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*Messages of Hope* in **February 2025**

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| **2nd February** | **Life together when apart** | **(Interview)** |
| How do you keep your relationship together, especially when you are apart? Listen to Jo and Luke share about their challenges and helpful insights as a family when Luke travels away for work. | | |
| **9th February** | **Enduring love** | **(Interview)** |
| When love is supposed to be forever, how does it survive through illness and death? Hear Cheryl Keller share her story of enduring love with her husband, Trevor Keller (former Lutheran Media presenter). | | |
| **16th February** | **Dealing with stress** | **(Interview)** |
| Life seems to be going 100 miles an hour, people all around us seem to be suffering from burnout and stress. This isn’t something new. But what is it that causes us to feel like it’s all just getting too much, and what helps us cope? | | |
| **23rd February** | **Carrying hope** | **(Interview)** |
| Sophie Gebreyes, from Lutheran World Federation, coordinates humanitarian aid for Ethiopia’s country program. Hear how generous Australians are making a world of difference in the lives of people in struggling communities. | | |

**Lutheran Media celebrates 80years!**

In 2025, Lutheran Media celebrates 80 years of broadcasting in Australia. To commemorate this significant milestone, we will be hosting key events throughout the year. In March, look for your copy of the history book ’80 years of blessings: Lutheran media ministry in Australia and New Zealand’.

To keep up to date with all the latest programs and resources, go to [www.lutheranmedia.org.au](http://www.lutheranmedia.org.au)

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**Prayer Requests**

* **For lasting, loving relationships.**
* **For people experiencing stress.**
* **For those struggling through disaster or crises.**

Booklets in **February**

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| [www.messagesofhope.org.au/now-youre-talking-booklet/](http://www.messagesofhope.org.au/now-youre-talking-booklet/) | [www.messagesofhope.org.au/grief-where-sadness-and-hope-meet/](http://www.messagesofhope.org.au/grief-where-sadness-and-hope-meet/) |

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| [www.messagesofhope.org.au/stressed-but-connected-booklet/](https://www.messagesofhope.org.au/stressed-but-connected-booklet/) | [www.messagesofhope.org.au/your-place-in-gods-plan-booklet/](https://www.messagesofhope.org.au/your-place-in-gods-plan-booklet/) |

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