

Northbrook Presbyterian Church Newsletter

Love Looks Like... Fasting

Fasting hasn't been a spiritual practice for most Presbyterians. However, as we have been learning in Richard Foster's *Celebration of Discipline* in our Wednesday study group, fasting has deep roots in the Christian tradition, and it can be a way to attune oneself to God like no other. It's an invitation to let go of the things we consume so that we might be filled with God.

In most cases, fasting is a private matter. But, Foster shares that something powerful happens when communities fast together: problems are resolved and relationships are healed. Lately, our concern has been heightened for our immigrant neighbors, as well as our LGBTQ neighbors and other people whose lives are being impacted by changes in the new administration.

We invite you to fast with us this Lent.

You are invited to choose one day a week during Lent to fast. Traditionally, fasting means abstaining from food for spiritual purposes. But, you may want to fast from other things that control you: smartphone, alcohol, social media, etc.

If you choose to fast from food, please consult your doctor if you have any health concerns. As you consider participating, you may want to start with a partial fast. Maybe you give up one or two meals for the first couple of weeks. Toward the end of Lent, you may be ready for a full twenty-four-hour fast. You are encouraged to be well-hydrated and drink fruit juice if needed.

Michael Bauhof shares his plan for a Lenten fast:

I'm thinking of Mondays in the morning to hold my fast. I will skip breakfast. I think this will be easier than skipping dinner for me. I will have hot tea and lemon at that normal breakfast time. As you hold this warm cup and sip, know our God holds you secure and draws you tight into his presence. Allow this time, 10 or 15 minutes, to be quiet. This is a time to rest your mind and body for the upcoming week. There are plenty of hours in this day to work on life's challenges. As you finish this time of peace, look forward to next week knowing a quiet place will await you. Eat your next meal with patience. The taste and sensation of that meal will be a little different as there will be an anticipation that you might not have experienced lately.

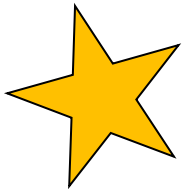
Each time we fast, we have the opportunity to receive God's presence and provision. We also have an opportunity to direct our prayer in powerful ways. Each week during Lent, we will be invited to focus our fast on a particular issue or area for growth. We will also be invited to take an action step along with the fast for the week. For example, we may be invited to serve our hungry neighbors during that week. Or, we might be invited to donate the money we would have spent on the uneaten meal to an organization serving others.

We will share this weekly invitation during each Sunday service during Lent, and you are invited to participate whether or not you fast that week. We hope you will try this practice and that it will deepen your faith during Lent.

~Pastor Ben



“Live the Love of Jesus Christ”



Star Words...

The stars allow us to see God in unexpected ways and places. They can be challenging, life giving, and transformative as you live into your star word.



I hope your star word is somewhere that you see it frequently throughout your day. Here are a few things you can do to continue to LIVE with your star word. This month, you might want to start a "star word" journal to write up the things you experience with or learn about your word.

Learn some more about your word:

- ◆ Listen as people talk to you, as you read, as you watch TV/movies, and pay attention to how and when and how often your word comes up in the world around you.
- ◆ Look up your word in a dictionary or an online biblical search such as <https://www.biblegateway.com/keyword/> and read the scripture references that come up. These will give you something to read over the month. You may find interesting things to think about that don't seem to relate to your word... but may. (You can put in the translations you usually use NRSV, NIV, The MESSAGE, etc. or try a new one.)

Begin to develop your own thoughts on the word:

- ◆ You might journal about what the word means to you.
- ◆ Do you use your word?
- ◆ Do others use it negatively or positively?
- ◆ How has that word been used in reference to you?
- ◆ Have people said you have that word/trait or that you lack it?
- ◆ Would they use it to describe you?



*As stars have guided wise ones for centuries,
may your star word guide you in the year ahead.
By the radiance of your star and the power of the Holy Spirit,
may you live with deeper intention and greater attention.
May you find the holy in delightfully unexpected places.*



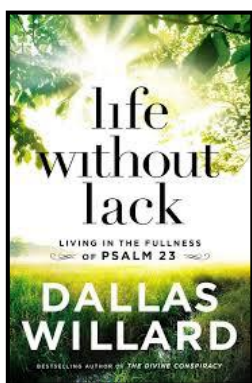
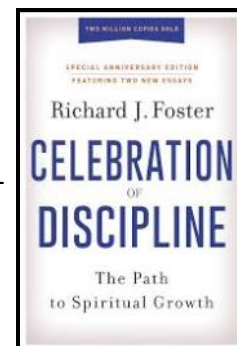
"Spacious Faith", Joanna Harader

The New Brady Bunch - Tuesday, March 4 at 5:30pm

Please join us Tuesday, March 4 at 5:30pm at Brown Iron Brewhouse at 13 Mile & Woodward in Royal Oak (30955 Woodward Ave.) as we meet for our new Brady Bunch dinner. Please sign up in Fellowship Hall. If you have questions, call Barb Voight at 248-302-3033.

Pastor's Book Study Group—Wednesdays, 10am & 7pm

Can we really break out of old habits? Can we find more space for grace in our lives? You are invited to pick up a copy of *Celebration of Discipline* by Richard Foster to join us as we continue our exploration of this book. We meet on Wednesdays at either 10am or 7pm (in-person & Zoom options available). If you are ready to stretch and grow in faith, we hope you will pick up a copy of the book and be ready for some good conversation as we plan to learn how spiritual disciplines - and the grace they can offer - are something worth celebrating!



Men's Connection—Tuesdays, 8am & 10am

Men's Connection continues to study, *If You Want To Walk on Water, You've Got To Get Out Of The Boat* by John Ortberg through March 11. On March 18 and through May 6, Men's Connection will be reading *Life Without Lack: Living in The Fullness of Psalm 23* by Dallas Willard. Willard shares the biblically-backed secret to living with true contentment, peace, and security.

Men's Connection meets weekly on Tuesdays at 8am (via Zoom) and 10am in the Library (in-person and via Zoom). Contact Walt Young at (248) 877-5411 for Zoom information. New men are always welcome to participate in this fellowship circle.

LOGOS—Wednesdays, 5-7pm

LOGOS is our weekly gathering for kids of all ages with games, songs, devotions, crafts, and dinner. We are still seeking more LOGOS dinner sponsors from the congregation to relieve the burden of our busy parents. Sign-up sheets are available in Fellowship Hall. Contact Youth Director, Ken Stetson, for more information.

**Note: LOGOS will not meet on March 26.*



Senior Soup Lunch - 2nd & 4th Thursdays of the Month at 1pm

Please join us in the Library at 1pm on the 2nd and 4th Thursdays of the month for a delicious soup lunch and plentiful conversation. In March, we will meet on March 13 and March 27. Feel free to invite a friend!

Michigan Central Station - Sunday, March 25

We have 25 spots reserved for a tour of the Michigan Central Station on Tuesday, March 25 from 11:30am-1pm. Sign up in Fellowship Hall. Adults and middle/high school students are welcome. The price is dependent on the number of people attending and will be in the \$18-30 per ticket range. For more information, contact Liz Hurbis at 248-225-5272. You can find out more about the Michigan Central Station on their website: <https://michigancentral.com/>.



Easter Basket Project

For this year's Easter Basket Project, we will be assembling very special Easter baskets for two families we have "partnered" with in their life journeys. Jose, Astrid, and Santi make up one of the families, and the other family is currently in the process of trying to secure housing so they can move out of a hotel.

On Sunday, March 16, the Mission Connection Committee will present sign-up options for contributing to these baskets, which will include food, gifts, gift cards, and other needed items. Basket contributions will be due back to church on or before Sunday, April 6, and the baskets will be assembled on Sunday, April 13. What a wonderful opportunity to share the love of Jesus Christ during the Lenten and Easter seasons.



One Great Hour of Sharing March 16 – April 21

We will be collecting this year's first PCUSA Special Offering, the One Great Hour of Sharing Offering, which supports efforts to relieve hunger through the Presbyterian Hunger Program, promote development through the Presbyterian Committee on the Self-Development of People, and assist in areas of disaster through Presbyterian Disaster Assistance. All three programs work in different ways to serve individuals and communities in need. From the initial disaster response to ongoing community development, their work fits together to provide people with safety, sustenance, and hope. Whether you make your contribution using a check or online to

Northbrook, please indicate that your payment is to be applied to OGHS. If you use the church envelope packet, there is a special envelope for this in your packet. *Thank you.*

Northbrook Mission Tithe Dollars at Work as We Share the Love of Jesus Christ

Thank you for continuing to make your contributions to Northbrook so we can share our blessings with others. In February we sent \$920 to PCUSA for the Christmas Joy Offering. As a reminder, we are generally disbursing funds every 4 months. This was a change we made in 2024; before then, we sent out contributions on a monthly basis. Northbrook friends, thanks for the many ways you support the church's efforts to live out the love of Jesus Christ.



Thank you so much for your contributions of pillows, pillow covers, and underwear for us to donate to Welcome Inn/South Oakland Citizens for the Homeless. We also appreciate all the food, personal care items, gift cards, children's gifts, and monetary contributions given in support of the family we are walking alongside in their journey to housing and a more secure future. The parents are so appreciative. Boxes of diapers were a huge gift for them!



Easter Flowers

Adorning our Sanctuary with Easter Flowers is a Northbrook tradition. Please fill out this form and place it, along with your check, in the offering plate or in the office. Please make checks payable to Northbrook Church and write "Easter Flowers" in the memo line. Plants may be taken home following the 10am Easter Service on Sunday, April 20. **Orders are due by Sunday, March 30th.**

Name: _____

Phone: _____ Email: _____

Number of Plants at **\$10 each**:

_____ Lily _____ Daffodil _____ Tulip _____ Hyacinth

Total Number of Plants: _____

Dedication

I would like my plant(s) placed in memory of/in honor of (circle one):

(Please print clearly. This dedication information, along with your name, will be printed in the Easter bulletin. You will be able to take home your plant(s) after the Easter Sunday service.)



Per Capita Reminder

In addition to supporting the ministries of the local congregations, Presbyterian churches pool their resources to support Christ's work at the regional (presbytery and synod) and national (Presbyterian Church USA) levels. Through per capita giving, all churches are given equal access to resources and support.

Each member of Northbrook is reminded to contribute \$38 this year to help our colleagues in ministry. If you haven't already done so, please make your \$38 per capita contribution today. Thank you!

(Please be sure to indicate "per capita" on your contribution.)

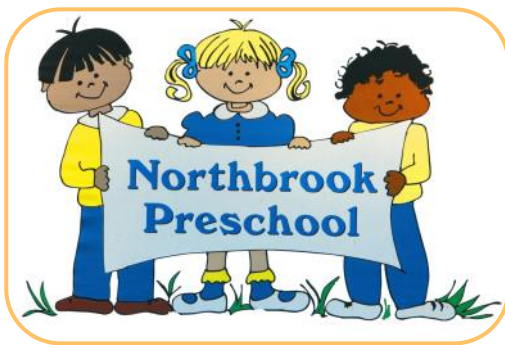


THE *Academy of Early Music*

Michigan's Presenter of Early Classical Music

The Academy of Early Music is having a concert at Northbrook on **Friday, March 7** at 7:30pm. The Incantare concert will feature music by Exile. Tickets are available for purchase at The Academy of Early Music website: www.academyofearlymusic.org. Please visit their website for more information about this concert and their next concert at Northbrook on Friday, April 11th.

Northbrook



Northbrook Preschool's Q and U wedding was a success! We are learning about rhyming and Dr. Seuss. If you get a chance, come see our art hanging in the hallway!

We are currently enrolling for the Preschool's 2024-2025 school year. We expect another waitlist!!



For more information, contact Director Kerry Callaghan at preschool@northbrookpc.org.

Northbrook Book Club—April 7 at 7pm

Everybody is welcome to attend the Northbrook Book Club discussion of *The Paris Apartment* by Lucy Foley on Monday, April 7 at 7pm in Fellowship Hall. Peggie D. is hosting this discussion. Please let Pastor Ben or Nancy Best know if you would like a Zoom invitation.

Book Summary: *The Paris Apartment* is a 2022 mystery novel by British author Lucy Foley. The novel follows a young woman named Jess who arrives at the luxury Paris apartment of her half-brother, Ben, who is a journalist. There, she finds that Ben has gone missing. She investigates his disappearance, and in doing so, uncovers the secrets of the building's other tenants. Everyone's a neighbor. Everyone's a suspect. And everyone knows something they're not telling.



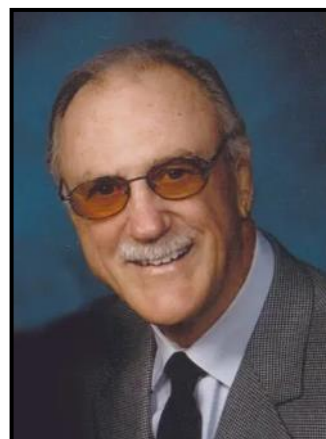
Please mark your calendar with these upcoming book club dates:

- ◆ May 19, 2025 - *The Frozen River* by Ariel Lawhon (Mary hosts)
- ◆ June 30, 2025 - *Fahrenheit 451* by Ray Bradbury (Jan hosts)
- ◆ August 11, 2025 - *Bloomsbury Girls* by Natalie Jenner (Yvonne hosts)
- ◆ September 22, 2025 - *Wayward: A Novel* by Dana Spiotta (Barb hosts)
- ◆ November 3, 2025 - Book TBD (Kim hosts)
- ◆ January 12, 2026 - *Fellowship Point* by Alice Elliott Dark (Winnie hosts)

In Memoriam

Clyde B. Pritchard

January 25, 1937
February 21, 2025



Calendar

March 2	10am	In-Person & Livestream Worship Inside ~Communion & Family Sunday
March 4	8am 10am 5:30pm	Men's Connection (via Zoom) Men's Connection (Zoom & In-Person) Brady's Bunch at Brown Iron Brewhouse
March 5	10am 11am 5pm 7pm	Pastor's Book Study Yoga LOGOS Ash Wednesday Service
March 7	7:30pm	Academy of Early Music Concert
March 9	10am 11:15am	In-Person & Livestream Worship Session/Deacons' Meeting
March 10	4:30pm	Worship Committee Meeting
March 11	8am 9:30am 10am	Men's Connection (via Zoom) Finance Committee Mtg. Men's Connection (Zoom & In-Person)
March 12	10am 11am 5pm 7pm	Pastor's Book Study Yoga LOGOS Pastor's Book Study
March 13	1pm	Senior Soup Lunch
March 14	7pm	Camp Lock-In (7pm—9:30am)
March 16	10am	In-Person & Livestream Worship
March 18	8am 10am	Men's Connection (via Zoom) Men's Connection (Zoom & In-Person)
March 19	10am 11am 5pm 7pm	Pastor's Book Study Yoga LOGOS Pastor's Book Study
March 23	10am	In-Person & Livestream Worship
March 25	8am 10am 11:30am	Men's Connection (via Zoom) Men's Connection (Zoom & In-Person) Michigan Central Station Tour
March 26	10am 11am 7pm	Pastor's Book Study Yoga Pastor's Book Study
March 27	1pm	Senior Soup Lunch
March 30	10am	In-Person & Livestream Worship

Please visit our website: www.northbrookpc.org
for the most current calendar of events.

March Birthdays

03/02 Don Hemberg	03/17 Derek Stottlemeyer
03/02 Maggie Parks	03/19 Judy Owen
03/06 Mona Guindi	03/19 Judith Stucky
03/08 Jan Carroll	03/19 Erin Swenson
03/08 Hunter Tengler	03/23 Beverly Singer
03/11 Alex Burnham	03/25 Camille Cheairs
03/11 Grace Daniels	03/25 James Wicker
03/15 Annie Burnham	03/29 Sherrill Heinrichs
03/15 Barbara L. Davidson	03/29 Colin Tengler
03/16 Owen Hurbis	03/30 Carolyn Hemmye
03/17 Grant Burnham	03/31 Madelyn Willey



Yoga with Ana at Northbrook

Pay what you can. Invite a friend!
~ All are welcome ~

For more information,
call 248.979.3577

**Wednesdays
at 11am
in Fellowship Hall**

“Live the Love of Jesus Christ”

Northbrook

Presbyterian Church

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Northbrook Notes is a monthly publication of
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Worship with Us: 10am Sundays

The Sunday service is also found:

- Livestream on YouTube—[Northbrookpc](https://www.youtube.com/Northbrookpc)
- Livestream on Facebook—[Northbrookpc](https://www.facebook.com/Northbrookpc)

Office Hours

Mon-Thurs: 9:00 a.m. – 4:00 p.m.
Friday: 9am—Noon