



## Life's Journey

“This life, therefore, is not righteousness  
but growth in righteousness,  
not health but healing,  
not being but becoming, not rest but exercise.

We are not now what we shall be, but we are  
on the way. The process is not yet finished, but  
it is actively going on.

This is not the end but it is the right road.

At present, everything does not gleam and sparkle,  
But everything is being cleansed” (Martin Luther).

The journey of Lent (life) is a journey of confession and forgiveness, renewal and hope.

Once forgiven the journey leads to lives of service and devotion.

May you find peace on the way as you encounter a gracious and loving God in Jesus Christ!

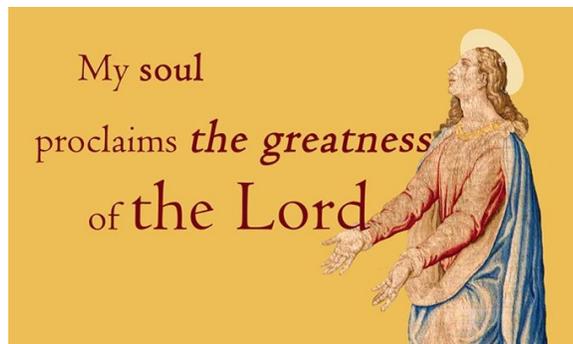
“My soul proclaims your greatness, O God, and my spirit rejoices in you. You have looked with love on your servant here, and blessed me all my life through.” (Holden Evening Prayer)

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Peace,

Pastor John Albertson



## Faith Church News

**2021 Offering Envelopes are available** on the welcome table in the narthex. Stop in and pick yours up while Jen is in the office Wed-Fri 7:00 am—3:00 pm.

**Palm crosses are available** now on the welcome table in the narthex.

### Pastor's Class

Lutheran Beliefs and Practices. What do we confess as essential? Why are rubrics important? There is a reason why we do what we do! This will be offered on YouTube and Facebook, Wednesday evenings at 7:00 pm. We will explore Luther's Catechism, The Book of Concord and other important sources for the Lutheran understanding of God and life. I invite you to submit questions that interest you concerning the study and I will try to answer them at the beginning of each class session. Will you join me?

### Lector Opportunities

Hello fellow faith members, Angie Miglia is looking for lectors who would like to read for our virtual services in April. If anyone is interested please let her know at [akmigs@yahoo.com](mailto:akmigs@yahoo.com). Email video files to [youth@faithlutheran.org](mailto:youth@faithlutheran.org) by Wednesday of each week. You can also upload files to a cloud service and email the link to Danny.

### Midweek Lenten Worship

Midweek Lenten Worship services are published on Facebook on Thursdays during Lent at 7:00 pm. We use ELW Night Prayer as our Midweek liturgy. The offerings collected, each week will go to EWALU Bible Camp.

The focus of each worship experience will be the use of five meaningful dialogues, offered by members of the congregation. The theme of the series is repentance and cleansing. You will hear from John the Baptist, Mary of Bethany, Amos, Mary Magdalene, and Marcus.

## Parish Nurse Notes

Here is some results from the blood drive from Feb 25th. We had 28 units donated, up from last February's drive. The drive helped 112 patients. Way to go! The next drive is June 17th at Resurrection from 2:30-6:30 pm.

There is still a huge need for blood. With the snow storms and the cold the inventory is low. Contact the blood center at [www.bloodcenter.org](http://www.bloodcenter.org) or call (800) 747-5401 to make an appointment to donate. It is easy and safe to donate!

Spring is in the air and it is time to think about the garden! We are growing tomatoes, tomatillo and cucumbers in the Faith garden for Feed Iowa First! The dates include putting in irrigation on May 18th and planting on May 25th and June 25th. Christy Pratt will be in charge again this year. She will be asking for volunteers to help with setting up the irrigation, planting, weeding, picking and some transportation in April. More information to come!

If you are 65 years of age or older and haven't gotten your Covid vaccine yet please contact your doctor's office as they will contact you once your name is up on the list. You can also get on lists at some of the pharmacies in the area to get your vaccine quicker.

CVS- <https://www.cvs.com/immunizations/covid-19-vaccine>,

Walgreens- <https://www.walgreens.com/topic/promotion/covid-vaccine>,

HyVee-, <https://www.hy-vee.com/my-pharmacy/covid-vaccine>

Also call The Community Free Health Clinic at 319-200-2550 or Linn County Health Department at (319) 892-6097 to put your name on a list. They will contact you when your name is up on the list. Even if you had your first or second dose of the vaccine, you still need to wear a mask, social distance and wash your hands frequently or use hand sanitizer if you can't wash your hands. We are getting there, just be patient!

As it is getting warmer outside, the sidewalks, parks and trails are open to walk. If it is too muddy for you, the mall is open to walk as well- just wear a mask.

## Zoom Class on Ephesians

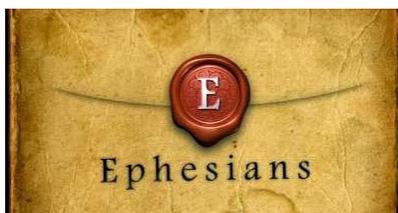
The Faith Adult Nurture Committee is offering the following weekly learning opportunity beginning Tuesday, March 16.

If you were to pick one word to describe Lutherans, that word would be “grace”. In the New Testament Letter to the Ephesians the writer focuses on the power and the gift of God’s amazing grace. “For by grace you have been saved through faith, and this is not your own doing; it is the gift of God” (Ephesians 2:8).

Join us via Zoom for a weekly study of the book of Ephesians. Due to Zoom rehearsals for the Lenten services, we will meet at 8:00 the first two Tuesdays (you can’t double book Zoom!). After that, we will switch back to 7:00. The class will continue for 6-7 weeks. No book purchase is necessary. We will be adapting our discussions from the following downloadable study. Please bring your Bible and a copy of this study to each meeting. The study will be facilitated by Pam Olson, with opportunity for lots of group participation and sharing of grace.

<https://34lakm2ej73fiw6un31fez81-wpengine.netdna-ssl.com/wp-content/uploads/2017/01/Ephesians-Students-Guide.pdf>

Please let us know of your participation so we can send you the Zoom link. Either PM Sue Tweeton or Pam Olson on Facebook with your email address or email Jen in the office at: [secretary@faithlutheran.org](mailto:secretary@faithlutheran.org)  
We hope many of you will join us for this discussion of grace.



## Lenten Offering Project

Our Midweek Lenten offerings are designated to go to EWALU Bible Camp and Retreat Center in Strawberry Point, Iowa.



EWALU serves all people as a place to connect the Word of God with the world of God.

During Lent, we are asking a question a week about camp experiences. The next one is: **Anyone any age; What is your favorite camp song?**

Answers are welcome on the Refrigerator Door on Facebook or you can reply to your SEED newsletter email and Jen will get it. We will publish some of the replies in the coming SEEDS. Please note “Lenten Offering” on your offering to have it designated to this special project. Stay tuned for more information.

Here’s some answers from the Refrigerator Door on Facebook to: **When and where did you go to bible camp?**

- *I went to EWALU a handful of times. I did the night camp, where you stay up all night, the one where you sleep in wagons, and at least one more. Plus retreats at other times of the year. EWALU was the best!*  
(Jenny VansCoy)
- *I never attended a bible camp as a kid, but absolutely love that Dave and I can offer our South Dakota grandchildren the EWALU experience. Grandparents: a church camp experience is a very meaningful way to contribute to your grandkids' faith formation and their sense of accomplishment and independence..* (Barbara Koch)



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We are a community of Faith,  
growing in Christ, sharing God's love.

## Worship Opportunities

All are welcome and invited to worship at  
Faith Lutheran Church.

**ONLINE ONLY**  
**Worship Sundays**  
**9:00 am**

**Midweek Lenten Worship**  
**7:00 pm**  
**Thursdays**

*Faith has been serving the Marion-Cedar Rapids area for more than forty years; supporting local ministries such as the Marion Churches Food Pantry, Habitat for Humanity, and Marion Senior Living Community. We are in partnership with the 9,091 congregations, 26 Lutheran colleges and universities, 7 seminaries, 240 global missionaries and one of the largest non-profit social service networks in the United States; as well as Lutheran World Relief worldwide. All are ministries of the 3.4 million member Evangelical Lutheran Church in America.*

### Faith Lutheran Church Staff

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Senior Pastor

**Jen Heinsius**  
Secretary  
**Diane Lehtinen**  
Choir Director

**Daniel Stone**  
Director of Youth and Family Ministry  
**Christy Pratt**  
Parish Nurse

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Director of Adult Nurture

**Debora Aldrich**  
Director of Worship  
**Dustin & Jenny VansCoy**  
Directors of Youth  
**Barb & Chris Thompson**  
Director of Fellowship  
Director of Witness  
**Mike Dautremont**  
Director of Facilities

Director of Youth Nurture  
**Christy Pratt**  
Director of Social Concerns

But most of the real work is done by unpaid members of the congregation, often without recognition, who see their service as a response to God.