

GIFT of GRACE

LUTHERAN CHURCH

GRACE NOTES

WEEKLY NEWSLETTER

MARCH 4, 2020

A WORD FROM PT

At the Ash Wednesday Service I spoke about fasting. This week I would like to write a little further on the topic.

For our purposes I will define fasting as going without something for a period of time. Usually, we are talking about food or a meal. But there are other pleasures or indulgences from which we can fast.

Often you hear talk about giving up something for Lent. Not untypically, someone might decide to give up chocolates, or desserts. In the Roman Catholic Tradition people give up eating red meats on Wednesdays and Fridays, hence the popularity of fish fries on Friday evenings.

But whatever the fast, and whether it is done with special emphasis during the 40-day Season of Lent, or at other times, I want to address the purpose. And for starters I want to eliminate two unworthy objectives. First, fasting is not a way to win God's favor. No work or effort on our part merits God's grace. And second, fasting is not meant to impress other people.

Perhaps one way to think of fasting is to understand that by nature as human beings we become attached to things. Some of the things to which we become attached are unhealthy and not wholesome. Harmful addictions fall into this category. Of such attachments we need not fasting, but

deliverance.

There are other things to which we are attached that are good in themselves. But the attachment to a lesser good can crowd out our attachment and attention to a greater good. The lesser good can become an idol. The First Commandment is: You shall have no other gods.

When by the grace of God we lay aside a lesser good, when we say "No" once in a while to the desire for something other than God, this can have the beneficial effect in making time for the most excellent thing in our life – that of communing with our Lord. He is, after all, the source of all that is good.

SINCE YOU ASKED...

What is an Alb? And why does our Pastor wear one?

Alb (from the Latin "white"): a white ankle-length vestment with sleeves, often gathered at the waist with a cinch, worn by all ranks of minis-

ters, ordained and unordained. The classical tunic became a specific church vestment about the fifth century. One of the functions of an ordained minister in our tradition is for that person to represent Christ to the people. Christ is pictured in the Book of

Revelation with a white robe. The white robe is also a symbol of his righteousness. For this reason, the alb is a proper covering for the presiding minister with the function of representing Christ to the people. *(from "Manual on the Liturgy" companion to the LBW, from Augsburg Pub.)*

CALENDAR OF EVENTS

Wednesday, 3/4

6:30pm Lenten Midweek Service

Friday, 3/6

6:30am Men's Breakfast at church
10:00am Worship at Care Center

Sunday, 3/8 2nd Sunday In Lent

8:00am Choir Practice
9:00am Divine Service
10:45am Adult Class

Tuesday, 3/10

6:00pm Church Council

Wednesday, 3/11

6:30pm Lenten Midweek Service

KEY ATTRIBUTES OF LCMC & NALC

- Christ-Centered
- Mission-Driven
- Traditionally-Grounded
- Congregationally-Focused

LCMC (Lutheran Congregations in Mission for Christ)

NALC (North American Lutheran Church) (www.thenalc.org)

THIS AND THAT...

For our Lenten **Midweek Services**, starting March 4, we will gather for soup at 6:30pm and then at 7 we will utilize the Holden Evening Prayer Service. The theme for the meditations will be our Baptismal Journey. We will consider a number of Biblical narratives involving water and sea to learn about Baptism.

The Biblical narratives for our Lenten Midweek Services will be as follows: **3/4** The Spirit hovering over the waters at Creation; **3/11** The Flood,

Noah and the Ark; **3/18** The Crossing of the Red Sea; **3/25** Naaman's leprosy cleansed at the Jordan; **4/1** Jesus walks on Sea of Galilee.

The **Church Council** next meets on Tuesday, March 10, at 6pm.

Our **Designated Benevolence** for the month of March will be directed to the **North American Lutheran Seminary (NALS)**.

Don't forget to bring non-

perishable food items for the **Holmen/Onalaska Food Pantry**.

The Duesenbergs are signed up to clean the church the week of March 15. Heidi Traver is listed for week of April 19.

Have you every considered forwarding Grace Notes to one of your email contacts? You might sense that a Pastoral Address or teaching segment in one of the issues would be especially apropos for one of your contacts...

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LUTHERAN CHURCH

For by grace you have been saved through faith, and this is not your own doing, it is the gift of God. - Eph 2:8

HUMOR DEPARTMENT

Celebrations

Birthdays

Mar 16..... Jon Uy
 Mar 17..... Mike Meunier
 Mar 18..... Nikki Hanson
 Mar 18..... Aimee Stutzman

Anniversaries

May 3 J & J Schoonover
 May 6 T & L Duesenberg
 May 7 T & N Rislow

Eternal Truths

- Men are from earth. Women are from earth. Deal with it.

- A balanced diet is a cookie in each hand.

- Middle age is when broadness of the mind and narrowness of the waist change plac-

es.

- Opportunities always look bigger going than coming.

- Junk is something you've kept for years and throw away three weeks before you need it.

- Experience is a wonderful thing. It enables you to recog-

nize a mistake when you make it again.

- By the time you can make ends meet, they move the ends.

- Learn from the mistakes of others. You can't live long enough to make them all yourself.

WORSHIP ASSISTANTS

3/8 Second Sunday in Lent
Asst Minister: Karri Bjornstad
Reader: Jon Uy
Crucifer: Kylee Kernan
Acolyte: Calvin Swaney
Ushers: Jeremy Schoonover
Counters: Jarrod R/Nikki H
Comm Asst: Karri Bjornstad
Accompanist: Leslie Duesenberg
Fellowship: Heidi T/Carol P

Acolyte: Elyse Schoonover
Ushers: Merlin Wangen
Counters: Dave Bjornstad/Jeremy Schoonover
Comm Asst: Jessica Schoonover
Accompanist: Tom Rislow
Fellowship: Jessica S/tba

Accompanist: Leslie Duesenberg
Fellowship: Hannah S/tba

3/15 Third Sunday in Lent
Asst Minister: Jeremy Schoonover
Reader: Jessica Schoonover
Crucifer: Sam Schoonover

3/22 Fourth Sunday in Lent
Asst Minister: Cole Warner
Reader: Heather Roll
Crucifer: Benjamin Roll
Acolyte: Stella Roll
Ushers: David Bjornstad
Counters: Heather R/Connie M
Comm Asst: Heather Roll

3/29 Fifth Sunday in Lent
Asst Minister: Leslie Duesenberg
Reader: Mike Meunier
Crucifer: Alex Uy
Acolyte: tba
Ushers: Jon Uy
Counters: Cheryl R/Mary B
Comm Asst: Connie Meunier
Accompanist: Tom Rislow
Fellowship: tba

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Services held at 9am at:
 642 Western Avenue
 A block north and then
 a block west of King Furniture