

March
2022



THE LAMB OF GOD – PSALM 23

No matter if March comes in like a lamb or a lion, we will worship the Lamb of God – Our Good Shepherd. As we pray and sing – ‘Shepherd Me O God.’

Worship on Ash Wednesday Night, March 2, 2022, will begin at 6:30 PM in the Sanctuary. Followed by coffee and treats and Confirmation students meeting with their mentors.

Wednesday Lenten Services will continue weekly, beginning at 6:30, and be led by Pastor’s Marv (Gol) and Julie as well as our Intern Pastor Al.

Ash Wednesday – God is a shepherd who provides

Spiritual Practice – Sabbath Worship and Rest

Turn off all media, put down your studies or work and just BE STILL. Breathe deeply in and out, close your eyes and pay attention to your breathing. When you are ready speak Psalm 46:10 out loud. *“Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!”*

Lent 1 – God Leads Us

Spiritual Practice – Baptism

Notice this week all the ways in which water is part of your life from showers, baths, washing clothes, to drinking water. Each day this week with water make the sign of the cross on your forehead and uses these words: *“I am sealed by the Holy Spirit and marked with the cross of Christ FOREVER.”*

Lent 2 – God is with Us

Spiritual Practice – Bible Study

Lectio Divina, also known as devotional reading, is the process of reading the Bible with the intention of listening and reflecting on what the God is saying to you. Use this verse for your *Lectio Divina*. *Even though I walk through the darkest valley, I will fear no evil; For you are with me; Your rod and staff—they comfort me.*

Here are five ways to *Lectio Divina*:

1. Pray—pray and invite the Spirit to join you as you engage with God’s Word.
2. Read—*Lectio* means “listen.” Slowly read the passage out loud and listen to the text. When a word or phrase stands out to you, linger over it.
3. Meditate—read the passage out loud again. Meditate on the words that stand out to you and reflect on their significance.
4. Respond—read the passage again prayerfully. As you talk with God about the passage, tell God how you are feeling and how this passage is stirring in you. Consider replacing the pronouns in the passage with your name.
5. Contemplate—take some time to let the passage sink in. Jot down what stood out to you from this spiritual practice that you want to be reminded of later. Throughout the day return to the passage and mull over what the Lord said to you.

Lent 3 – God gives us a place of honor

Spiritual Practice – Holy Communion and Hospitality

Hospitality – Hospitality is a spiritual practice. It is about creating a place of welcome.

Hebrews 13:2 *“Do not neglect to show hospitality to strangers, for by doing that some have entertained angels without knowing it.”*

Questions:

How do you welcome the stranger?

What are your ways of being a host/hostess for God?

Practice Hospitality this week.

Lent 4 – God pursues us with grace

Spiritual Practice – Confession and Forgiveness

Confession and Forgiveness - There are three kinds of forgiveness, all interrelated. There is self-forgiveness, which enables us to release our guilt and perfectionism. There is the forgiveness we extend to others and receive from them, all people including those we deem enemies. And there is the forgiveness of God that assures us of our worth and strengthens us for this practice.

Lent 5 – We respond in faith

Spiritual Practice – Gratitude

Gratitude – There is a great quote by a Jesuit priest that says, “It’s not joy that makes us grateful, it’s gratitude that makes us joyful.” *Each day, think of 3 things you are grateful for.*

The Devotional Booklet – Shepherd Me O God will be available the beginning of March, to help us on our journey during this season of repentance, turning back to God and receiving forgiveness for our sins - to show us how to live anew and abundant.

FEBRUARY 16 COUNCIL MINUTES WERE
NOT AVAILABLE AT PRINT TIME

KW Community Film (Plastic) Recycling

Stewardship Committee announces that K-W Community Film Recycling collection box is now at First Lutheran. The goal is to reduce the amount of plastic in the environment. Bring your CLEAN and DRY store bags, ice bags, produce bags, Ziploc, and other re-closable bags, case over wrap, bread bags, newspaper sleeves, dry cleaning bags, bubble wrap, plastic e-commerce mailers, and salt bags. 500 pounds of film collected by June 1, 2022, will result in a free Trex (composite) bench for the school! A box will be in the narthex on Sunday mornings.

Questions? Contact Angie at: angela.bends15@gmail.com to see visual pictures.

MARCH - Why Ashes? And Why On My Face? by Intern Al Aakre

Then I turned my face to the Lord God, seeking him by prayer and supplications with fasting and sackcloth and ashes. I prayed to the LORD my God and made confession, saying, "O Lord, the great and terrible God, who keeps covenant and steadfast love with those who love him and keep his commandments, we have sinned and done wrong and acted wickedly and rebelled, turning aside from thy commandments and ordinances; we have not listened to thy servants the prophets, who spoke in thy name to our kings, our princes, and our fathers, and to all the people of the land." Daniel 9:3-6

Donning ashes is a rite as old as Scripture itself—many of the Prophets called upon God's people to cover themselves in ashes and wear sackcloth (think burlap but made of goat hair) to aggravate the skin. These were acts of repentance that were meant to humble the participant and bring their focus back to God. We humans have a habit of getting caught up in the world and ourselves; we can lose sight of God and of how temporary this life is. The ashes remind us that at creation, God formed humanity from the ground and in time we will return to it. The cross is to remind us of the good news that will come at Easter—God's victory over death and the promise of Salvation for us. In this, the ash cross is a double symbol of death and life.

There may be some readers who remember a time when their congregation did not observe the distribution of ashes and they could return home from this service without the clear mark that they had attended. We as a universal Church have made great strides in unity in the past 50 years and have reclaimed some of the traditions that were abandoned during the Reformation, the distribution of ashes among them. Today, there are 2.4 billion Christians in the world and although many will not receive ashes on their foreheads come March 2, hundreds of millions, possibly even a billion people will. There are few moments where we can be marked with the same symbol as Christians across that globe, from those persecuted in China to sailors on aircraft carriers. Just as life will someday pass, so too will the barriers that we create between us and other Christians. The ash cross is a symbol of that day of unification with God.

Ash Wednesday is the start of 40 days of repentance and focus on God. A time where we can look past the world we have built and on to the world He has built for us. Acknowledging that our very separation from dust comes from the love of God, both in this life and the next, is a fine place to start. *Al Aakre - Luther Seminary '23*

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* Note Wed Service Time during Lent

All Services:
Sundays &
Wednesdays in Lent
Are both
IN PERSON &
LIVE-STREAMED

	1	2 Ash Wed	3	4	5	
	7:15 Worship -Evangelism	6:30* Lent Worship 7:15 Mentor Mtg	7 AA			
6 Lent 1	7	8	9	10	11	12
9 Worship 10 Sun Sch. 7 AA			6:30 Lent Worship 7:15 Confirmads & Mentors	9 Cannon Rvr Conf. @ First 1 LOVE DAY 6:30 Scouts/Den 7 AA		
13 Lent 2	14	15	16	17	18	19
9 Worship 10 Sun Sch. 7 AA			6:30 Lent Worship 7:15 Confirmads & Mentors 7:45 Council	7 AA		
20 Lent 3	21	22	23	24	25	26
9 Worship 10 Sun Sch. 7 AA			6:30 Lent Worship 7:15 Confirmads & Mentors	1 LOVE DAY 6:30 Scouts/Den 7 AA		
27 Lent 4	28					
9 Worship 10 Sun Sch. 7 AA						



- TRINITY SHAMROCK -

ST. PATRICK USED THE SHAMROCK TO TEACH THE HOLY TRINITY
FATHER, SON AND HOLY SPIRIT

*"Go therefore and make disciples of all nations, baptizing them
in the name of the Father and of the Son and of the Holy Spirit,*

MATTHEW 28:19

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March Newsletter



"I am the good shepherd." JOHN 10:11
