

ST. JOHN'S MONTHLY

St. John's Lutheran Church and School Newsletter



IN THIS ISSUE

Not So Fast: 1-2
Quilting Volunteers Needed: 2
Easter Breakfast & Egg Hunt: 3
Pancake Breakfast: 4
LWML Oklahoma District Convention: 5
LWML Mite Prayer Calendar: 6
Birthdays and Anniversaries: 7
Council & Voters' Meetings: 7
Lenten Meals: 7
March Calendar: 8

NOT SO FAST

by Pastor Mark Bersche

During the season of Lent, many people ask questions about fasting. You often hear, "What are you giving up for Lent?" Here are a few thoughts on this topic. First, what does it mean to fast? Is it merely giving something up, or is there more to it?

Fasting deals with food. Eating plays a prominent role in the Bible from Genesis to Revelation. Sin came into the world by eating the forbidden fruit and in the end God will bid us to reach out and eat from the tree of life.

The children of Israel needed food in the wilderness and God supplied it. Jesus fed

the 5000 and 4000 with a meager amount which he multiplied. The whole point of food in the Bible is that our God will provide for us and satisfy our needs. Therefore, when we fast it's actually something dealing with food.

You've probably seen things on social media posts, suggesting that rather than miss a meal, to fast from other things. Cursing, hatred, evil thoughts, things of this nature. That's fine, but shouldn't we be shunning those things all the time?

True fasting is about the knowledge that God has provided for us through his own suffering. In this, we fast to show him our trust and thankfulness in his gracious gifts. Therefore, the proper understanding of

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NOT SO FAST

(continued)

fasting is to replace a physical meal with a spiritual one. What I mean is sitting down at the table and rather than eating food, feed your soul with God's holy word.

There are many reasons for fasting throughout scripture. For example, Psalm 69:10 says, *"When I wept and humbled my soul with fasting, it became my reproach."* Here it's seen as a sign of humility. In Joel 2:12 we read, *"Yet even now," declares the Lord, "return to me with all your heart, with fasting, with weeping, and with mourning."* Here it's associated with repentance. Fasting is always done with the idea of being drawn closer to God.

Therefore, what rules might we want to observe? Number one, don't make it a Law you must follow. Fasting should be done from the heart and not as a means of seeking merit. Second, don't attempt to do more than you're able to. Fasting is not a competition but rather something between you and God. Third, remember you are not required to fast. *"For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast."* (Ephesians 2:8—9).

Have a very blessed Lenten Season as we look forward to celebrating Easter. In the death and Resurrection of Jesus Christ, you have the assurance of salvation and eternal life in his name. Amen.

In Christ,
Pastor Bersche



QUILTING VOLUNTEERS NEEDED

The Quilters are looking for volunteers! If you can tie a square knot, you're needed! Join us on Thursday mornings from 9-11am in Blanchard Hall. You do not need to know how to operate a sewing machine, there are many other things to do. It's a wonderful opportunity for women to come together to work on projects, make close friends, and chat while working. If you would like more information, please see Cora Matthews or Karen Barbre.



ST. JOHN'S
LUTHERAN CHURCH

*Easter
Breakfast
+
Egg Hunt*

SUNDAY

31

MARCH

BREAKFAST: 8AM - 9AM

EGG HUNT: 9:15AM

WE INVITE YOU TO JOIN US FOR
EASTER BREAKFAST FOLLOWED BY AN
EGG HUNT FOR THE SUNDAY SCHOOL
CHILDREN.

JOIN US AT:

1032 NW 12TH ST, MOORE, OK 73160

PANCAKE BREAKFAST FUNDRAISER!



**DONATE
FOR
PANCAKES!**



**\$710 NEEDED
TO FUND PROJECT
TO CREATE
3 PLANTERS FOR
NURSING HOME**



**PETER O'LOUGHLIN'S
SERVANT LEADERSHIP PROJECT
FUNDRAISER**

MARCH 3RD, SUNDAY MORNING 9:15 A.M.



**ST. JOHN'S LUTHERAN CHURCH
1032 NW 12TH ST. MOORE, OK 73160**

LWML Oklahoma District Convention 2024
Hilton Garden Inn, Edmond, OK
April 12-13, 2024



Rejoice in hope, be patient in tribulation, be constant in prayer. Contribute to the needs of the saints and seek to show hospitality.

Bible Study Leader: Janice Wendorf, Past LWML President

Speakers: Mary Hamilton, Deaconess Dr. Tiffany Manor, David Fiala, John Busch

Find "Gifts from the Heart" list on registration form, *The Voice of Service*, or on oklwml.org. Servant Activities and Interest Sessions are on Friday at 3:30 p.m.

Registration form can be found in *The Voice of Service*, on the website oklwml.org or from your LWML Group President. Register early by March 12!

Childcare is available and listed on the registration form. Must register for childcare by March 29.

MARCH

This is a monthly prayer guide for your daily use. Each day as you pray, please feed your Mite Box in support of district and LWML Mission Grants. As you lift up the countries and mission grants listed, pray that the Gospel of our Lord Jesus Christ would be heard by those who live there or are served by our mite offerings. Each country listed has been a recipient of a mission grant from LWML at some time since 1942. What a joy it is to bring these prayers to our Father's listening ears!



1. For a clean heart (Psalm 51:10).
2. For LWML Mission Grant #6.
3. For China, one of the 83 countries where LWML has supported a grant.
4. For the work you do.
5. For things that make you smile or laugh (Psalm 68:3).
6. For the Lutheran Women in Mission Vice President of Communication.
7. For the country of Côte d'Ivoire (Ivory Coast).
8. For the LWML Mid-South District.
9. For trials that strengthen and refine you (James 1:2-4).
10. For your basic needs.
11. For the country of Cuba.
12. For wisdom (James 1:5).
13. For government and world leaders.
14. For church leaders.
15. For the Czech Republic.
16. For the LWML Gulf States District.
17. For your family.
18. For the city/community where you live.
19. For the Dominican Republic.
20. For friends who are nonbelievers.
21. For LWML Mission Grant #7.
22. For your coworkers.
23. For the country of Ecuador.
24. For the persecuted.
25. For your enemies (Matthew 5:44).
26. For the country of Egypt.
27. For the missions of your church.
28. For those in nursing home facilities.
29. For those who clean and maintain your church.
30. For those facing life changes.
31. For those with serious illness.

BIRTHDAYS AND ANNIVERSARIES

Birthdays

- March 1:** Joshua Peck
- March 3:** Jaedan Bersche
- March 5:** Adam Basford, Margaret Crofford,
Dick Kortemeier, Samantha McClanahan
- March 6:** Heather Andexler, Rachel Peck
- March 7:** Madilynn Imoe
- March 8:** Carolyn Goldbeck
- March 9:** Emily Eskew, Bill Harper
- March 10:** Abigail Baird, Nancy Self
- March 11:** Jo Carter
- March 14:** John O'Loughlin, Serenity Payne, Steve Self
- March 17:** Ashley Andexler, Fred Reichert, Susan Wiest
- March 18:** Zane Eckhoff
- March 19:** Sandi Wolfgram
- March 21:** Ian Adams
- March 22:** Bill Gore, Christian Boland
- March 24:** Bryan Payne, Rhonda Tollers
- March 25:** Caroline Adams, Rex Adams
- March 27:** Julia Rusert
- March 29:** Wendy Bersche, Charlotte Boydston,
Carol Cardwell, Karen Harrison

Anniversaries

- March 4:** Porter & Nancy Self
- March 14:** Larry & Kathleen Peck
- March 15:** Pete & Wanda Shurow
- March 28:** Robert & Rhonda O'Connor



COUNCIL & VOTERS' MEETINGS

There will be a Council Meeting after the late service on March 3 and a Voters' Meeting after the late service on March 17.

LENTEN SERVICES & MEALS

Join us each Wednesday during Lent. Our meal will begin at 6:00 p.m. and our service is at 7:00 p.m. We hope to see you there!

MARCH 2024

Events subject to change. If in doubt, contact the activity coordinator!

SUN	MON	TUE	WED	THU	FRI	SAT	
					1	2	
8:00am Worship Service 9:15am Pancake Breakfast & Sunday School 10:30am Worship Service followed by Council Meeting	3	4	5	6 9:00am Chapel 11:00am Bible Study 4:30pm Confirmation 6:00pm Lenten Meal 7:00pm Lenten Service	7 9:00am Quilters	8	9
Daylight Saving Time 8:00am Worship Service 9:15am Bible Study & Sunday School 10:30am Confirmation Sunday	10	11	12 11:30am Senior Saints	13 9:00am Chapel 11:00am Bible Study 6:00pm Lenten Meal 7:00pm Lenten Service	14 9:00am Quilters	15	16 8:00am Men's Bible Study
St. Patrick's Day 8:00am Worship Service 9:15am Bible Study & Sunday School 10:30am Worship Service followed by Voters' Meeting	17	18	19	20 11:00am Bible Study 6:00pm Lenten Meal 7:00pm Lenten Service	21 9:00am Quilters	22	23
Palm Sunday 8:00am Worship Service 9:15am Bible Study & Sunday School 10:30am Worship Service	24	25	26 11:30am Senior Saints	27 9:00am Chapel 11:00am Bible Study	28 9:00am Quilters 7:00pm Maundy Thursday Service	29 7:00pm Good Friday Service	30
Easter Sunday 6:00am Easter Vigil Service 8:00am Easter Breakfast 9:15am Bible Study & Egg Hunt 10:30am Easter Sunday Service	31						

PUBLISHING DEADLINE

All articles for the April 2024 Newsletter will be due March 24. Please email your articles to office@stjohnsmoore.org. Thank you!

