

MARCH



The Journey 2020

This day, March 1st, is the fifth day of Lent 2020. As the days are lengthening noticeably, we are being surrounded more and more every day by the reality of the coming of spring, by the wonder of new life happening yet again. In my little corner of the world, trees are budding and even blooming, and a sheen of green is touching everything where not long ago was only a barren grayness.

I hope you have begun to use your Lenten Worship Booklet, written by your sisters and brothers at Emmanuel, and beyond. As Amy and I were putting the booklet together, I was privileged to read all of the meditations and I now feel I know many of you so much better. Thanks to those who shared; many blessings on all of you as you read and think and pray your way through these days of Lent.

One of my favorite contemporary writers is Sarah Bessey. I subscribe to her blog and read it regularly. This week she posted a list of practices for Lent, inviting the reader to include one each day. I liked a lot of her list, so I'm including parts of it here with the invitation that you make it part of your Lenten discipline as, together, we walk the road to Calvary's cross by serving and loving...loving, most of all.

If you normally listen to a podcast or music or watch TV, choose silence for the day.

Step outside and walk/ride/drive/wheel to a spot with trees or water.

Make a list of 10 things, experiences, or people you're thankful for.

Look at your bookshelves; ask yourself: where are the women? the people of color? disabled voices? LGBTQ+ voices? The ones who come from a different tradition? Ask yourself, "who is forming my spiritual life? and whose voices are missing?"

Donate 10 items to a charity or thrift shop.

Bring your own bags to the grocery store; bring your own mug to the coffee shop or work.

Read a poem. Mary Oliver's *Wild Geese* is a great one but there are so many.

Skip the Internet for a day and turn off notifications on your phone.

Invite someone over to your home and cook them a simple weeknight meal.

Speak words of forgiveness out loud to yourself for that thing you've been holding onto for too long.

Light a candle and meditate for five minutes, bringing yourself back over and over again to one word you need to cling to right now (example: beloved).

Plant a tree or a flower. Place your hands in the dirt and rejoice.

Tell someone you trust a truth you've been holding back.

Ask for help with something or for a three-minute quiet hug from someone you trust.

Go outside late in the day and don't take a single picture, just look, while the sun sets.

Write a lament for injustice you or people you love have experienced, modeled on the Psalms of Lament. Bury that piece of paper at the base of a tree or in a garden so that your grief and lament can nourish the soil of a living thing.

Sign up to be a monthly supporter of a ministry or non-profit that you feel doesn't get enough love or attention. Even \$5 a month matters.

Donate some of your in-good-condition books to the library.

Read Psalm 139 out loud.

Today, imagine God looking at you with infinite love, tenderness, kindness and mercy.

Try to meet or get to know a neighbor.

Buy (or collect from your pantry) a bag of groceries and drop it off at the Food Bank.

Write out Matthew 11:28-30 by hand and tape it to your mirror.

Every time you become aware of your body in any way - positive or negative - speak kind words to your body or say, "*I bless and love my body.*"

Sing the kids' song "He's Got the Whole World in His Hands" but switch the pronouns to feminine ones: "She's Got the Whole World in Her Hands." Notice how it feels to use a feminine pronoun for God. Imagine how God would mother you today, how it would feel to be held in the hands of God, and open yourself to those possibilities.

May your Lenten journey be blessed and filled with an everyday awareness of the Holy.

Pastor Linda



Prayer Focus

Give thanks for music in our lives and worship, a gift that lifts our spirits, draws people together, gives expression to our emotions and thoughts, helps us reflect on our faith and Scripture, and expresses our praise and thanksgiving to God.

We ask God to help us be thoughtful and articulate in our witness and interactions with others, that we are comfortable in using our own words and imagery to respond to questions about our faith, describe God's love and activity in the world, and talk about Jesus.

Pray the Spirit will help us focus on the cross throughout Lent, seeing with greater clarity and richness its symbolism and meaning for the world as a daily reminder of the gift we have in Jesus Christ, a gift that gives newness, hope, purpose and direction for daily life.

God's word and ways are written on our hearts, part of our very being and existence as baptized children of God. Ask God to help us be attentive in daily life to the spirit within us that gives our lives purpose, inspires us to be just and merciful, and helps us make decisions that please God and consider the needs of our neighbor.



Open Door Ministries

Food. Housing. Healing. Hope

Item-of-the-Month: March—Varied canned vegetables such as carrots, greens, peas, mixed vegetables, etc. **NO green beans or corn, please.** Let's fill the shopping cart in the narthex!

OPPORTUNITIES FOR WORSHIP DURING LENT

- April 5th 10:30 a.m. *Palm Sunday worship with Holy Communion*
- April 9th at 7:00 p.m. *Maundy Thursday worship with Holy Communion*
- April 10th at 7:00 p.m. *Good Friday worship (arrive and leave in silence)*
- April 12 at 10:30 a.m. *Easter Morning worship with Holy Communion (breakfast served 9-10 a.m.)*



Daylight Savings Time begins on Sunday, March 8th, 2019. Don't forget to set your clocks ahead one hour.



Weather cancellations will be announced on WXII Channel 12, www.wxii12.com, Fox8 News, and on our Facebook Page.

Breakfast Bunch— meets every Friday morning at Carter Brothers on Eastchester at 8:30. Please plan to join the fun.

Choir and Bell Members Needed

We need you! Please prayerfully consider joining the choir and/or bell members. We are looking to add new faces and voices to our already outstanding choir and bells group. If interested, please see Ford or Jackie.

Sunday Servants

	March 1	March 8	March 15	March 22	March 29
Assisting Minister	Amy Hamilton	Bonnie Faust	Cstherine Hughes	Mary Kay Erdin	Jay Lowery
Acolyte	Julian Weaver	Aluel Adichol	Justin Kuethe	Wilson Joseph	Heather Lynn Hamilton
Crucilyte	Indigo Weaver	Chol Adichol	Will Fullwood	Nelson Joseoh	Mimi Banglo
Prayer of Day	Aluel Adichol	Wilson Joseph	Carson Kuethe	Adut Adichol	
Reader	Heather Bachelder	Bonnie Faust	Eileen Roberts	Katherine Shaner	Heather Bachelder
Communion Preparer	Sue Smotherman	Kay Hudson	Sue Smotherman	Erika Kuethe	Gerry Ewaldsen
Altar Guild	Eileen Roberts	Eileen Roberts	Eileen Roberts	Eileen Roberts	Eileen Roberts
Counters	Eileen & Pete Roberts	Gary Biesecker Bill Clemmer	Scott Lambeth Mickey Walker	Kathie Petry Steve Smiotherman	Debbie Echols Patsy Hayworth
Council Person	Marlen Ambwa	Marlen Ambwa	Marlen Ambwa	Marlen Ambwa	Marlen Ambwa

If you are willing to serve as a reader, sign-up sheets are by the church office.

Ben Clayton	03/01
Gerry Ewaldsen	03/03
Estella Marie Arimetea	03/05
Rimaz Joseph	03/05
Heather Bachelder	03/05
Nate Ayers	03/06
Marilyn Stewart	03/11
Gray Bowman	03/23
Kathleen Brinkev	03/23
Hans Bauermeister	03/26
Barbara Royster	03/28
Sue Smotherman	03/29
Merlyn Schultheis	03/30
Virginia Thomas	03/30



We apologize if we missed your birthday!
Please let us know and we will update our

Gifts have been given to the glory of God and in memory of

Rhoda Lambeth given by Mickey & Terri Walker, Bob Stroupe, Donald & Deborah Burton, D.K. & Jewel Miller, Alex's House Restaurant, Michael & Eugenia Smith, & Bob & Merlyn Schultheis to the Compassion Fund.

Rhoda Lambeth given by Newton & Barbara Royster to the Music Fund.

Joyce Wagner (Sister of Gary Biesecker) given by Gene Wasmer to the Compassion Fund.

March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 9:30 Sunday School 10:30 Worship 11:45 Youth 11:45 First Sunday Fellowship</p>	2	3	4	5	6 8:30 Breakfast Bunch	7
<p>8 9:30 Sunday School 10:30 Worship 11:45 Youth</p> 	9 5:00 Open Door	10	11 1:30 Knitwits 6:30 Bells 7:30 Choir	12	13 8:30 Breakfast Bunch	14
<p>15 9:30 Sunday School 10:30 Worship 11:45 Youth 3:00 Confirmation</p>	16	<p>17 7:00 Council</p> 	18 1:30 Knitwits 6:30 Bells 7:30 Choir	19	20 8:30 Breakfast Bunch	21
<p>22 9:30 Sunday School 10:30 Worship 11:45 Youth</p>	23	24	25 1:30 Knitwits 6:30 Bells 7:30 Choir	26	27 8:30 Breakfast Bunch	28
<p>29 9:30 Sunday School 10:30 Worship 11:45 Youth</p>	30	31				

Lent by Nadia Bolz-Weber

Last week I watched an amazing film from 2006 – Children of Men. The year 2027 finds the world on the brink of collapse. Environmental degradation had led to global infertility and subsequently there has not been a child born alive for over 18 years. . . in the absence of babies there is an absence of hope. No births = no future. In the film, a young refugee woman miraculously becomes pregnant – and as a small group of folks try to get her to safety, she goes into labor and bears a daughter. She must make her way haltingly through a war zone with her newborn if they are to survive. Surrounded by gunfire, when she walks down a rubble strewn street with her baby, the deafening battle stops when fighters on both sides of the conflict realize that what they see in her young arms is human baby. As the lower their guns, they instinctively raise their hands toward the mother and child in blessing.

I live a relatively drama-free life, but in the last 5 days I received one piece of shitty news after another, as if they were all lining up at my door waiting to knock one by one. (This is all normal life-isn't-easy stuff -not looking for concern or sympathy here - but I do have a question at the end of the post I'd love to have you answer!) As each came my way – news of aneurysms, tumors, biopsies, pending felonies, alcoholism and professional set-backs I realized how the stupid things that don't *really* matter (but that seem to take up my bandwidth on normal days) started to recede into the background of my mind and spirit.

And it made me think of that scene. The conflicts that seems SO important in one moment, seem entirely unimportant in the face of life and death. Like, when we are holding onto a hurt from the past that involves a friend or family member and then that person is diagnosed with cancer. Do we not then drop our weapons and raise our hands in desperate blessing? Because the thing that is truer than our resentment is that we just f*#king love them? But in *Children of Men*, as soon as she was out of sight, as soon as they could no longer see the newborn, they started shooting at each other again.

I often have no idea what we actually mean when we say we are “spiritual”. But my best guess is this: that we pivot ever so slightly toward that which matters. Maybe when we lead a spiritual life, when hard news comes, we have fewer stupid-ass things to drop. So as we enter the season of Lent, I guess I am trying to figure out what helps my face tilt ever so slightly toward that which matters most. So, here's a question, what helps YOU do this? -Nadia

Lenten Booklet

Please remember to pick up your Lenten Booklet today. You will find them in a basket in the narthex.

PLEASE SUPPORT OUR YOUTH LUNCHES

Congregation members are invited to consider providing a simple Youth Meal after church on Sundays when the Emmanuel Youth meet in the Fellowship Hall. Your support means so much to these students. You will find a sign-up sheet in the Narthex.

Many, many thanks!!!

NEEDED: MEMBERS TO PROVIDE FIRST-SUNDAY FELLOWSHIP SNACKS

You are invited to provide snacks and beverages for our monthly FIRST SUNDAY FELLOWSHIPS in the Narthex. When you sign up, you may get others to help if you wish. A light snack and beverage are all that is needed. You will find the sign-up calendar in the Narthex. Thanks for supporting nurturing opportunities within our church!!

March 1st—REST DAY

March 8th— Camp Sunday at PoP? Camp Activities.



March 15—Fun Day - Tye Dye Shirts/Goodwill Trip for shirts. Don't wear clothes that you would be terribly upset if bleach or dye got on it.

March 22— TBD TBD TBD

March 29th—Service Chores for a church

March 2020

Newsletter

**Emmanuel Lutheran Church
1401 Heathcliff Road
High Point, NC 27262**



Sunday School: 9:30 a.m.
Worship Sunday: 10:30 a.m.

Emmanuel Lutheran Church
336-882-2119
Email: Lutheran@northstate.net
Webpage: www.emmanuelchurch.org

Emmanuel Office Hours:

Monday—Thursday 8:30 a.m.—12:30 p.m.

Emmanuel Senior Enrichment Center

Staff
The Reverend Linda Faltin, Interim Pastor
lindafaltin@gmail.com
Amy Vitola, Office Administrator
Geneva Berry, Youth Leader
Jacqueline Canter, Director of Choirs
Ford Ewaldsen, Organist
Jeanine Martin, Nursery Attendant
Kimberly Miller-Mcdowell, Director Emmanuel Senior Enrichment Center
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