



## Lenten Plea

We kneel to you, you who are uncreated and eternal.

Hold out your hand to help us and help us to our feet.

Yes, O merciful God, pull us upward.

Give us the courage to stand up without shame or guilt.

Revoke the death sentence against us and write our names in the book of life

With all your holy prophets and apostles. *Serapion of Thumis, Fourth Century.*



## Lenten Promise

By contrition we are made clean; by compassion, ready; and by genuine longing for God, worthy. It is by means of these three that souls can attain heaven, as I understand it. By these medicines it is necessary for every soul to be healed.

Through healed, the soul's wounds are still seen by God, not as wounds but as honorable scars. *Julian of Norwich, Fourteenth Century.*

### Inside this issue:

Faith Church News	2
Announcements	2
Parish Nurse Notes	2
Worship Teams	Insert
WNL & SS Lenten Project	3
Worship Opportunities	4

May the words and prayers of the Saints of old, help you keep the Holy Lent!

Peace,

Pastor John Albertson

## Faith Church News

**We continue to pray for** Jan Schnack's brother in law, Franz; Diane Lehtinen's father, Clifford; Don Rivers, Spencer Carver brother of Bailey Freese; Cindy Andrews mother of Stephanie Kubik; Bob Schunter's cousin, Roger; Jean Garlinghouse's son, Pete; Elverda Smith's son-in-law, Jim; Annette Mohling's mother, Alice; Merrick friend of Jean Dunn. Evelyn Johnson, mother of Sue Schunter.

**We are continuing to** collect your cross pictures that depict items you use in your vocation/profession. Please take a picture and get it to us. The goal of this project is to get each of us thinking about where God is in our everyday lives. For the 40 Days of Lent we will focus on being **IN:VOCATION**.

### Special Recognition for a job well done!

Lacey & Sophia daughters of Rachel Kruse helped a older woman who had fallen in the snow this past January. Lacey stayed with the woman while Sophia ran to call for an ambulance. They received special Good Citizenship certificates from the Cedar Rapids police and a personal thank you from the grateful 80 year old woman. What a wonderful act of kindness to others!

## Women's Bible Study

Women's Bible Study Continues! Join us in March as we study Asp Divorce and Jesus' Teaching in Mark. Come to women's Bible study to learn how Jesus teaches people about the end of a marriage and how it affects our lives today. Please bring your Bible. All women are welcome. Meeting times Wednesday, March 18th (one-time change for Lenten worship) at 6:45 pm or Tuesday, March 24th at 1:00 pm. Come for fellowship and faith. See Pastor Amy if you have any questions.

## 20's & 30's Pub Talk

Our next 20's and 30's event will be a Pub Talk on Sunday, March 28th at 3pm. We'll be meeting at Leonardo's Pizza. Please let Amy or Nick Sagan know if you're able to attend ([yellowamv@hotmail.com](mailto:yellowamv@hotmail.com)).

## Baseball Anyone?

We are gauging interest in a trip to Minneapolis to see a Twins vs. Yankees game on July 26th. Please let Amy or Nick Sagan know if you are interested ([yellowamv@hotmail.com](mailto:yellowamv@hotmail.com) or 319-350-2076).

## Midweek Lenten Worship

Midweek Lenten Worship continues on Thursdays with the daytime option at noon and the evening worship at 7:00 pm. Join us at 11:30 am for a simple lunch prior to worship at noon or 6:00 pm for a soup supper prior to 7:00 pm worship. Volunteers are still needed on the sign up sheet in the narthex for bringing soup and/or bread.

## Parish Nurse Notes

We will once again offer CPR and AED training to all in the Faith community. I am planning on having it in April. If you are interested in becoming or need to be CPR/AED trained, let me know by calling Christy Pratt at 362-5372 or email [parish-nurse@faithlutheran.org](mailto:parish-nurse@faithlutheran.org).

The next blood pressure and blood sugar screening is April 19th in Pastor John's office.

If you would like to talk to me, you can e-mail Christy Pratt above or call the office at 377-9700. All discussions are confidential!

## SEDER MEAL

On Maundy Thursday, Jesus celebrated the Jewish Passover with his disciples. The meal celebrated the release of the Jews from bondage after years of slavery in Egypt. Nearly three thousand years later Jews still celebrate that freeing event with a Seder meal.

Many Christians around the world participate in an adaptation of the Passover meal as a way for people of Christian faith to express their faith in what Christ did on that first Maundy Thursday; it is a participation of our freedom from bondage to sin as a community of believers.

It is in that spirit that we at Faith Lutheran will include a Seder Meal service as part of our Lenten observance this year. This Seder Meal will be held on Thursday, March 26th at 6:00 pm followed by a family style dinner. The event is free to participants but please sign up now on the clipboard on the welcome table.

## WNL & Sunday School Lenten Project

All are invited to help collect items for donation to our local charity "Foundation 2, Inc" a Teen Crisis Center and Food Bank. Items needed are:

- Hygiene Products: Toothpaste, toothbrushes, feminine products, soap, shampoo/conditioner, toilet paper, deodorant, lotions, baby wipes, diapers of all sizes.
- Canned items: Soups, fruits, vegetables, meats, chili, spaghetti/ravioli, beef stew, refried beans, corned beef/hash, juice
- Pantry items: peanut butter, crackers, hot or cold cereal, pancake mix, syrup, spaghetti, breakfast bars, popcorn, healthy snacks, velveta chunk cheese, zip lock

## Movie Night

Join us for Family Movie Night on Saturday, March 14th. From 7:00-9:00 pm the all ages options in the family center is "Annie" (PG) or for bigger kids in the Youth Room we have "Big Hero 6" (PG). The Grown Up Pick is "The Theory of Everything" (PG-13) (Pre-K youth must be accompanied by parent or caregiver)

Then the Senior High Youth are offering from 9:00-11:00 pm including "Mocking Jay" (PG-13). Donations are always welcome to help pay for the snacks.



## Mime Rehearsal & Meals

Mime rehearsals continue on Sunday evenings from 6-9 pm and Wednesday nights. Please sign up on the clipboard in the narthex to provide meals for our dedicated young people. The mime will be performed on Wednesday, April 1st at 7:30 pm in the Family Center. Make plans to join us!

## WNL

**Wednesday, Mar 11th**— WNL with Men's Team for cooking and clean-up.

**Wednesday, Mar 18th**— WNL with the Women's Team for cooking and clean-up

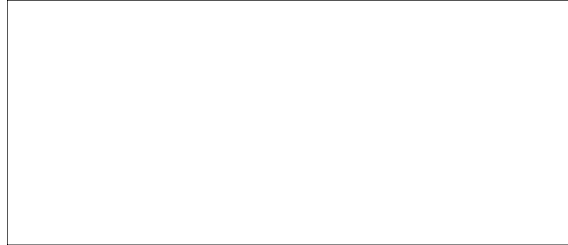
**Wednesday, Mar 25th**— WNL with HS Team for cooking and clean-up.





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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.

### Worship Times

#### Saturdays

5:30 pm– Worship

#### Sundays

8:00 am –Worship

10:45 am—Worship

### Sunday School for All Ages

9:10 am

### Midweek Worship

#### Thursdays

Noon (luncheon before)

7:00 pm (soup @ 6:00 pm)

*Faith has been serving the Marion-Cedar Rapids area for more than thirty years; supporting local ministries such as the Marion Food Bank, Habitat for Humanity, and Senior Assistance Programs. We are in partnership with the 10,657 congregations, 28 Lutheran colleges and universities, 8 seminaries, 450 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 5.2 million member Evangelical Lutheran Church in America.*

### Faith Lutheran Church Staff

**John A. Albertson**  
Senior Pastor

**Jen Heinsius**  
Secretary

**Diane Lehtinen**  
Choir Director

**Don Schluter**  
Custodian

**Amy Waelchli**  
Associate Pastor

**Daniel Stone**  
Director of Youth and Family Ministry

**Steve Roggow**  
Bell Choir

**Christy Pratt**  
Parish Nurse

### Faith Lutheran Church Council Members

**Mike Nutt**  
President

**David Ripley**  
Vice President

**Steve Deines**  
Secretary

**Jackie Devine**  
Treasurer

**Karen Cain**  
Financial Secretary

**Diane Lehtinen**  
Director of Worship

**Kellie & Josh Osbeck**  
Directors of Youth

**Amy & Nick Sagan**  
Director of Fellowship

**Lynette Marling**  
Director of Witness

**Bruce Tweeton**  
Director of Facilities

**Vicki Barnidge**  
Director of Adult Nurture

**Jeff Ausman**  
Director of Youth Nurture

**Jeff Ausman**  
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.