



PILGRIM LUTHERAN CHURCH

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(716) 875-5485

www.pilgrimkenmorecms.org

A Congregation in Mission, Community and Service

PILGRIM'S PROGRESS

FEBRUARY 2026

PASTOR: Rev. David Walsh

SUNDAY SCHOOL: 9:00 AM

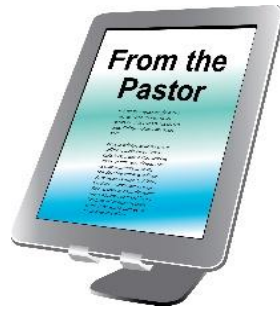
EDITOR: Mary Werth

TUESDAY BIBLE STUDY: 6:00 PM

ASSOC. EDITOR:

WORSHIP: 10:00 AM

LENT



We continue our look at the Divine Service with the Agnus Dei, the Distribution, and the Nunc Dimittis. The Agnus Dei is a song of praise recognizing the presence of Christ in the Sacrament. Agnus Dei is Latin for “lamb of God,” remember the titles are the first word or two in the Greek and Latin. The text of the Agnus Dei comes from John 1:29 which reads “The next day he saw Jesus coming toward him, and said, “Behold, the Lamb of God, who takes away the sin of the world!” In the text John the Baptist calls out, recognizes, Christ as the Lamb who began the taking away of sins in His baptism, a work that continues in our Baptism, and in the Lord’s Supper. Christ is present in the bread and the wine being His very body and blood, and we humbly come before His table singing this song.

Then, we have the distribution itself, when you are receiving the Sacrament. The Pastor and the communion assistant say what it is that you are receiving. The book has both a long form version which is said across several recipients and a short version which is said to each individual. It is my preference to use the short version, this way everyone hears what they are receiving as they partake in the Sacrament. Now when you receive the Sacrament, wait to be welcomed to the Lord’s table, at which point you’ll kneel (as you are able), you may receive the Host (bread) by the mouth or in your hand. You may receive either the common cup in which you would point to the common cup or the individual cup. If you choose the Common cup, you may also dip your wafer in the cup, this is called intinction. After receiving the blood of Christ, it is customary to say amen, not required though. If you bring your kids or grandkids to the altar and they are not yet ready for communion they may receive a blessing, just please let me know. Lastly if you bring a friend or relative to church and they are not a LCMS Lutheran or they are a member of a Lutheran church body that we are not in fellowship with, they may still come up and receive a blessing. Just have them fold their arms so that I know.

Lastly this month, we will look at the Nunc Dimittis or the song of Simeon. Nunc Dimittis means “Now let us.” This comes from the presentation of Jesus in the temple as found in Luke 2: 29-32, I could go on and talk about this text, however, the point is that Simeon has seen the promised Christ and his life is now complete. This song is the same reality for us after having received the Sacrament, we were dead in our trespasses but have now been made alive in Christ. Like Simeon we have seen and received our Lord and we need nothing else in life on this side of Heaven, and so in response we are led to give thanks for this wonderful gift.

So, we come to the table having recognized our Lord and we leave the table having seen our Lord. Amen.

Christ blessings

Rev. David J. Walsh



SUNDAY SERVER SCHEDULE FEBRUARY 2026

(SUBJECT TO CHANGE)

WEEKEND OF	Jan. 31, Feb. 1	Feb. 7, 8	Feb. 14, 15	Feb. 21, 22	Feb. 28, Mar. 1
READER (Sun)	Albert Ho	Albert Ho	Albert Ho	Albert Ho	Albert Ho
USHERS	Mike Wuerch/ Dianne Wuerch	Jim Hartz/ Melody Keef	Ed Walsh/ Eric Fellner	Dianne Wuerch/ Melody Keef	Jim Hartz/ Ed Walsh
COMMUNION ASSISTANT	Ed Walsh	Eric Fellner	Jim Hartz	Mike Wuerch	Eric Fellner

If you cannot serve on the day scheduled, please notify Ed Walsh (585) 747-1503 or Mike Wuerch (716) 481-2624. ALSO, PLEASE CALL AMBER SO SHE CAN CORRECTLY PUT THE CHANGE IN THE BULLETIN. Thank you.



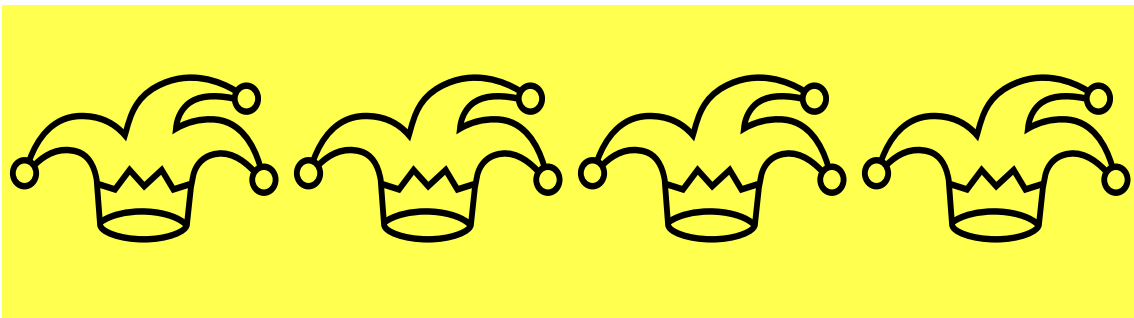
COUNTERS

(IF YOU ARE UNABLE TO COUNT THE DATE YOU ARE ASSIGNED, PLEASE LET JIM HARTZ KNOW.)

Feb. 1	Feb. 8	Feb. 15	Feb. 22	
Mike Wuerch	Carolyn Alessi	Dianne Wuerch	Jim Hartz	
Kathy Farkas	Ruth Whitmer	Janice Vogel	Dolores Zeeb	



Kathy Kornacki	Feb. 8
Grace Termini	Feb. 8
Kathy Farkas	Feb. 10
Diane Reynolds	Feb. 17
Jack Hambridge	Feb. 18
Colvina Colvin	Feb. 25



Middle age is no picnic...I can still cut the mustard; I just can't open the jar.

I came. I saw. I took a nap.

I'm much too young to be this old.

I used to have trouble finishing things but now I

When I was a kid, I could toast a marshmallow over my birthday candles. Now I
could roast a turkey!

What if the Hokey-Pokey is really what it's all about?



ESTHER CIRCLE

This month's meeting will be Monday, February 23, at 12:30 p.m. via Zoom. We will have a brief business meeting and fellowship afterwards. We only have 45 minutes. You will receive an email from Sharon McGuan a day before with the link. Please link in on time. Thank you.

We had seven attending the January Zoom gathering. We are nominating Sarah Walsh for the Young Women Representative (YWR) to attend the LWML Eastern District Convention in Lancaster, Pa in June. The Esther Circle agreed to have Margaret Walsh attend as our delegate. and to assist Sarah. This will be a wonderful experience for both of them.

REMINDER: Dash's receipts go to Sue Holway; cancelled stamps to Sharon McGuan and Mites to Karen Smith (note the large Mite drop box at the back of the Sanctuary to put your loose change in. There are also individual mite boxes you can take to fill and return.) All these collections help mission outreach. Thank you for your support!

February is here with Valentine's Day ❤️, President's Day and the beginning of Lent 📅. Let's reflect on Jesus's journey to Calvary.



You Are Invited to a LWML Buffalo Zone Zoom Event!

On Saturday, February 7th, the LWML Buffalo Zone will host a Zone meeting on Zoom from 9:00am to 10:30am. Zone President, Sharon Wolff, will send the invitations and host the event. The event agenda will include a short Bible study, zone meeting and time to fellowship. The election of our zone's Young Women's Representative to the LWML Eastern District Convention in June will take place at this event.

The zone is requesting societies donate \$5 per attendee, up to a maximum of \$30 per society, as our Mission Outreach for this event. The monies will go 100% to Mites. Please RSVP Sharon McGuan at salmcg23@gmail.com if you would like to attend the event and receive a Zoom invitation. Thank you.



Sunday school will be offered for all children on Sunday, February 8th. We will be learning about the Transfiguration of Jesus. The class will begin at 9:00 am in the Sunday school room. We look forward to seeing you!



Cyber Corner for February

This month I want to review some of the key things to look for in an attack and how to protect yourself against them. Then I want to talk about some scams that are going on out there. In most companies today they will constantly have cybersecurity classes, training, and various kinds of testing. This is because they have found that if they do not keep refreshing us on the basics, we will not be prepared when an attack comes along. As I have mentioned before, they have become very good at sending out phishing attacks that look so real; and now with the use of AI, it is getting hard to tell if an email request is real or not. And it can get boring to constantly hear the same things to do to protect yourself against the attacks, but it is so important. But this is why I am trying to show you an attack and the key things to do for that attack. Overall, the same principles apply but are handled a little differently for each attack. Basically, do not answer calls or emails and instead go directly to the source. And definitely do not click on any links in emails or text messages; and do not open any attachments. These are all easy to follow and remember, up until you get something that you feel sure is okay break these rules.

Instagram Request Password scam: Here they actually make a real request using your username/email address that they got somewhere; to request a password change in your name. They then at some point change it to meet their needs. Now, they do this in various ways, but they will send you a request that has been altered. The request will ask you if you requested a password change and will suggest you click on a link to change your Instagram password now. When you do, they will

either inject malware on your PC or will take you to a site asking you for your credentials to change your password. They may even follow up with an email stating the same thing. I actually received a couple of these requests myself. The key thing here is not to click on anything in the text or email. Instead go directly to Instagram and change your password if you want to be safe. As I said before, you should change your passwords to a large strong password every so often anyway for everything. And then you can report it if you want.

WhatsApp: I usually do not talk about WhatsApp, largely because I do not use it myself, but I keep hearing things like this with the app; and I thought especially with this one I would mention it. Even if you do not use this app, you should read this because the advice here is the same for any message app. I will not go into too many details, but basically, they send you a message that looks like it came from someone you know. In there they will have a zip file and in there is what looks like a harmless Word document. And of course, pretending it is someone you know, they will say something like here is the document you asked for; or something really friendly to get you to open it. When you do this, it will then run a number of scripts (in different computer languages) to do different things. One of them will find all your contacts and send this automatically to all your contacts. Second, this will disguise itself so that your Antivirus software will have trouble detecting it. And third it will install banking malware designed to steal your banking credentials and watch your banking activity; and try to access your accounts. I think I am hearing a lot about this app because the WhatsApp has become so popular. Here, my suggestion is to stay away from the app altogether. But if you are going to use it, as with anything else, do not just click on links or open files. Check with the person that sent it and see if they are sending you something. Again, as with anything today, you should set up two-factor authentication (2FA) in the app's settings. Also, keep your Antivirus software up to date. I will never forget I sent a file for something that I was testing, it was just an image that I had a message embedded in it, to my son, and he called me to see if it was really from me. He didn't even trust something that looked like it came from me. I never was so proud.

Medicare /Social Security scams: There have been a lot of scams in these two areas where they will call you stating that they are from the office and will try to get your Medicare or Social Security information from you to use to get free medical coverage from your account or, in the case of Social Security your money. They will use what is called spoof numbers/websites, that only look legit but are not. It will come up on your phone as the Social Security office. Or in an email that looks like it comes from an official Medicare /Social Security web site. They may say that you are entitled to some money or extra benefits. Here the same basic principle goes. That is to look up the number separately and call them. A month ago, I signed up for this, and I was told that I would get a call. When I did, I purposely did not answer it, and they did not leave a message as to who called, it just said Social Security office. I even checked in a few ways, like looking at the documents that they sent me to make sure it was the right site. So, after checking everything I could, to ensure that I did have a good number for them, I called the number. They looked it up and told me that yes it was them calling me and told me who I had to call. I still stopped for a minute and asked myself if I had gone through all the steps to make sure this was right. And I can tell you all that all that I did was still not a 100% guarantee. This is a pain, but they are the steps you must go through to try and be safe these days.

February



2026

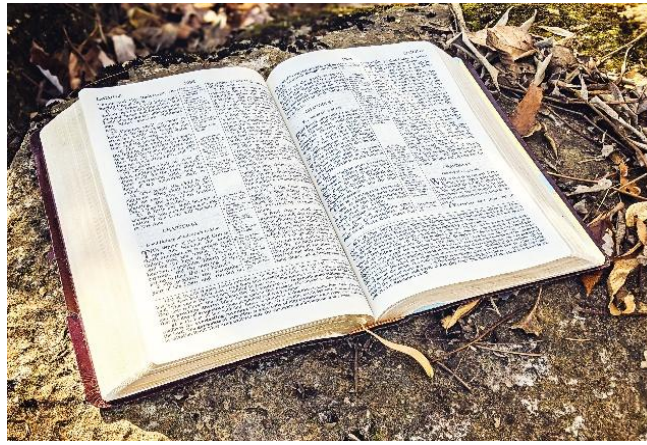
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Purification of Mary & Presentation of Jesus (Candlemas)	3	4	5 Jacob (Israel)	6	7
8	9	10 Silas (fellow worker of Peter and Paul)	11	12	13 Aquila, Priscilla, and Apollos	14 St. Valentine (Martyr)
15 Transfiguration Philemon and Onesimus	16 Philip Melanchthon (confessor)	17	18 Ash Wednesday Martin Luther	19	20	21
22 First Sunday in Lent	23 St. Polycarp of Smyrna (pastor and martyr)	24 St. Matthias (apostle)	25	26	27	28

Spring Cleaning for the Soul

Ash Wednesday is February 18, 2026, and it marks the beginning of the 40 days of Lent. Lent hints of spring, a time when the earth begins to awaken from a winter's nap, and new growth bursts forth all about us.

More personally, it is an opportunity to enter into a springtime for our spirit. For centuries Christians have used the 40 days of Lent to seek spiritual growth. Sincere repentance, a changing of heart, casting off old sinful practices and seeking to commune with our creator help us go in the right direction. Spending serious time in silence and prayer focuses our attention. Reading spiritual literature, becoming more knowledgeable about the New Testament, meeting in small groups with other Christians to share personal stories of faith can all be immensely stimulating. Joining with others to serve the helpless and hopeless can strengthen our spiritual life.

Lent is a time to let God do “spring cleaning” within us. It’s our opportunity to allow God to help us toss out the “stuff” that hinders us and then freshen up the “new creature” we are meant to be as followers of Christ.



Last year, we read John, Psalms, Mark, and Hebrews. We got into the practice of reading the Bible every day. Now we've built up some stamina, so we can read a little bit more (35 verses will be an approximate maximum). We will finish the New Testament this year and read some Old Testament Wisdom literature on the weekends.

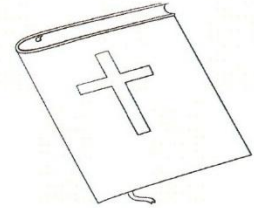
Feb. 1 – Prov. 5:15-23	Feb. 8 – Prov. 6:15-23	Feb. 15 – Prov. 7:21-27	Feb. 22 – Prov. 8:12-36
Feb. 2 – Luke 11:1-32	Feb. 9 – Luke 14	Feb. 16 – Luke 18:1-30	Feb. 23 – Luke 20:27-47
Feb. 3 – Luke 11:33-54	Feb. 10 – Luke 15	Feb. 17 – Luke 18:31-43	Feb. 24 – Luke 21:1-24
Feb. 4 – Luke 12:1-34	Feb. 11 – Luke 16	Feb. 18 – Luke 19:1-27	Feb. 25 – Luke 21:25-38
Feb. 5 – Luke 12:35-59	Feb. 12 – Luke 17:1-19	Feb. 19 – Luke 19:28-48	Feb. 26 – Luke 22:1-34
Feb. 6 – Luke 13	Feb. 13 – Luke 17:20-37	Feb. 20 – Luke 20:1-26	Feb. 27 – Luke 22:35-71
Feb. 7 – Prov. 6:1-14	Feb. 14 – Prov. 7:1-20	Feb. 21 – Prov. 8:1-11	Feb. 28 – Prov. 9:1-12

A new vocabulary

Christians today often think of their world in the vocabularies of contemporary politics or popular culture. But the Bible offers us an alternative. Those poor folk across town are not just "welfare recipients" or even "fellow citizens"; they're "neighbors." That action wasn't "inappropriate behavior" or even "crime"; it was "sin." When we use such vocabulary, we find ourselves thinking about the world in different ways - and sometimes, at least, we may find common ground with other Christians from whom we were divided when our only language was that of contemporary politics.

To trust the Bible, to let it define our world and provide a language for thinking about the world, can transform our lives. But it does not make understanding the Bible easy. We have to get down to hard work - to reading the Bible and immersing ourselves in its world and its language. We need to know the Bible well enough so that, as was true for Augustine or Luther or Calvin, one passage reminds us of another that offers a qualification, another that provides support, another that sets out a different frame of reference.

-William C. Placher,
quoted by Martin Marty in Context, December 15, 1995



Catechesis page: We encourage you to put this on your fridge and learn God's Word and things that help us better understand it together.

February 2026

Did you know? On February 16th we remember Philipp Melancthon. He wrote several of the documents that are in the Book of Concord. He wrote The Augsburg Confession, the Apology to the Augsburg Confession, and the Power and Primacy of the Pope. The ultimate goal of all these documents is to show the truth of God's Word.

Bible verse of the month: "Blessed is the one whose transgression is forgiven, whose sin is covered."
-Psalm 32:1

Catechism: The Second article of the Creed and it's explanation

What is the second article of the Creed?

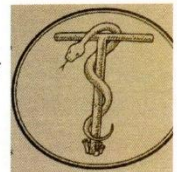
And in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell. The third day He rose again from the dead. He ascended into heaven and sits at the right hand of God the Father Almighty. From thence He will come to judge the living and the dead.

What does this mean?

I believe that Jesus Christ, true God, begotten of the Father from eternity, and also true man, born of the virgin Mary, is my Lord, who has redeemed me, a lost and condemned person, purchased and won me from all sins, from death, and from the power of the devil; not with gold or silver, but with His holy, precious blood and with His innocent suffering and death, that I may be His own and live under Him in His kingdom and serve Him in everlasting righteousness, innocence, and blessedness, just as He is risen from the dead, lives and reigns to all eternity. This is most certainly true.

Liturgical seasons and colors (look on the altar and pastor) for February: Epiphany- green Lent-purple

Christian symbol of the month: Brazen Snake Atop A Pole- This is a symbol that Philip Melancthon chose for himself. It is a reference to when Moses put a bronze snake on a pole in the wilderness. When the people looked at it they were saved from poisonous snake bites. It ultimately points us to Christ on the cross.



Hymn of the month: (definitely check out the other verses in the hymnal, for the sake of space we have v. 1 only here) O Christ, You Walked the Road

V 1. O Christ, You walked the road

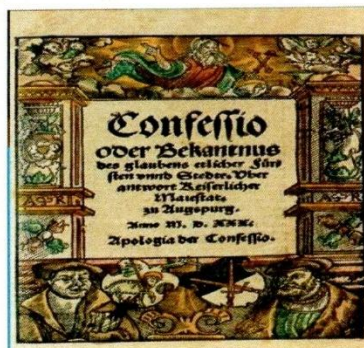
Our wandering feet must go.

You faced with us temptation's pow'r

And fought our ancient foe.

"The Church is the congregation of saints, in which the Gospel is rightly taught and the Sacraments are rightly administered." -from the Augsburg Confession by Philip Melancthon

Pictured to the right is the
Front cover of the first edition
Of the Augsburg Confession



BUFFALO NORTH WEDNESDAY LENTEN WORSHIP

February 25th - St. Luke, Cheektowaga

March 4th - Holy Cross, Clarence

March 11th - Our Savior, Buffalo

March 18th - St. Paul, Clarence Center

March 25th - Pilgrim, Kenmore

DINNER AT 6 PM

WORSHIP AT 7 PM

Lent is almost here

This year, Lent begins on Ash Wednesday, February 18th. Lent has been observed by Christians since the fourth century. It is a time of reflection, penitence and spiritual renewal before Easter. Lent ends at midnight on Holy Saturday, the night before Easter Sunday.

During Lent some Christians focus on giving up something. Is it absolutely necessary for the observation of Lent to give up a delicacy or a bad habit or an hour of sleep in order to pray? Who can truly say? What one does during the Lenten period should be a matter between a Christian and God. Some may decide to do something extra for their spiritual growth. Others may indeed "give up" something that's a hindrance to the spiritual life. Some may make a special sacrifice of some sort. And some may decide to improve their communication and fellowship with God by having special times of prayer throughout the day, or vow to worship in the church at every service held.

The important thing is to make Lent a special time, a memorable time. A time so meaningful that it sets the tone for the rest of the entire year. At the very least it should be a time of sincere spiritual growth.



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1-800-876-9880



In the Baltics, cultural identity is often entwined with music and the arts. Tapping into this heritage, **LHM–Latvia** has hosted an annual week-long film forum, *And the Word Became Film*, for more than 20 years that presents award-winning films offering a good moral message or a connection with Christianity. This year, eight films were screened for around 450 people who watched the films and then participated in a discussion about the themes and ideas presented. The event was covered in the national media and received a lot of positive feedback.

Alīda is a 33-year-old teacher who was invited by a friend to attend the forum. “I was deeply moved by the messages of the selected films and the issues they brought to light,” says Alida. “One film that particularly resonated with me was the Danish film, *The Great Silence*, which explores the complex relationship between a brother and sister. It stirred something deep within me and made me reflect on my own relationship with my brother, whom I haven’t seen in several years.”

After this experience, Alida felt a strong urge to visit a church. Since then, she has gone a few times — not during services, but in quieter moments on weekdays. “There’s something indescribable about sitting in silence, gazing at the altar and the crucifix — a deep sense of peace and reflection,” she says. The Holy Spirit continued to work on her heart and led her to enroll in one of LHM–Latvia’s Bible courses to dig deeper.

Another attendee went to Facebook to share his thanks. “These wonderful movies were my best spring evenings. Thanks to all who shared their valuable insights after the movies.”

2025–2027 Mission Grant 6

Christ-Centered Hope for Cancer Patients

Phil's Friends, U.S.

About This Mission Grant

The core of Phil's Friends mission is based on Matthew 25:36, I was sick and you visited me. In the past 18 years, Phil's Friends has sent nearly 60,000 care packages and more than one million Cards of Hope. This ministry supports anyone with cancer regardless of age, gender, ethnicity, or income level.

It costs \$100 for one year to support a cancer patient. This total includes the care package, 12 Cards of Hope, and postage. The care packages are hand-decorated, and the contents are customized according to the age and gender of the recipient. They are filled with simple, practical comfort items that cancer patients can use during their treatments. Phil's Friends is 100% donor supported.

This grant will purchase supplies for care packages and Cards of Hope and will pay for shipping and postage to support 1,000 cancer patients for one year.



"Facing Cancer Bravely & Beautifully."

Linda St. Myers is a faithful supporter of Phil's Friends. She was one of the first to volunteer at the Crown Point, IN Hope Center when it opened in 2017. Sadly, Linda, 66, is currently dealing with terminal brain cancer. She has a bright and beautiful spirit and loves volunteering when her health allows. "Volunteering at Phil's Friends has become a passion of mine," Linda said. "It's just wonderful being here." Here she is with Phil Zielke, founder of Phil's Friends, standing before a wall of boxes she helped to decorate.



"Love is Owl Around You."

Even before a patient opens a box, they are encouraged! We've heard stories. There are some very clever and artistic people out there, and this is just one example of how beautifully these boxes are decorated. This one will surely bring a smile to a cancer patient's face.



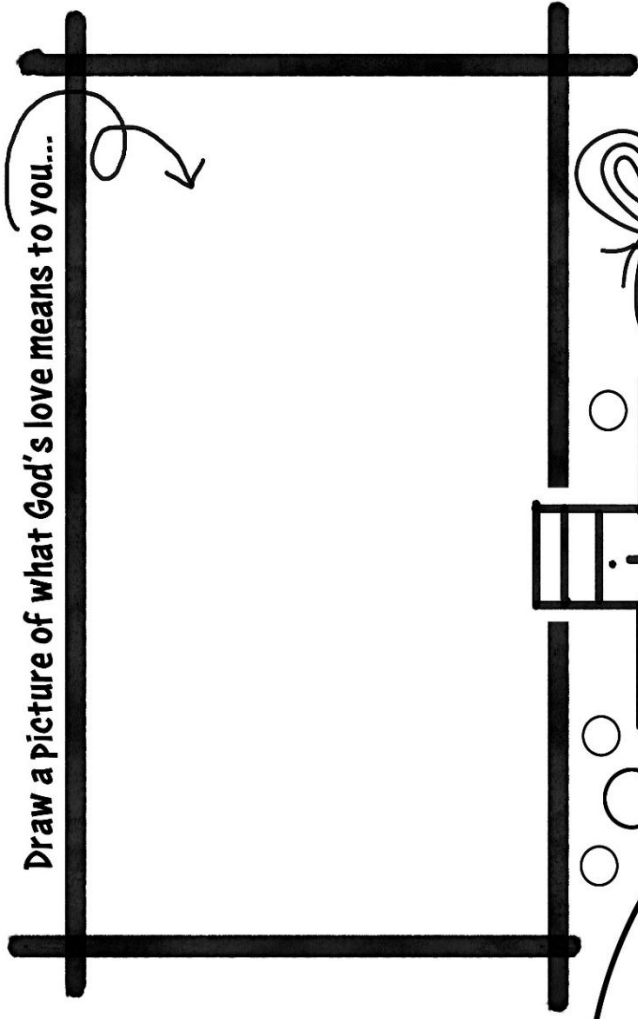
"Box of Love and Compassion"

Each care package is filled with simple items that express love and compassion. We thought carefully about which items we would include in each care package, ones that would meet practical needs and bring comfort on days when a patient is experiencing dark days.

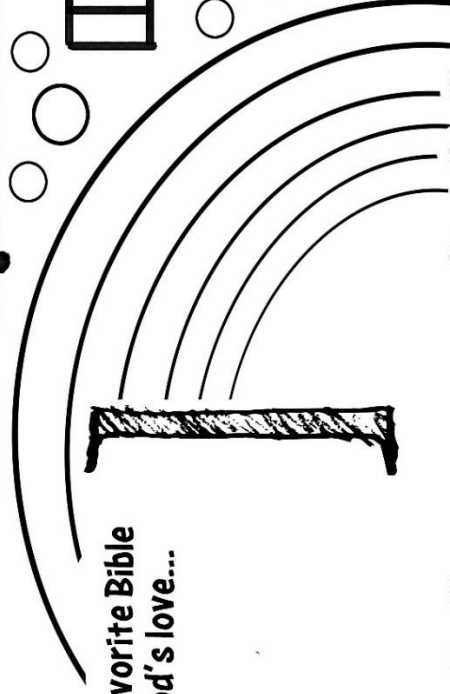
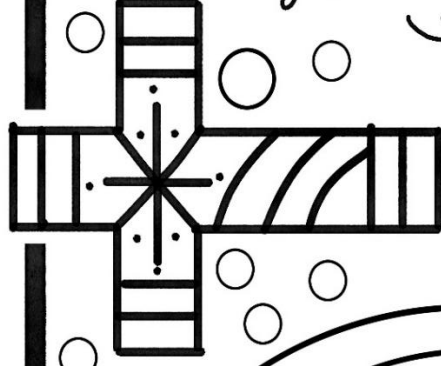
ALL ABOUT

GOD'S LOVE

Draw a picture of what God's love means to you...



What's your favorite Bible verse about God's love...

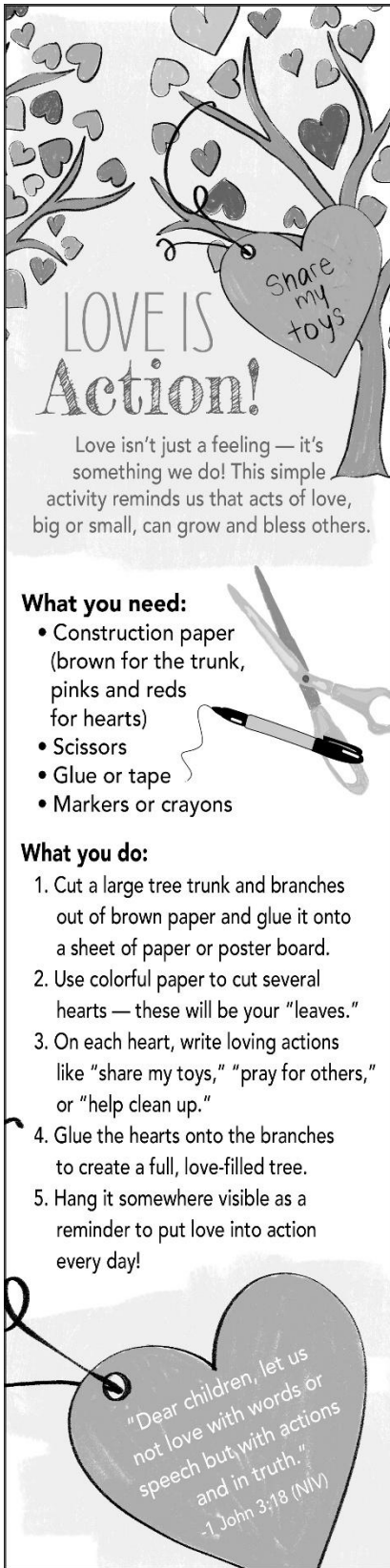


God's love is...

JESUS LOVES ME



Four horizontal lines for writing the answer to 'God's love is...'.



LOVE CODE BREAKER

Change some of the letters below to reveal this verse!

Change:

C's to L Z's to H P's to R
J's to A Q's to T X's to E
K's to O

(The other letters stay the same.)

" L
C K V X Q Z X C K P D Y K U P
G K D W I Q Z J C C Y K U P
Z X J P Q J N D W I Q Z J C C
Y K U P S K U C J N D W I Q Z
J C C Y K U P M T N D J N D
W I Q Z J C C Y K U P
S Q P X N G Q Z "

Mark 12:30

Answer: "Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength."

**THE DEADLINE FOR SUBMISSIONS FOR THE MARCH NEWSLETTER
IS FEBRUARY 20TH.**