

March Calendar of Events

Wednesdays, March 3, 10, 17, & 24 during Lent

—Worship is at 12:00 & 7:00 pm

Lenten soup luncheons are served after the noon worship at 12:30 pm.

Lenten suppers are served at 6:15 pm before the 7:00 pm worship.

March 8th LEAF articles are due

March 15th BOOK CLUB meets at 7:00 pm (see page 6 for more details)

March 13th Cluster Event at Luther Manor, see page 7 for details

March 19th from 6:00—8:00 pm Fifth grade First Communion class begins

March 20th from 9:00—11:00 am First Communion class

March 21st a special Prayer Shawl blessing

March 28th Palm Sunday and Holy Week begins

- **Please bring non-perishable food for Hope House on Sundays**
- **Please bring your aluminum cans and Campbell labels on the second Sunday, March 14th, ONLY.**
- **Dorcas Circle meets Tuesdays at 9:00 am.**
- **Sunday School at 10:00 am—meets in church Sunday, March 14th.**
- **God's Young Voices—meets Sundays at 9:40 am .**
- **Senior Choir meets every Wednesday at 8:00 pm during Lent.**
- **Health and Wellness meeting, Friday, March 19th, 10:00 am.**
- **Worship & Music meets Tuesday, March 2nd, at 7:00 pm**
- **Good News Bible Study meets Wednesday, April 14th at 11:30 am.**
- **OWLS meet on Thursday, March 11th, at 8:30 am at Forum Restaurant**
- **Property committee meeting Tuesday, March 9th, at 6:30 pm.**
- **Christian Education meeting Tuesday, March 2nd at 7:00 pm**
- **Evening Bible Study meets Thursday, March 18th, 7:00 pm.**
- **Friends meet Tuesday, March 30th at 9:30 am.**
- **Parish Nurse, Barb Estrada is here on Wednesday mornings but not March 17th she will be here on the Friday, March 19th of that week**
- **PICK N SAVE WPLC WE CARE NUMBER IS # 934480**





Your Lenten Journey— Body, Mind and Spirit

Lent is not just about giving things up. It's also about adding good things to our lives or to others' lives; the kind of good thing that follow on what Jesus asks of us. Lent is a time of preparation with prayer and thoughtfulness. Sometimes our lives get "too" busy to remember that we have only 40 days to get ready for Easter. So this year, I thought I'd produce some simple and helpful reminder cards to help us grow in spiritual, relational, emotional, and bodily fitness. Included in each weekly bulletin, you will find a basket marked "Lent Activity Cards". Each card has three easy tasks.

- Read the weekly Bible story, discuss it with others, (possibly make this family time), and meditate on it's meaning.
- Complete a "healthy" task for the week. Some tasks may require you to complete the task daily or just a few times that week. (Again, decide if you will do this as an individual or as a family.)
- Pray a simple prayer daily.

Use a new card every week of Lent.

Feel free to think up other activities, acts of kindness, exercise or healthy activity, and pray.

May God bless you on your Lenten journey!

Barb Estrada, RN, PN

Women and Heart Disease

When you hear the term "heart disease" our first thought is "That's a man's disease".

Did you know that heart disease is the #1 killer of women in the United States? The good news is that heart disease is a problem that we can do something about. We need to know the risk factors, talk to the doctor, and take steps to improve our heart health and reduce the chances of developing heart disease.

Coronary heart disease is the most common form of heart disease. It is a disorder of the blood vessels of the heart that can lead to a heart attack. A heart attack happens when an artery becomes blocked, preventing oxygen and nutrients from getting to the heart. It is important to realize that heart disease is a lifelong condition – **once you get it, you'll always have it.**

What's more, the condition of your blood vessels will steadily worsen unless you make changes in your daily

habits. *That's why it is so vital to take action now to prevent this disease.*

Lifestyle affects many of the "risk factors" for heart disease. Risk factors are conditions or habits that increase the chances of developing a disease or having it worsen. There are 2 types of heart disease risk factors – those you can't change and those you can control. One of the risk factors that you can't control is having a family history. Also for women, age becomes a risk factor at 55. That's because, after menopause, women are more apt to get heart disease due to dropping estrogen levels.. By making changes in lifestyle and or taking certain medications, we can control many heart disease risk factors.

Risk factors that you can control include: **Smoking, High Blood Pressure, High Blood Cholesterol, Overweight/Obesity, Physical Inactivity, Diabetes.**

Be aware that every risk factor counts. If you have even one risk factor, you are much more likely to develop heart disease, with its many serious consequences. Having more than one risk factor is especially serious because risk factors "gang up" and worsen each other's effects.

The first step is to see your doctor for a thorough checkup. Tell your doctor you want help in achieving your goal of heart health. Don't hesitate to ask questions like:

- What is my risk for heart disease?
- What is my blood pressure? What does it mean for me and what do I need to do about it?
- What are my cholesterol numbers? What do I need to do about them?
- Do I need to lose weight for my health?
- What is my blood sugar level and does it mean I'm at risk for diabetes?
- What can you do to help me quit smoking?
- How much and what kind of physical activity do I need to help protect my heart?
- What other screening tests for heart disease do I need?

Now you're ready for action. Research shows that women can lower their heart disease risk enormously – by 82% - by leading a healthy lifestyle. In most cases, that means following a heart healthy eating plan, getting regular physical activity, maintaining a healthy weight, and not smoking. We also need to take care of the significant man in our lives as most of the risk factors and questions can be used to assess their heart health too. Have them talk to their doctors too!

Condensed Council minutes from December 22nd, 2009

Members in Attendance: Betty Hembrook, Van Johnson, Gloria Brinkmeier, Reg Simpson, Lou Graef, Donna Winiarski, Jennine Sonntag, Jill Underberg and Pastor Michael Fazio. Not Present: Sandy Sannes

Secretary's Report: Minutes from 11/24/09 were approved.

Treasurer's Report – Donna: Brent will get a year-end report done over the holidays. Discussion about the value of a monthly report – it would help everyone to know what is going out/coming in on a frequent basis. It is difficult to make adjustments w/o having recent information handy.

Pastor's Report: Pastor is scheduled to take vacation from December 26, 2009 – January 2, 2010. However, Church Secretary Sandy Kestner will be having hip replacement surgery on December 29th which was only scheduled a few days ago. Pastor will, therefore, be cutting his vacation short and will be checking in at church because Sandy will not be there. He will begin his vacation as planned and will save whatever vacation days that he does not use this time for a future vacation. Pastor Jim Wilch will be serving on December 27th. Jennifer Breese has volunteered to help out in the church office while Sandy is out. Pastor presented a list of tasks that will be covered by others in Sandy's absence or, in some cases, will be done by Sandy before she leaves or will wait until her return.

Pastor opened Sunday School on December 6th by leading worship for them. This was interesting and fun.

Pastor Fazio submitted a breakdown of all pastoral acts between 11/25/09 – 12/22/09 including: leading worship and preaching at 9 services (including Thanksgiving Eve with Emanuel UCC); Blue Christmas Service, Dec. 16th; 7 hospital visits; 12 pastoral counseling appointments; 4 home visitations; 8 home/hospital communions; 25 pastoral phone calls; 1 healing service; all regularly-scheduled Thursday evening and Wednesday morning bible studies, and confirmation classes; received 12 new members, Nov. 29th; attended Finance Committee meeting; attended Dorcas Christmas Luncheon; hosted WPLC staff Christmas party; attended Weekly Pastors' Bible Study at Jack-

son Park Lutheran every Tuesday; attended meeting of Veterans Task Force of the Greater Milwaukee Synod, Dec. 1st; attended CPE Program every Thursday; attended Synod Assembly to elect new Bishop.

Other church business that Pastor is/has been involved in this month: beginning the process of forming a permanent Stewardship Committee; formation of Personnel Committee/Executive Committee; new Sunday counting team.

COMMITTEE REPORTS

Christian Education – Jennine Sonntag

Christian Ed has requested of the Property Committee that a large bulletin board be placed downstairs in the "Sunday School Hallway" as a central location to put announcements, photographs and news related to and kids in Sunday School. This would be useful to both parents and kids as all relevant information that they need would be located in one place. It would be logical to have all of this information near to the Sunday School. It would be a colorful and welcoming display on what is currently a blank wall. The bulletin board could include information relevant to God's Young Voice, the special projects that the SS participates in from time to time, as well as photographs of the SS, etc. Van Johnson is on the Property Committee and will attend its January meeting and participate in the discussion about this request.

Jennine Sonntag and Pastor have talked about the Youth Group and about the troubles that the group is having attracting participating kids and parents. The youth group is no longer working and needs to be re-tooled. Pastor will take the lead in January to send a letter to all parents of kids who would potentially belong to the Youth Group to invite them to a meeting and see what their interest is and what they would like to see happen with the youth group. Would like to get multiple parents involved as co-leaders so that it does not fall all to one person and responsibilities are spread around. That way, each parent organizer would only plan one or two activities per year. Because the group is being re-worked it will, for the time being, be included under the Christian Education umbrella.

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A project that will be started soon is to work with our financial advisor, Glenn Lemmenes, to determine what exactly the fund's "principal" is. We need to look back to see the various gifts that have been made to the fund over the years vs. the interest that has accrued.

Finance – Van Johnson

The new envelopes are out on the tables to be picked up. We had previously discussed the large number of envelopes left over from 2008 and 2009 and the idea of having a long-term member go through the list and contact people who have not picked them up. The list for 2008 has already been prepared and Audrey Grafwallner has volunteered to work on this project, starting with the 2008 list. She will move on to the 2009 list when it is prepared. The idea is to find out what the situation is: have the people moved, have they changed churches w/o us knowing, or is there illness or other needs that we should know about.

The financial software has been purchased. The church's laptop, however, does not have sufficient processing power to handle the software. Discussed the purchase of a new laptop. Van will talk to Roger Brinkmeier about purchasing a new laptop. A laptop is likely to cost \$300-400 and a printer (that can also print checks) would be approximately \$250. We would not need a printer in January though as we have a stock of checks that we will use up. We could purchase the laptop and Brent could assist us with getting it up and running and getting a monthly report form set up. We may be able to have a monthly report at the February council meeting.

We need to focus on finding a replacement for Brent Rice, who has served as Treasurer for many years.

We are in the process of putting together next year's budget. We need to discuss with our respective committees budgeting needs for 2010.

Finance Committee will be looking into whether staff salaries can be increased or not. Revenues have not increased for five years. There needs to be communication about whether staff members are getting increases or not. The Executive Committee will meet on Monday, Dec. 28th @ 7:00 to start talking about staff evaluations.

Pastor has asked to have a separate checking account for the Helping Hands fund so that it can be accessed on short notice, as that is how the needs arise of people who would need the money. **Motion is made to**

establish a separate checking account for the Helping Hands Fund and have Pastor be a signatory on the account. Motion is seconded and carries. Pastor will go to the bank and get the necessary paperwork.

Fellowship

No report.

Health and Wellness – Jill Underberg

Endowment – Betty Hembrook

The balance of the Endowment Fund is \$370,385, per the December statement, an increase of more than \$4,500 since November.

No report.

Worship and Music – Donna Winiarski

Determining solos and duets for Christmas services.

Property – Van Johnson

The leak in the sanctuary has been patched.

Social Ministry – Gloria Brinkmeier

There is now a list of people who have volunteered for short-term projects.

Stewardship

No report.

Evangelism/Publicity – Gloria Brinkmeier

No report.

Audit Committee – Van Johnson

Ron Noeske is willing to serve on the committee. Will be auditing treasurer and finance secretary in the first quarter of 2010, after the books are closed.

Mutual Ministry – Jill Underberg

Randy Sannes/Jill will check with all church employees to see if they have any issues to discuss.

Youth Group

Youth group will be part of Christian Education for now.

New Business

Donna Winiarski – "Jobs Board" – getting some participation. Need to get more involvement. We should emphasize that it is not just for people who work on side jobs. Anyone can put their card up. Many parishioners would like to patronize their fellow WPLC members but are unaware of what people do for a living.

Lock boxes/keys – nothing new to report.

Next meeting will be held on January 26, 2010.

Submitted by Jennine Sonntag, Council Secretary.

Birthdays

- 2 Ronald Hause
Scott Johnson
Alyssa Schubert
- 4 Travis Brugger
- 5 Stephen Meier
- 7 Korine Vierthaler
Warren Wollmer
- 8 Michael Krajewski
- 9 Joan Maasz
Anthony Seaks
- 11 John Meyer
Donald Ross
- 14 Kelleen Brown
- 15 Claire Staats
- 16 Heidi Bukowski
Kenneth Kiefer
Raymond Remington
Edith Smith
- 17 Joshua Hareng
Mark Winiarski
- 18 Irene Bonnert
Jennifer Schubert
- 19 Alan Gellings
Russell Goetz
Kirsten Henneberry
- 20 Jason Krainer
Barbara Nelson
William Sorvick
Dawn Stein
- 21 Meta Gardner
Walter Sievert
- 22 Savanah Cousert
Kurtis Kaempfer
Sheila Mittelstaedt
- 23 Robert Bonnert
- 25 Joseph Jenna
Debbie Schulte
- 26 Casey Kienbaum
- 27 Keith Jankowski
Justine Kaempfer
- 28 Sarah Knier
Ryan Sparacino
- 29 Denise Jankowski
- 30 Marlys Boyer
Kristin Hause
- 31 Chris Crawley

Anniversaries

- 1 Jerry & Sally Cole
- 16 Donald & Bonnie Hareng
- 20 Kenneth & JoAnn Kiefer 56
- 21 Robert & Barbara Gollash 57

BOOK CLUB meets Monday, March 15th at 7:00 pm

This month's book is **The Help**
by Kathryn Stockett.

It is about African American maids working in white households in Jackson, Mississippi during the early 1960's.

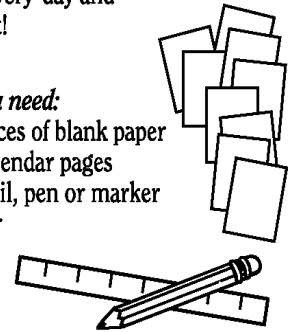
The novel is told from the perspective of three characters. Abileen, a middle aged African American maid who has spent her life raising white children and has recently lost her only son; Minny, an African American maid who has often offended her employers despite her family's struggles with money and her desperate need for jobs; and Skeeter, a young white woman who has recently moved back home after graduating college to find out her childhood maid has disappeared without a word. These three stories intertwine to explain how life in Jackson, Mississippi revolves around "the help"; yet they are always kept at a certain distance because of racial lines.

Make a Prayer Calendar

We should pray everyday. There are so many people and so many things to pray about in our lives. "Make a date" to pray every day and stick to it!

What you need:

- 12 pieces of blank paper for calendar pages
- a pencil, pen or marker
- a ruler



What you do:

1. Write the name of the month on the top of a sheet of paper.
2. With your ruler and pencil, draw vertical (up and down) lines to divide the page into 7 columns.
3. Draw horizontal (left to right) lines to make 5 rows.
4. You should have 35 boxes.
5. Number the boxes to match the dates of the month. (Tip: Use another calendar to look at, so you put the numbers in the correct boxes.)
6. Repeat the steps to make a calendar page for each month of the year.
7. On this month's calendar, fill in the spaces with people, events and things you need to pray for. They can repeat.
8. When each day comes, pray about what's on that day's space.
9. Before the end of the month take time to fill in next month's calendar. You may be able to see God's answering your prayers, so be sure to add "thankfulness" to your list.

"Hear my prayer, O God; listen to the words of my mouth."

—Psalm 54:2, NIV

Social Ministry Update:

"Souper" Bowl Sunday

Thanks to everyone who made Sunday, February 7th, "Souper." Eleven packed to overflowing grocery store bags containing 238 non-perishable food items were delivered to Hope House that afternoon. The food items included 121 cans or packages of soup, 35 cans of beans, chili, spaghetti, stew, and other meals, 30 cans of vegetables, fruit, etc., and 52 boxed items including jello, cereal, pudding, noodles, and peanut butter. The food items will be distributed to persons in need through Hope House's Southside Food Pantry.

An additional \$129 was placed in the soup kettles. Along with \$49 from the Coffee Hour sponsored by the Social Ministry Committee on February 7th and \$22 from previous Coffee Hours, a check for \$200 was sent to the Hunger Task Force to be used to fight hunger in the greater Milwaukee area. The \$200 given by Whitnall Park will allow the Hunger Task Force to buy \$400 worth of food for people in need.

Again thanks to everyone who helped Whitnall Park win a big victory for Christ in the "Souper" Bowl that matters most.

Hope House

Non-perishable food items for Hope House can be brought in at any time. The items are delivered monthly. With the economic downturn the need for food items is now even greater.

Mitten Tree

Thanks to everyone who brought in mittens, gloves, caps, hats, and scarves. The tree was filled to overflowing with 35 pairs of mittens, 83 pairs of gloves, 68 hats or caps, 64 scarves, 39 sets of two or three of the items, and 2 knit slippers. Kelly Brown delivered most of the items to Hope House before Christmas.

BETH JAEGER—

We always knew you were someone special. It is nice to see that the Badger Association of the Blind knows it too. Beth Jaeger is recognized in the Winter 2010 edition of *infocus*, the Badger Association of the Blind's publication. It is located on the kiosk in Hornburg Hall.

Women's Cluster Event

"Called": All women are invited to Luther Manor on **Saturday morning, March 13**, for an inspirational program and Bible study followed by lunch. Pastor Kristine Totzke of Martin Luther Church will lead the Bible study and Pastor Diane Olson of Nativity Lutheran Church will speak on her experiences in China.

This event is sponsored by Women of the ELCA Clusters I, II, III, and IV.

Advance registration is requested by March 4: \$10 for program and lunch; \$2, program only. See sign-up sheet on the kiosk or call Marjorie Pagel, 414-425-4066, to indicate your interest.

Thrivent Financial for Lutherans

Thrivent Financial for Lutherans has made a major shift in its charitable giving program. Until now, WPLC received an annual allocation of matching funds that could be earned through various fundraisers (rummage sale, youth group activities, etc.) Under the new guidelines, all Thrivent members can initiate requests for funds. The specifics are still being worked out.

If you are interested in learning more about the new opportunities available to you as a Thrivent member, please sign the sheet on the kiosk or call Marjorie Pagel, 414-425-4066. Details will be passed along to you as soon as they are available.

Sr. High School Scholarships

Available through Church

Endowment Fund

The Whitnall Park Lutheran Endowment Fund offers **scholarships to Senior High School graduates** who plan to further their education by attending a vocational school, college, or university following graduation. Application form and guidelines are available in the Church Office or may be downloaded from the church website, www.whitnallparkchurch.com. The scholarship is for the 2010-11 academic year. **DEADLINE for submitting the application is April 15, 2010...**mark your calendars...don't miss out on this great opportunity.

March 3 Wednesday Worship 12:00 pm and 12:30 Lenten Lunch 7:00 pm Worship 6:00 Lenten Supper**March 7**

8:30 Assisting Minister **Linda Shea** Acolyte **Joseph Hasenstein**
 Ushers **Ron Hause, Carl Hanson**
 Greeter **Dorothy Perkl**
 Altar Guild **Jerrijo Cowman**

10:00 Assisting Minister **Tom Laposki** Acolyte **Mitchell Cowman**
 Ushers **Katie Mason, Ron Noeske, Paul Saari, Greg Saari**
 Greeter **Sandra Krause** Nursery **Susan Schlueter**
 Altar Guild **Marilyn King**

March 10 Wednesday Worship 12:00 and 12:30 Lenten Lunch 7:00 pm Worship 6:00 Lenten Supper**March 14 Services with Healing — Sunday school children meet in church**

8:30 Assisting Minister **Jane Dillon-Perkl** Acolyte **Tyler Henneberry**
 Ushers **John Hembrook, Jerrijo Cowman, Ken Perkl**
 Greeter **Dolores Porath**
 Altar Guild **Sandy Johnson**

10:00 Assisting Minister **Marjorie Pagel** Acolyte **Melody King**
 Ushers **Tom Laposki, Brian & Kristi Peyer**
 Greeter **Charlotte MacPherson** Nursery **Katie Ewaskowitz**

March 17 Wednesday Worship 12:00 and 12:30 Lenten Lunch 7:00 pm Worship 6:00 Lenten Supper**March 21 Blessing of the Prayer Shawls**

8:30 Assisting Minister **Ron Sonntag** Acolyte **Michelle Rubenzer**
 Ushers **Jim and Linda Shea**
 Greeter **Evelyn Schubert**
 Altar Guild **Jim and Linda Shea**

10:00 Assisting Minister **Laurie Sorvick** Acolyte **Maria Sparacino**
 Ushers **Larry Pfeil, Brian Martin, Jack King**
 Greeter **Aimee Schlueter** Nursery **Jill Underberg**
 Altar Guild **Marilyn Medeiros**

March 24 Wednesday Worship 12:00 and 12:30 Lenten Lunch 7:00 pm Worship 6:00 Lenten Supper**March 28 PALM SUNDAY — Holy Week begins**

8:30 Assisting Minister **Lou Graef** Acolyte **Amber Martin**
 Ushers **Jim Gaffney, Duane Hause, Lyle Lance**
 Greeter **Kathy Sonntag**
 Altar Guild **Bernice Sparacino**

10:00 Assisting Minister **Ron Labott** Acolyte **Alyssa Kaboskey**
 Ushers **Jerry Pagel, Jerome Thome, Walter Sievert**
 Greeter **Nancy Sherman** Nursery **Samantha Llanas**
 Altar Guild **Pat Noeske**

**From M.E., Kelly Brown
Minister of Education**

I hope that everyone had an opportunity to check out the birth announcements for Jesus- This was exciting news for the children to share. Be sure to watch for future art work. We would like you to see what we are doing in Sunday school.

Sunday school has a new bulletin board downstairs. This will be a great way to check for important information regarding Sunday school. Thank you to the property committee for putting it up!

As many parents may have found out, the Sunday school children were given a challenge- they had to memorize the Lord's Prayer. I am thrilled to say, that everyone has met the challenge - even the younger children. How nice for all of us to be able to recite the Lord's Prayer together during our opening worship. We will continue to work on our benchmarks and meet many more challenges.

During the Lenten season, the Sunday school will be focusing on prayer - the importance of it, what it can do for us. We will be completing several projects to help reinforce this message. One of the projects that Sunday school will be making during Lent is our own "*prayer shawls*". We will have the opportunity to bring them up in church and have them blessed along with the knitted prayer shawls. The children will learn the purpose of the shawls and how they can bring much comfort and courage during difficult times. The Sunday school children will also be making a "**Prayer Chain**". We will start the chain with our own prayers and we invite the congregation to add their own prayers to the chain. For every prayer, we want to add a link to the chain. There is **POWER IN PRAYER**, so let's see how long we can make the chain! It is my hope during this Lenten season, that the children will learn how important prayer can be and how during tough times, God is always there for them.

Congratulations to the following Fifth Graders on their first communion:

Emily Brown
Brittney Henneberry
Jacqueline Underberg
Scott Johnson

The fifth graders will be making their own chalices and unleavened bread to be used for their first communion. Sunday school attendance will be very important during this time, as it will take several weeks to complete the chalices.



We are encouraging the Sunday school children to attend the Good Friday service with their family. We have ordered workbooks for children attending the Good Friday service. These workbooks use games and kid friendly explanations for each day of Holy Week.

Dates to Remember:

March 14th- Daylight savings time begins (set clock ahead one hour)

March 28th - Palm Sunday

April 1st - Maundy Thursday - fifth grade class takes first communion at 7:00 pm

April 2nd- Good Friday

April 4th - Easter - NO SUNDAY SCHOOL

Have a blessed Easter!

March 2010

Whitnall Park Lutheran Church

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 7:00 PM Dartball	2 9:00 AM Dorcas 1:00 PM Knitting & Crocheting 7:00 PM Christian Ed 7:00 PM Worship & Music	3 9:30 AM Parish Nurse 12:00 PM Lenten lunch 12:00 PM - 7:00 PM Worship 6:15 PM Lenten supper 8:00 PM Senior Choir	4	5 9:00 AM - 11:00 AM Office hours	6
7 8:30 AM - 10:00 AM WORSHIP 9:40 AM God's Young Voices 10:00 AM Sunday school	8 7:00 PM Dartball <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 5px auto;">LEAF Articl- es are due</div>	9 9:00 AM Dorcas 1:00 PM Knitt- ing & Crocheting 6:30 PM Property	10 9:30 AM Parish Nurse 12:00 PM Lenten lunch 12:00 PM - 7:00 PM Worship 6:15 PM Lenten supper 8:00 PM Senior Choir	11 8:30 AM OWLS meet at the Forum	12 9:00 AM - 11:00 AM Office hours	13 Daylight Savin- gs Time <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 5px auto;">Cluster Event at Luther Manor see page 7 for more info</div>
14 8:30 AM - 10:00 AM WORSHIP 9:40 AM God's Young Voices 10:00 AM Sunday school Services with Healing	15 7:00 PM BOOK CLUB 7:00 PM Dartball	16 9:00 AM Dorcas 1:00 PM Knitt- ing & Crocheting	17 12:00 PM Lenten lunch 12:00 PM - 7:00 PM Worship 6:15 PM Lenten supper 8:00 PM Senior Choir	18 9:00 AM Assemble the LEAF 7:00 PM Evening Bible Study	19 9:00 AM - 11:00 AM Office hours 9:30 AM Parish Nurse 10:00 AM Health & Wellness 6:00 PM - 8:00 PM First Communion Class	20 9:00 AM - 11:00 AM First Communion Class
21 8:30 AM - 10:00 AM WORSHIP 9:40 AM God's Young Voices 10:00 AM Sunday school Blessing of the Prayer Shawls	22	23 9:00 AM Dorcas 1:00 PM Knitt- ing & Crocheting 7:00 PM Coun- cil Meeting	24 9:30 AM Parish Nurse 12:00 PM Lenten lunch 12:00 PM - 7:00 PM Worship 6:15 PM Lenten supper 8:00 PM Senior Choir	25	26 9:00 AM - 11:00 AM Office hours	27
28 8:30 AM - 10:00 AM WORSHIP 9:40 AM God's Young Voices 10:00 AM Sunday school <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 5px auto;">PALM SUNDAY</div>	29	30 9:00 AM Dorcas 9:30 AM Frien- ds Meeting 1:00 PM Knitt- ing & Crocheting	31 9:30 AM Parish Nurse 7:30 PM Senior Choir	<p>April 1 —Maundy Thursday worship at 7:00 pm</p> <p>April 2—Good Friday worship at 7:00 pm</p> <p>April 4—Easter Sunday worship at 7:00, 8:30 & 10:00 am</p>		



Dear Brothers and Sisters in Christ,

By now, I think you have a good idea as to my approach to ministry and my vocation as pastor...I take my role very seriously, but I also like to have a good time in carrying out the various tasks in the parish. Under the “taking my role seriously” portion of my call, one of the things that I find to be very important and significant in the church is to recognize the true meaning of each of the church seasons. For example, we are exiting the season of Epiphany (which celebrates the appearance of Christ and bridges the incarnation with the passion) and transitioning into the season of Lent. For this newsletter article, I wanted to highlight some of the important aspects of Lent and some things to pay attention to throughout these next forty days.

Lent (*the Anglo-Saxon word for spring*), is the forty-day (excluding Sundays) season of penitence and preparation for Holy Week and Easter. “Forty” is symbolic in that it reflects Jesus’ 40-day fast in the wilderness as well as Moses’ 40-day fast on Mount Sinai. It’s a period of time when we are called to review the meaning of the Bible, the Creed, the Lord’s Prayer and Baptism and how these essential aspects of the life of faith find their significance in the context of our daily lives. Lent is a time of reflection and repentance; a somber journey with Jesus toward the cross and a time for us to realize our constant and continual need for Christ in our lives.

We begin this amazing and challenging journey with the ashes of Ash Wednesday where we hear the words of truth surrounding our lives on earth, “From dust you have come, and to dust you shall return.” It’s a recognition that our physical bodies will indeed pass away, but always with the hope and faith that the True essence of our being will live on in the glory of eternity with our Lord. Then, as I’m sure you are aware, this solemn journey concludes with the glory of Easter and the miracle of the resurrection.

Some of the things you will see in church during Lent: The figure of the risen Christ above the altar will be replaced with the crucifix, the color of the paraments (worship cloths that cover the altar and pulpit) will change to purple (which symbolizes penitence), and our liturgy (literally “the work of the people”) will include a penitential hymn prior to our Order of Confession and Forgiveness, and the Nicene Creed will replace the Apostles Creed. We will also omit the Hymn of Praise and Alleluia Verses from the service.

I personally love the season of Lent and its time to look inward and discern the various aspects of my life that need more work from the loving hand of God. As we journey together through this time of reflection and contemplation, may we do so with the comfort and security that we travel as a family centered in Christ; all in need of His Grace, and all completely redeemed by it as well.

God’s Peace and Blessings on your journey,

Pr. Michael