

COFFEE HOUR

March 3

Sponsored by the Social Ministry Committee before the service

March

**Wednesdays in Lent
6:30PM
Light Dinner before
7:30PM Lenten Service
Starting March 13**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Worship Assistants			Acolytes/Crucifers		1	2
March 3 Blaine Wilson March 10 Drew Catrow March 17 Becky Kline March 24 Jean Polhamus March 31 Joyce Dailey	March 3 Justin Gottlieb / Christian Gottlieb March 10 Megan Kelso / Jordyn Kelso March 17 Matthew Edwards / Nathaniel Edwards March 24 Payton Hill / Austin Propst March 31 Mac Robinson / Dylan Walker					
3 10AM Worship with Holy Communion Feed My Sheep Pulpit Exchange	4 Sunday on Monday 5:45PM Dinner 6:15 Class 7:15 Evening Prayer	5 5:30-7:30PM Shrove Tuesday Pancake Supper	6 1PM Bible Study in the Lounge ASH WEDNESDAY Services at Noon, 5:30PM and 7:30PM Communion and Imposition of Ashes	7 6PM Table Talk at the Daily Grind	8	9
10 10AM Worship 1:30 Education Event with Bishop Riegel in the chapel	11 7PM Church Council	12	13 1PM Bible Study in the Lounge Lent Services Noon, 5:30 and 7:30PM 6:30PM Dinner 6:15PM Choir Rehearsal in Nave	14 9AM Pastor Matt at the C-CAP Board Meeting	15	16 6PM Family Movie Night
					Confirmation Retreat through Sunday	
17 10AM Worship with Holy Communion 12:30PM Corned Beef and Cabbage Dinner	18 Sunday on Monday & Youth Night 5:45PM Dinner 6:15 Class 7:15 Evening	19 9:30-11:00AM Mustard Seed Open House	20 1PM Bible Study in the Lounge Lent Services Noon, 5:30 and 7:30PM 6:30PM Dinner 6:15PM Choir Rehearsal in Nave	21 Mustar Seed Training in Luther Hall	22	23 11AM - 1PM Friends Feeding Friends
24 10AM Worship with Holy Communion Book Club Dessert Meeting	25	26 6:30-8:30 Seirra Club use of Luther Hall	27 1PM Bible Study in the Lounge Lent Services Noon, 5:30 and 7:30PM 6:30PM Dinner 6:15PM Choir Rehearsal in Nave	28	29	30 4:30-7:30pm Spaghetti Dinner Fundraiser at St. Thomas. Proceeds from the dinner will go towards the 2020 Youth Gathering Fund
31 10AM Worship with Holy Communion Fifth Sunday with a special Guest from One America	Daylight Savings Time Begins Sunday, March 10 Spring forward - lose an hour of sleep - gain an hour of sunshine!			USHERS March 3 Linda Payne and Jerry Olsen March 10 Doug Widmeyer and Rick Losh Mach 17 Blaine Wilson and Bill Torbert March 24 Bev and Pat Murphy March 31 Jean and Ben De Alexandro		

NEWSLETTER

St. John's Lutheran Church
101 W. Martin Street

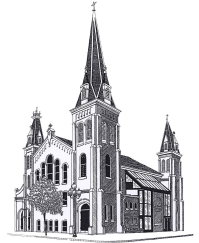
Martinsburg, West Virginia 25401

Telephone: 304-263-9291 FAX 304-263-4559

E-Mail: churchoffice@stjohnsmartinsburg.org

Website: www.stjohnsmartinsburg.org

Pastor: Matthew A. Day



MARCH, 2019



Shrove Tuesday Pancake Supper MARCH 5 - 5:30 to 8PM

Tradition tells us that in the ancient church Christians prepared for Ash Wednesday and the beginning of the Lenten season by holding a special meal on the eve of Lent. We celebrate, we eat, we enjoy the goodness of life in preparation for entering into forty days of fasting in remembrance of our Lord's sacrifice on the cross. A basket will be available for a free-will donation. This money will be donated to the ELCA Youth Gathering Fund.



Ash Wednesday March 6 12PM, 5:30PM & 7:30PM

Lent begins with a solemn service of reflection and prayer. We will ponder the meaning of life and death. We will be reminded of our frailty and mortality. We will also commit ourselves to time of intentional prayer of these next 6 weeks leading up to Easter.

Be a part of this journey this Lent and come on Ash Wednesday and make a commitment to yourself and to God to engage your faith throughout these 40 days.

Education Event



You are invited to participate in a theological discussion with other Lutherans, around food and drink, on the topic of sanctification .

Bishop Riegel will be with us on Sunday, March 10 to lead a Table Talk on the Lutheran view of Sanctification. Why is this relevant? Lutherans typically only talk about the forgiving side of God, but what about the side that makes us holy and equips for proclaiming the gospel. This is a conversation people want to hear. So come with your questions and your thoughts. There will be large and small group discussion.

Details:

**Sunday, March 10th at 1:30pm
in the chapel at St. John's Lutheran Church
101 W. Martin St.--Martinsburg
Refreshments provided!**

March 5, 2018

5:30 - 7:30 pm

At St. John's Lutheran Church

101 W. Martin St. Martinsburg



**Shrove
Tuesday**

PANCAKE SUPPER

Lent at a Glance

Ash Wednesday - March 6
at 12 pm 5:30 pm and 7:30 pm

Wednesdays in Lent - Church, meet Disney. You have a lot in common.

Morning Prayer at 12 pm

Dinner at 6:30 pm and Evening Prayer at 7:30 pm

Every Wednesday in Lent

starting March 13 - April 10

Palm Sunday with the reading of the Passion from Matthew on April 14 - One Service at 10 am with the procession beginning outside at the square.

HOLY WEEK

Maundy Thursday - April 18 at 12 pm and 7:30 pm

Good Friday - April 19 at Noon at Trinity

Episcopal and 7:30 pm at St. John's

Easter Sunday - Sunrise at 6:30 am and

Festival Eucharist at 10 am

Deepen your faith this Lent by making time to come and worship with us. Learn about the mysteries of our faith with others. See the story of how Jesus saved us, come alive.

Ash

Wednesday

12 and 5:30pm

Imposition of Ashes and Holy Communion

Spoken Liturgy that will Last no more than 30 minutes
Perfect for your lunch break or right after you leave work.

&

7:30pm

Imposition of Ashes and Holy Communion

A contemplative service where we will recommit
ourselves to practicing our faith this Lent

**Come and recommit
yourself to your to your
journey of faith this Lent**

WEDNESDAYS IN LENT

Church, meet Disney.
You have a lot in common.

Morning Prayer
at 12 pm
&

Dinner and
Evening Prayer
at 6:30 pm

Every Wednesday in Lent
starting March 13 - April 10

THANK YOU NOTES:

Dear Friends,

Thank you for donating hats and gloves for our students. We have put up a "Tree of Warmth" in the vestibule where students and parents can pick items off the tree they are needing. It has been a great success.

Thank you again for your kindness. Our school is blessed to have you thinking and praying for us.

Sincerely,

Todd Cutlip, Principal; Teresa Weller, Guidance Teacher
& the Burke Street Staff

(So far we have sent 24 hats, 4 scarfs, & 31 prs. of gloves/mittens)

.....

Marty would like to thank the ladies of WELCA for the encouraging card they recently sent. We will be traveling to Pittsburgh for testing before they can schedule the surgery.

Thank you so much for thinking of him.

Jane Kelley

Official Acts

Deaths

Rosalie Elizabeth Bentz

Born: June 28, 1938

Died: February 14, 2019

ST. JOHN'S LUTHERAN CHURCH CONGREGATIONAL MEETING AND TOWN HALL FORUM

February 3, 2019

Pastor Matt offered grace for those gathered for the Souper Bowl potluck dinner, Congregational Town Hall meeting.

Council President, Rick Losh opened the meeting and determined that there was not sufficient people in attendance for a quorum to conduct business. The Town Hall gathering did not require a quorum and so the meeting continued. Pastor Matt offered the opening prayer. Newly elected council members were installed along with committee chairs.

Pastor Day gave the State of the Church:

- In the past year, 11 youth attended the National Youth Gathering in Houston, Texas. The cost of approximately \$1200 per participant was raised (and some left over to start planning for the next gathering!)
- Education Ministry began the “Sunday on Monday” intergenerational Sunday School. The program is for all ages and starts with a simple supper followed by adults and children studying parallel lessons separately. The evening ends with everyone together again for a closing meditation. Participation averages 15 and everyone involved enthusiastically looks forward to the next “Sunday on Monday”. Please come out and join in the food, study and fellowship – even if you can only come for part of the evening!
- Conference (area churches) events and participation included seminars on Morning Prayer and Compline Service workshops led by Bishop Riegel, Christmas Day Service rotating among St. John's, Trinity Episcopal and Presbyterian.
- Many improvements and energy saving tasks were performed at St. John's this year with savings already being realized in water and power usage. Many kudos to Darrell Propst and others who devoted time and energy to accomplish much this past year.
- A “work day” scheduled for a Sunday after church service was very successful. Over twenty much needed projects were completed by about 25 volunteers in a few hours. Many hands truly make light work. Volunteers were rewarded with pizza.
- Youth Ministry/FLYTE are being looked into and plans to revitalize our youth program are being explored.
- It was determined that there was not a quorum so the minutes from last year's Congregational Meeting were not voted on.

Financial Reports:

- The annual financial reports were distributed. Bess Day, Treasurer, was on hand to answer any questions.

Town Hall Forum:

- The new sound system is installed and very much appreciated. It can be controlled by WiFi and give us the ability to stream to the nursery and live stream the sermons.
- We are more environmentally responsible realizing energy savings in water and power usage as well as lower utility bills.
- Holy Communion practice at St. John's will continue to be 1st & 3rd Sunday and special celebrations. At present, communion will be continuous. Anyone wishing to kneel at the rail can do so over on the right side of the altar area. Some church members have expressed the preference to suspend kneeling for Communion due to physical limitations. Some discussion ensued regarding having Communion every Sunday with some in favor and others wishing to stay with 1st & 3rd Sundays and special services.

Single Service Evaluation (roam):

- Statistics can't lead to a decisive analysis
- It would be helpful to visit those individuals/families that have not attended the roam service
- This would be best carried out by all of us – not only action by the Evangelism Committee. If the Pastor makes the initial visit, it could be intimidating, i.e., truant officer
- People leave a congregation for many reasons but may cite a time change as the reason

Other Topics:

- "Sunday on Monday" Program promoted as noted above
- Live streaming our services and programs is possible with our new sound system. Possibly stream to nursing homes and get other Lutheran churches to join in with streaming will be explored. Lenten devotions could be available on u-tube, as well as interdenominational services and activities.
- Confirmation classes are currently conference-wide. (6th and 7th grades work on bible foundations)

With no other comments, and no actions to be taken due to not having a quorum, the meeting was adjourned by Rick Losh.

Respectfully submitted,

Diane Shewbridge

COFFEE & CONVERSATION

With Pastor Matt



Got Questions? Need to catch up with the pastor? Do you just like Coffee? You can do all three before worship on Sundays this fall. The gatherings will be informal and the coffee will be hot!

Sunday mornings
at 9am in the
Chapel

**WE ARE REALLY IN NEED OF
WOMEN'S SOCKS AND BRAND NEW
UNDERWEAR FOR MEN AND
WOMEN!**

**Socks are the least
donated item at**

shelters...

Please considering donating a pair or two of new socks. We will distribute them at a Friends Feed Friends Meal.



And thank
you!

**yet...
socks help us stay
warm.**



**Tables hold food,
allow conversation,
and help us grow in
so many ways!**

Considering Donate \$75 in Honor or Memory of an individual to help us replace our 25+ year old tables.

WELCOME TO WELCA

Don't forget to come to Needlecraft Night – We gather the 3rd Wednesday of each month in Luther Hall. Bring a project OR just come for fellowship!

March 17th - Our Annual Corned Beef and Cabbage Dinner will be held in Luther Hall following the service. Donations will be accepted toward the cost of the food.

NEW Opportunities:

1. Lily's (Hospital) Bags – victims of sexual assault, when taken to hospital, have their clothing taken as evidence. Therefore, they need clothes to get home. Beverly McDonald in connection with Eastern Panhandle Empowerment Center (formerly Shenandoah Women's Center) will be collecting these bags. Each ziplock bag should include: sports bra, panties, pull-on pants, and Tshirt or sweatshirt in one size. All sizes from XS – XXXL are needed. Each Sunday in February, St. John's will collect items or money toward this project. Ask Priscilla for more details.
2. KNIT OR CROCHET – Are you someone who prefers to keep their hands busy while listening? Trouble concentrating during Scripture readings or sermon? Communion seems long? If any of these describe you, WELCA has a project for you! In the main narthex prior to service, there will be a large basket containing knitting needles, crochet hooks, and yarn/wool as well as a simple pattern. Please take yarn, needles or crochet hook, and pattern to work on scarves for the homeless during the service. Return it to basket when service is over. As scarves are completed, they will be given out at Friends Feeding Friends.

**Sunday March 17
from 12-1:30pm**


CORN BEEF AND CABBAGE

**PROCEEDS WILL BENEFIT OUR
YOUTH MINISTRY AND WITH
SENDING OUR YOUTH THE
GATHERING IN 2020**



**FREE WILL
OFFERING**

ST. JOHN'S IS LOCATED AT
101 W. MARTIN ST
WWW.STJOHNSMARTINSBURG.ORG



IGNITE YOUR FAITH

YOUTH NIGHT

Also known as FLYTE, Middle School and High School age kids are welcome to come for dinner, Bible Study, and prayer. This will be a space to have safe conversations and to have fun.

**OUR NEW, REVAMP MINISTRY WILL
KICK OFF ON:
MARCH 18, 2019, 5:45 TO 7:30
LUTHER HALL AT ST. JOHN'S**

**WE WILL TYPICALLY MEET ON
THE FIRST AND THIRD
MONDAY OF THE MONTH.**

An opportunity for the youth to grow in spirit through worship, prayer, good food, fun games, and amazing company!

NEED IDEAS FOR A SPIRITUAL DISCIPLINE THIS LENT?

For many people, Lent is a time when we give things up, but there is so much more to Lent than just giving up cake or coffee. Instead of giving something up for Lent, try doing something instead:

Reading a book, waking up in the morning and praying, reading a chapter from the Bible a night; working at a soup kitchen; walking to work, walking once a night with your family, playing a game with your family once a week, turn off your phone one day a week and spend that time with your family, volunteer to help around church, volunteer to ride around with Pastor Matt as he goes and visits shut-ins, do some manual labor, or simply clean the the garage. These are a few ideas, but really all you need to do is look at your life and see the places that are lacking your presence. The possibilities are endless.

Come to both the Maundy Thursday and Good Friday Services. These are very important worship times in the church for we will hear how Jesus won our salvation. These services remind us of our salvation and the story we so love to tell. Without these two services, Easter makes no sense. So come and learn why we gather on Easter.

Give up a meal once a day and use the money for that meal to help the needy. This has been a tradition in the Roman Catholic Church for years. You simply skip a meal and place that money that you normally would have spent on that meal and give it to the poor. Put that money aside that you would have spent and donate it ELCA World Hunger or another cause close to your heart.

Do not eat meat on Fridays or maybe Monday (meatless-Monday). This has been a tradition in the Catholic Church for years, but it is another way you might find some spiritual growth. Sometimes, failing at this discipline teaches more than actually keeping the discipline. For in failing, you will see just how dependent we are on meat in our diet where many in the world are lucky to have meat once a month.

Come on Wednesday for food and prayer. This is not just self promotion. Come and fellowship with other Christians and deepen your faith. Martin Luther once said, "Anyone who is to find Christ must first find the church. How could anyone know where Christ is and what faith is in him unless he knew where his believers are?" So come find Christ and see Christ in the face of your brothers and sisters.

Turn off all notifications on your cell phone. Sounds simple right? These notifications help us stay connected but they can interrupt family time and sabbath time. Consider turning off your notifications this Lent and get to the emails and text messages later.

Read the Entire New Testament. Martin Luther use to read the whole Bible once a year. Not to many of us have ever done this so start small. You can read the whole Bible in 40 days but if that seems to large, try the New Testament. Remember that the Bible is not just available in print but there are audio copies of this book available. There are even free versions available as a podcast. Just be careful with the translation. Instead of listening to the music or the news, use your commute time to read/listen the Bible.

SPEND TIME WITH YOUR FAMILY. I don't think I can stress this enough. Spending time with your family is so important these days. In the blink of an eye, tragedies can strike. Take as much time as you can to be the people you love and who love you the most.

The most important thing to remember this Lent with whatever discipline you might pick is to not be afraid to fail at it. Failure teaches us what we did wrong so that we can fix it for the future. Don't be afraid to fail but come and bring your failures to worship where they can be forgiven. And do tell others about what you are doing this Lent. Don't hide what you are doing. Telling others will help hold you accountable and will help you succeed.

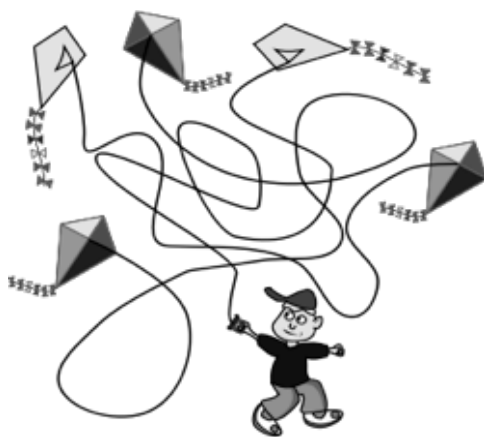
Milestones in MARCH

Birthdays

- 1 Genevieve Gochenour
- 2 Colin Banks
- 4 Travis Propst
- 5 Karen Kelley
Timothy Leitzke
- 9 Jane Kelley
- 12 Virginia Williams
- 16 Priscilla Horner
Jason Noll
- 17 Johnny Link
Jennifer Noll
- 20 Doug Horner
Oliver (Pete) Long
- 21 Judy Hinnerichs
- 22 Lee Brumback
Ken Remsberg
Tripp Smith
Sarah White
- 23 Laken Edwards
Luke Hartley
Michael Noll
- 28 Betty Calahan
Deborah Haarman
Wayne Whitmore
- 29 Michelle Byers
Kandi Ruth
- 31 Thomas Lewis

Anniversaries

- 30 Megan and Nathan
Cosner



**We would love to include you
and your family's special dates:**
Just give us a call: **304-263-9291**
Drop us an e-mail:
churchoffice@stjohnsmartinsburg.org
or put them in the offering plate.



As you consider whether you have time (or energy) to assist with VBS this summer, consider this:

- * VBS is the most evangelistic event of the year, providing a time to connect with unchurched families in the community.

- * 95% of parents said that participating in VBS was one of their child's most meaningful church experiences, according to a survey by LifeWay Research.

- * The unique nature of VBS gives everyone an opportunity to be involved and impact children on a short term basis for long term results! (And it's FUN!)

Theology & Bible

TABLE TALK

Food & Drinks

JOIN US

1st Thursday of the
Month

MARCH 7

6pm at the Daily Grind

Ever want to explore theology in a way that is not intimidating or hard to understand? And do you enjoy, eating out with friends who want to know more about their faith? Then you need to join us for Table Talk.

A recent NPR story has called our love of work America's new Religion. "Their desks have become their altars and I think that's a problem. When we worship work, we worship a god that doesn't care about us. We worship a god that has firing power. And though some of us may very well find jobs that have extraordinary meaning and offer us a gorgeous balance between work and life and meaning and self actualization, for the vast majority of people, those jobs are so rare." Is this true? If so, how should the church respond. Come to Table Talk with your thoughts and ideas.

SUNDAY ON MONDAY

CHRISTIAN EDUCATION AT ST. JOHN'S

After a meeting of the Christian Education committee where we reviewed the surveys as well as the past year, we decided it was time to revamp our program. Instead of Sunday morning education, we will have "Sunday School" on the 1st and 3rd Mondays of each month starting September 17. Hence the name, Sunday on Monday.

The Evening Schedule:

5:45pm - Pot Luck Dinner in Luther Hall

6:15 pm - Class

7:15 pm - 20 minute Evening Prayer to wrap up the night. The entire community is welcomed to come even if you cannot make it to the class!

Classes and number of teachers: Middle School
Nursery (to the age of Kindergarten) Youth Night
1st-5th grade Adult Class

Curriculum

Nursery through 4th Grade will use the Spark Bible. Typically, we will have an Old Testament Lesson the first week and a New Testament Lesson the third week.

March 4- Daniel and the Lions Den

March 18 - Superhero Jesus (Healing the Blindman, Water to Wine, Calm the Storm, Feeding of 5000 people, Walks on water)

April 1 - Jesus is Betrayed

April 15 - The Empty Tomb

May 6 - Trivia Night

May 20 -Baptism - Your Baptism and Jesus

***Saturday, March
16***



Family Movie Night

We will provide the movie, popcorn
and drinks.

All you need to bring is your family!

Movie starts at 6pm!

3 YEAR GOALS

For St. John's

In the name of the Father, and the Son, and the Holy Spirit. Amen.

BY NOVEMBER 30, 2020, WE WILL:

- Increase Sunday worship attendance by 20% so that more people will be able to experience the great reward of being in a relationship with Jesus.
- Have 50% of the congregation's confirmed-membership fill out a Covenant so that we can seek out those ministry areas the Holy Spirit is leading us to do.
- Strengthen our physical involvement in community activities through participating in community organizations and schools.

Please pray over these goals and ask for the Holy Spirit to guide you in helping us accomplish our goals over the next year.

WANT TO KEEP UP BETTER WITH ACTIVITIES AND WORSHIP AT ST. JOHN'S?



Search for **St. John's Lutheran Church, Martinsburg** on Facebook and like our page.

Visit Our Website

www.stjohnsmartinsburg.org

Sermons posted weekly, information about faith practices, and more information about events happening at the St John's.



Send an email to announcements@stjohnsmartinsburg.org to sign up for weekly emails and announcements.

Summer CAMP 2019



2019 Camp Theme

“Transformed Community”

June 16 - 22, 2019

Located at Camp Caesar
in Cowen, West Virginia

register online by visiting
camplutherwv.com/



register online by visiting www.carolinefurnace.org/

Scholarships available to both camps



The Mustard Seed classes really enjoyed their Valentine activities this month. We enjoyed making Valentine food projects, sharing Valentine cards, and having special Valentine's Day classroom parties. The children also participated in dental week this month. They talked about how to brush and floss your teeth and what are healthy snacks for our teeth. They practiced by flossing playdoh out of legos and brushing tea dyed eggs. The teachers are so creative when coming up with new and fun ways to educate the children at The Mustard Seed!

We currently have 60 children enrolled in the center. We are having our Open House for our Summer Class and Fall enrollment on March 19th from 9:30am-11:00am. We have a few openings in our program for children 2 and older. If you know anyone looking for child care, please let them know we are here.

Thank you for all your dedication to The Mustard Seed!

Michelle Seidel

We have been asked by
Emmanuel's House to donate
playing cards to the Eastern
Regional Jail



**We need to collect
450 decks of cards!**

The best place to purchase them is at the Dollar Tree. They sell a two pack for \$1. The next time you are at the Dollar Tree, pick up a pack and bring them to St. John's.

The Social Ministry Committee will make sure they get to Emmanuel's House .

Pastor's Report

January 2019

VISITATION

January Visits: 15

CONFERENCE AND SYNOD

Conference Meeting

2 Synod Website Committee Meeting

Matins Workshop

WORSHIP

3 Sunday Worship Services

2 Evening Prayer

Olive Violet Britner Baptism

CHURCH COMMITTEES

Council

Constitution Review

Mutual Ministry

Altar Guild Workshop

CHURCH AND COMMUNITY FUNCTIONS

CCAP Board Meeting

EDUCATION

2 Sunday on Monday

Table Talk

Conference Confirmation

MUSTARD SEED

5 Chapel Services with Mustard Seed

Mustard Seed Board Meeting

FUNERALS

Visitation for Gaylor Offerdahl

Jim McQuaid Visitation and Funeral

CONTINUING EDUCATION

Synod Con-Ed

CHOIR

4 Choir Rehearsals

MILEAGE

Pastor Day's Mileage for the month of January was 292 miles.



My brothers and sisters
in Christ,

While we were at
Disney, Diane and I had a crazy
idea. Let's change the topic
and theme of our Wednesdays
in Lent. We had just finished
all the work before we left, but

while in Disney World, we started to notice that Disney was a lot like going to church. Disney is such a magical place, but so much of what they do, the church has been doing for a lot longer. As we continue to think about our future as a church and congregation, we both felt it might be good to look at our past and current practices through the lenses of Disney. We are going to talk about Disney characters, Disney features, Disney movies, Disney history while always pointing to the cross and the gospel. Wednesday in Lent have always been family friendly—this year we are taking it one step further. So, bring your kids, grandkids, and yourself. Dinner in the chapel starts at 6:30, Evening Prayer around 7:30, and I promise to get you on the road no later than 8:30pm. Wear your PJs if that will help! If you don't feel comfortable driving at night, we will have Morning Prayer at noon in the chapel.

Before we get to Wednesdays in Lent, we first must feast on pancakes. And these are not your ordinary pancakes. These are buttery, fluffy, perfect with sausage gravy (you can have it on the side) pancakes! Shrove Tuesday has been used as a way to get ready for the fasting part of Lent by getting rid of all those fatty, sugary foods. But why mess up your kitchen? We will do the work and clean it up. We'll take up a free-will offering to benefit those who will be attending the 2020 Youth Gathering. So, come to Luther Hall on March 5 from 5:30-7:30 for our Annual Pancake Supper.

The next day starts Lent. What I love about Lent is that everything spiritual slows down. The rest of the world will spin out of control like normal, but we will slow down. We will enter into intentional moments of prayer and other spiritual practices. Ash Wednesday starts this season and it is on this night (or day depending on when you can make it) that we all make a pledge to be faithful to

our spiritual disciplines and that we accept that we are mere mortals. Lutherans do Lent really well so please take advantage of the extra liturgies we are offering as well as, taking up a spiritual discipline.

I have wrote in the past that a Spiritual Discipline does not have to be something you give up. It can be something that you add to your life. Last year, I made a concerted effort to not take any work with me to lunch and to enjoy my lunch break, work free. It was one of the best disciplines I have done. A couple of years ago, I tried to give up my cell phone for an hour a day. That did not go so well. In fact, that discipline influenced my decision to try the work-free-lunch. Sometimes, failing at discipline is as important as excelling at a discipline. Regardless if you fail or succeed, I do suggest that you do one or two this Lent. If it will help, tell someone else that you are doing this new practice and have them hold you accountable. This year, I think I am going to do the same practice as last year but extend it from 30 minutes to an hour. Please, ask me how I am doing with my practice and hold me accountable and if you would like, I will do the same for you.

One last thing, Austin came up to me at the Town Hall meeting to talk to me about our youth group. He told me that he had some ideas and wanted to run them by me. I looked at Austin and asked, "Did someone from Mutual Ministry talk to you about the youth group." He replied, "No." A couple of weeks before talking with Austin, I told Mutual Ministry that I was thinking about asking Austin to help with the Youth Group. Apparently the Holy Spirit did not think I was moving fast enough and decided put it into Austin's heart to take on this project. Austin has some really great ideas and with the help of some other adults, I think we can have a pretty cool youth group. Apparently, the Holy Spirit is ready for it to happen. Youth Night will happen on the first and third Mondays (the same night as Sunday on Monday) starting with dinner at 5:45 p.m. with everyone and then they will go downstairs for their program around 6:15 p.m.. If you have middle and high school age kids in your family, we would love them have them join us.

In Christ,

A handwritten signature in black ink, appearing to read "Peter M. Dargatzis". The signature is written in a cursive, somewhat stylized font.

St. John's Lutheran Church
101 W. Martin Street
Martinsburg, West Virginia 25401

Return Service Requested