

Lord of Life

MARCH 2022 | THE LIFE LINE



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From Pastor Paul

Why Ash Wednesday?

Ash Wednesday is the Wednesday of the seventh week before Easter and the first day of Lent. The day is named for the practice of imposing ashes, a practice that many Lutheran congregations have found to be a very meaningful part of the Ash Wednesday liturgy. Using ashes as a sign of repentance is an ancient practice, often mentioned in the Bible (e.g., Jonah 3:5-9; Job 42:6; Jeremiah 6:26; Matthew 11:21). The early Christians adopted the use of ashes from a Jewish practice as an external mark of penitence. Ashes symbolize several aspects of our human existence:



Ashes remind us of God's condemnation of sin, as God said to Adam, "Dust you are and to dust you shall return" (Genesis 3:19).

Ashes suggest cleansing and renewal. They were used anciently in the absence of soap. Even on Ash Wednesday, this most penitential day, we receive ashes in the form of the cross, the same symbol placed on our bodies with water in our baptism. Even in this ashen mark of death, we anticipate the new life of Easter.

Ashes remind us of the shortness of human life, for it is said as we are buried into the ground or as ashes are placed in a columbarium (see "What are columbaria and memorial gardens?"). "We commit this body to the ground; earth to earth, ashes to ashes, dust to dust" (Evangelical Lutheran Worship, p. 284). Ashes are a symbol of our need to repent, confess our sins, and return to God.

So we practice the imposition of ashes as a faithful reminder that we are dust and to dust we shall return. We also use this practice to prepare us for the season that follows. Many of us have had an experience of "giving something up" for Lent. Perhaps you have also been challenged to "take something on" for Lent. I'd like to offer that challenge this year. Let's give up on forgetting to pray each day and take on our Lenten theme of "Praying for a Change" and see what happens over the next seven weeks.

For what shall we pray? Prayers can be as simple as asking for God's blessing at a meal and as complex as following a pattern of praying for creation, world governments and leaders, our congregation and its people, praying for community needs like schools and hospitals, and then thanking God for all of the witness of faith we have known who have died. Wrap that up with an affirmation of thanks for hearing our prayers and you are praying for a change.

We start with ashes, we dwell in prayer, we mark a week that we will call holy, and then we celebrate with a Sunday we call Easter. Are you ready for Lent? We are ready to walk with you through worship, faith formation, and prayer.

From Our Council President

A big THANK YOU to the congregation for a great (and efficient) annual meeting and WELCOME to our newest council member, Vice President Pat Friedman.



Recently, I participated in a zoom meeting with our synod's council presidents and bishop. Many of us are experiencing the same challenges: how to engage streaming worshippers, how and when to relax restrictions to in-person worship & fellowship, and how to reinvigorate Sunday School.

We agreed that an intentional conversation, perhaps at Synod Assembly, addressing these issues would benefit us all. On a bright note, many noted that budgets & overall attendance were not severely impacted by COVID.

As mentioned at the annual meeting, your council is considering changes to council positions. The goals are to 1) assure all activities are coordinated under a council position, 2) reduce duplication or confusion about where responsibilities lie and 3) better define each position's duties. You can also expect a revision of the by-laws and a ratification vote on the constitution to take place later this year.

More important than these administrative matters, your council will continue to experiment with ways to be a church in this challenging environment. Your continued prayers and support are always appreciated.



Help Us Stay in Touch

We have been noticing a trend in our emails sent out twice weekly. About half of the emails that are sent out are being read. When we have asked for feedback from folks who are subscribed to our email list, we find out that in several cases our emails are going directly to SPAM or TRASH folders. Here's what you can do today to help avoid missing important information from Lord of Life.

Add Email addresses to your Contacts list.
pastor@lordoflifedbq.org AND pastor@lordoflife.online
office@lordoflifedbq.org AND office@lordoflife.online
president@lordoflifedbq.org
faithformation@lordoflifedbq.org
treasurer@lordoflifedbq.org

Also, please check your spam/trash folders for emails from the church. If found in the spam folder, open and mark NOT SPAM or MOVE TO INBOX. Thank you for helping us stay in touch.

Praying for a Change Opportunities

Our Lenten Theme

This year during Lent we will be focused on prayer. Praying for a change carries a double meaning for us. First, we pray because we believe that God hears our prayers and responds to them in God's time. And second, because that which we pray for changes us, often inviting us to respond to God's great gift of love in Christ by living our lives in a way that honors that gift and strives to live out love of neighbor. This Lent, we will be offering multiple courses on prayer in hopes that you will invest in nurturing the gift of faith that is in you through your participation. This Lent, let's agree to "take on" something instead of just "giving up" something.

Praying for a Change

Instructor Pastor Paul
Sunday, March 6th

Seeking God Through Contemplative Practices

Instructor Diane Frambach, Final Year Spiritual Direction Student
Sunday, March 13th

We're often much better at "doing" than "being". How can we slow down and listen for God? We'll explore a few particular prayer practices that encourage connection with God through silence, solitude, and reflection.

Prayer and Music

Instructors David Minnihan & The Rev. Dr. Troy Troftgruben

Sunday, March 20th (also Cross-Generational day)

Music and prayer go together. Some songs are like prayers for us. Some music inspires us to worship and pray. And for some of us, simply hearing music can be like an experience of prayer or worship. In this session, Dave Minnihan and Troy Troftgruben will talk about ways that prayer and music go together for them. They will lead a few songs of prayer during the session as an example and experience of prayer together.

Praying the Sunrises and Sunsets

Instructor The Rev. Karla Wildberger
Sunday, March 27th

I liked how Pastor Paul described our Lenten series, "Praying for a change."

I don't know about you, but this winter was hard on me. So I would like to come together to chat about what it means to change our mindset/attitude/perception when we pray -- when basking in a sunrise or sunset (especially during winter). If you can join us on the day (and only if you want to) please email me a photo of your favorite sunrises or sunset. karlakaywild@gmail.com

Praying Through Poetry & Story

Instructor The Rev. Dr. Nate Frambach
Sunday, April 3rd

Join Nate as we think about praying in a way that we might not have before!

Faith Formation Update

Read: The Widow's Offering P. 342 Spark Story Bible (Mark 12:38-44)

Questions: What would be the hardest thing for you to give up? What is something you can give to someone this week?

Experience: Fasting, Praying, and Giving

These disciplines are often practiced during lent to grow in our holiness. As a family choose a day or week to practice fasting, giving and prayer. Fast from sweets or food, screen time, or bad habits. Give money, time, help, hugs, kindness, or food. Pray for healing, help, thanksgiving, forgiveness, or hope.



Maria Troftgruben,
Coordinator for Faith Formation

Pretzel Making

Pretzels are often made during Lent because of their simple ingredients. (Many years ago, certain foods were prohibited during Lent). Pretzels also are often said to represent arms folded in prayer. Search up a soft pretzel recipe online and make it as a family. <https://sallysbakingaddiction.com/easy-homemade-soft-pretzels/> Pray together and then enjoy your homemade pretzels!

Upcoming Events in March

Sunday, March 20th is Cross Generational Sunday School: The theme this month is music and prayer. Join us for great music, discussion, and fun activities. This is a great time to get to know the children and youth at Lord of Life and grow in faith together. We all have things to teach and learn. And it is lots of FUN!

Sunday, March 27th Youth Group at Vertical Jump. 6th to 12th graders can meet at Vertical Jump at 2pm for an hour of active fun. The cost is \$14.99 plus \$3.99 for socks. Parents also need to sign a waiver form for their children to participate.

Sunday, March 27th Faith Formation Team Meeting: Join the 6:30pm meeting by zoom. Please consider helping shape the ministry for our youth and children as we make plans for the months ahead.

Upcoming Events in April

First Communion Training: 5th graders and their parents are invited to prepare for this special milestone by watching a video together at home. The video and corresponding questions are available on the church website ^{stuff} First Communion. On Saturday, April 2, from 9 to 11am parents and 5th graders will gather with Pastor Paul at church for discussion, questions, and fun activities. First Communion will be celebrated on Sunday, April 24th.

Sunday, April 10th Family Easter Event Families can learn together about the Easter story through fun activities and crafts. Watch for more details to come.

Care in Our Congregation

In Our Prayers...

The Gibson family, former members of LOL, wish to invite all who knew their daughter Lauren to attend a memorial service for her on Saturday, March 5th at St. John's Lutheran Church in Pearl City, IL starting at 11:00am. Lauren died Feb. 6th in Colorado Springs.

Thank you from Sandy Arp

To make sure I have thanked all my friends at LOL, I want to say thank you again. For all those who have reached out and offered cards, words of encouragement, prayers for DuWayne and myself, and support for us during this rough time, please know that "thank you" does not seem like enough. I have received many comments from friends noticing that Amy and I were surrounded with loving and caring friends who just wanted to help. So, God bless all of you. Thank you, Sandy Arp

Confirmation Update

In our second half of the confirmation year we are focused on "Living Lutheran" and what the core elements of our faith line up with daily life. This time of year brings some disruption to classes with weather, spring break schedules, etc. So here's what we have planned.

- March 2nd ASH WEDNESDAY (youth and parents expected to attend worship service)
- March 9th CLASS (midweek Lenten services follow at 7:15pm)
- March 16th NO CLASS (midweek Lenten service still happens at 7:15pm)
- March 23 CLASS (midweek Lenten services follow at 7:15pm)
- March 30 CLASS (midweek Lenten services follow at 7:15pm)

CONFIRMATION MENTORS

The pandemic sure messed with our plans for mentors for each confirmand, but we are still working on matching our young people with a caring adult. We will be hosting a "Mentor Training" time during the confirmation hour on **Wednesday, March 23rd at 6:00pm**. If you have been asked to be a mentor, or if you think you might be interested in being a mentor, please plan to attend.

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Special Presentation Offered

Seminarian Mark Glazener, a regular worship participant here and Lord of Life, will be offer a special presentation about his recent trip to Germany. The group from Wartburg Seminary traveled to Germany in January and visited many of the key historical points relating to the Reformation and Martin Luther's life.

The presentation will take place on Wednesday, March 9th at 6:00pm. Our midweek Lenten worship service will follow at 7:15pm. We hope you will join us for the presentation and worship.

An Interfaith Call to Peace for Ukraine

February 24, 2022

Though we have been anxious about the recent growing tensions between Ukraine and Russia and between Russia and the NATO countries in recent weeks, we remain deeply concerned, as we have been since 2014, for the impact of this ongoing conflict on innocent civilians throughout Ukraine. All parties to the conflict must take every measure possible to protect civilians. All parties and the international community must renew efforts to de-escalate this threat to international peace and security.

All our religious traditions call us to pray and work for peace. We join our voices and hands together. We must open our eyes to those who are suffering, and we cannot remain indifferent to the injustice this conflict has brought on the people of Ukraine and may bring on people of neighboring countries.

We call on all those involved—whether governments, movements or individuals—to repent of aggression and violence, and turn instead to the way of peace through dialogue. We also call upon the faithful people of our congregations and communities to pray for wisdom, peace and justice to prevail in Ukraine.

Join us as we pray:

Oh Divine, most mighty, most merciful, our sacred stories tell us that you help and save your people. You are the fortress: may there be no more war. You are the harvest: may there be no more hunger. You are the light: may no one die alone or in despair. Oh Divine, most majestic, most motherly, grant us your life. Amen.

The Rev. Elizabeth A. Eaton

Presiding Bishop, Evangelical Lutheran Church in America

Rev. Eddy Alemán

General Secretary, Reformed Church in America

The Most Rev. Michael B. Curry

Presiding Bishop and Primate, The Episcopal Church

Rev. Dr. John C. Dorhauer

General Minister and President, United Church of Christ, National Ministries

Bishop Sally Dyck

Ecumenical Officer, The United Methodist Church

Rev. Teresa Hord Owens

General Minister and President, Christian Church (Disciples of Christ) in the US and Canada

Bishop Teresa Jefferson-Snorton

Fifth Episcopal District, The Christian Methodist Episcopal Church

Rev. Dr. Betsy Miller

President, Provincial Elders' Conference, Moravian Church Northern Province

Rev. Dr. J. Herbert Nelson, II

Stated Clerk of the General Assembly, Presbyterian Church (USA)

Mr. Basharat Saleem

Executive Director, Islamic Society of North America

Rev. Chris Thore

President, Provincial Elders' Conference, Moravian Church Southern Province

Lenten Schedule

March 2nd - Ash Wednesday open space
11:30am-1:00pm, liturgy 7:00pm

March 9, 16, 23, and 30 - Midweek Lenten
Services at 7:15pm

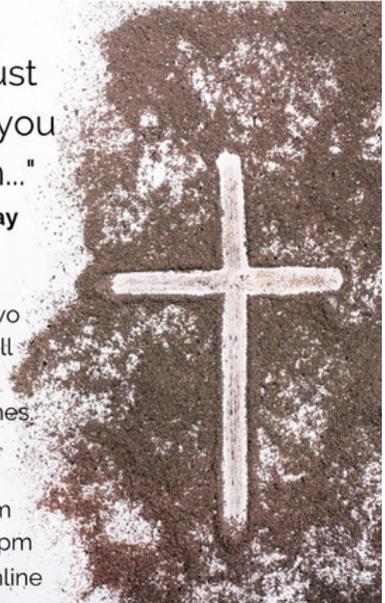
March 6, 13, 20, 27 - Praying for a Change
Faith Formation Classes and Sunday
Worship service.

"You are dust
and to dust you
shall return..."

Ash Wednesday
is March 2nd.

We will offer two
options that will
include the
imposition of ashes.

Open Space
11:30am-1:00pm
& full liturgy @7pm
www.lordoflife.online



Lord of Life
Lutheran Church
2899 Hales Mill Road
Asbury, IA 52002
(563) 582-7371