

The Messenger

March 2025

The monthly newsletter of Immanuel Lutheran Church

And let the peace of Christ rule in your hearts, to which indeed you were called in one body.

And be thankful. Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

Colossians 3:15-17

Welcome to the season of Lent! Lent comes from an Old English word "lencten" which means "spring." It originally began with a fast by those preparing to be baptized at the Easter Vigil. It gradually became a period of forty days to reflect both Christ's forty day fast in the wilderness and Moses forty day fast on Mount Sinai. It has grown into a time of penitence as we are called to renew our faith. Many still practice the Lenten custom of "giving something up." So, this year why not try something new for Lent? Why not try adding a new spiritual practice to your Lenten preparation?

Spiritual practices are those things we do to help draw us nearer to God. And surprise! You probably already have spiritual practices in your life. Do you have a regular time of prayer, perhaps in the evening or at meals? Do you do a daily devotional? Do you read the Bible or watch a religious program on TV or the internet? All of those things are spiritual practices. Following are three simple spiritual practices for you to try this Lenten season.

Journaling

At the end of each day, look back for places where God has been present during your day and write them down in your journal. Next, respond to those appearances with a word or a short prayer. Then, record where God was present but you resisted. Perhaps some good you could have done but avoided. An urging of the Holy Spirit that you fought against. Finally, record your response to your resistance. Your response may be as simple as "Lord, have mercy."

Breath Prayer

We are all familiar with the Lord's Prayer but there are many other prayer practices to try. One of the simplest is a breath prayer – a calming, peaceful practice in times of stress or turmoil. Imagine breathing out all of your worries and giving them to God. Then breath in God's love and care. Focus on one concern or person as you breath out your worry and breath in God's promise of peace. For example, on the exhale, "Lord Jesus, watch over my daughter." On the inhale, "In your mercy, bring her peace." Repeat as needed.

Lectio Divina

There are many ways to study the Scriptures. One of my favorites is the ancient practice of *Lectio Divina*. It is a four-step process I have changed a little to suit my needs. Select a Bible passage. I do this for each of the next Sunday's readings. Read the passage slowly aloud asking yourself, "What is God saying for all people in this passage?" Read it again asking yourself, "What is God saying to me in this passage?" Read it a third time asking, "What would I ask God about this passage?" Then, wait for God's answer. Clear your mind of all else and wait. It may help to repeat some simple word or phrase while you wait such as, "I surrender." Be patient and rest in God's presence.

Peace to you in this season of Lent. May you draw ever closer to God as God draws you ever closer to the Child of God you were created to be.

Pastor Garque



A Season of Hope

Lent may be a time of reflection, but it need not be one of inaction. Let's share love with our neighbors around the world by getting your hands busy making LWR Personal Care Kits! The kits and financial gifts our congregation will make deliver hope to our neighbors in need around the world.

Items needed are:

- Lightweight bath towels (between 20"x40" 52"x27")
- Bars of bath soap (4 oz bars, in original wrapping)
- Adult size toothbrushes in original packaging Kits will be assembled Sunday, April 27.

Synod Assembly

Two voting members (1 male & 1 female) are needed for the Synod Assembly June 5-7, 2025 at the Embassy Suites in Olathe, KS. Please contact the church office if you are interested in attending!



Share Shed

Personal care items, shoes, and clothing items are always needed for the Share Shed. Donations may also be purchased from our Amazon Wish List http://bit.ly/ImmanuelShareShed

Fasting and Feasting

During Lent, consider this practical — and biblical — advice from Arthur Lichtenberger, a former presiding bishop of the Episcopal Church:

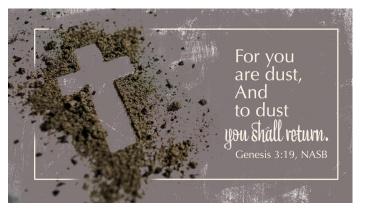
- Fast from criticism, and feast on praise.
- Fast from self-pity, and feast on joy.
- Fast from ill-temper, and feast on peace.
- Fast from resentment, and feast on contentment.
- Fast from jealousy, and feast on love.
- Fast from pride, and feast on humility.
- Fast from selfishness, and feast on service.
- Fast from fear, and feast on faith.

Do you have an article for the Messenger?

Please send information to <u>office@immanuelsalina.org</u> Deadline for the newsletter is the 15th of the month.

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This year, Ash Wednesday, the first day of Lent, falls on March 5. During worship services that day, pastors in many Christian churches dip a finger in ashes (often made by burning branches from the previous Palm Sunday) and make a cross on parishioners' foreheads.

Why ashes? Traditionally, they're a sign of mourning, humiliation and penitence. Ashes also represent the frailty and temporary nature of human life ("You are dust, and to dust you shall return," Genesis 3:19). Christians are pained because our sins led to Jesus' death. With repentant hearts, we begin the season of Lent, knowing that it leads to Jesus' resurrection on Easter Sunday.

For Ash Wednesday — and throughout the 40 days of Lent — ponder this prayer from an Italian sacramentary, or liturgical book: "O God, you know how fragile is our human nature, wounded as it is by sin. Help your people to enter upon the Lenten journey strengthened by the power of your word, so that we may be victorious over the seduction of the Evil One and reach the paschal feast in the joy of the Holy Spirit."

Mark Your Calendars

Ash Wednesday
Daylight Savings begins
Palm Sunday
Maundy Thursday
Good Friday
Easter Sunday



Thank you to all who helped deliver Valentine flowers for the Dillon's on Cloud. Your generosity helped raise \$950 for our youth ministry!

Congregation Council Action January 2025:

No significant action taken.

March 1-8, Immanuel will be hosting a group of students from Grand Valley State University (Allendale, Michigan) who will be serving at Ashby House. Please welcome and thank them for volunteering in our community!





Ash Wednesday * March 5 12:15 pm & 7:00 pm

Join us as we begin the Lenten season with the Imposition of Ashes.

Midweek Lenten Worship Wednesdays at 12:15 pm March 12, 19, 26 & April 2, 9

Each week we will consider what it means to sit with our grief rather than try to push it aside. We will discover that many faithful believers have wrestled with grief, sorrow, and questions for God about why the innocent suffer. This series understands lament as one of the more faithful things we can do. When we approach God with honesty and humility, and we admit that some things are too big for our hearts to bear, we will find there not a disapproving God but one who weeps with us. We will find a God who can take our grief and disappointment and transform them into holy joy and renewed hope. We will learn, ultimately, that Jesus' death on the cross—the place to which the season of Lent leads us—is the reason we never mourn as those without hope.

Midweek Lenten offering will be given to Salina Shares. A special basket will be in the narthex for these donations. Offerings may also be marked "Salina Shares" and mailed to the church.

Generosity of spirit and acts of kindness are at the heart of Salina Shares. What began as group outings for random acts of kindness, continues to grow into projects and outings with the intention of being a "sudden good break" to those we meet along the way. We share what we can when we can in an effort to release hope, impact lives and affirm the dignity of everyone we meet. The mission of Salina Shares is to share our time, our lives and our resources to enrich the lives of others.

Salina Shares activities include: Laundry Love, Christmas in July, The Scarf Project, Play in the Park, Christmas Giving, Starting Over, and Winter Wear.

March 9 * Spring Forward

Daylight Saving Time begins Don't forget to set your clock ahead 1 hour on Saturday night!



Church A

Wednesday, March 12 5:30-7:00 pm

All ages are invited to get messy together through games, crafts and sic, and Biblical storytelling. Pizza will

activities, music, and Biblical storytelling. Pizza will be served beginning at 5:30 pm, activities begin at 6:00 pm.

WELCA

Monday, March 17 at 1:30 pm

Join us for our monthly meeting and Bible study.





Altar Guild

Wednesday, March 19 at 5:15 pm Monthly meeting

Potted Tulips

Tulips will be used to decorate the sanctuary for Easter. Orders are due April 7. The cost is \$14 each. You may pick up your tulips after worship on Easter Sunday, April 20. They must be picked up no later than April 27. Please use the enclosed Order Form to purchase.



Summer Camp Registration Open



All Immanuel students receive a scholarship for half of the Early Bird price at Camp Tomah Shinga. For more information about camp visit camptomahshinga.com. For more

information about Immanuel's scholarship, contact Mindy Tillberg at (785) 825-4750.

Wired Word Adult Bible Study Sundays at 11:00 am

Join Pastor Jacque each Sunday morning for an adult education opportunity that relates current events to Scripture creating thought-provoking, stimulating discussions every week!



March Worship Volunteers as of 02/20/2025

	March 2	March 9 Daylight Savings	March 16	March 23	March 30
Greeter	Tom Davis		Alisha Cooper		
Usher	Randy Olson		Mark Roberts		
iPad					
Acolyte		Tom Davis			
Cantor					
Assisting Minister					
Lector	Corlene Lange		Kathy Herron	Janet Ireton	
Children's Sermon					
Communion Assistant					
Altar Guild Communion Care					
Fellowship Hosts			Herron's		

April Worship Volunteers as of 02/20/2025

	April 6	April 13 Palm Sunday	April 20 Easter Sunday	April 27
Greeter				
Usher				
iPad				
Acolyte				
Cantor				
Assisting				
Minister				
Lector				
Children's				
Sermon				
Communion				
Assistant				
Altar Guild				
Communion Care				
Fellowship Hosts			Easter Brunch	