

From the Pastor.....

From coffee to chocolates, soda to social media, sweets to carbs, millions of Christians give something up in observance of Lent each year. They do so in order to prepare their hearts for a time of reflection and remembering, but also as a form of self-discipline to remind one of what Jesus gave up so we could live!

But there's another Lenten tradition that many Christians also practice. For decades it's been referred to as "almsgiving," the practice of giving to those in need. Today, many call it "living Lent out loud": putting faith into action by sharing time, talents and treasures to help others. I found the following in an online Thrivent article and thought I would share it with you as we continue on our Lenten journey towards Easter. It's not too late to give up or give back!

Giving up – and giving back – during Lent

Many Christians choose to give something up and give something back during the Lenten season. A recent survey¹ shows that of Americans who observe Lent:

57% fast from a favorite food or beverage.

38% give to others.

Ideas for living Lent generously

If you'd like to make generosity part of your personal journey through Lent, here are some ideas for inspiration:

40 ways in 40 days: Commit to giving back to others in a new way each day of Lent.

Bag it/save it/share it:

Instead of eating out, take your lunch to work or school during Lent. Give the money you save to a homeless shelter, or send it anonymously to someone who is struggling to make ends meet.

If you decided to limit your purchased snack intake during Lent, stash the money you would have spent on snacks and give it to a food pantry or school program.

Pray it forward: Each day of Lent, add another person to your prayer list.

Offer it up: If you've held onto a grudge, forgiveness is a special Lenten gift only you can give.

Cause and effect: Make a positive impact on a cause you care about:

Share your time and talents.

Make a personal donation.

Give thanks: Send thank-you cards to friends, neighbors, teachers, physicians, colleagues, church leaders or others who have touched your life.

Caller ID: Call someone each day during Lent just to tell the person how much his or her friendship means to you.

Lighten a load: See if family members, friends, neighbors or coworkers could use an extra hand (e.g., do the dishes even if it's not your turn; run an errand for a family member or coworker; help a neighbor or friend with a house project).

Reflection and preparation are intrinsic parts of living Lent out loud. They are also qualities that help people live generously throughout the year.

Be sure to join us Wed evenings during Lent for food, fellowship, and worship as we explore God's unconditional eternal promises.





Meeting
March 11th

Lenten Services Schedule

6:00-6:45 Supper

February 7:00 Service

28th at Mamrelund & Hope

March

7th at St. John's & Hope

14th at Mamrelund & Hope

21st at St. John's & Hope



Maundy Thursday
7 pm at Buffalo
Lake

Good Friday
Worship 7 pm at
Bethesda



March

10th

Mamrelund Fish Fry

Sunday March 18th

5pm—7pm

Adults: \$10

Kids 6-12: \$5, Under 6 free

Fish, chips, salad, bread, dessert,
coffee and milk

Craft Day
3 pm at Bethesda Grand in Willmar
We will be making the gift tag gifts
for our Autumn Bazaar.

March 3rd



Trivia NIGHT

March 10th, 6:30 pm

at St. John's Church

Bring your favorite
appetizer.

Beverages provided.

Teams will be formed
that night.

Legend says that each leaf of the
clover means something: the first is for
hope, the second for faith, the third for
love and the fourth for luck.



Brain Quiz

How can a pants pocket be empty and still have
something in it?

Last month's: What is at the end of a rainbow?

The letter W