



By Pastor Koenig

Suffering our way through Lent may indeed be what we are used to. But depriving ourselves of food is not necessarily the “fast” track to salvation. If Epiphany was a season of God being revealed to us, then the upcoming forty days can be a time where we reveal ourselves to God. But suffering for the sake of suffering does not necessarily, in and of itself, provide an honest reckoning.

Perhaps there is another way to conceptualize our Lenten journey. It’s not so much about sorrow as it is about simplifying—abandoning all the baggage we carry, and clinging to Christ. It’s hard to be brutally honest if we are still hiding behind all of our comforts. With that, now fasting, etc., is no longer the end, but the means to the end.

Reclaiming our baptismal life is how one of the ELCA’s core worship resources refers to the time of Lent. But just what *is* baptismal living? Ash Wednesday gives it to us in a nutshell: “Remember you are dust and to dust you shall return.” Like everything else, we too will wither away and disappear. And yet, there is this covenant. Through the waters of the font, we each accepted the reality that there is nothing we can truly depend upon except the validation we receive from God through Christ. Why let anything we do, anything we make, anything we crave...why let *anything* get in the way?

Ironically, for our corner of the world, the season of Lent always takes place during the advent of Spring. The earth is warming up, the bulbs we lost beneath the tundra are peeking back up, the days are getting longer. It is a time of new life, new energy, new hope, new anticipation. So it can be with our Lenten journey! There is much energy and joy to be found in shedding last year’s leaves and turning over new ones these forty days.

Not that it’s an easy process, any more than getting in physical shape can be done in a recliner. However, the pain of spiritual stretching, if experienced in a context of faith, can be a “good” pain, like the exhilaration from a great workout or a race well-run. Is it possible that your brain can release endorphins (those “feel-good” hormones) with hard spiritual exercise, too? There’s only one way to find out! Christ gave up life itself so that you might live. How awesome is that? So your task is comparatively simple: See how many stumbling blocks you can shed in forty days. Stretch yourself a little bit more each day, and before you know it, you’ll be able to

Grow in peace, and serve the Lord!



DEACON'S CORNER

Get ready for Lent, it's coming and we need to set aside some time to get involved and enjoy all that is Lent. Lent is a time for looking back and seeing what we can change in our lives to make it more like Jesus' life, even if just a little. We know that we cannot be exactly like Jesus, but we can try.

Lent begins with Ash Wednesday on March 6 with 2 services; one at Noon and one at 7:30 PM, both in the nave (there will be no Dinner Church on this day). Come get your ashes and start your journey with us to the Cross.

Each Wednesday during Lent we will have 2 opportunities for you to participate . One at Noon with the service in the Chapel and then a bring your own lunch, where we eat together after the service and then Soup Supper at 6:00 PM in the Fellowship Hall where we eat soup and share in fellowship with a service following. A Bible study continues after that in the Blue Room. I hope you can be with us as we travel through Lent together.

What a time to immerse ourselves in this time of reconciliation and internal cleansing to be closer to Jesus and to see our faith in action. See if you can do something good for someone else; an elderly neighbor or a young mother who might need help. This is a time for us to think about someone or something other than ourselves. Help out at the Lunch Box or just bring in food for our food pantry that has had an increase in use on the first and third Sundays of the month. I am hoping to see you all at some of these events.

Your Servant in Christ,
Deacon Rich

Property Mission Team

Thank you to those members who provide financial support for the Future Major Building Repair Fund (FMBR) by using the monthly white envelopes. This past year \$8,605 was contributed to FMBR. In addition, 20% of Building Use Funds (\$2,865) were transferred to FMBR. Due to a General Fund surplus at year end the Congregation Council authorized the transfer of an additional \$8925 to FMBR. The sum of these two actions provided 80% of Building Use Funds to FMBR.

A T-Coil Assisted Hearing System was installed in the Fellowship Hall. This is the same system that has been installed in the Nave for many years. It provides a much improved sound for those with hearing aids. Funds were provided from the Memorial Fund.

Ben Swart, a 16 year old Life Scout and member of St. John's who received his first communion and confirmation at St. John's wanted to give back something to the church. His Eagle Scout project, which was approved by the Property Mission Team and the Congregation Council and shared at the January Congregation meeting, will be to install a ten foot wooden cross in the center circle in the courtyard with a base of river rock and LED lighting. He will also build some additional benches for the courtyard. He provided a scale model of the courtyard with the cross, LED lighting and benches which was shared at the meeting. Thank you Ben!

Congregation to Congregation Committee

Over the past several years our Committee has provided opportunity to support the KEMPS School in Bukoba, Tanzania. Recently we have received information about a giving opportunity from Gayle Kliever, a member of the MNYS Tanzania Committee who has been with us at St. John's a number of times to educate us about how we can help our sisters and brothers in Tanzania. If you have questions, please contact Mary Anne Deik
bookperson329@yahoo.com

Here is the information, from GLK Student Fund newsletter: "If you are in the market for a new laptop and your old laptop still has life in it, consider donating it to the GLK Student Fund. Brand is not important, but it should be in good shape. We have a list of students & volunteers who could utilize a gently used laptop. Contact us at glkstudentfund@gmail.com



Easter Candy Needed

The children will be having an Egg Hunt on Easter morning. Any individually wrapped candy donations from the congregation are appreciated; please drop off by April 14th. Candy can be dropped off in the box in the church office drop zone. (immediately down to the left when you walk in the door)



JOURNAL DEADLINE

April Edition – March 10th

Please note that the Journal deadline is the 2nd Sunday of the Month. Please make sure all submissions are in by that date.

When submitting, please forward in Microsoft Word or an e-mail. Please send submissions to Carol Versace (carolav_nd@yahoo.com) Please include name and phone number in case of questions.



BIRTHS

We extend prayers of congratulations to

Matthew and Jeanine Hagen on the birth of their son, Dean Matthew Hagen. Dean Matthew, who is the great grandson of Burt Berge, was born on January 17th in Minnesota.



Lunch 'n Listen Concerts

Each month, **First Evangelical Lutheran Church (Not St John's)** offers Lunch 'n Listen concerts that start at 12pm. Fellowship Hall is open before and after the concerts (11:30am-1:30pm); bring your own brown bag lunch. Cold and hot beverages available.

3/6/19 **Hyde Park Chamber Ensemble** *Music for woodwinds and piano*

4/3/19 **Marta Elena Knapp**- *soprano*

5/1/19 **Kevin and Carol Becker with Rich Keyes** *folk music*

6/5/19 **Helen Avakian and Terry Champlin**- *classic guitar stylings*

First Evangelical Lutheran Church
325 Mill St in Poughkeepsie

845-452-6050 Website:

www.firstlutheranpok.org

Email: office@firstlutheranpok.org

SYMPATHY

We extend our prayers of sympathy and concern to the family and friends of



Jack Feldborg, who died on January 30th at the Lutheran Care Center.

Carl H. Olson, father of Alice Olson, who died on January 30th in Troy, New York.

Ilga Kristapsons, mother of Maris Kristapsons, who died on February 3rd at the Hudson Valley Rehabilitation and Extended Care Center in Highland.

Steve Holton, step-father of Trevor Hill, who died on February 1st at Memorial Sloan-Kettering.



Your Legacy: Family, Church & Charity Workshop

March 11, 5-6pm & 7-8pm in the Blue Room

Are there people and organizations in your life that you care about and want to help financially? Learn strategies around sustaining your church's foundation, supplementing an endowment fund or leaving an inheritance. Please join us for this free workshop run by Steve Jones. You can sign up in the church office or contact Jeanne Jones at 452-1550 or jjones@stjohnselc.org



ONGOING COLLECTIONS;

Love Inc Personal Care Products & Linens
Food for St. John's Pantry



UPCOMING EVENTS

*Nave=Main Worship Space

Food Pantry is open 1st & 3rd Sundays, 9-11am
in Church Office

There is no Dinner Church March 13, 20, 27, April 3 & 10. Instead there will be Soup Supper at 6pm and a Lenten Service at 6:40pm in the Fellowship Hall.

Mar. 6 Ash Wednesday Services 12pm & 7:30pm, Nave*

Mar. 9 & 13 Wrapped in Love (Knitting & Crocheting Ministry) 1-3pm, Blue Room

Mar. 10 Youth Group at Bounce 11:30pm, Offsite

Mar. 11 "Your Legacy: Family, Church & Charity" Workshops 5 & 7pm Sessions, Blue Room

Wednesdays in Lent (March 13, 20, 27, April 3 & 10) Services 12pm, Chapel-Bring your own bag lunch after the service, Meet & Greet Room
Soup Supper 6pm, Lenten Service 6:40pm, Fellowship Hall

Wednesdays in Lent (March 13, 20, 27, April 3, 10 & 24) Bible Study "Beyond Question A Transformative Journey Through Lent" 1pm & 7:20pm, Blue Room

Mar. 17 Possible Asylum Seeker Lasagna Lunch Fundraiser, 11:30am

Mar. 23 Young Ringers Festival, Offsite
Youth Faith, Hope & Love Event, Offsite

Mar. 31 Meatball Event 11:15am, Fellowship Hall

Apr. 7 Blood Drive 11am-3pm, Fellowship Hall

Easter Flower Contribution

In Loving Memory of:

Name(s)

By _____

Amount _____

Envelope # _____

This form, together with your contribution should be placed in the **"Easter Flower"** folder in the Church Office.

Please make the check payable to:

St. John's Evangelical Lutheran Church

Contributions must be received

by Sunday, April 7 to have

Memorial listed in bulletin.



"MEAL IN THE UPPER ROOM"

Reservation Form

April 18, 2019 - 6:00PM

Nave & Fellowship Hall

Suggested donation is \$10 adults, \$5 children (12 and under). If you cannot afford the cost please see Rev. Koenig confidentially and he will arrange for your meal to be paid for. Checks can be made payable to St. John's Lutheran Church. All reservations are due into the Church Office by **April 13.**

Name _____

Phone _____

Number of adults _____

Number of children _____

(12 and under)

☐ I/We will help with food prep

☐ I/We will serve as a table leader

&/or reader (circle one or both)

☐ I/We will help with clean up

☐ I/We will need nursery care for _____ children

Asylum Seeker Lasagna Lunch Fundraiser

St. John's is partnering with Seafarers International to support Asylum Seekers by providing care packets. Seafarers provides a place for Asylees who are released from detention centers to stay while they obtain housing and jobs. St. John's provides Care Packets containing toiletries, MetroCard, Food Card and other items essential for living. The Lasagna Fundraiser will raise money to cover costs of the Care Packets. There will be a free will offering taken at the fundraiser. To sign-up please call, email or visit the "Asylum Seeker Lasagna Fundraiser" folder in the church office. 452-1550 jjones@stjohnselc.org



Meatball Event

On **Sunday, March 31 at 11:15am** there will be a Grow and Go activity in the Fellowship Hall where people will assemble meatballs to be used in sandwiches and given to the Lunchbox (a soup kitchen that feeds the needy). All ingredients will be provided, and no prior sign-up needed, just come to our Fellowship Hall upstairs to help. We need many hands and welcome all ages to help with this event/project and stay for lunch! Please contact John Dux at johndux@gmail.com for more info.

Quarter Thanks

As a frequent shopper at Adams, Stop and Shop and Price Chopper, I have begun the practice of keeping a couple of quarters in all my coat pockets at all times so I can get a cart. It is a real pain to get to a cart that is locked up tight and find I have no quarter to release it for my use. Recently while approaching one of these stores, I saw a man experiencing that frustration, as he realized his pockets were empty and the cart called for money. I had a quarter in my hand and immediately gave it to him, to which he responded with such gratitude one would have thought I handed him a 100 dollar bill! He thanked me profusely and even saw me later in the salad dressing aisle, thanked me again and said that he thought I was a really kind person. I don't tell you any of this to toot my own horn, because, let's face it, giving someone a quarter is not really a big deal. But I share it because of 2 thoughts I had afterward:

Thought #1

Small acts of kindness can really make a difference. Sometimes we don't think much of the little things we do, but to some people it can make a difference in their whole day and brighten their attitude. I encourage us all to look for ways we can do random acts of kindness, no kind deed is too small to matter!

Thought #2

When I thought about how much the man thanked me for the quarter I gave him, (a very small act of kindness indeed), I considered my own heart of thanks towards God. Even if I were given all the quarters in the world, it would pale in comparison to the IMMENSE gift of life Jesus has given me. So am I as enthusiastic

with my thanks towards God as the man was to me for a measly quarter? I considered the question and realized that it wasn't the excitement level that the man had in his expression of thanks, it was the HEART he had in thanksgiving that made his expression of gratitude truly amazing. I want that kind of heart towards God. I want my HEART to be in thanksgiving in all I do, so that my daily walk is an expression of gratitude to God. *Participation in worship (there will be plenty of opportunity for that in the Lenten days ahead and Holy Week/Easter services!)*

Lots of opportunities for "Quarter Thanks", the *Ready to serve others. Caring for creation. Quiet times of prayer and faith building.* phrase I am "coining" for myself as a lifestyle that embraces a heart of thanks to God and response to His great love.

I invite you to join me this Lenten season (and beyond) in keeping a quarter in your pocket as a reminder that kind acts make a difference, (no matter how small) and that a heart of thanksgiving can be a lifestyle. As we do, may all those around us see the richness of God's love in Jesus and respond with hearts filled with gratitude for all God has done.

Jeanne Jones

Director of Lay Ministry



Thank You

Dear members of our St. John's Family,

It is with infinite thanks and appreciation for all of your love and support during a very difficult time concerning our father's (Jack Feldborg) recent passing and the time leading up to his entry into life eternal. We take great comfort in knowing that he touched countless lives both here at St. John's and the community in which he served.

We were so touched by everyone's contribution to a great celebration of his life – from letters, texts, phone calls and cards, to stories and words of comfort, to music and a wonderful luncheon to nourish our souls. Thank you to everyone who worked so hard behind the scenes to make it happen.

If you happen to remember a story about Jack that you would like to share with us, by all means, please do! We loved hearing the various stories during the calling hours, funeral and luncheon, but we know there is so much more to tell! Please feel free to contact us! Jackie is jslie@earthlink.net and Eric is danishstock@gmail.com.

Thank you all again for everything. The time for mourning has passed and the time for rejoicing has come. God's peace be with you all – Jackie (Feldborg) Emslie and Eric Feldborg

