25 AM in the Fellowship Hall  
Contact Person Tim Zauche 608-330-3001, [zauchet@yahoo.com](mailto:zauchet@yahoo.com)
- ♦ Men's Fireside Chat- Third Thursday, 6:30 PM in the Fellowship Hall/Firepit  
Contact Person, Tom Nall 608-778-7534, [tomnallplatt@gmail.com](mailto:tomnallplatt@gmail.com)
- ♦ Women of Peace-Tuesdays, 6:30 PM in the Adult Library  
Contact Person, Emily Fredrickson 360-320-2300, [emfred83@gmail.com](mailto:emfred83@gmail.com)
- ♦ Women's Circle-First Wednesday of the month, 1 PM in the Fellowship Hall-(Not in the summer) Contact Person, Sara Klinge: 608-778-7828, [sarajklinge@gmail.com](mailto:sarajklinge@gmail.com)
- ♦ Tuesday Morning Quilters- First and third Tuesday of the month, 9 AM in the Fellowship Hall-Contact Person, Lois Radloff: 608-330-3334, [lois.radloff45@gmail.com](mailto:lois.radloff45@gmail.com)

### **Youth Classes September-May**

- ♦ Children's Sunday School-Sundays 10:15 AM in the upstairs classrooms
- ♦ Confirmation Class (grades 6-8)-Wednesdays 6:30 PM

### **Committee Meetings**

- ♦ Buildings & Grounds- Fourth Wednesday of the month at 5:15 PM in the Adult Library
- ♦ Council- Second Sunday of the month at 10:20 AM in the Adult Library
- ♦ Evangelism- Third Wednesday of the month at 4 PM in the Adult Library
- ♦ Finance- First Tuesday of the month, before council at 5:15 PM in the Adult Library
- ♦ Worship & Music-As needed in the Fellowship Hall
- ♦ Youth & Family- Second Tuesday at 6 PM in the Youth Library

### Prayers

**For those with Health Concerns** Bob Weier, Emily Fredrickson, John Burke, Mary Runde, Corey Cullen, Bob Demaree, Nick Demaree, Edith Olthafer, Karen Niehaus, Tom Nall, Elijah Feuerbach, Pat Leahy, Ron Weigel, Charlie Bratton, William & Adelia Campbell, Mary Leix, Jim Liddell, Sarah Smith

**For those serving in the Armed Forces** Ryan Sheldon and Maxine Austin

### **Pastor Jasmine Tesdahl**

[Pastor@lutheranchurchofpeace.org](mailto:Pastor@lutheranchurchofpeace.org)

### **Hannah-Administrative Assistant**

[admin@lutheranchurchofpeace.org](mailto:admin@lutheranchurchofpeace.org)

### **Office Bookkeeper**

[bookkeeper@lutheranchurchofpeace.org](mailto:bookkeeper@lutheranchurchofpeace.org)

### **Church Phone** 608-348-3166

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**Saturday Evening at 6**  
**Sunday Morning at 9**



Scan with a  
smartphone to  
give online to  
LCOP

# January Announcements & Events

## Giving Statements

The 2025 giving statements have been mailed. If you did not receive one and should have, please call the church office.

## Offering Envelopes

If you would like your own offering envelopes, they will be available in the Narthex and in the office soon. Please make sure to write your name on each envelope you use.

## Women of Peace

The Women of Peace group meets on Tuesdays at 6 p.m. in the Adult Library. The new book study is on the book: *A Year of Biblical Womanhood: How a Liberated Woman Found Herself Sitting on Her Roof, Covering Her Head, and Calling Her Husband 'Master'* By Rachel Held Evans

## Deborah Circle

The Deborah Circle women's group, will meet on Wednesday, February 4th at 1 PM in the Fellowship Hall. All are welcome!

## Annual Meeting

February 8th will be the LCOP annual meeting. The annual report is available outside of the office, in the Narthex and at the meeting.

## Council Installation

On February 8th we will be installing our new Council Members during the 9 a.m. the worship service. Our new 2026 Council Members Creg Reed, Judy Anderson, Juli McGuire.

## Free Tax Preparation

AARP Foundation Tax-Aide offers free in-person tax preparation to anyone of any age. Appointments required 608-723-6113. More information on the board across from the office.

## Worship & Music Update

### LENTEN SOUP SUPPERS

Starting on Wednesday, February 18th, we will be transitioning to Wednesday night 6 PM and Sunday morning 9 AM worship services during Lent, as we did last year.

A brief order of communion will be offered after the service for those who cannot attend on Sunday mornings in Lent. Soup suppers will start on February 25th. Please join us for worship at 6 PM and soup supper at 6:30 PM.

## Volunteers Needed

Worship & Music, in collaboration with Council, has determined that more volunteers are needed to make evening weekend services possible. There is a sign up for volunteers in the narthex. A volunteer coordinator is required, along with other worship assistants. If at least 10 people are able to volunteer, evening weekend worship will continue on Sunday nights at 6pm beginning on May 3rd, 2026. Worship & Music has found that Sunday evening attendance data is comparable to Saturday evening attendance. If we don't have 10 volunteers before Palm Sunday, there will not be an evening service. Please direct questions to Madge Neuheisel, Chair of Worship & Music; Pastor Jasmine; or any Council Representative.

# A Little Something From Pastor Jasmine

Dear Church,

Today, I'm putting my military chaplain hat on for an important conversation about trauma, grief, and mental health. As many of you know, I recently stepped away from the US Air Force Reserve as a Chaplain, Major, after 13 years of chaplaincy work with military personnel.

The news has been awash with violence that feels very close to home. You may have seen actual killings of real people, from multiple angles, with your own eyes. You might have opened up Facebook in the morning on your phone, as I did, wondering what your friends were up to, and instead, you saw a human kill another human on the streets of Minneapolis.

Firstly, this isn't normal, and we should not allow ourselves to think that it is. Passive consumption of trauma creates more trauma. When humans witness violence, it creates a stress response in our nervous systems, and unless we take our bodies through the stress cycle to *destress*, our bodies hold onto stress hormones like adrenaline, cortisol, and norepinephrine. Chronic stress contributes to high blood pressure, promotes the formation of artery-clogging deposits, and causes brain changes that may contribute to anxiety, depression, and addictive behaviors.

When we're stuck in chronic stress mode, overwhelmed and emotionally drained, those can be the times that we are tempted to lean heavily on alcohol, food, narcotics, or unhealthy behaviors. These choices might help us to forget about the feelings, but they do not take away the stress.

However, there are many steps you can take to complete your stress cycles and keep yourselves healthy.

Firstly, compassion is not only what Jesus teaches, research shows that showing compassion to others helps relieve anxiety and depression. If you are feeling hopeless, go offer God's love to someone else. Helping others heals us. Isn't amazing how God engineered that?

Secondly, when you're feeling overwhelmed, deep breathing for at least a minute can help you to lower your blood pressure and calm down. Take deep breaths in through your nose, hold for a count, and out through your mouth.

Additionally, exercise and community are also incredibly healing. Go for a walk, do some yoga, ask a loved one for a hug. Have a conversation about how you're feeling with someone you trust. You are part of the Body of Christ. You are beloved. We are here to support each other. Lean on your people, and let them lean on you.

Finally: pray. Pray before you open your social media. Pray before you turn on the news. Pray, pray, pray! Pray before, and pray after, for all that you have witnessed. And take care of yourselves and each other. Be mindful of what you are exposing yourself – your beloved child of God-ness – to. And hear this hope from Paul’s letter to the Philippians 4:5-9 :

*The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.*

Be well – you are loved,  
Pastor Jasmine

### **Lenten Schedule**

Wed, February 18-Ash Wednesday Worship at 6 PM

Wed, February 25 -Lenten Worship at 6 PM-Soup Supper at 6:30 PM

Wed, March 4-Lenten Worship at 6 PM-Soup Supper at 6:30 PM

Wed, March 11-Lenten Worship at 6 PM-Soup Supper at 6:30 PM

Wed, March 18-Lenten Worship at 6 PM-Soup Supper at 6:30 PM

Wed, March 25-Lenten Worship at 6 PM-Soup Supper at 6:30 PM

Thurs, April 2-Maundy Thursday Worship at 6 PM

Fri, April 3-Good Friday Worship at 6 PM

Sun, April 5-Easter Celebration Worship at 9:00 AM

**\*NO SATURDAY WORSHIP OVER LENT**

# GETTING TO KNOW OUR LCOP FAMILY

## FEATURING MIKE LEGRAND

### Where was your family located back in 1856 when LCOP started?

Mike's family came over in the early 1900s from France to Guttenberg, IA.

### WHY LUTHERAN CHURCH OF PEACE

Mike started coming to LCOP in 2011. The Goke family are his in-laws and the kid's activities engaged his daughters. He also enjoyed being a part of the mission trips.

### What draws you to keep God a part of your life?

It is the right thing to do. Also it is wonderful to have a church family.

### FAMILY

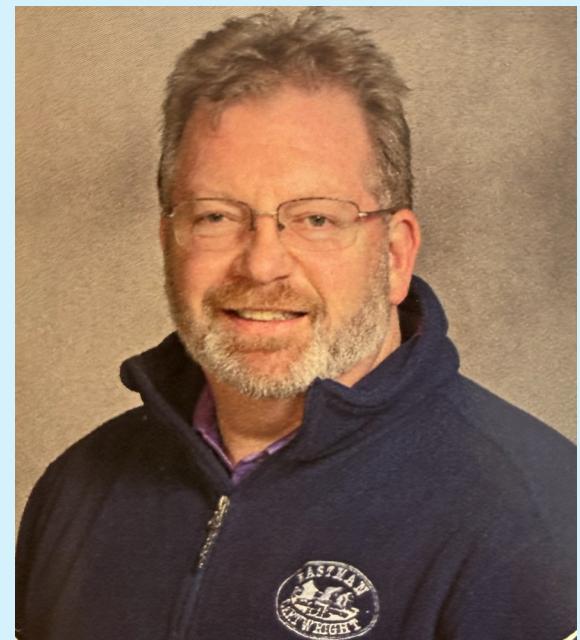
Mike has three daughters: Jessica, Alexandria, and Georgiana. All three live in Madison.

### CHURCH INVOLVEMENT

He enjoys helping to maintain the building and serving on the Buildings and Grounds committee as well as church council. He also enjoys playing cards with the gang.

### Community Activities

Mike has been serving on the advisory board of Delta Sigma Phi fraternity since he graduated from UWP. He also volunteers during Dairy Days.





Dear Friends,

In 2016, Family Promise of Grant County opened its doors to serve our first family experiencing homelessness. Nearly a decade later, we are still here—providing shelter, stability, and hope—because of supporters like you.

Each January, we invite our community to take part in our Annual Appeal, and we are excited to once again offer **Club 180**. Members of Club 180 commit to donating **\$180 per year**, symbolizing our mission to help families turn their lives around—180 degrees—toward stability and independence.

This year, we are also introducing **Club 360** for those who wish to make an even deeper impact. A gift of **\$360 annually**, conveniently given as **\$30 per month**, allows us to surround families with consistent, year-round support. Our **recurring monthly giving option**, available through our website, makes this an easy and secure way to give.

There are no premiums or gifts for joining Club 180 or Club 360—no calendars, gadgets, or merchandise. Every dollar goes directly toward serving families in crisis by providing:

- Safe shelter and warm meals
- Access to showers and basic necessities
- Transportation and case management

Compassionate support during a difficult season

Your generosity helps reduce stress, restore dignity, and create real pathways to housing stability for families in our community.

Please consider joining Club 180 or Club 360 today.

You can give online at our website <https://www.familypromiseofgrantcounty.com/donate>

or mail your contribution to:

Family Promise of Grant County

333 W. Cherry Street  
Lancaster, WI 53813

Every gift, in any amount, is deeply appreciated. Thank you for standing with families when they need it most.

*“If you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness.” ~Isaiah 58:10*

With gratitude,  
Family Promise of Grant Count