



# REAL LIFE SENIORS

A MONTHLY CHURCH NEWSLETTER

February 2026

For the mountains may depart and the hills be removed, but my steadfast love shall not depart from you, and my covenant of peace shall not be removed,' says the LORD, who has compassion on you. *Isaiah 54:10*



**Respite Ministry Launch Friday February 6<sup>th</sup>**  
Sessions on Fridays from 10am to 2pm



In partnership with Real Life Seniors Ministry, In Good Company is an Alzheimer's & dementia Respite program that provides social support for families by giving caregivers a much-needed break to care for themselves. This faith-based, volunteer-driven model, will bring hope to our community by providing fun and friendship for loved ones living with dementia. Program enrollment is required for participation. For more info call Lynda at 208-967-4771



**Movie | Solo Mio**  
**Tuesday February 10<sup>th</sup> 11am**  
**\$4 Hayden Cinema**

A comedy/drama of a heartbroken man, left at the altar in Rome, who chooses to go on his honeymoon alone. As he navigates the city meant for two, he begins a bittersweet journey of self-discovery.

**Face to Face | Sermon Series** starting February 19<sup>th</sup>/22<sup>nd</sup>

**What happens when you come face-to-face with Jesus?**

Join us for our new series, leading up to Easter Sunday. We'll explore the lives of seven different people whose stories were forever changed by a personal encounter with Christ.

Whether you're looking for hope, grace, or a fresh start, there's a place for you here.

**RLM Seniors' Purpose Statement:** We are a ministry to seniors and through seniors with a heart of service and a commitment to finish well. Our purpose is to more intentionally live out the vision and mission of Real Life Ministries. We want to declare the power of God to the next generation(s) and to love, honor, accept and serve one another.

# What's Happening...

**Meet & Greet** | Sunday February 22<sup>nd</sup> 11:30am RLM 2

**Membership Class** Sunday February 8<sup>th</sup> 9:45 RLM 2 Auditorium, Childcare & breakfast provided

**Ladies' Night Out** | Friday February 13<sup>th</sup> 6:30pm RLM 1

**Men's Breakfast** | Saturday February 14<sup>th</sup> 8am RLM 1

**Grief Share** Sundays 9:45am or Thursdays 5:45pm RLM 2 Rm 206

**Choir** Saturdays 2-4:30pm Room 301 For more information call Sheri at 951-667-0532.

**Bible Journaling** Thursdays 11-1pm RLM 1 Rm 119

**Pickleball at The Courts** Mondays, Wednesday, Thursdays 8-11am. Email Bob at [bobbeck49@gmail.com](mailto:bobbeck49@gmail.com) for more info.

**Adult Stretch & Fit** Tuesday and Thursdays 1pm at The Courts.

**Knit, Pray & Crochet** Wednesdays 12-2pm Rm 112

**Men's Bible 101** Tuesdays 6:30am RLM 2

**Quilting** 2<sup>nd</sup> Saturday 1-5pm RLM Room 301 Call Lorie Weiss 509-280-1369 for more information.

**War Room Prayer** Tuesday 10am | Wednesday 5pm Rm 111

## Post Falls SENIOR CONNECT

**Friday | Food & Fellowship 11:30**

Bring a main dish, side dish or snacks/dessert to share!

**RLM 2 Auditorium**

**1860 N Cecil Road, Post Falls**

**February 6** Philippians 3:1-16 Chris  
**February 13** Philippians 3:17-4:9 Gary  
**February 20** Philippians 4:10-23 Floyd  
**February 27** Philippians Review: Chris

Prayer requests or answer to prayers may be sent to Gaylene by text or call 208.659.3849 or email to: [gaylenescott@gmail.com](mailto:gaylenescott@gmail.com)

**We are excited to announce** that the **Bible Journaling class** has started, meeting Thursdays in Building 1, Room 119 11am - 1 pm. Please contact Judy Thow at 805-657-2282 for further information.

## Active Seniors...

**Tuesday | February 17<sup>th</sup>**  
**1:30-3:30pm**

Join us for a fun time bowling at River City Lanes, Post Falls. Please RSVP LaLea at 208-661-8856 if you plan to attend.



**School Drive!** As a church, we want to bless our teachers and local schools. We partner with teachers, administrators and school staff that attend Real life to understand their needs. You can visit the website below to see the list of items needed or information on volunteering. Items can be dropped off in the Lobby anytime until February 8<sup>th</sup> 2026.

<https://reallifeministries.com/thedrive>



# Coming Soon....

RLM  
Youth  
Mexico  
Mission  
Trip  
Please  
Pray!



## Prayer Requests

### Mexico Mission Trip

These students from the High School Youth Group at Real Life Ministries will be traveling to Mexico in March of 2026 to serve, share Jesus, and partner with the local ministries. Please join us in praying for the trip.

*Prayer Points*

- Partnering with local youth
- Service projects
- Team unity
- Spiritual growth
- Safe travels

## ANCHORED Women's Conference

Friday April 24<sup>th</sup> & Saturday April 25<sup>th</sup> \$60 per person  
Post Falls Campus, Building 1

Come spend a weekend Anchored and rooted in God's truth, be refreshed and encouraged alongside other women seeking to strengthen their faith.

Register online at: <https://www.reallifeministries.com/registration/anchored2026>

## MEN'S Discipleship Groups

*What does it look like to be a spiritual leader?*

*Join us for Men's Discipleship Groups starting in January!*

*We will be meeting together in a large group and then breakout into smaller groups for discussions.*

*Register for the time slot that works best with your schedule! Check it out at:*

<https://reallifeministries.com/page/207?returnurl=%252fregistration%252fmdg-wed-01212026>

*Wednesdays, 6:30–7:30am*

*Thursdays, 5:45–6:45pm*

*Sundays, 8:00–9:00am*

*Sundays, 9:45–10:45am*

*Sundays, 11:30am*

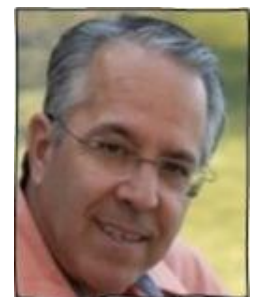
## Contacts for Seniors

Chris Belluomini | Seniors Ministry Lead\_\_

208.243.9499 [cbelluomini@reallifeministries.com](mailto:cbelluomini@reallifeministries.com)

Bobbi Putman | Seniors Coordinator

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# The Future

We live in a world where the internet forgets nothing, every photo, post and blog entry is seemingly stored forever. One major search engine, however, introduced a privacy feature allowing users to request the removal of personal data like phone numbers, home addresses, and more. While this doesn't erase the data from the internet entirely, it significantly reduces its visibility, giving people a sense of control over their digital footprints. This idea of scrubbing the past echoes the prophet's words in Isaiah 43:18-19. God said, "Forget the former things, do not dwell on the past. See, I am doing a new thing." These verses were spoken to Israel during their exile in Babylon, a period of deep despair and longing for restoration. God commanded his people to not fixate on their past failures or the pain of captivity, but to look forward to the new work He was about to do, a new and more significant exodus, their deliverance from Babylon and return to their homeland. He wasn't just erasing the past but 'making a way' (v. 19) to a future filled with hope and purpose.

Instead of dwelling on failures or regrets, let's trust that God has 'scrubbed' our past sins, regrets and shame and through Jesus' sacrifice (Hebrews 10:10), 'Remembers our sins no more'. (Isaiah 43:25).

**God propels us toward the future He's preparing.**

Marvin Williams

## Laugh Out Loud

I was out walking with my

4-year-old granddaughter. She picked up something off the ground and started to put it in her mouth. I took the item away from her and I asked her not to do that.

"Why?" my granddaughter asked.

"Because it's been on the ground. You don't know where it's been, it's dirty, and probably has germs," I replied.

At this point, my granddaughter looked at me with total admiration and asked, "Grandma, how do you know all this stuff? You are so smart."

I was thinking quickly, "All Grandmas know this stuff. It's on the Grandma Test. You have to know it, or they don't let you be a Grandma." We walked along in silence for 2 or 3 minutes, but she was evidently pondering this new information.

"Oh...I get it!" she beamed, "So if you don't pass the test, you have to be the Grandpa."



## Seniors on the move....

