



## Sabbath

Personal trainers, financial advisers, dieticians, self-help gurus...it seems all manner of people want to tell us what to do with our time, our money, and our bodies. Dynamic speakers tell us that they work on our behalf and before we know it we drown in overscheduling our high maintenance life styles. Phew! How much more can we take before we get the 'good life' as promised?!

For the sake of living a good life, God has given us a command (not a suggestion): Sabbath. Creation is crowned by God resting. Creation is completed by holy, peaceful Sabbath. God commands Sabbath in the fourth commandment. Sabbath is to cease, to stop long enough for our clouded thoughts to part so that we can hear God. Sabbath takes many forms: stillness or movement (lots of people go for walks for their Sabbath), alone or with friends (Jesus practiced Sabbath with his disciples in Mark 2: 23-28. Sometimes Sabbath gets interrupted (see Jesus' attempt at alone time in Mark 7:24). Christians traditionally worship on the Sabbath day and in days-gone-by Sabbath meant no work of any kind with stores closed on Sundays. Yet in our lives strict tradition often rings hollow or is impeded by work deadlines, a school project due, or any number of chores that need to get done.

To that end, have you considered practicing Sabbath as daily moments? Instead of reserving a full day of Sabbath, might you reserve 15 minutes of silence? Along with coming to worship to hear God, could you walk among God's creation to witness God in action? Putting down the phone and tablet, and quieting our minds may be the necessary form of the modern Sabbath.

Sabbath is truly a gift from God to us. God commands it because, like most things good for us, it is hard to swallow. The pace of the world competes with Sabbath but God isn't backing down or accepting excuses. Rest is good for you even as the weather changes and we gear up for summer!

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How might you ramp up your Sabbath practice in addition to weekend worship? If you schedule the time to mow the lawn or run errands, can you schedule the time to be still as a practice of daily Sabbath? Resting in God's presence in worship and daily life is both a command and gift from God. We can trust God to have the best plans for us and not sell us a fad diet or junk bonds. God isn't a talking head angling for product placement! God, creator of the universe, loves us and give us peace.

Pastor Amy Waelchli

## Faith Church News

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

**We express our deepest sympathy to** Matt Poellet and family on the recent passing of his father.

**We also express our deepest sympathy to** Erik Hendrickson and family on the recent death of his father.

**We celebrate with** Braeden and Miriam Garrett on the birth of their baby, Maura June born on April 15th.

**The Daytime Disciples group changed** their date for this month to Tuesday, April 21st at 1:00 pm. All women are invited to attend. The topic will be Sabbath rest.

**Our Marion Food Pantry collection items** for April are canned fruit. Remember other items are also accepted. Thanks for your support.

**Please return your Easter Crosses** at your convenience. Place them in the shopping cart located in the closet by the offices. Thanks!

**Our final Sunday School will be** Sunday, May 17th. We will celebrate with Sundae's on Sunday. All are invited to join us for ice cream sundaes.

**FYI: Summer Worship hours will begin** on Sunday, May 24th when we switch to one 9:00 am worship service on Sundays. We will still have Saturday worship at 5:30 pm.

## Baseball Trip Planned

On Sunday, July 26th we are taking a bus trip to Minneapolis for a Twins vs. Yankees game. Price is \$75 per person and includes transportation and a ticket to the game. Seats are limited. For more information, or to sign up, contact Amy or Nick Sagan at [yellowamv@hotmail.com](mailto:yellowamv@hotmail.com).

## Thrivent Night at Kernels

Thrivent Night at the Ball Park

Tuesday, June 16, 2015

at 6:35 pm

Gates open at 5:30 pm

Burlington Bees

vs.

Cedar Rapids Kernels

At Cedar Rapids Veterans Memorial Stadium

Tickets are \$6 for general Admission

Available from Thrivent 366-2991

Proceeds will benefit Iowa Special Olympics

Make it a Family Night and

Let's fill the Stadium!



## Parish Nurse

We are once again offer CPR and AED training to all in the Faith community. 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). This is your last chance to let me know!

I will also do a demonstration on the AED at coffee with Pastor on April 23<sup>rd</sup> at 3pm.

The next blood pressure and blood sugar screening is May 10th in Pastor John's office.

If you would like to talk to me, you can e-mail Christy Pratt at [parish-nurse@faithlutheran.org](mailto:parish-nurse@faithlutheran.org)

or call the office at 377-9700. All discussions are confidential!



## Craft Day

Join us on Saturday, May 9th from 12:30-3:30 pm for an afternoon of crafts and fellowship. Several crafts will be provided, or bring your own to work on. Feel free to come and go as you please. Snacks will be provided. All ages welcome.



## Social Concerns

For the month of April, we are collecting canned fruits for the Marion Food Pantry. All other food items are accepted as well. Please bring your items to church and we will make sure they get delivered to the pantry.

## Youth Yard Sale Fundraiser

The Youth will be having a Yard Sale to benefit Faith's Scholarship Fund & Youth attending the 2015 National Lutheran Youth Gathering on Saturday, June 6th from 8:00 am— 1:00 pm.

Donations are welcome! Gently used and workable quality items. Clearing your closet is a great way to help. Please, we cannot accept old televisions. See Danny or Jen to drop off donated items in Faith's Garage. Thanks!



## WNL

**Wednesday, Apr 22nd**— WNL "First Grade Visitation" with Men's Team for cooking and clean-up.

**Wednesday, Apr 29th**— Final WNL—Worship with HS Team for cooking & clean up. Final recognition of Seniors.





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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

*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

Director of Adult Nurture

**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 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.